January 3, 2022

**TEAM·WORK** *(noun)*
cooperative or combined
effort of a group of persons
working together as a
team for a common cause

**TIPS**

**What Is Teamwork?**
[commonsensemedia.org]

Teamwork is working respectfully and
effectively with a group and doing your
share. Many basic character strengths, such
as communication, self-control, and
humility, support a person’s ability to work
on a team. Teamwork is more than getting
along with people. The key to being a good
team player is the ability to put a group’s
needs above your own.

**SELF CARE**

**Creating A Team Self-Care Plan**
[innovativeresources.org]

Even the most experienced and skilled
professionals can feel overwhelmed and
heartbroken when hearing people’s stories of
devastation and loss. When you work in a
role that involves supporting other people—like social work, teaching,
healthcare, childcare or
counseling—self-care is fundamentally
important. If left unchecked, stress and
pressure can build up and ultimately
contribute to a range of serious mental and
physical health issues.

People working in ‘helping’ professions can
have a tendency to focus on the needs of
others to the detriment of their own
wellbeing. While the ability to focus on
others can be a great strength, sometimes it
means that people don’t take time to ‘refill
their own tank’. A depleted worker is one
with less flexibility, less resilience, and less
capacity to think through challenges. Stress
often makes problems feel bigger and more
overwhelming, and can undermine a person’s
ability to be positive, hopeful and
solution-focussed. This impacts on the
person’s capacity to provide an effective
service to others.

Doing some self-care planning as a team can
be a positive way to enhance your team
culture. Additionally, when you give
permission for another person to assist you,
you are being proactive and preventative. By
sharing your concerns and challenges, you
also ‘normalize’ workplace stress by
acknowledging that it is something everyone
experiences at times. Improved support
systems for teams can also lead to better
communication, reduced sick leave,
increased engagement and higher levels of
job satisfaction.

**MOTIVATIONAL MINUTE**

None of us got where
we are solely by pulling
ourselves up by our
boots. We got here
because somebody - a
parent, a teacher, an Ivy
League crony or a few
nuns – **bent down and
helped us pick up our
boots**

Thurgood
Marshall

SUPPORT TEAM for EDUCATION PARTNERSHIP
Mrs. Young, Clinical Coordinator (lyoung@philasd.org, 267.592.7314)
Mr. Mobley, Family Peer Specialist (kmobley@philasd.org, 215.571.9428)
RESOURCES

Click on the hyperlinks to go to the embedded websites.

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**Mental Health Resources**

**Non-emergency Mental Health Issues**

**Philly HOPE Line** (call or text):
1-833-PHL-HOPE

**Mental Health Emergencies**

**Mobile Crisis:** 215-683-6440

**Philadelphia Children’s Crisis Response Center:** 215-878-2600

**Suicide Prevention Lifeline:**
1-800-273-TALK

**SAMHSA (Substance Abuse and Mental Health Services Administration):**
1-800-662-HELP

**Disaster Distress Helpline:**
1-800-985-5990

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**Social Emotional Learning Resources**

- Teamwork - SEL Lesson 11
- MOSAIC BY ACT SEL EXERCISE: GETTING ALON...
- SEL Lesson 2–3 Week 22: Teamwork
- Making Teamwork More Intentional
- 4 Things We Learn From TeamWork

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**We All Teach SEL: Teamwork Activities and Tools for Students | Common Sense Education**

**Teamwork · SEL Thrive**

**10 SEL Activities for Grades K–8 - Social and Emotional Learning - Aperture Education**

**13 Powerful SEL Activities | Edutopia**

**25 Social Emotional Learning Activities & How They Promote Student Well-Being | Prodigy Education**

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Here are some additional resources to consider when preparing for severe weather conditions, including winter weather.

Philadelphia Office of Emergency Management
Follow the Office of Emergency Management on social media – @PhilaOEM on Twitter, Facebook, Google+, Blogger, LinkedIn and its YouTube channel.

To learn how to prepare for an emergency:
Website: www.phila.gov/ready
Email us at: oem@phila.gov
Other resources: Philly 3-1-1, Channel 64 - Philadelphia’s Government Access station.

ReadyPhiladelphia
Sign up for emergency text and email alerts from the Office of Emergency Management through ReadyPhiladelphia.

In addition to emergency alerts, you can sign up for weather alerts, alerts from the Philadelphia Prisons in Northeast Philadelphia, and the PES refinery in Southwest Philadelphia.

Sign up at www.phila.gov/ready. Then, follow the sign up instructions to choose the alerts that you want to receive.

Philly311
There are lots of ways to connect with Philly311:

- In Philadelphia, dial 3-1-1.
- For callers outside Philadelphia or for those with VOIP (Voice over Internet Protocol), dial 215-686-8686.
- Download the Philly 311 free mobile app from the app store via your smart device (phone, tablet, etc.).
- Ask a question or submit a request using Facebook or Twitter @Philly311.
- Send your inquiry or request from your email to Philly311@phila.gov.

Philadelphia Streets Department
Call: 215-686-5560
Website: philadelphiastreets.com

Philadelphia Water
To report water main break and clogged drains:
Call: 215-685-6300
Website: phillywatersheds.org

PECO
Emergency Hotline: 1-800-841-4141
Customer Service: 1-800-494-4000

PennDOT
For road conditions on Pennsylvania interstate highways:
Toll Free: 1-888-783-6783
Out of State: 1-717-783-5186
Website: www.dot.state.pa.us

Other Sources:

Local News Stations
Get the latest weather updates, road conditions, school closings, and the status of city agencies and court closings from local radio and TV news stations.

If you have cable, tune to Channel 64, Philadelphia’s Government Access Channel, during Snow Emergencies.

PGW
Contact PGW to report gas leaks and emergencies, 24 hours a day. If you smell gas or have an unsafe condition, immediately call: 215-235-1212.

Customer Service - Billing, General Information, and Special Programs:
Call: 215-235-1000
Website: www.pgworks.com

SEPTA
Bus, subway, trolley, regional rail, and CCT
Connect travel advisories:
Website: www.septa.org

National Weather Service
Website: www.weather.gov

Project Home
If you see a homeless person who may need assistance, call Project Home Outreach Hotline at 215-232-1984. During the call, be prepared to provide the address, location and description of the person in need.
January 5, 2022

Learn practical methods to help with organizational skills and productivity!

Wellness Wednesday

Caregiver Chat & Chew

Join the STEP Team as we share behavioral health supports and community resources.

1st Wednesday of each month
12:00 PM - 1:00 PM
Zoom Meeting ID: 219 022 3796