River Valley Technical Center
Student Support

Information and resources to support you during this time away from school
We are connected. We are here. We are only an email away! In addition to your instructors, these are people who are available to support you:

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Email</th>
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</thead>
<tbody>
<tr>
<td>Director</td>
<td>Scott Farr</td>
<td><a href="mailto:sfarr@rvtc.org">sfarr@rvtc.org</a></td>
</tr>
<tr>
<td>Assistant Director</td>
<td>Derek Williams</td>
<td><a href="mailto:dwilliams@rvtc.org">dwilliams@rvtc.org</a></td>
</tr>
<tr>
<td>Registrar</td>
<td>Coralee Choiniere</td>
<td><a href="mailto:cchoiniere@rvtc.org">cchoiniere@rvtc.org</a></td>
</tr>
<tr>
<td>Skills Lab Instructor</td>
<td>Cynthia Mischel</td>
<td><a href="mailto:cmischel@rvtc.org">cmischel@rvtc.org</a></td>
</tr>
<tr>
<td>School Counselor</td>
<td>Terri Herzog</td>
<td><a href="mailto:therzog@rvtc.org">therzog@rvtc.org</a></td>
</tr>
<tr>
<td>Co-op Coordinator</td>
<td>Dave Culver</td>
<td><a href="mailto:dculver@rvtc.org">dculver@rvtc.org</a></td>
</tr>
<tr>
<td>Tech Support</td>
<td>Chris Irish</td>
<td><a href="mailto:cirish@rvtc.org">cirish@rvtc.org</a></td>
</tr>
</tbody>
</table>
Make sure to stay informed of all the latest news and announcements:

Be sure to check your RVTC email regularly!

Also watch for updates on our website: www.rvtc.org

Follow our Facebook and Instagram pages!
<table>
<thead>
<tr>
<th><strong>Emergency</strong></th>
<th>Call 911</th>
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<tr>
<td><strong>Domestic and Sexual Violence, Crisis and Support - VT Network</strong></td>
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<tr>
<td>Domestic Violence Hotline (1-800-228-7395)</td>
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<tr>
<td>Sexual Violence Hotline (1-800-489-7273)</td>
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<td><strong>Mental Health Crisis and Support - Specific To Teens</strong></td>
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<td>YouthLine: Call (877-968-8491) Text: teen2teen to (839863)</td>
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<tr>
<td><strong>Mental Health Crisis &amp; Support (for all ages)</strong></td>
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<td>HCRS 24 Hour Crisis Line: 1-800-622-4235</td>
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<td><strong>Drugs and Alcohol Education, Treatment and Referral</strong></td>
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<tr>
<td>National Drug Helpline: Call (844-289-0879)</td>
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**Crisis Text Line Available to Anyone:** Text HOME to 741741
5 WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS
@HOLISTICALLYGRACE

INFORM
LIMIT EXCESSIVE, CONTINUOUS EXPOSURE TO MEDIA. INFORM, WITHOUT OVERWHELM, SET BOUNDARIES AROUND TIME, TRUSTED SOURCES.

CONNECT
REACH OUT FOR EMOTIONAL SUPPORT, CONTACT LOVED ONES, ISOLATION IS DETRIMENTAL TO OUR HEALTH

SOOTHE
DEEP BELLY BREATHING, GROUNDING TECHNIQUES, GUIDED IMAGERY, PRAYER, CALMING SOUNDS, LAUGHTER, SINGING

CONTROL
FOCUS ON THINGS WE CAN CONTROL: WASH HANDS, HYDRATE, NOURISH, CONTACT HR REGARDING WORK POLICIES, ADJUST FINANCES

HONOR + DISTRACT
ACKNOWLEDGE FEAR, ANXIETY. FIND ACTIVE WAYS TO DIVERT ATTENTION: PUZZLE, READ, CRAFT, ETC.
GENTLE REMINDERS: FOR WHEN THE WORLD FEELS FRIGHTENING

- Set boundaries with what and how much media you consume
- You're allowed to opt out of overwhelming discussions
- Try to respond to the fears of others with understanding + respect
- Focus on the many things you can control
- Be mindful of when it's becoming more than just 'being informed'
- Breathe, connect + take gentle care of yourself + others
ANXIETY GROUNDING TECHNIQUE

Focus on your breathing, then identify:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste
Learn to Code! Click Here for Apps, Websites, & More!

Learn Something New From a Podcast! (Click the hyperlink!)
For Science Lovers: RadioLab or Science Friday
For History Buffs: Forever Ago
For Biographies: Goodnight Stories for Rebel Girls
For Storytelling: This American Life

Get Active!
Go for a Walk or Run
YouTube JustDance or other workout videos
Practice Yoga using YouTube videos

Things to do while away from school:
Things to do while away from school:

Want an Even BIGGER Challenge? Here’s a link to 450 FREE college courses from 8 Ivy League Colleges! 
Click HERE!
Take a virtual college tour!

- While many colleges are cancelling their campus tours, open houses, and preview days, you can take a virtual tour on their site.
- Look at their majors...do they have what you are interested in? What are the costs? Any scholarship opportunities?
Above all else, Remember to:

Take care of yourself.
Take care of your family.
Do something kind for someone else.
Reach out for help when you need it.

We are all in this together.