The Community Crisis Center remains open for Behavioral Health Urgent Care:

https://www.summitstonehealth.org/services/crisis-services/

SummitStone Crisis Services at 1217 Riverside Avenue in Fort Collins remains open for Behavioral Health Urgent Care, Mobile Response and Crisis Stabilization Unit services. If community members in crisis are experiencing symptoms or are sick, we are encouraging use of our local Crisis Line 970-494-4200 ext. 4 or text TALK to 38255 to receive mental health crisis support. SummitStone is still open for walk-ins but prefer that people call first. Families can still come in without a call ahead if necessary. Please be prepared to be screened at the door prior to being let into the clinic.

Talking to Kids about COVID-19

- National Association of School Psychologists
  https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource

- Child Mind Institute
  https://childmind.org/article/talking-to-kids-about-the-coronavirus/

- National Child Traumatic Stress Network - Parent/Caregiver Guide
  https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019

- How to Help Children Feel Calm During a Global Crisis – (Talking to Kids & Teens About COVID-19 and other Global Trauma)

  A great 6-minute video for parents on how to talk to kids and to take care of themselves.

  https://www.heysigmund.com/how-to-help-children-feel-calm-during-a-global-crisis-talking-to-kids-teens-about-covid-19-and-other-gobal-trauma/

- Parenting Tips During COVID-19: A Bulleted List

https://www.psychologytoday.com/us/blog/little-house-calls/202003/parenting-during-covid-19?fbclid=IwAR0zvJgfYsgQxhRJKf7VkXECuh6q1MlP3ZT6fYBOU6TrIEb5GQJUe8iIyeQ

Reduced-Cost Internet

- Comcast: https://www.internetessentials.com/covid19#thingstoknow&all_AmIeligibleforIE
  Phone numbers:1-855-846-8376 (English), 1-855-765-6995 (Spanish)

Activities Supporting Resilience

- ***One Great Thing for Tomorrow*** —a simple list of tips, activities and resources to help you and your kids make the most of the days when schools are closed. A free daily tip for managing this new version of life as a working parent, one great link to an online learning resource your kids will actually enjoy, and one great activity you can do as a family while social-distancing.
- **Simple Activities for Children and Adolescents**

Free Yoga and Meditation for Kids

- https://www.mindfulschools.org/
- 15 Free Mind Yeti Videos:
  https://www.youtube.com/playlist?list=PLiaUKiwbiHMQDQLCXoPaMMYotIdKlUQCw
- Calm Meditation Videos for Kids:
  https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=heartlessheavy_nonsubs
- Mindful Schools, free online Mindfulness Classes for Kids
  https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/
- Go Noodle Empowerment Videos

https://www.youtube.com/watch?v=0vuaCHEAs-4

Free Yoga and Meditation for Adults

- UC San Diego Center for Mindfulness - Free Mindfulness Practice Sessions for Adults and children:
  https://medschool.ucsd.edu/som/fmph/research/mindfulness/Pages/Mindfulness-and-Compassion-Resources.aspx
- Calm Meditation Videos:
  https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=heartlessheavy_nonsubs#calmkids
- Free Guided meditation in English and Spanish
  https://www.uclahealth.org/marc/mindful-meditations
- Free Guided Self-Compassion meditations
  https://self-compassion.org/guided-self-compassion-meditations-mp3-2/

- Online Course for Therapeutic Techniques to Practice Self-Care during Quarantine: https://healbright.com/p/self-care-under-quarantine

Homeschooling Resources and websites

- https://docs.google.com/document/d/1pYgTVPAP6W83-baJcrzJSch8ZmMd3qH_DSk-FzG5l28/edit?fbclid=IwAR0AhhspMD-uo1NwI2aCvYj2mJ6AFycIk7J-EcDvMDjKa5Hi-bq_FlOqt8c#

Tips for Parents to Help with Remote Learning

- Colorado Department of Education- Best Practices for Parents https://www.cde.state.co.us/learningathome/bestpracticesfamilies
- Article from the Guardian "Let your kids get bored': emergency advice from teachers on schooling at home" https://www.theguardian.com/education/2020/mar/23/let-your-kids-get-bored-emergency-advice-from-teachers-on-schooling-at-home

Information from CDC:
Talking with children about Coronavirus:
https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html
A video from CDC on answering kids questions:
https://www.youtube.com/watch?time_continue=45&v=vSsKQPqpS7A&feature=emb_logo

Online Activities for Kids

- National Geographic - games, videos, activities https://kids.nationalgeographic.com/
- Exploratorium - Science activities https://www.exploratorium.edu/learn
- Reading Rockets - tons of links to all types of activities, online books, and more https://www.readingrockets.org/article/when-school-closed-resources-keep-kids-learning-home

Reading Games

- Free Reading game for children just starting to learn to read: https://www.teachyourmonstertoread.com/

