

CISM Resources for COVID19 Response

1. Resources for Staff, Parents & Children

- ☐ The following [guidance, recommendations, and resources](#) are provided by child trauma experts at Child Trends and the Child Trauma Training Center at the University of Massachusetts
- ☐ [Supporting Teenagers and Young Adults During the Coronavirus Crisis-Tips for parents with older children at home](#)
- ☐ [Ways to Promote Children's Resilience to the COVID-19 Pandemic](#)-A new resource outlines ways to promote children's resilience to the COVID-19 pandemic and protect them from the potential negative effects that traumatic events can have on children's development and well-being. From Child Trends
- ☐ Resources that are helpful in caring for yourself, family and others.
<https://www.ccsi.org/Coronavirus>
- ☐ [Managing Stress in Times of Crisis](#)
- ☐ [Helping the Children in Our Lives Cope including additional resources for youth and homeschooling](#)
- ☐ Helping Teens Cope with Anxiety during Covid 19
<https://operationparent.org/resource-manager/>
- ☐ Childhood Anxiety with Karen Lawrence <https://operationparent.org/resource-manager/>

Ten Ways to Take Ten

- ☐ Tips for Parents: Social Distancing & Substance Use
[COVID-19: We Are Here for You](#)
- ☐ [Feeling Stressed About Coronavirus \(COVID-19](#)
- ☐ [How to Talk to Little Learners About Coronavirus-](#)
- ☐ Coronavirus: How To Talk To Your Kids About The Disease-
<https://www.huffpost.com/entry/coronavirus-how-to-talk-to-kids-disease>
- ☐ [Orange County Cornell Cooperative Extension's Webinar *Tapping into Resilience Resources*](#)
- ☐ [Resources for parents struggling to balance work, child care and self-care while keeping worries, both your children's and your own, under control.](#)
- ☐ [Orange County Cornell Cooperative Extension's Webinar *Tapping into Resilience* which was taped on Thursday and might be worth watching...](#)
- ☐ [How to Talk to Your Anxious Child or Teen About Coronavirus](#)

- ❑ [How to Avoid Passing Anxiety to Your Children](#)
- ❑ [Talking to your Child about COVID-19:](#)
- ❑ [Brain Pop Video-COVID-19](#) It can be scary to hear about a disease outbreak, but learning the facts can help ease your mind.
- ❑ [Helping Children Cope with Changes from COVID-19](#) This article from the National Association of School Psychologists gives suggestions on how to discuss the COVID-19 epidemic with children and families who are adapting and evolving to this pandemic everyday.
- ❑ [Social Emotional Learning Resources During COVID-19](#)
- ❑ [Manage Anxiety and Stress](#)

2. Mental Health

- ❑ From SPRC-[Resources to Support Mental Health and Coping with the Coronavirus \(COVID-19\)](#)
- ❑ [Supporting Mental Health in the COVID-19 Pandemic-](#)
- ❑ [“Resources for Responders and Behavioral Healthcare Providers](#)
- ❑ NAMI released the [NAMI COVID-19 Resource and Information Guide](#) to answer frequently asked questions regarding the intersection between Coronavirus, or COVID-19, and people affected by mental illness, their caregivers and loved ones. The guide features FAQs on a variety of topics from managing anxiety and social isolation to accessing health care and medications.
- ❑ Guide-[Living with worry and anxiety amidst global uncertainty](#)-a mixture of psychoeducation about normal and excessive worry, lots of normalization, and a selection of practical exercises that you, your clients, or anyone can use to manage worry and maintain well-being in these uncertain times. Please feel free to share this widely.
- ❑ COVID-19: [Resources to Cope](#)-During these uncertain times, it's important to take time for yourself and focus on your mental well-being
- ❑ Psychological Resilience Through the Pandemic, Dr. Kate Castle - <https://cibtbristol.ne>
- ❑ Suicide Prevention Resource Center: Resources to Support Mental Health and Coping with the Coronavirus (COVID-19)
- ❑ <https://www.sprc.org/news/resources-support-mental-health-coping-coronavirus-covid-19> Social support and connection are key protective factors against suicide. Positive and supportive social relationships and community connections can help buffer the effects of risk factors in people's lives. Programs and practices that promote social connectedness and support are one element of a [comprehensive approach to suicide prevention](#).

