

2019-2020

Dear Parents and Guardians,

I would like to take the opportunity to introduce myself. My name is Abigail Kastick, and I am the Student Assistance Counselor through Farnham Family Services here at Sandy Creek Middle School for the 2019-2020 school year. I look forward to helping your students succeed to meet their personal goals for this school year and beyond.

Farnham Family Services is offering prevention services at Sandy Creek Middle School through individual counseling, group counseling, classroom group education, presentations, and more. I use Evidence Based Curriculum that has proven success rates and improvement in a variety of risk factors. Prevention services can address an array of topics and risk factors, which can include but are not limited to; substance use/abuse, mental health management, life skills, social skills, bullying, goal-setting, and emotional regulation.

Students can be referred to prevention services by school staff or as a self-referral seeking support. Prevention services are here as an additional factor of support and guidance for students. This helps them learn ways to build positive social skills, gain confidence in their ability to interact with others and learn ways to deal with problems and conflicts constructively.

I am in the Sandy Creek school on Fridays, 8:00am-3:30pm. If you would like to contact me with any questions/concerns, please send me an email at akastick@farnhaminc.org, or call Amy Molloy, Middle School Principal, at 315-387-3445.

I am thrilled to be working with your students and look forward to having a great school year at Sandy Creek Middle School!

Sincerely,

Abigail Kastick