Free E-Books/Videos

- Colorado Library Consortium https://www.clicweb.org/free-resources-2/

- Poudre River Library District - Digital collection available to library card holders
  https://read.poudrelibraries.org/events/coronavirus.cfm
- Audible Stories
  https://stories.audible.com/start-listen
- Denver Public Library - Audiobooks, Videos, Ebooks
  https://denver.overdrive.com/library/kids

Virtual Field Trips

- Kids WildEarth - Sign up for a free virtual safari.
  https://wildearth.tv/kids/
- San Diego Zoo - Activities, videos, Games
  https://kids.sandiegozoo.org/
- Denver Zoo - Videos, Nature Play ideas, and more
  https://www.denverzoo.org/zootoyou/
- Nasa - Access Mars
  https://accessmars.withgoogle.com/
- Houston Zoo Webcams
  https://www.houstonzoo.org/explore/webcams/
- Monterey Bay Aquarium Web cams
  https://www.montereybayaquarium.org/animals/live-cams
- The Louvre - Virtual Tours (Talia's opinion: kinda boring for kids… and Talia)
  https://www.louvre.fr/en/visites-en-ligne
- Atlanta Zoo - Panda Cam
  https://zooatlanta.org/panda-cam/

Exercise

- Here is a fun monthly workout challenge
  https://keepingkidsinmotion.com/2018/02/26/lucky-leprechauns-march-fitness-challenge/
- Move to Learn - Youtube Channel. Exercise videos to music, options for K-12
  https://www.youtube.com/user/MovetoLearnMS
- Just Dance Videos for Kids (Youtube)
  https://www.youtube.com/playlist?list=PLzkyFTVU_5WJHAkKZSs5QftB0uIpdvkI_

Ideas for Activities, Arts, and Crafts

- Song writing
  https://www.readingrockets.org/article/songwriting-kids
- Lego Challenge
  https://www.freehomeschooldeals.com/free-printable-30-day-lego-challenge-instant-download/

- Comic Strips- there are a bunch of free templates online, they could draw or make their own book over time! https://www.mother.ly/child/how-to-keep-a-preschooler-busy-other-than-screentime
- Activities for children and adolescents
- https://www.nctsn.org/sites/default/files/resources/fact-sheet/simple_activities_for_children_and_adolescents_4.pdf

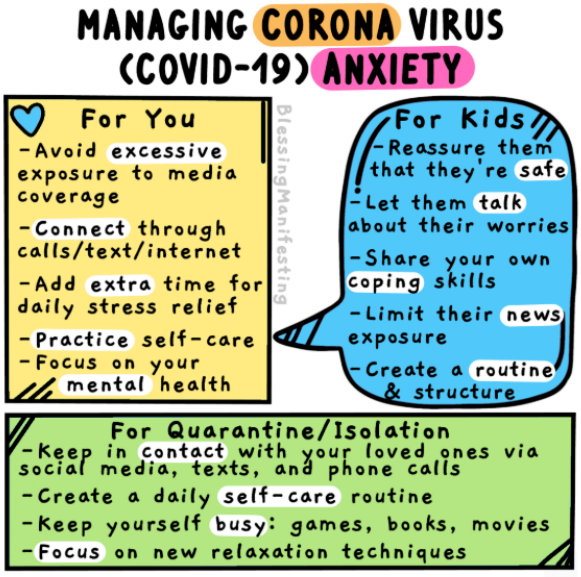
Info from the CDC for kids about Coronavirus

https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html

Video from CDC answering questions for kids

https://www.youtube.com/watch?time_continue=45&v=vSsKQPqpS7A&feature=emb_logo

Visual Tools to Support Mental Health





Mental/Behavioral/Counseling Resources

for Schools & Families

	Resource	Link	Areas of Support
	Colorado Crisis Services	https://coloradocrisisservices.org/#intro	Schools & Families. Any mental health, substance use or emotional concern, 24/7/365. Call 1-844-493-TALK (8255) or text TALK to 38255 to speak to a trained professional.
	99 Coping Skills	https://www.yourlifeyourvoice.org/pages/tip-99-coping-skills.aspx	Coping Skills for All
	Sources of Strength	https://sourcesofstrength.org/homebased/	Resources on self-care and activities to do at home.
1	The HUB	https://healthyschoolshub.org/resources/	Schools & Families

	Random Acts of Kindness	**https://www.randomactsofkindness.org/**	**Their homepage shows resources for everyone. From self-care to websites about learning to free exercises.**
2	**Taproot Learning & Embrace SEL**	**https://www.camptimber.com/SELDistance Learning**	**SEL Distance Learning**
6	**MindUP**	**https://mindup.org/**	**Stress, Emotions & Positive Relationships**
8	**CASEL**	**https://casel.org/covid-resources/**	**Social & Emotional Learning**
11	**CDPHE**	**https://www.colorado.gov/pacific/cdphe/categories/services-and-information/health**	**Health Services & Resources for Families**
12	**COACT Colorado**	**https://coactcolorado.org/trauma**	**Trauma Resources for**

