

## Resources for Schools and Parents During COVID-19

### Mindfulness and Stress Reduction:

- Great info including tips for talking with your kids, video chats and daily tips for parents: <https://childmind.org/coping-during-covid-19-resources-for-parents/>
- CCSI Managing Stress: <https://www.ccsi.org/Pages/Coronavirus-Resources>
- **Box Breathing tips:** a simple strategy shown to reduce anxiety, the strategy involves breathing in for a count of 4, holding for a count of 4 and exhaling for a count of 4
  - <https://www.youtube.com/watch?v=YFdZXwE6fRE>
- **Stop Breathe Think: Free Downloadable Resources for Educators**
  - <https://www.stopbreathethink.com/educators/>
  - Calming Exercise: <https://www.youtube.com/watch?v=F5X5oVmTyOM>

### Social Emotional Learning: Keep the SEL going during this difficult time:

- Tips for reinforcing Social Emotional Learning Skills and Core Competencies at Home: <https://sel4us.org/blog/social-emotional-learning-supports-around-covid-19/>
- Second Step Resources: distance learning options, resources for parents to practice and reinforce SEL skills at home. Visit regularly for updated content, including tips for supporting remote education, activities to help children continue to thrive, and more <https://www.secondstep.org/covid19support>
- Guidance on providing Second Step through virtual learning: <https://support.secondstep.org/hc/en-us/articles/360045236873>
- **The Imagine Neighborhood | Build Social-Emotional Skills at Home**  
A New Podcast by Committee for Children  
  
The Innovation Team at Committee for Children—the makers of Second Step—is bringing families a fun new way to practice SEL at home. Aligned with our Second Step SEL program, The Imagine Neighborhood podcast features original stories, fun music, and helpful prompts for grown-ups and kids to talk about the big feelings we all have, and how to get a handle on them.
- CASA-Trinity, Inc. Prevention will be recording Second Step and Too Good For Drugs/Violence sessions and sharing with schools **\*More to Come Soon!\***. **Links to Second Step Family Home Links:** <https://drive.google.com/open?id=1MU2Yv699sEgGKzWmWWeY0j6j-sW2kjAF>
- Info for continuing to foster relationships with youth during this time: <https://www.search-institute.org/families-working-from-home/>
  - [Building Developmental Relationships During the COVID-19 Crisis](#)

- Links to handout Family Engagement Ideas from Search Institute (tips for talking with kids, family activity ideas, family dinner ideas):  
<https://drive.google.com/open?id=1MU2Yv699sEgGKzWmWWeY0j6j-sW2kjAF>

### **More Resources to Support Young People's Well Being During the Time**

- [SEL and Covid-19](#): CASEL offers concrete suggestions for district leaders as they build out their response plans as well as teachers and parents who are concerned about meeting their children's and their own, social and emotional needs during the Covid-19 outbreak.
- [SEL Resources for Parents, Educators & School Communities Related to Covid-19](#): InsideSEL has compiled an extensive list of resources, blog posts, and guides to help navigate this uncertain time.
- [Bring Social Emotional Learning to Your Home](#): Sanford Harmony provides a suite of units and tools that can be used at home to foster and support social, emotional, and cognitive skills.
- [Pure Edge Community Resources](#): Pure Edge, Inc. is providing resources—such as a mini unit on the neuroscience of stress and their popular brain break videos—to help support learners' well being. All the videos are also accessible with voice over and subtitles in English and Spanish.
- America's Promise: Our brief, [Creating Cultures of Care: Supporting the Whole Child through Trauma-Informed Practice](#), shows how trauma-informed approaches complement positive youth development. You'll read about the work of two specific communities—one in Oregon and one in Missouri—which can serve as an inspiration to create healthy learning environments amidst this pandemic.

### **FAMILY MENTAL HEALTH RESOURCES FOR COVID-19:**

<https://sites.google.com/view/mentalhealthduringcovid19sp/home>

**Livingston County COVID-19 Mental Health Support Line:** Anyone who needs someone to talk to during these stressful times can call; free and confidential; Monday-Friday 9-5: 585-243-7251

### **Drug and Alcohol Information:**

- **CASA-Trinity, Inc. Outpatient, Inpatient and Residential Treatment program remain OPEN and CONTINUE TO TAKE IN NEW CLIENTS. Offering counseling by phone and video conference. Call 585-991-5012**
- Check out CASA-Trinity, Inc Prevention National Drug Facts Week Challenges!
  - National Drug Facts Week Online Scavenger Hunt Challenge:  
[https://drive.google.com/file/d/1OFgF\\_gHDh0WdHEGx3yFODkAbUPKt6mi1/view?usp=sharing](https://drive.google.com/file/d/1OFgF_gHDh0WdHEGx3yFODkAbUPKt6mi1/view?usp=sharing)
  - National Drug Facts Week Social Media, Chalk and Kahoot Games Challenges:  
<https://drive.google.com/open?id=1LVQyN2lfz8hp3RCj6No8Hk4m5wyOkk3h>

- Youth Assignment: “E-cigarettes and Young People.” Read the page and list 6 reasons why you think young people should avoid e-cigarette use. Video Link: <https://briefhealthprograms.us5.list-manage.com/track/click?u=650c41a6e7729bd731717a65b&id=9c3e70ea13&e=8ccf653ab0>
- **Coming soon!** Our Prevention Team is recording our youth based presentations on alcohol, marijuana and vaping- more details soon! Watch our website: <https://www.casa-trinity.org/prevention.php?COVID-19-SEL-Links-32> and our Facebook Page @CASATrinity
- **Medication Disposal**
  - We have medication locking pouches available as well as medication disposal packets to dispose of unwanted medications from home- we can do a no contact delivery- just email [rpena@casa-trinity.org](mailto:rpena@casa-trinity.org)

**STAY CONNECTED! If you haven't already done so please like and follow our Facebook page @CASATrinity to stay up to date with prevention information to share with your families.**