Social and Emotional Supports and Resources During School Closure

During this challenging time, it is incredibly important to reach out for help and access resources. Even if you are healthy and don’t feel particularly stressed, the underlying uncertainty, change in routine, lack of contact with others, etc. has a cumulative and potentially long lasting effect on states of wellbeing. Understanding and support is available! These resources are being compiled by AUSD to allow easy access for parents. We are sharing with parents so parents have access to resources to utilize, at their discretion, based on their child’s developmental readiness and emotional needs. We urge all parents to review the resources before determining which one is most appropriate for the children within their care.

<table>
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<tr>
<th>Need</th>
<th>Web Resources</th>
<th>Strategies</th>
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<tbody>
<tr>
<td><strong>AUSD and Local Support</strong></td>
<td><strong>AUSD School District</strong> <a href="http://www.atusd.org/">http://www.atusd.org/</a>  Use the drop down menus to get information regarding your school and contact information  <strong>Wellness Center Therapists</strong> <a href="mailto:kamelaproulx@atusd.org">kamelaproulx@atusd.org</a> Check in and schedule a session via telehealth  <strong>Paloma Creek/ACE Academy Therapist</strong>  <strong>School Based Counselors</strong>  <strong>School Counselors</strong></td>
<td>We have a lot of amazing local support. The sites listed are just a few examples.  County Behavioral Health is providing the following services at this time:  Telephone therapy(for existing clients only)- Therapists will be checking in with their open clients by phone. Clients can also call and leave a message if they have questions, or would like to speak to their therapist.  Medication manager will check in with clients that have been stable on their medication, or those that may need a refill.</td>
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<td><strong>Local Information</strong></td>
<td><strong>Transitions Mental Health</strong> <a href="https://www.t-mha.org/">https://www.t-mha.org/</a> Atascadero: (805) 464-0512  <strong>Call: 211 - resource directory</strong>  <strong>County Behavioral Health</strong> <a href="https://www.slocounty.ca.gov/Departments/Health-Agency/Behavioral-Health.aspx">https://www.slocounty.ca.gov/Departments/Health-Agency/Behavioral-Health.aspx</a> (800) 838-1381  <strong>Center for Family Strengthening</strong> <a href="https://cfsslo.org/covid-19-support-resources/">https://cfsslo.org/covid-19-support-resources/</a></td>
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Find Calm and Nourish Resilience:  
https://mindful.us17.list-manage.com/track/click?u=62a1db74d9bc2cb70470718ab&id=b898672958&e=323d6eaadd

Free Mindfulness class for kids LIVE Online:  
https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/

Mindfulness for Teens:  
http://mindfulnessforteens.com

Anxiety and Depression Association of America:  
https://adaa.org/living-with-anxiety/children

Hey Sigmund:  
https://www.heysigmund.com/anxiety-in-teens/

Protecting Mental Health:  

Coping with stress and anxiety  
https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm

Apps:  
Shine: calm anxiety & stress
Stop, Breathe, & Think  
Calm-Meditate, Sleep, Relax (free for educators)

The following strategies can help any time you feel anxious or stressed.

**Grounding Techniques:**
- **5-4-3-2-1:** Focus on 5 things you see; 4 things you feel; 3 things you hear; 2 things you smell; 1 thing you taste
- **Categories:** choose from the following (create your own!) and list as many items as possible; Animals, Cereals, Movies, Colors, Sports Teams, Cities, Books, Cars, TV Shows, Fruits and Veggies, Famous People
- **Body Awareness:** focus on non-distressing physical sensations;
  1. Take 5 long, deep breaths- inhale through your nose, and exhale through puckered lips.
  2. Place both feet flat on the floor. Wiggle your toes. Curl and uncurl your toes several times. Spend a moment noticing the sensations in your feet.
  3. Stomp your feet on the ground several times. Pay attention to the sensations in your feet and legs.
  4. Clench your hands into fists, then release the tension. Repeat this 10 times.
  5. Press your palms together. Press them harder and hold this pose for 15 seconds. Pay attention to the feeling of tension in your hands and arms.
  6. Rub your palms together briskly. Notice and sound and the feeling of warmth.
  7. Reach your hands over your head like you’re trying to reach the sky. Stretch like this for 5 seconds. Bring your arms down and let them relax at your sides.