3. Promote Social Connectedness and Support

What Is Connectedness?

In 2011, the Centers for Disease Control and Prevention (CDC) adopted promoting connectedness as its strategic direction for preventing suicidal behavior.¹ The CDC defines connectedness as “the degree to which a person or group is socially close, interrelated, or shares resources with other persons or groups.”¹

Connectedness can include:

- Connectedness between individuals (e.g., friends, neighbors, co-workers)
- Connectedness among family members
- Connectedness to community organizations (e.g., schools, faith communities)
- The connection of groups (e.g., minority groups) to their cultural traditions and history

Connectedness and support can be enhanced through social programs directed at specific groups (such as older adults or LGBT youth), as well as through activities that support the development of positive and supportive communities.

Positive and supportive social relationships and community connections can help buffer the effects of risk factors in people’s lives.

Take Action

- Support the development of relationships between youth and positive adults in their lives (e.g., teachers, coaches).
- Help build positive attachments between families and organizations in the community (e.g., schools and tribal and faith-based organizations).
- Create and sustain peer-delivered services and support groups.
- Implement activities in educational institutions that help students increase and strengthen their social networks and connections.

It’s important to remember that not all social connections are healthy. Suicide prevention programs should promote programs and practices leading to positive and supportive relationships. Engaging in data-driven [strategic planning](#) can help you assess your needs and assets, set goals, review possible program options, and determine which interventions fit your situation and desired outcomes.

Reference

1. Centers for Disease Control and Prevention (CDC). Strategic direction for the prevention of suicidal behavior: Promoting individual, family, and community connectedness to prevent suicidal behavior. Retrieved from http://www.cdc.gov/ViolencePrevention/pdf/Suicide_Strategic_Direction_Fu...

4. Managing Grief

- ❑ Coping with Grief during COVID-19 - [Supporting Others Through Grief](#)
- ❑ National Alliance for Grieving Children
<https://childrengrieve.org/resources/about-childhood-grief>

5. Wellness & Selfcare

- ❑ Preventing & Managing Burnout-As a response to the COVID-19 pandemic, we've gathered a collection of [information and resources](#) to help address health care worker burnout during these stressful times. These resources are designed to provide education, strengthen resilience and help you manage the symptoms you may be experiencing.
- ❑ <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.htm>
- ❑ [Stress and Coping](#)
- ❑ [Shine: Calm Anxiety & Stress](#) offers a special toolkit for COVID-19 anxiety, with a free app that offers guided relaxation and meditations, daily motivational messages, and an "ask an expert" section
- ❑ [Headspace](#) is a stress, meditation, relaxation, and sleep app, free with NPI provider number
- ❑ The [UCLA Mindful: Meditations for Well-Being](#) app includes recorded mindfulness meditations of varying lengths and a weekly podcast
- ❑ [The Society for Health Psychology](#), a division of the American Psychological Association, offers a wide range of recommended wellness tools, including a sleep app and resources to address trauma
- ❑ [The COVID-19 Pandemic and Emotional Wellbeing: Tips for Healthy Routines and Rhythms During Unpredictable Times](#)



- ❑ Make Stress Your Ally
Difficult times are stressful. Learn techniques for coping with stress. [Listen now.](#)

COVID-19 Strategies for Coping and Wellness

1. **Take stock.** As routines drastically change, health choices may falter. Ask yourself how you are doing in regard to daily health behaviors: the quantity and quality of sleep, exercise, nutrition, and hydration.

2. **Stabilize yourself with good health behaviors.** After taking stock, choose one area for improvement and set a goal. Examples of concrete goals are maybe 30 minutes of daily exercise, limiting evening screen time in the hours before bed, and eating three servings of vegetables daily.

COVID-19 brings a high degree of uncertainty, and feelings of loss of control are common. Setting a self-care goal can help keep you grounded and focused on things you can control.

Good self-care will ensure that your immune system is best supported and able to fight illness. Remember too that when you are well cared for yourself, you can be of best service to others.

3. **Observe your stress level.** Stress manifests mentally, emotionally, and physically. Observe the tension level in your muscles, the frequency and intensity of any difficult emotions, and potential physical effects such as headaches, upset stomach, or difficulty sleeping.

