



FOR IMMEDIATE RELEASE
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PATERSON PUBLIC SCHOOLS TO PROVIDE MENTAL HEALTH SERIES FOR DEALING WITH PANDEMIC RELATED STRESS

Now more than ever, there is a need for mental health trainings. The current situation as a result of the COVID-19 pandemic may result in a source of additional stressors and increase fear and anxiety in people. On Oct 6, 2020, The World Health Organization published the results of a survey to coincide with World Mental Health Day on Oct 10. This report supports growing evidence that the COVID-19 pandemic is having monumental effects on people's mental health worldwide.

The district will be conducting a mental health series as an approach to aid with the current COVID-19 pandemic stressors for the district wide community (inclusive of but not limited to Administrators, Principals, Directors, Supervisor, Teachers, Instructional Assistants, secretaries and parents/stake holders). The series of 15 workshops will begin January 2021- May 2021 and will be divided into three (3) modules and foci: Parent Training Modules with a focus on current environment: impact on families, Administrator Training Modules with a focus on emotional functioning, coping, stress and Staff Training Modules with a focus on Emotional Functioning and Stress.

The District, with the Board of Education's approval, is working with Dr. Jason E. Coleman who will be conducting two (2) hours trainings with a half hour question and answer portion subsequent to the sessions.

After attaining degrees Howard University and Montclair State University, as well as a Doctorate in Psychology from Philadelphia College of Osteopathic Medicine, he worked as a substitute teacher in Essex County, NJ for several years and an outpatient therapist for teens in the North Philadelphia area. Currently, Dr. Coleman is works providing services to children, teenagers and families in New Jersey who have experienced abuse and neglect. These experiences have contributed to Dr. Coleman's motivation and commitment assisting children, adolescents and families in New Jersey.

These trainings will provide the tools and resources that will empower the district wide community. It is essential that all staff and parents remember that they are not alone and that we are in this together.

Superintendent Shafer said, "We're all trying our personal best to cope with the pandemic and still serve the District's students and families. My hope for this series is that the District staff and those families that need help will be able to find methods for dealing with the situation that works. I'm sure that with his background and experience, Dr. Coleman will be able to do some good."

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