

## **Important message from the Superintendent regarding Alexis Cintron**

Dear Rider Community,

The sudden death of our recent graduate, Alexis Cintron, has touched students and faculty across our district. We recently were notified by law enforcement that Alexis died by suicide on Wednesday night.

Today and tomorrow, we have counseling centers running at each building, with multiple counselors and psychologists available throughout the day. We are monitoring our students closely and providing constant support. We will continue to run our counseling centers for as long as they are needed. Please consider that school might be the best and most supportive environment for students today. We encourage you to talk to your child about staying in school or returning if they have come home.

If you do choose to pick up your child/ren from school, please know that you can bring them back to school at any time during the school day as support services will remain in place, and we are committed to promoting a sense of togetherness as we mourn and grieve this death.

In the meantime, please do not hesitate to reach out to other resources available for those in need during this tragedy.

**988 Suicide & Crisis Lifeline** – <https://www.samhsa.gov/find-help/988>

If you or someone that you know is struggling or is in crisis, help is available. Call or text 988 or chat [988lifeline.org](https://988lifeline.org).

988 offers 24/7 access to trained crisis counselors, not only for those experiencing thoughts of suicide, but also for anyone experiencing mental health or emotional distress.

**Mobile Crisis Team** available through the Mental Health Association of Columbia-Greene Counties. You can call (518) 943-5555, 9 a.m. to 9 p.m.

**Columbia County Mental Health Center** – (518) 828-9446

**911 emergency services are available 24 hours every day.**

**Crisis Text Line** - Text "HOME" to 741741 for 24/7 access to a crisis counselor

Not only are we working with our in-district mental health staff, we are also receiving support from our out-of-district health and safety experts, including our safety consultant, Needham Risk Management, as well as the local Mobile Crisis Team and Questar III's Crisis Team. We also have numerous additional mental health professionals on the ICC campus today from other local school districts to ensure that we can provide support for anyone who needs it.

If you have questions, please feel free to contact your student's school. We will continue to stay united as a Rider family, always here and willing to help each other during difficult times.

Sincerely,

A handwritten signature in black ink that reads "Suzanne Guntlow". The signature is written in a cursive style with a red dot above the letter 'a' in "Suzanne".

Suzanne Guntlow  
Superintendent of Schools