4. **Identify your emotions.** Anxiety, sadness, fear, anger, and frustration may all be common. Acknowledge these emotions as they arise. Often, they are temporary and observing them without judgment can allow them to dissipate quicker.

5. **Employ stress reduction techniques.** Stress activates the sympathetic nervous system and keeps you in a state of "high alert." Even low-grade prolonged stress can have negative impacts on sleep, mood, blood pressure, cortisol -- all of which reduce your tolerance to future stressors. Ongoing stress can also promote unhelpful choices, like using alcohol for stress relief, and further deplete sleep, mood, and energy. In this time of COVID-19, stress mitigation is key, and calming your nervous system is medicinal

Crisis Resources:

★ Orange County Crisis Call Center: 1-800-832-1200

- Provides assistance for people in need of support due to a mental illness, substance use, developmental disability, sexual assault, or who need information/referrals with trained professionals 24/7.

★ Access Supports for Living Virtual Urgent Care: 1-888-750-2266 (select option 2)

- Regional urgent care for mental health and substance abuse issues; therapy, psychiatry and peer support available by phone and telemedicine 24/7 for adults and children, regardless of insurance or ability to pay.

★ Resource list from Orange County Mental Health:

- <https://www.orangecountygov.com/616/Mental-Health>

★ Text 4 Teens: Text 845-391-1000 24 hours/7 days a week

- A confidential textline for teens for info, referrals or just to chat.

★ NYS Office of Mental Health omh.ny.gov Reach Out Hotline 844-863-9314

- The Emotional Support Line provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Help Line is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.

★ Mobile Mental Health 24-hour: 1-888-750-2266

★ Orange Regional Medical Center ER: 845-333-1623

★ **National Suicide Prevention:**
1-800-273-8255

Elementary School Student Activities:

- ❑ [GoNoodle.com](#) Go Noodle is a website that engages kids in movement and mindfulness activities that are designed to promote physical wellness, academic success and social-emotional health.
- ❑ [51 Mindfulness Activities for Children](#) The best way to show students how to be mindful is to practice it in class. Use these 51 engaging mindfulness activities for kids to help your students hone their self-awareness and self-regulation skills.
- ❑ [Casel Resources](#) A link connects to confidentparentsconfidentkids.org and a whole series of “EQ in your PJs” videos and activities that will be rolled out weekly.
- ❑ [Managing Stress Before it Manages You](#) 4 part series
- ❑ [Helping Children Embrace Big Emotions in Times of Crisis](#)
- ❑ [Isaac's Story](#) Story about talking to kids about mental health

Middle School Resources & Activities

Parental Support and Suggestions

- ❑ [Printable Visual Schedules for a Variety of Ages and Needs](#)
- ❑ [Daily Schedule Advice for ADHD Families](#)
- ❑ [How can I nurture my child's mental health?](#)
- ❑ [How to Talk to your Child about Social and Emotional Issues](#)

Strategies for Keeping Calm During COVID-19

- ❑ [25 Fun Mindfulness Activities for Children and Teens \(+Tips!\):](#)
- ❑ [Distress Tolerance Skill for Teens](#)
- ❑ [Tips for Reducing Anxiety in Children](#)
- ❑ [Offering Opportunities for Expression](#)
- ❑ [Virtual field trip opportunities and 38 Ideas for home activities](#)

Screen-Free Activities to do at Home

- ❑ [Social & Emotional Learning Activities for Families](#)
- ❑ [Creative Mindfulness Activities](#)
- ❑ [250+ Activities to keep sane during COVID-19!](#)
- ❑ [Healthy Activities to do at Home](#)

Social-Emotional Activities and Worksheets

- ❑ [Gratitude Journal](#)
- ❑ [Worry Coping Cards](#)
- ❑ [Small Talk: Discussion Cards for Kids](#)
- ❑ [Positive Psychology Prompt Cards](#)
- ❑ [Grounding Techniques](#)

High School Student Activities:

- ❑ [Social & Emotional Learning Activities for Families of HS Students](#)
- ❑ [Kids Health/Teens](#)
- ❑ [Guided Meditation for Teens](#)
- ❑ [Some Helpful Mindfulness Activities](#)
- ❑ [How to Help Your High School Senior Through COVID-19 Pandemic](#)
- ❑ [How to Change Negative Thinking Patterns](#)
- ❑ [Tips for Communicating with Your Teen](#)