

The PV Wellness Center Will Provide:

- Counseling (Individual, Group, and Family)
- Psycho-educational resources
- Community based resources and referrals
- Intervention and Referral Services (I&RS)
- Substance abuse prevention/ intervention/education
- Mindfulness education

Intervention and Referral Services

The Intervention and Referral Services (I&RS) process is designed to support teachers' and students' needs in the general education environment. Its primary focus is to align students' needs with available resources in the general education setting. The process involves a cooperative effort between school personnel and families to provide strategies for students who are making minimal academic and/or emotional progress in the regular education community.

Who May Be Referred to I&RS?

A student may be referred to the I&RS team if he/she is experiencing academic, emotional, and/or behavioral issues interfering with his/her education. Please see our website for more details on the I&RS process.

<http://pascack.k12.nj.us> (Pascack Valley/ Pascack Valley Wellness)



Located just off the cafeteria, the Pascack Valley Wellness Center is accessible from in the cafeteria and from an entrance to the left in the front of the school.



Pascack Valley Wellness Center
Pascack Valley High School

200 Piermont Avenue, Hillsdale, NJ 07642



Pascack Valley Wellness Center
Pascack Valley High School



**In school, stigma-free,
safe zone for students and their
families struggling to manage
life's stressors!**

Don't Go It Alone!

Our Goal

Pascack Valley Regional High School District recognizes the increasing need for interventions and resources to address the social/emotional needs of our student population. The Pascack Valley Wellness Center is an initiative created to provide school-based services to students struggling to manage life stressors. Our overarching goal is to establish a Stigma Free Zone and create a climate that promotes the access of mental health and substance abuse services. We aim to provide both direct and indirect intervention as well as to promote prevention programs.

How Does It Work?

The PV Wellness Center is available to all students, families, and faculty. The Center is located adjacent to the cafeteria and also accessible from the front of the school building. Students are welcome to stop down during the school day with a pass from a teacher or during lunch. Parents are encouraged to schedule an appointment through email or phone.



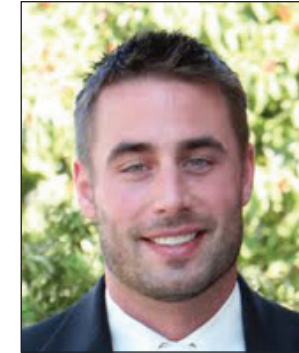
Who We Are



Mrs. Rossig, Student Assistance Counselor

I have been working in Pascack Valley High School as the Student Assistance Counselor for the past 6 years. Prior to coming to PV, I was a special education teacher in the district for 14 years. I am currently the Anti-Bullying Specialist as well as the Intervention and Referral Services Coordinator. Within my role as the PV SAC, I am responsible for the prevention, intervention and referral services provided to students in the areas of substance abuse, bullying and general mental health issues such as anxiety and depression. I am also the advisor for Camp Raspberry, a recreation program which provides our students the opportunity to experience working with children with disabilities from the area.

Mrs. Rossig
201-358-7060 X 24016
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Dr. Steven Myers, Student & Family Resource Liaison

I am a Licensed Psychologist and Certified School Psychologist. For the past 6 years I have been the Psychologist for Park @ Pascack Valley Regional, a small therapeutic special education program for students with social and emotional challenges. My experience also includes work in private practice and hospital settings for children, adolescents, and adults affected by mood and anxiety disorders, learning disabilities, developmental disabilities, substance abuse, and addictive behavior. For more information on my background and training please visit my LinkedIn page. <https://www.linkedin.com/in/steven-j-myers-ph-d-1a6aa822>

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