



Center School

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Lisa Deltano
Principal

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"WHERE KIDS ARE THE CENTER OF OUR ATTENTION!"

Dear Parent/Guardian:

We are pleased to announce an opportunity to support youth mental health in partnership with the Connecticut Networks of Care for Suicide Prevention Initiative.

Litchfield Center School second graders will participate in curriculum developed to respond to critical mental health promotion and education. Utilizing best practices, Gizmo's Pawesome Guide to Mental Health, introduces mental health and wellness knowledge and skills to youth, with the hope that they may keep and apply what they learn for a lifetime to help them stay healthy and safe. This includes what mental health means; why it is as important as physical health; what daily activities support mental health wellness; and how to identify and connect with trusted adults.

Gizmo, and his fellow therapy dog and K-9 First Responder friends encourage social emotional wellness, awareness, and identification of warning signs and indicators of internal and external stressors. Gizmo teaches children healthy coping strategies that help reduce risk of anxiety and depression.

The curriculum is flexible and uses activities that strive to help youth, their trusted adults, and the community support mental health and build a greater sense of connectedness.

Second grade students will participate in Gizmo lessons in February 2021, with our School Counselor, Rachel Caporuscio. Each student will create their own mental health care plan of action that can be modified as they grow and develop through the grades.

Please contact Mrs. Caporuscio if you have any questions or concerns about the curriculum. Gizmo uses a warm and fuzzy approach and does not include specific dialogue on suicide. For more information regarding Gizmo you may visit:

<https://www.gizmo4mentalhealth.org/>

Please contact Mrs. Caporuscio immediately should you choose to opt your child out of this curriculum. She can be reached at 860-567-7510 or email at caporusrior@lpsct.org.