



Back to School Resources **for Parents in Broward County**

During the back-to-school season, support is especially important as stress, academic pressure, and social-emotional challenges increase. The following resources can help youth cope and thrive.

BBHC is Broward County's managing entity for mental health and substance use services. BBHC's mission is to advocate and ensure an effective, coordinated behavioral health system that is accessible to all in Broward County.

BBHC and its community-based school focused providers work with Broward County Public Schools to provide mental health screenings, assessments, and therapy services to students.

For community-based services for our children in school, BBHC's Providers include:

PROVIDER	CONTACT INFORMATION
Banyan Health	https://banyanhealth.org/ (954) 327-4060
Boys Town	https://www.boystown.org/south-florida (754) 222-8451
Camelot Community Care	camelotcommunitycare.org (954) 958-0988
Children's Harbor	https://childrensharbor.org/ (954) 252-3072
Chrysalis Health	https://www.chrysalishealth.com/ (954) 587-1008
Counseling, Mediation, Education and Training (CMET)	https://www.cmetfl.com/ (954) 835-5741
Dr. Tripp and Associates	https://www.drtrippandassociates.com/ (954) 628-5185
Goodman Jewish Family Services of Broward County	https://www.jfsbroward.org/ (954) 370-2140
Gulf Coast Jewish Family & Community Services	https://gulfcoastjfcs.org/ (727) 479-1800
Harmony Development Center	https://www.harmonydc1.org/ (954) 766-4483

Healing Arts Institute of South Florida International, Inc.	https://healingartssfl.org/ (954) 459-1473
Henderson Behavioral Health	https://www.hendersonbh.org/ (954) 463-0911
Kids in Distress	https://kidinc.org/ (954) 390-7654
Marriage and Family Services	https://www.marriagefamilyservices.com/ (954) 372-0423
Memorial Healthcare System	https://www.mhs.net/ (954) 987-2000
Multicultural Alliance Healthcare Solutions	https://www.mahcs.com/ (954) 514-7569
Our Children Our Future	https://ourchildrenourfuturefl.org/ (954) 929-7515
Smith Community Mental Health	https://smithcmh.com/ (954) 321-2296
SunServe	https://sunserve.org/ (954) 764-5150

Additional Resources:

211 Broward
 https://www.211-broward.org/
 211
Description: Offers referrals to health and human services, supports, and resources. Addresses mental health and substance use issues, hunger, shelter, and relationship issues.
988
 https://988lifeline.org/
 988
Description: Offers 24-hour crisis intervention assistance, has counselors available to assist with mental health struggles, emotional distress, suicide crises, panic symptoms, alcohol or drug use concerns, or if you just need someone to talk to.
Broward Connections Guidebook
 https://www.browardconnections.org/agencies-and-programs.html
Description: Provides information about agencies and programs available in Broward County.

School Mental Health Staff
 https://www.browardschools.com/bcps-departments/office-of-student-services/student-services-mental-health/mental-health-services
Description: Provides school-based mental health services and linkage to community behavioral health services.

Tips for Parents:

- Ensure that your children are current with their annual checkups.
- For questions regarding your child's Individual Education Plan (IEP) reach out to your child's school social worker.
- Empower your children to be more resilient through allowing them to figure things out on their own, having tasks that they can own and accomplish, making small decisions. Praise their efforts, help them talk about their feelings, and teach them problem solving skills by helping them break a big problem into small, easy steps.
- Ease emotional and social anxiety by:
 - Focusing on connection – reframe from having conversations geared solely on tests and strict rules but allow space for conversations about seeing friends, participating in activities and meeting new teachers.
- Streamline your morning routine by:
 - Preparing the night before.
 - Building in a buffer – add an extra 10-15 minutes to your ideal morning by setting aside time for unexpected delays. This helps minimize panic and anxiety.