



Delivering Extraordinary Value to Families

**Steel Valley School District
District Administrative Offices**

220 East Oliver Road
Munhall, PA 15120

412.464.3600 ext 1505
FAX 412.464.3626
eweherer@steelvalleysd.org

*Edward Wehrer
Superintendent*

May 26, 2023

Dear Steel Valley Families,

We are approaching the end of the school year and the beginning of our summer break. While many children look forward to summer as their favorite time of year, that does not hold true for all of our students. Some students experience school as the primary setting for socialization, support and consistency in their lives. For them, the transition to summer can bring heightened anxiety or other mental health issues.

We have seen signs of increased mental health needs not only since the onset of the COVID pandemic, but also during this school year. Please be vigilant for signs of stress with your children. The signs may include increased irritability, trouble sleeping or withdrawing from others. Steps that can be taken at home range from establishing routines, such as consistent bedtime habits, to playing together as a family.

Some children have greater needs than what parents and caregivers can provide, and professional, therapeutic services might be required. If you believe a child needs additional support, help is available. The Department of Pediatrics at the University of Pittsburgh's School of Medicine has a valuable webpage: <https://www.pediatrics.pitt.edu/centers-institutes/pittsburgh-study/resources>. Resources on that website include information about mental, emotional and physical wellness. Additional resources are listed on the next page of this letter. As always, you may contact the principal, counselor or nurse of the child's school for help, too. Steel Valley is committed to supporting healthy, thriving children and families.

Let us work together year-round to create a safe, nurturing environment for all of our children, and may we all have a safe and memorable summer.

Sincerely,

Edward Wehrer
Edward Wehrer

Local Counseling and Grief Support Agencies

Steel Valley Wellness Group

3212 Main Street, First Floor
Munhall, PA 15120
412-368-3535

Steel Valley Wellness Group provides behavioral and therapeutic supports. Their offices are local. Outpatient counseling services are available in their office by appointment.

Turtle Creek Valley

Child and Family Services, Community Counseling
723 Braddock Ave.
Braddock, PA 15104
412-351-0222

Highmark Caring Place

620 Stanwix Street
Pittsburgh, PA 15222
1-888-224-4673

RESOLVE Crisis Network

1-888-796-8226
24-hour assistance for mental health emergencies

Additional resources may be found on the Allegheny County Department of Human Services website at www.alleghenycounty.us/dhs/i-r.aspx or by calling them at: 412-350-6778.