



CRENSHAW COUNTY PUBLIC SCHOOLS

GREGORY FAUGHT
SUPERINTENDENT OF EDUCATION

183 VOTEC DRIVE
LIVERNE, ALABAMA 36049

BOARD OF EDUCATION

MRS. SHERI CLAYBROOK
MR. STEVE HERMELING
MR. STEVEN L. JACKSON
MR. STERLING SASSER
MS. ANNIE ZEIGLER

December 6, 2024

Dear Parent(s)/Guardian(s),

We are excited to partner with The Cook Center for Human Connection to enhance mental health support for our community. We aim to provide adults and caretakers in our district with access to compassionate, professional guidance for parenting challenges.

Mental health issues among children and adolescents are rising significantly, prompting the American Academy of Pediatrics to declare a national emergency. These challenges affect individuals, families, and communities alike.

To support our families, we are providing a **FREE Mental Health and Well-being Library**, featuring over 70 on-demand courses in English and Spanish, covering topics such as Anxiety, Depression, Bullying, and more.

Additionally, we are launching a **Mental Health Series** for parents, offering virtual events led by licensed therapists. These sessions provide practical advice on supporting your child's mental health and fostering a supportive parental community.

The **Ask a Therapist Live** feature allows parents to receive expert answers to their questions about their child's mental health, either anonymously or by listening to others.

We also offer **Parent Coaching** services, where coaches provide personalized support and practical strategies for various parenting challenges, all while ensuring privacy under HIPAA regulations.

To access these resources, visit [ParentGuidance.org](https://parentguidance.org) > Parent Coaching > Get Started and complete a brief questionnaire. You will be matched with a coach within 48 hours. Look for the ParentGuidance.org logo on our district and school homepage for more information.



Sincerely,

Gregory Faught
Superintendent