

Superintendent Dan Pacos

Message to Lake Shore CSD Staff

Following Uvalde, TX, Shootings

Good morning Lake Shore-

It's with a heavy heart that I write this note today, in response to the elementary school shootings in Uvalde, Texas, yesterday. While their community is halfway across our country, I'm sure you join me in mourning the losses that their community experienced yesterday. Please pray for strength and healing for the parents and families of everyone involved.

I want to assure you that Lake Shore CSD administrators and staff do our utmost to ensure the safety and security of everyone within our school buildings each and every day. Work is being completed to create secure entryways in all of our school buildings, limiting access to the buildings by visitors. Please know that the building and District safety committees continue to evaluate our facilities - always looking for ways to improve our safety procedures and building features to keep everyone safe. We also continue to practice our Lock Down and evacuation drills, as we always need to be prepared for any situation.

As I reflect on the recent shootings in Buffalo and yesterday's incident in Texas, I can't help but think that we as a society can and should do a better job of protecting each other. While I am not a mental health professional, I have to believe that the people who committed these horrible crimes had to have mental health issues because I have no other explanation. In yesterday's incident, the shooter reportedly shot his grandmother before attacking innocent elementary school children. I think it's important that we ALL realize that we may know people who are struggling with mental health issues. It's important to get these people help when we see warning signs. I can't help but think that this young man's grandmother may have ignored signs that he was troubled, and in the end it cost her and over 20 other people their lives. We can do better than that.

Here are a number of resources that are available if you or someone that you know is struggling with mental health issues. Please don't be afraid to get someone the help that they need. **These resources are all listed on the District's Family Support Center web page too at lakeshoreCSD.org.*

If your child is experiencing a crisis please call the Spectrum CARES Team a 24/7 Confidential Hotline (716) 882-4357. Their trained staff will speak with you on the phone and if necessary come out anywhere in Erie County to meet with you and your child. They operate under the Mental Health Hygiene Law of New York State and will transport your student to ECMC if needed.

<https://shswny.org/services/crisis-response/>

National Suicide Prevention Hotline: 1-800-273-8255

Texting Crisis Hotline: Text "HOME" to 741-741

Crisis Services 24 Hour Hotline 716-834-3131

Chautauqua County 24-Hour Hotline 1-800-724-0461

Kids Helpline 716-834-1144 (1-877-KIDS-400)

New York State Domestic Violence & Sexual Violence Hotline 1-800-942-6906

Seneca Nation Domestic Violence Hotline 716-532-6178

Trevor Hotline for Gay, Lesbian, Bisexual, Transgender, Questioning Teens (GLBTQ) Youth 1-800-850-8078

Erie County Medical Center Psychiatric Emergency Room 716-898-3465

NYS Office of Mental Health - Dedicated support line- **1-844-863-9314**. This line is free and confidential emotional support, helping callers who are experiencing increased anxiety due to the current coronavirus crisis.

So let's all do what we can to hold each other up and stay strong as our country and society works its way through these issues. Hug your kids a little tighter today and don't forget to make sure that they know you love them. In the end, that's the MOST important thing that we need to do. #LakeShoreStrong

Dan Pacos
Superintendent of Schools