			Schools & Families
13	**SAMHSA**	**https://www.samhsa.gov/ebp-resource-center**	**Resources for Schools & Families**
	Marijuana Talk Kit	**Visit :https://drugfree.org/download/marijuana-talk-kit/**	**Learn why pot is still risky for teens, what you should and shouldn't say when talking with your teen, and how to respond to their questions.**
	Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents	**https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipsheet_508.pdf**	**Know the risks, E-cigarettes and young people**
14	**Colorado School Safety & Resource Center**	**https://colorado.gov/CSSRC**	**Resources for Schools & Families**
15	**National Association of School**	**https://www.nasponline.org/resources-and-publications/resources-and-podcasts/scho**	**Health Crisis Resources**

	Psychologists (NASP)	ol-climate-safety-and-crisis/health-crisis-resources	
18	Second Wind Fund (SWF)	https://www.thesecondwindfund.org/resource-links	Mental Health Services including suicide risk
24	COVID19 State and National Resources	https://covid19.colorado.gov/	General information on COVID and resources available at state and national level.
27	Mountain Plains Mental Health Technology Transfer Center (MHTTC)	https://mhttcnetwork.org/centers/global-mhttc/responding-covid-19	The MHTTC for the Mountain Plains Region is putting together Webinars, products and Resources for the Mountain plains regions and the National Latino and Hispanic MHTTC.Info pertains to Mental Health professionals and

			interested parties.

Free Wellness Resources

	Resource	Link	Explanation
1	Down Dog App	Free Membership - Down Dog Apps	Down Dog is offering free membership through July 1 for all students and teachers. To access the free membership, sign up with your .edu email address.
2	Peleton App	https://www.onepeloton.com/app	Peleton is offering 3 free months of thousands of work outs from

			cycling, yoga, strength training, treadmill, and more
3	**Corepower Yoga**	**https://www.corepoweryogaondemand.com/keep-up-your-practice**	**Free on-demand classes**
4	**Les Mills**	**https://watch.lesmillsondemand.com/at-home-workouts**	**LES MILLS on Demand is offering 100s of free classes until the coronavirus outbreak is over**
5	**Planet Fitness**	**https://www.facebook.com/planetfitness/**	**Planet Fitness is offering FREE online at-home workouts.**
6	YMCA 360: Your Virtual YMCA	**https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A/videos**	**YMCA youtube channel offers 13 free 15 minute workouts**
7	**Nike Training Club App**	**You can download the Nike Training Club app on the App Store to get started.**	**Nike has made all of its Nike Training Club Premium workouts free**

			until further notice
8	**19 Minute Yoga App**	**You can download the 19 Minute Yoga app on the App Store**	**The free class pass features five different 19 minute yoga classes.**
9	**Free Yale University Online Course**	**https://www.coursera.org/learn/the-science-of-well-being**	**In this course you will engage in a series of challenges designed to increase your own happiness and build more productive habits**
10	**Insight Timer App**	**Download Insight Timer App in the app store**	**Insight Timer has huge library of content: over 25,000 guided meditations and mindfulness practices on topics like stress, relationships, creativity, and more.**

11	Smiling Mind App	Download Smiling Mind App in the app store	This free app features hundreds of meditations, enough to keep you engaged without overwhelming you with choice.
12	UCLA Mindful	Download UCLA Mindful in the app store	Developed by the Mindful Awareness Research Center at the University of California, Los Angeles (UCLA), the app features about a dozen meditations of different types in English and Spanish.

Resources for Counselors

1.	CDE Health & Wellness SHPG resources	https://www.cde.state.co.us/healthandwellness/shpg-instructionalresources	Resources for School Health Specialists

2.	**School Social Workers of America Association (SSWAA)**	**https://www.sswaa.org/covid-19-resources**	**Resources for Social Workers during crisis**
3.	**American School Counselor Association**	**https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/covid-update**	**Resources for school counselors and how to manage virtual school counseling.**
4.	**Neurosequential Model Resources-** **Bruce Perry**	**https://www.neurosequential.com/covid-19-resources**	**Resources and office hours with the NME team for educators**
5.	**American Association of Suicidology**	**https://suicidology.org/**	**Resources for Suicide and Life-threatening Behavior**
6.	**ASSET**	**https://www.asset-edu.org/personal-practice-toolkit**	**Reducing Student Stress**
7.	**Center for School Mental Health**	**http://www.schoolmentalhealth.org/Resources/**	**Behavioral & Mental Health Support**
8.	**American School Health Association**	**http://www.ashaweb.org/resources/**	**Comprehensive Health**
	Example: Distance Support Contact Form	**https://drive.google.com/a/cde.state.co.us/file/d/1-pfb8NdQmxn6zpFv6PestvuxyMJdlQZc/view?usp=sharing**	**Example Google Form to record Distance Support Contact Requests from an SHPG grantee school district**

	Mental Health Colorado	https://www.mentalhealthcolorado.org/resources/	**Toolkits for schools.**