



VFN Resources and Tips for Parents and Caregivers

We strive to serve as a source of support and information for Families and Caregivers of youth and young adults with mental health needs. As a result, we have developed a number of fact sheets and webinars that provide information on topics and services that are relevant to parents and caregivers who have children and youth with mental health needs. Please also feel free to contact our Virginia Family Network Program Coordinator for more information at nanjum@namivirginia.org.

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NAMI Virginia

NAMI Virginia's Online Programs include Support groups and Education Courses for Parents of Children and Young Adults.

NAMI Family Support Group for Parents of Children 17 And Under

This is a free, peer led support group for parents of children living with mental health challenges. Our NAMI Family Support Groups offer a confidential space to share and gain sincere uncritical acceptance from others with similar experiences. For more information about the program, please [click here](#).

When: 1st and 3rd Wednesdays of the month from 7:00 pm – 8:00 pm

This meeting is held on Zoom. Please email nanjum@namivirginia.org to request the link.

Children's Challenging Behaviors

Originally designed as a one day, 6 hour in person workshop, NAMI Virginia has adapted this amazing program to now be offered online. Children's Challenging Behaviors provides education and support for parents of children living with mental health challenges. For more information about the program, [click here](#).

NAMI Basics On Demand

NAMI Basics On Demand is an adaptation of NAMI Basics and is a free, six-session online education program for parents, caregivers and other families who provide care for youth aged 22 or younger who are experiencing mental health symptoms. The 6-session program provides critical strategies for taking care of your child and learning the ropes of resiliency and recovery.

For more information about Basics, [click here](#)

- Register today: <https://basics.nami.org>
- [Download Videos](#)

Virginia Family Network Facebook Page

An open group for parents, caregivers, families, providers and anyone interested in staying connected to the mission of the Virginia Family Network (VFN). The group is open to provide tips, resources and creating connections. To join page, [click here](#).

Facts and Resources for Parents and Caregivers

[SAMHSA Facts for Parents and Caregivers](#)

[A Guide to the Children's Services Act for Children](#)

[Common Definitions and Acronyms](#)

[Virginia Community Service Board \(CSB\) List](#)

Crisis Planning

[Crisis Planning for Families](#)

[Sample Record Keeping](#)

[988 Suicide & Crisis Lifeline.](#)

[988lifeline.org](#) If you are uncomfortable talking on the phone, you can chat the Suicide & Crisis Lifeline

[Risk of Suicide know the signs](#)

<https://www.nami.org/your-journey/kids-teens-and-young-adults/what-you-need-to-know-about-youth-suicide/>

Virginia Department of Social Services:

[Virginia Department of Social Services](#)

- Help with Food
- How do I find Child Care?
- What if My Job Has Been Affected?
- How Can I Get Health Insurance?
- What if I can't Pay My Bills?
- How can I Manage Stress?
- I am worried I have COVID-19
- I Don't Feel Safe at Home

Aunt Bertha Find Help - <https://www.auntbertha.com>

Search and connect to free or reduced cost support, financial assistance, food pantries, medical care.

Language Line - <https://www.languageline.com/>

Translation and Interpretation services.

Peer Resources

Digital Peer Support - <http://digitalpeersupport.org/>

Ryan Gange on Peer Recovery Video - <https://www.youtube.com/watch?v=z6Ax--pnp4g>

Becoming a Peer Recovery Specialist- <https://virginiapeerspecialistnetwork.org/getting-started/>

Technology Resources

Assurance Wireless - www.assurancewireless.com

Xfinity Internet Essentials -

<https://www.xfinity.com/support/articles/comcast-broadband-opportunity-program>

Center for Excellence on Protected Health Information (CoE-PHI) - <https://www.coephi.org/>

Creating Strong Passwords - <https://www.avg.com/en/signal/how-to-create-a-strong-password-that-you-wont-forget>

Center for the Application of Substance Abuse Technologies (CASAT) - <https://casat.org/>

Warmlines

NAMI Virginia HelpLine: Phone: 1-888-486-8264 Ext. 202 or 1-804-285-8264 Ext. 202
Monday - Friday 9:00am - 5:00pm EST (Not a crisis line)
Email Address: info@namivirginia.org

Shenandoah Valley Emotional Support Line: Phone: 540-820-5762
MWF 7-8pm Spanish 7-10pm English
<https://www.facebook.com/EmotionalSupportLine>

Veterans Crisis Line: Phone: 800-273-8255 (press 1)

AliveRVA Peer Recovery Warmline: Phone: 833-4-PEERVA

Mental Health America of Virginia: Phone: 866-400-64278
M-F 9am-9pm and Sa & Su 5pm-9pm
<https://mhav.org/support/warm-line/>

NAMI National HelpLine: Phone: 1-800-950 NAMI (6264)
Monday - Friday 10 am – 10 pm ET
Email: helpline@nami.org
Text: 62640 or Chat: nami.org/help

Webinars

April 2023 NAMI Ask The Expert - Dr. Meghan Walls: https://www.youtube.com/watch?v=sPV5A_f2nk4
Dr. Meghan Walls, a pediatric psychologist with Nemours Children's Health System, shared information on how to best help children and youth of all ages cope with the emotions they may be experiencing during the COVID-19 pandemic.

