

WEST CHESTER AREA SCHOOL DISTRICT  
**G.A. STETSON MIDDLE SCHOOL**

Dear SMS Family,

The end of the school year is always bittersweet and it was even more so with us all being at home for the past few months. With the sudden news of Dr. Cognato's passing, many of us are struggling even more as we want to be with our Stetson family and are still so very far apart. In addition to this very tragic loss, we cannot compartmentalize that there is so much happening both locally and around the world that is impacting our families in immeasurable ways. We know that grief happens for each of us differently based on our own past experiences, our own coping skills, and support systems. Grief is healthy but can look very differently from person to person and from one day to the next. As we head into the summer, we want to make sure our parents have resources at their fingertips if they have concerns about your children over the next couple months.

**What is Grief?**

<https://grieflink.org.au/what-is-grief/>

**Helping Children Cope with Grief**

<https://childmind.org/guide/helping-children-cope-grief/>

**6 Signs of Incomplete Grief**

<https://www.psychologytoday.com/us/blog/fixing-families/201706/six-signs-incomplete-grief>

**Community Resources**

**Crisis Hotlines** If you feel that you or one of your family members is in need of immediate assistance, please call 911 or one of the numbers below.

Valley Creek Mental Health Crisis Center  
Chester County Residents  
24-Hour Hotline  
1-877-918-2100

Delaware County Crisis  
Delaware County Residents  
24-Hour Hotline  
1-855-889-7827

National Suicide Prevention Lifeline  
1-800-237-TALK  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**Information on Emotional/Behavioral Health Services**

Mental Health Association of Southeastern PA  
(Telehealth services unconfirmed)  
1-800-688-4226  
[www.mhasp.org](http://www.mhasp.org)

Chester County Department of Mental Health & Intellectual & Developmental Disabilities  
Contracts with Child Guidance, Devereaux, Creative Health Services, Human Services Inc and Holcomb in Exton all for telehealth services  
610- 344-6265  
[www.chesco.org](http://www.chesco.org)

## **Agencies Providing Assessment & Treatment for Emotional/Behavioral Health Concerns**

**NOTE: Telehealth services have been confirmed with all of these agencies**

Associates of Springfield Psychological  
709 E Gay St.  
West Chester, PA  
610-544-2110  
[www.springfieldpsychological.com](http://www.springfieldpsychological.com)

Child Guidance Resource Center  
744 East Lincoln Highway  
Coatesville, PA 19320  
610-383-5635

Delaware County Professional Services  
780 E Market St, Suite 230  
West Chester, PA  
610-892-3800  
[www.dcpsonline.com](http://www.dcpsonline.com)

Family Services of Chester County  
310 N Matlack St  
West Chester, PA  
610-696-4900  
[www.familyservice-cc.org](http://www.familyservice-cc.org)

Human Services  
410 Boot Rd.  
Downingtown, PA  
610-873-1010

Holcomb Behavioral Health Systems  
Exton Location  
467 Creamery Way  
Exton, PA  
610-363-1488

Holcomb Behavioral Health Systems  
Kennett Square Location  
610-388-7400  
[www.chimes.org/holcomb/](http://www.chimes.org/holcomb/)

Life Counseling Services  
491 John Young Way  
Exton, PA  
1-800-882-2799  
[www.lifecounseling.org](http://www.lifecounseling.org)

Main Line Health: Behavioral Health  
1-888-CARE-898  
[www.mainlinehealth.org](http://www.mainlinehealth.org)

### **Bereavement Counseling**

A Haven: Helping children grieve through a family centered approach (Exton)  
<http://www.ahaven.org/> 484-716-1807

Peter's Place: A Center for Grieving Children and Families, also online resources (Radnor)  
<https://petersplaceonline.org/> 610-687-5150

If you have questions or concerns about any of these resources, we encourage you to reach out to Mr. Jim DeWitt at [jdewitt@wcasd.net](mailto:jdewitt@wcasd.net) or Mrs. Erin Stephen at [estephen@wcasd.net](mailto:estephen@wcasd.net). You can also email your grade level counselor. Please note that counselor responses may be delayed during the summer months.

We hope this summer allows you some space and healing with your family. Our hope is to see you soon so that we can support each other at Stetson in the ways that we are accustomed to doing.

Take care and stay safe,  
Jim DeWitt  
Erin Stephen  
**Assistant Principals**

Dawn McNeil-McMillan, Christian Specht  
Heather Selgrath and Sheree McDermott  
**SMS Counseling Staff**