

Behavioral/Mental-Emotional Health: Resources for COVID-19 Response

March 2020

Lisa Loague, GRREC PBIS Consultant
lisa.loague@grrec.org

Partial Message/List sent to GRREC PBIS Contacts 3/12/2020

My thoughts and prayers are with *all* as we respond to the "COVID-19 pandemic." Educators are faced with challenges as we support students, families, and communities. I feel certain you are already inundated with resources, but want to ensure you have seen the following in regards to behavioral/mental-emotional health:

- Centers for Disease Control - [Mental Health and Coping During COVID-19](#)
- National Council for Behavioral Health (manages, operates, and disseminates our *Youth Mental Health First Aid* Training) [Navigating the Behavioral Health Impacts of the Coronavirus](#)
- National Association of School Psychologists - [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)
- Remember... [SELF CARE!](#)

E-Therapy

"Maintain Special Education compliance no matter where your students are located"...

- [How to Teach from Home Due to Coronavirus](#)
 - Things to help you teach from home - considerations
 - Resources for online learning (all linked in E-Therapy website, as well)

-
- [PBSKids](#)
 - [Readworks](#)
 - [ABCya](#)
 - [TpT](#) (to purchase digital products)
 - [YouTube](#) for videos, stories and songs
- Virtual Therapy Services - Teletherapy using telepractice during challenging times
 - Speech Therapy
 - Social Work
 - Counseling
 - Occupational Therapy
 - Physical Therapy
 - Assessments & Diagnostics

Persistence to Graduation Newsletter 3/12/2020

by Judi Vanderhaar, KDE Division of Student Success

- **Highlights of Mental Health/Trauma Related Topics:**
 - CDCs Webpage - [COVID-19 Reducing Stigma](#)
 - [Greater Good in Education](#) - **free** new online resource that provides educators, school leaders, school mental health providers, and other education professionals with strategies and practices for the social, emotional, and ethical development of students *and* the adults who work with them.
 - **Mental Health Series:** The Pacific Southwest MHTTC School Mental Health Initiative is pleased to partner with the National Center for School Crisis & Bereavement to offer a **three-part webinar series** on crisis readiness, response & recovery as a part of our School Violence learning track.
 - **Webinar 1, *Principles of Commemoration and Memorialization***, is offered before graduation season to help us navigate honoring the lives of staff and students who have died in our communities. This will be held April 14th, from 6-7:30 (ET). You can [register here](#).
 - **Webinar 2, *Supporting Grieving Students: How to Be Both Grief-Sensitive and Trauma-Informed***, helps us distinguish the experiences of grief and trauma in children so that we can understand

how they inform one another and are also distinct in their support needs. This will be held on May 28th from 6-7:30 (ET). You can [register here](#).

- **Webinar 3, *Starting a New School Year: Sustaining Recovery from a School Crisis During Periods of Transition***, is offered at the start of our school years to help school and mental health leaders prepare for the year ahead attuned to what may come in transitions. This will be held on August 4th from 6-7:30 (ET). You can [register here](#).

Edutopia

“Evidence and practitioner-based learning strategies that empower you to improve K-12 education”...

- [What Teachers in China Have Learned in the Last Month](#)
- [During Coronavirus, a Teacher Describes the Scramble to Go Digital](#)

Kahoot

“Teachers: Is your school closed due to COVID-19? Access Kahoot! Premium’s distance learning tools for free - engage students in learning even when they’re not in class”...

[Guide to Distance Learning](#)

Hopefully, needed soon...

PBIS.org

Center on Positive Behavioral Interventions & Supports - US DOE: OSEP Technical Assistance

[Getting Back to School after Disruptions: Resources for Making Your School Year Safer, More Predictable, and More Positive](#) (Revised March 13, 2020)

PBIS.org

***** (Just Added 3/17/2020) Responding to the Novel Coronavirus (COVID-19) Outbreak through PBIS**

<https://www.pbis.org/resource/responding-to-the-novel-coronavirus-covid-19-outbreak-through-pbis>

(Added 3/23/2020) Understanding Trauma - Conscious Discipline

https://consciousdiscipline.com/product/understanding-trauma-webinar-series-individual-1-year/?mc_cid=2df75cbd90&mc_eid=f5ed9c203f

This 3-Part webinar series from Dr. Becky Bailey disrupts the cycle of trauma by bringing new awareness to our current trauma epidemic and building healthy, healing relationships through self-regulation, connection and resilience interventions that have the power to heal individuals, communities and generations of those who suffer.

Registration for this 3-Session series includes:

- 3 video sessions with Dr. Becky Bailey (120+ minutes of content)
 - Session 1: The Dynamics of Trauma
 - Session 2: Reaching Children with Trauma
 - Session 3: Teaching Children with Trauma
- A downloadable participant workbook for each session
- Additional digital downloads and resource links