Hey! I'm Talking, Are You Listening? - 2021 VFN Summit: <https://bit.ly/44Fzpx1>
Cristy Corbin from Family Support Partners of Virginia discusses Effective Strategies for Communication in this 2021 Virginia Family Network Summit session.

May 2022 VFN Lunch and Learn - Together for Mental Health: <https://www.youtube.com/watch?v=edRHStw6hAk>
Virginia Family Network brings together organizations from across Virginia to share how they support families who are coping with mental health challenges.

Crisis Planning with Families - 2021 VFN Summit: <https://bit.ly/3OmYS9j>
Mary Beth Walsh and Bianca Martin discuss crisis planning for families in this 2021 Virginia Family Network Summit Session.

School Based Information

Virginia Department of Education: doe.virginia.gov

Special Education Regulations and Rights

[Your Family's Special Education Rights- Virginia Procedural Safeguards Notice \(English\)](#)

[Your Family's Special Education Rights – Virginia Procedural Safeguards Notice \(Spanish\)](#)

[Special Education Guide](#)(English)

[Special Education Guide](#) (Spanish)

Individuals with Disabilities Education Act (IDEA)

[What is IDEA](#)

[13 Categories IDEA Covers](#)

Individualized Education Plan (IEP) and 504 Plan

[IEP and 504 information](#)

[Difference Between an IEP and 504 Plan](#)

[What to Expect and How to Prepare for an IEP Meeting](#)

[Wrightslaw IEP and Wrightslaw: School of Accommodations and Modifications](#)

[List of some Ideas of IEP and 504 Accommodations](#)

Virtual Learning Resources

[Supporting Students with Complex Learning Needs in Virtual and Remote Learning Environments](#)

[Tips for Successful Communication with Families During Online Learning](#)

[The Inclusive Class Tips for parents on creating a home learning space.](#)

[The Curriculum Corner PowerPoint games for virtual learning.](#)

Military Family Information

[Military Families](#)

[Guidance for Military Families with Students in Special Education](#)

[Transfer of Children with Disabilities and Special Education Protections Briefing](#) [MMental Wellness and Trauma-Informed Practices in Military Families](#) Video

Social Emotional Learning

[What it Social Emotional Learning \(SEL\)](#)

[The Five Social Emotional Learning \(SEL\) Core Competencies with Teaching Lessons](#)

[15 Activates to help teach SEL](#)

Online Learning Activities for School Aged Children

Lunch Doodles with Mo Williems <https://www.kennedy-center.org/education/mo-willems/>

National Geographic for Kids <https://kids.nationalgeographic.com/>

Seussville <https://www.seussville.com/>

Fun Brain - Math and reading skills up through grade 8 <https://www.funbrain.com/>

PBS & PBS Kids <https://pbskids.org/>

Highlights for Kids <https://www.highlightskids.com/>

Learn in Color <https://learnincolor.com>

Breezy Special Ed <http://www.breezyspecial.com>

Go Noodle <https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

Social Stories For Youth <https://www.flipsnack.com/keshetchicago/coronavirus-social-story/full-view.html>

Read Brightly <https://www.readbrightly.com/>

Entertain Kids on a Dime <https://entertainkidsonadime.com/>

Other Resources for Parents and Caregivers.

The links below offer information that may be relevant to Parents and Caregivers These links are not endorsed by NAMI Virginia but are separate organizations:

State Resources

- [FACES of Virginia's Families](#)
- [Cameron K. Gallagher Mental Health Resource Center](#)
- [Formed Families Forward](#)
- [Parent Educational Advocacy Training Center](#)
- [Center for Family Involvement](#)
- [Virginia Parent Resource Centers](#)
- [Department of Education, Special Education](#)
- [Office of Children's Services](#)
- [Department of Behavioral Health and Developmental Services](#)

