

List of Resources

Oregon School District Families

Local Social Workers

- Joe Sullivan, Joining Forces for Families, 608-835-4188. Joe is a community social worker that has created the NINA Fund (Neighbors in Need of Assistance). He has a limited amount of money available for gas cards, rent and various other urgent situations and is also an excellent source for local resources.
- Caitlin Petersen, school social worker RCI and Brooklyn Elementary cpetersen@oregonsd.net
- Daniela Arevalo, school social worker FES, PVE, NKE, (608) 835-1361 or dcarevalo@oregonsd.net
- Amanda Sedlacek, school social worker OMS, (608) 835-4806 or arsedlacek@oregonsd.net
- Amie Mitchell, school social worker OHS, ammitchell@oregonsd.net

Hotlines

- Journey Mental Health Emergency Services Unit 608-280-2700
- Briarpatch 24 Hour Line for Youth 608-251-1126
- Project Recovery <https://projectrecoverywi.org/> Trained crisis counselors available to help families in Dane County with mental health needs and financial needs due to COVID.
- Rape Crisis Center 608-251-7273
- Domestic Abuse Intervention Services 1-800-747-4045 or 608-251-4445
- Crisis Text Line is helpful for panic attacks and other emotionally intense moments. Text HOME to 741741; a bot will connect you to text with a real person.
- Parental Stress Line 608-241-2221
- Oregon Police Department 608-835-3111

Suicide Crisis Response Resources

- Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Text “HOPELINE” to 741741
- Trevor Project Lifeline: 1-866-488-7386

Eviction Prevention/Housing Resources

- The Tenant Resource Center is available for families with rental questions or to prevent evictions. Call 608-257-0006 x 7 and leave a message.
- Dane County Housing Resource Line 1-855-510-2323
- Community Action Coalition has limited funds available to prevent eviction (not related to Covid 19). Several criteria must be met, including having an eviction notice, before they can help. Call their Housing Crisis Hotline at 855-510-2323 from 8:00-4:30 Monday through Friday to complete a Housing Intake.
- The Salvation Army has assistance (rent, gas, grocery cards, utility payments) for families who are currently doubled up. 608-250-2298 or 608-250-2203.
- Housing Navigation Services is still operating. 608-826-8093 or [email](#)
- The Beacon - assistance for homeless individuals/families, call 608-826-8019. Leave a message and receive a call back within 24 hours

- The MadCity Homeless Resource guide is a comprehensive listing of community resources that are non-specific to the Coronavirus. This includes shelter, bus passes, day centers, laundry, housing referrals, phones, narcans and needle exchange, and survival gear. [Linked here](#)

Emergency Financial Resources

- For local financial aid resources, dial 211 or text your zip code to 898-211. You can also use [this web address](#) to find resources by zip code and keyword. Another option is to call 1-866-211-9966 and provide your zip code to get referred to local agencies.
- Dane County Human Services has a landing page for [Emergency Assistance Grants, W2, FSET, and Unemployment](#) with instructions on how to apply for each.
- WI Unemployment Information [link to apply](#)

Utility and Internet Support

- The [PSCW homepage](#) has information about free/reduced internet services across WI.
- Households making less than 60% of the state median income in the last month (e.g., \$3,859.83 for a family of 3) are eligible for utility payment assistance through WHEAP ([Wisconsin Home Energy Assistance Program](#)). 1-866-HEATWIS (432-8947).
- AT&T offers internet through their program Access Through AT&T (apply [here](#)) for \$10 (or less) a month if you meet certain eligibility criteria. For families who meet one of the following criteria
 - SNAP benefits (take a picture of the front and the back of the card to upload to an application)
 - Have children who receive free/reduced lunch through school
 - Meet income eligibility requirements

SNAP (FoodShare) and WIC

- The Supplemental Nutrition Assistance Program (SNAP, known as FoodShare in Wisconsin) benefits can be applied for [here](#)
- Women, Infants, and Children (WIC) benefits for pregnant or postpartum women and children under age 5 can be applied for at [here](#)
- There are additional funds available through SNAP for families currently receiving FoodShare and for those whose children receive free/reduced meals at school. [Link here](#)

