

A Message from Frederick High School Student Services

We hope this message finds you and your family safe and healthy. The FHS Counselors recognize that students may need assistance during this time. If you need assistance from anyone from Student Services, please contact us via email or message us through schoology. We will be available to respond to email messages.

<p><i>Students Last Name A-D</i> Christine Alexander, Counselor Christine.Alexander@fcps.org 240-236-7066</p>
<p><i>Students Last Name E-L</i> Carrie Garman, Counselor Carrie.Garman@fcps.org 240-236-7067</p>
<p><i>Students Last Name M-P</i> Patti Lombardi, Counselor Patricia.lombardi@fcps.org 240-236-7065</p>
<p><i>Students Last Name Q-Z</i> Aaron Duckett, Counselor Aaron.Duckett@fcps.org 240-236-7069</p>
<p><i>English Language Students</i> Laren Anderson Counselor Laren.Anderson@fcps.org 240-236-7041</p>
<p><i>Behavioral Support Specialist/504's</i> Jessica Wismer Jessica.Wismer@fcps.org 240-236-7027</p>
<p><i>FHS Registrar</i> Cara Dragan Cara.Dragan@fcps.org 240-236-7072</p>
<p><i>Student Support Secretary</i> Lindsey Kurtz Lindsey.kurtz@fcps.org 240-236-7087</p>
<p><i>Bilingual Services /Community Liaison</i> Lorgia Clotter Logria.Clotter@fcps.org 240-236-7028</p>

Students, it is important for you to check your FCPS email every day. As we navigate this new reality together, your counselor will be reaching out to you regarding grades, senior information, schedules for next year, among other things. We will continue to update information in Schoology as well learn more.

Below are some SENIOR specific updates:

SCHOLARSHIPS: Continue to monitor scholarships on Naviance. Updated deadlines are being added as they are received and we will post new deadlines in Schoology as well as Naviance.

UPDATE YOUR NAVIANCE ACCOUNT: Please continue to log onto Naviance and update your account - acceptances to colleges, etc. If you have difficulty logging into Naviance, please contact your counselor so that he/she can reset your password.

NEED A TRANSCRIPT? Please contact your counselor directly. If you are applying for a scholarship that is requesting an official transcript, you should let your counselor know. The counselor can email your transcript directly to the scholarship committee. If you need an unofficial transcript, let your counselor know. The counselor will email a copy of your transcript to you directly.

NEED A LETTER OF RECOMMENDATION? Please contact your counselor and/or teacher directly. Please note, most students have "waived" their rights to seeing the counselor and teacher letters. Because of this, counselors and teachers are obligated to send the letters directly to the scholarship committee, instead of the student. Students should share the scholarship committee's email address with the counselor and teacher, and the counselor and teacher will send the letter(s) directly.

SUPPORT SERVICES: Our world has shifted dramatically over the past few weeks. Students and family members who are experiencing difficulty may wish to contact the Frederick County Mental Health Association. (MHA)

The **MHA's Call Center is available 24 hours a day, 7 days a week.** From intervention, a caring and supporting voice at a moment of crisis, to connecting you to resources and information, dial 211.

With the physical facility closed, **MHA's Walk-in Behavioral Health Services has moved to an online telehealth platform.** The program, and the services it provides, remains the same in all other aspects; and will still provide comprehensive safety/wellness planning, resource information, and referrals as appropriate.

To access: Go to www.fcmha.org and click on the yellow banner at the top to access an intake form for the service. After completing and submitting the form, information to access the platform will be provided. This can be accessed via computer, tablet, or smartphone (must have access to internet/cellular data)

The Virtual Walk-in Behavioral Health Service is operational Monday - Friday from 10 AM - 10 PM and Saturday and Sunday from 10 AM - 6 PM.

Help is available, if you or a loved one, friend or neighbor is hurting please seek help.