- **Radical Acceptance:** The current situation is a problem that’s simply out of your control. It is easy to think “This isn’t fair” or “We shouldn’t have this problem”, even though those ways of thinking only makes things worse.  
  Radical acceptance refers to a healthier way of thinking during these situations. Instead of focusing on how you want things to be different, you recognize and accept the problem or situation as it is. Remember, accepting is not the same as liking or condoning something. Learning to accept the
### Problems that are out of your control will lead to less anxiety, anger, and sadness when dealing with them.

- **ACCEPTS:**
  - A - activities that require thought and concentration
  - C - contribute; focus on and/or help something/someone outside yourself
  - C - comparison to something worse or more difficult
  - E - do something that causes competing emotions
  - P - put away; imagine putting your emotions in a container, up on a shelf or somewhere else and don't think about them for awhile
  - T - thoughts; when your emotions take over, focus on healthy/helpful thoughts
  - S - safe physical sensations

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### Depression

**Signs, Symptoms, Strategies:**

- [https://www.helpguide.org/articles/depression/parents-guide-to-teen-depression.htm](https://www.helpguide.org/articles/depression/parents-guide-to-teen-depression.htm)
- [https://childmind.org/article/what-are-the-symptoms-of-depression-in-teenagers/](https://childmind.org/article/what-are-the-symptoms-of-depression-in-teenagers/)
- [https://lift-depression.com](https://lift-depression.com)

Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746

National Suicide Prevention Line ( Lifeline) at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).

Navigating a Mental Health Crisis:

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### It’s not unusual to feel depressed and/or hopeless in such a challenging situation. If you or a loved one is at risk of suicide or self harm, please reach out for support. It helps to have a set of guidelines for everyone to follow to help prevent/reduce suicidal feelings and/or self harm/

**Create a Safety Plan** - Include the following:

- What are my triggers?
- How can I manage my triggers?
- Warning signs - these are signs I’m getting overwhelmed:
  - Thoughts
  - Emotions
  - Physical sensations
  - Behaviors

*If family and/or friends notice my warning signs, they can help by:*

- Coping Strategies and Protective Factors - some things I can do to keep myself safe, steps I follow, my strengths:
  - My Support Network:

*Resources:*

- **Call 211**
- **Text your zip code to 898211**
- **Text HOME to 748748**
- **Call SLO Hotline: (800) 783-0607**
### Social Isolation, Healing Actions

**Let it RiPPLE - Make a global film about what’s happening right now:**
www.letitripple.org

**50 Environmental Activities for Kids:**
https://environmentcalifornia.org/blogs/blog/wie/fifty-environmental-activities-kids-can-do-home

**Parents & Kids - 100 things to do while inside**

**Houseparty App** - group video chat

**COVID 19 Tracking Site created by a 17 year old**
https://ncov2019.live/

### Communication

**Parent/Teen Communication:**
https://parentandteen.com/

https://childmind.org/article/tips-communicating-with-teen/

https://www.empoweringparents.com/article/5-secrets-for-communicating-with-teenagers/

https://www.parenteenconnect.org/communication/


https://www.nonviolentcommunication.com/aboutnvc/parenting.htm

The stress of the situation and added time together in close proximity can lead to frayed nerves. Check out the websites for ideas on how to communicate without anger.
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<tr>
<th>Behavioral</th>
<th>Discipline, Love, Rules, Expectations</th>
<th>The change in routines, uncertainty, lack of social contact, etc. may contribute to an increase in problematic behavior. Try to be as consistent as possible, recognize and reinforce desired behaviors, and empathize with the challenges all family members are facing.</th>
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<tbody>
<tr>
<td>Parent</td>
<td>Trauma Toolbox: <a href="http://ronhuxley.thinkific.com/courses/traumatoolbox">http://ronhuxley.thinkific.com/courses/traumatoolbox</a></td>
<td>Parenting can be tough in the best of times. The current situation increases the challenge exponentially! These resources may help.</td>
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<td>SEL Resources for Parents, Educators and School Communities Related to COVID-19 <a href="https://insidesel.com/2020/03/12/covid-19/">https://insidesel.com/2020/03/12/covid-19/</a></td>
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<td>Tips for Parenting during Coronavirus: ChildMind Institute: <a href="https://t.e2ma.net/click/j9m5wf/bn0iobb/vage85c">https://t.e2ma.net/click/j9m5wf/bn0iobb/vage85c</a></td>
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<td><strong>How to help teens shelter in place:</strong></td>
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<td><a href="https://greatergood.berkeley.edu/article/item/how_to_help_teens_shelter_in_place">https://greatergood.berkeley.edu/article/item/how_to_help_teens_shelter_in_place</a></td>
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<th><strong>Reframing negative thoughts:</strong></th>
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