- [Department of Social Services](#)
- [Magellan Healthcare \(for Medicaid/FAMIS families\)](#)
- [Virginia Association of Community Services Boards](#)
- [First Episode Psychosis Resources](#)
- [First Episode Psychosis Report](#)
- [Comprehensive Services Act](#)

National Resources

- [National Alliance on Mental Illness](#)
- [Substance Abuse Mental Health Services Administration](#)
- [National Institute of Mental Health](#)
- [National Federation of Families for Children's Mental Health](#)
- [Bazelon Center for Mental Health Law](#)
- [About Our Children](#)
- [Child and Adolescent Bipolar Foundation](#)
- [Children and Adults with Attention-Deficit/Hyperactivity-Disorder](#)
- [National Child Traumatic Stress Network Center](#)
- [Child Mind Institute](#)

Grand Families and Kinship

Grandfamilies and Kinship <https://www.gksnetwork.org/>

Generations United <https://www.gu.org/projects/ntac-on-grandfamilies-and-kinship-families/>

Resources By State www.grandfamilies.org

Resources to Help Recovery and Wellness

Addiction Technology Transfer Center (ATTC) Network <https://attcnetwork.org>

BetterHelp <https://www.betterhelp.com/>

Calm app <https://www.calm.com/>

Celebrate Recovery <https://www.celebraterecovery.com/>

Copeland Center for Wellness and Recovery <https://www.copelandcenter.com/>

Find a Therapist <https://www.psychologytoday.com/us/therapists/>

Hampton VA Medical Center: <https://www.hampton.va.gov/>

Hampton-Newport News Community Services Board <http://www.hnnccb.org/>

Henrico Area Mental Health and Developmental Services <https://henrico.us/mhds/>

In the Rooms App <https://www.intherooms.com/home/>

Living Proof Outreach https://www.facebook.com/pg/LivingProofOutreach/about/?ref=page_internal

Mobile Apps: COVID Coach https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp

NAMI Virginia <https://namivirginia.org/>

National Consortium of Telehealth Resource Centers <https://www.telehealthresourcecenter.org/>

New River Valley Community Services: <http://www.nrvcs.org/>

On Our Own of Charlottesville www.onourownville.org

Phoenix House Mid-Atlantic <https://www.phoenixma.org/>

Refuge Recovery <https://refugerecovery.org/>

SAARA Richmond <https://www.saara.org/>

Smart Recovery
Online <https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/>

Strength In Peers <https://www.strengthinpeers.org/>

Tara Brach <https://www.tarabrach.com/>

Ten Percent Happier App <https://www.tenpercent.com/>

The McShin Foundation www.mcshin.org

UMFS United Methodist Family Services <https://www.umfs.org/>

UNICF <https://uni.cf/3bCFvCc>

Veteran Video Connect (VVC) <https://www.mobile.va.gov/app/va-video-connect>

Veterans Mindfulness Coach <https://www.mobile.va.gov/app/mindfulness-coach>

Veterans PTSD Coach App <https://www.mobile.va.gov/app/ptsd-coach>

Virginia Family Network

<https://namivirginia.org/programs/for-parents-of-children-and-youth-virginia-family-network/>

VOCAL <https://vocalvirginia.org/>

Wisdom 2.0 Livestream <http://wisdom2conference.com/live>

World Health organization

<https://www.who.int/teams/risk-communication/Individuals-and-communities>

WRAP apps https://www.wrapandrecoverybooks.com/store/the-wrap-app_moreinfo.html

Yoga 12 Step Recovery <https://y12sr.com/meetings/find-a-meeting-by-state/#toggle-id-1>

YouthMOVE VA <https://namivirginia.org/programs/youth-young-adults-youth-move-virginia/>

PANS/PANDAS is not a well-known neurological disease in children

<https://virginiamercury.com/2024/02/07/va-commission-to-review-mandatory-insurance-coverage-for-devastating-childhood-disease/>

This is the website for the advocacy group referenced.

<https://va4pa.com/>

Starting Hard Conversations

NSPCC Learning

<https://learning.nspcc.org.uk/safeguarding-child-protection/how-to-have-difficult-conversations-with-children/#:~:text=Conversation%20starters,them%20about%20what%20they%20think.>

"We Need To Talk" - Tough Conversations With Your Kids (Book)

<https://www.amazon.com/Need-Talk-Tough-Conversations-Your/dp/1598698788>

6 STEPS ON HOW TO HAVE DIFFICULT CONVERSATIONS WITH YOUR CHILD

<https://www.connectionsacademy.com/support/resources/article/6-steps-how-to-have-difficult-conversations-with-your-child/>

SAMHSA how to talk about Mental Health

<https://www.samhsa.gov/mental-health/how-to-talk>

