

** NCTSN March 2020 Spotlight **

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SUPPORTING CHILDREN

During a Public Health Emergency

In response to the COVID-19 outbreak, families have had to make significant adjustments to their daily routines. Many parents are adjusting to working from home, supporting their children with receiving their education at home, and keeping family cohesion during these changing times. For some young children, these sudden, significant changes and the news of a public health emergency can create a sense of fear, concern, and uncertainty. Additionally for older children, they are experiencing disruptions to important milestones (graduations, competitions, college choice selections), and peer relationships. A child's reaction to news of an outbreak may vary depending on several factors including, their age, developmental level, and past traumatic experiences. Knowing how to protect and care for your family, and talk to your children during this time, can help your family to cope, adjust, and recover. The NCTSN has resources to help parents/caregivers and providers support children during the ongoing public health emergency.

Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019

Provides information for parents and caregivers about coping with COVID-19 in your community. Knowing important information about the outbreak and learning how to be prepared can reduce stress and help calm likely anxieties. This resource will help parents and caregivers think about how COVID-19 might affect their family— both physically and emotionally—and what they can do to help their family cope. Also available in Spanish and Chinese.

[DOWNLOAD](#) 

Skills for Psychological Recovery (SPR) Online

Aims to help survivors gain skills to manage distress and cope with post-disaster stress and adversity. This course utilizes skills-building components from mental health treatment that have been found helpful in a variety of post-trauma situations. Research suggests that a skills-building approach is more effective than supportive counseling. SPR is appropriate for developmental levels across the lifespan, and is culturally informed.

[WATCH](#) 

Simple Activities for Children and Adolescents

Offers activity ideas to parents whose families are sheltering in place, social distancing, and homeschooling due to school closures amidst the COVID-19 outbreak. This fact sheet outlines activities families can do without supplies, in lighted areas or in dark areas to stay preoccupied when dealing with the stress of a major event.

[DOWNLOAD](#) 

Taking Care of Yourself

Offers providers a list of self-care strategies that they can use to help determine how they feel, restore balance, and build connections after a difficult event.

[DOWNLOAD](#) 

Family Resilience and Traumatic Stress: A Guide for Mental Health Providers

Provides information on family resilience. This fact sheet discusses a family's ability to maintain or resume effective functioning, including care of its members during crises and following potentially traumatic events.

[DOWNLOAD](#) 

Focus on supporting children by encouraging questions and helping them understand the current situation.”

-Parent/Caregiver Guide to Helping Families Cope
With the Coronavirus Disease 2019

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