Child care Assistance

- Use [this link](#) to apply for Child Care Subsidy through the state of Wisconsin
- [4-C's](#) is a local agency that can help people find childcare

Access to food, including farmers markets and CSAs

- Any OSD student can get free meals through the school district (until August 2021). As of October 5th there have been some changes to the program. This [link](#) will direct you to the district's "Free Meal Program." If you haven't signed up your student but are interested you can do so through that link. If you have specific food service questions you can contact Sarah Tomasiewicz at setomasiewicz@oregonsd.net or by phone at 608-835-4036.
- Oregon Food Pantry: 107 N Alpine Parkway (adjacent to People's United Methodist Church). Pantry guests will be instructed to remain in line in their cars until they reach the front of the line, and we will register the guests without having them in the building. PLEASE BRING YOUR ID'S with you.
- [List of Food Pantries in our area](#). Some may be closed or limited due to COVID-19.

- [Here is a list explaining how to buy from local farmers during this time](#): these farmers would have been at the Winter Farmers' Market and/or selling to local restaurants.
- FairShare CSA Coalition offers 50%, up to \$300, towards fresh produce through their [Partner Shares Program](#). Recipients can use multiple payment methods (SNAP, checks, credit) and will receive flexible payment plans. They can choose from over 40 local farms that deliver near them (some farms also offer home delivery.)
- [Badger Prairie Needs Network](#) Bring ID for each family member on first visit; on every visit thereafter, ID for primary shopper is only required. Amt of food distributed is based on household size/availability, and averages about 2 weeks worth of food per person each month.

Diapers and Baby Supplies

- [WIC has closed its office](#). Services are still available via phone. New enrollments are being taken. Existing members and interested new participants can call 608-267-1111.
- Dane County Diaper Drive is collecting diapers and will provide them at no cost to disadvantaged families: <https://danediapers.org>.
- Reach Dane is enrolling children ages 0-5 years in Early Head Start and Head Start. Enrolled families get immediate access to diapers, formula, and meals distributed weekly. They can provide families with early childhood education, mental health, and family supports virtually. www.reachdane.org or 608-577-6934

Mental Health Services

- [Link here](#) Dane County Behavioral Health Center is a local organization to aid adults and/or children who are seeking mental health and/or alcohol or drug treatment and need help navigating the system.
- If you'd like to start counseling, please contact the customer service number on your insurance card to find out about clinics/clinicians available.
- [SAMHSA Disaster Distress Hotline](#): Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories to address stress, anxiety, and other depression-like symptoms, which are common reactions after a disaster.
- [The Child Mind Institute](#) is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. [Click here to learn about their telehealth evaluations](#) and treatment for ADHD, mood disorders, anxiety disorders, autism spectrum disorders and learning disorders. Click here to read their [COVID-19 Child and Adolescent Mental Health Tipsheet](#).

Services for Alcohol/Drug concerns

- Free Online, Video, and Phone AA meetings with local Madison community members. [List of local AA meetings](#)
- Recovery Dane 608-237-1661
- [Drug Free](#)'s website has information for parents who have concerns about their child's alcohol/drug use
- [Safe Communities](#) is a website with local resources (information, guidance, directory of providers) for children and adults looking for support regarding alcohol/drug use.

General Information about Wellness and Resilience

- The Wisconsin Department of Health Services (DHS) has created a website called [Resilient Wisconsin](#). It has many resources on addressing toxic stress and trauma and specific resources relating to coping during COVID-19.
- The Wellness Society has published a free full [PDF workbook for anxiety during COVID-19](#).
- GoZen has created a Compassion Journal workbook [Compassion Journal workbook](#)
- [Virus Anxiety](#) is a toolkit for managing anxiety about the virus and the uncertainty we are all facing.
- The Compassion and Resilience Toolkit has released a series of videos for [staying Resilient During COVID-19](#).

- Sesame Street has developed wellness videos and activities for the whole family. Visit [Sesame Street](#) for many resources.
- [Lived Wisdom on Panic, Worry, and Isolation](#): A document about the impacts of experiencing panic, worry, and isolation, and how people with mental health struggles have experienced and lived through these feelings.
- [5 Ways to Self Care During Coronavirus](#)
- Healthy Minds Innovations is offering the [Healthy Minds Program App](#) for free to individuals. There is no subscription fee, and no requirements. [Try an audio practice on exploring change](#) or [try the full program](#).

Activities for School Age Children Staying at Home

- [Madison Public Library has many free resources](#) available online. Use your library card to access them. Don't have a library card? [Apply for a virtual library card here!](#)
- UW Extension 4-H has created [a list of fun, hands-on learning projects to do at home](#) for kids. Activities are listed by grade levels.
- [Big List of Children's Authors Doing Online Read Alouds and Activities](#)
- [Milwaukee Brewers Summer Sluggers Reading Program](#) - open early! Free to sign up! Summer Slugger is a continuous and engaging learning experience that uses the game of baseball to prepare students of all backgrounds to enter the next school year on track.
- [Sample Daily Schedule for Learning At Home](#)
- [K-12 Teaching Possibilities in Pandemic Times](#): Facebook group with a community of people ready to problem solve at home learning issues who share many educational resources.
- [Preschool Homeschooling Schedule and Resources](#)
- [Anti-Oppressive and Anti-Racist Home School Options During Quarantine](#)
- [Break Packets for K-5 Students](#): Includes a variety of subjects for elementary ages children.
- [Scholastic Learn from Home](#) - FREE pre-k-12 online resources to keep kids learning at home while schools are closed.
- [Audible.com](#) is offering FREE streaming of books in multiple languages online for as long as schools are closed.
- [First Book Marketplace](#) is a great place to order deeply discounted books for kids. Free shipping for orders over \$25. Use promo code BOOKBANK15 for an additional 15% off orders.
- [Learn Online with Technology](#) - List of online websites for home-based learning.
- [List of digital author resources](#) - This is a website collecting events with read-alouds, face times, and other interactive online reading opportunities for families.
- [Home-based learning resources](#) - Lots of ideas for how to engage kids with learning while at home. Also includes link to online museum tours of different museums across the world.
- [Giant List of Ideas for Things to Do While Home with Kids](#) - Big list of easy to do activities while still keeping social distance from others.
- [16 Card Games that will Turn Your Children into Math Aces](#)
- [Interview a Family Member](#) - resource from TeachingTolerance.Org
- [List of at-home "science experiments"](#) for kids with mostly common household items (each item on the list links to a page with more details).
- [Over 30 Virtual Field Trips](#) - includes links to virtual tours to many places, like zoos, national parks, farms, outer space, and museums around the world (and universe!)
- [Help with Homework](#) - Facebook group with a community of parents and educators who are ready to help if you need help understanding your child's school work or school-district issued enrichment packets.
- [Oceans Initiative Free Marine Biology Camp](#): Free videos uploaded every week. ([Article with more info](#))
- [NASA STEM Engagement](#): for grades K-4. Lots of resources and real-time videos!
- [Outdoor Learning Ideas](#) (compiled by educators at Lake View Community School in Madison)

- [Beat the COVID-19 Blues With These Wildlife and Nature Livecams](#) and [Wild Bird Unlimited Barred Owl Cam](#)
- The Healthy Kids Collaborative has developed a [Safe Outdoors 30 Day Challenge](#) with activity ideas for being outside and staying active during COVID-19. [Here is a video from the coordinator](#) that demonstrates outdoor safety.

Kid-Friendly Activities About COVID-19

- A Comic Written for children about COVID-19: [link here](#)
- Interactive website with activities for kids to learn about COVID-19: [link here](#)
- [School's Closing. Now What?](#) - provides tips for how to support children and families while schools are closed and includes links to resources.
- [Social Story for Kids to Understand Why School is Closed](#) - translated into seven languages. Includes directions for use. [Audio book](#) available on YouTube.