

## **COVID-19 : Resources, updated as of May 15, 2020**

**You are encouraged to visit the district website at [www.orange.k12.nj.us](http://www.orange.k12.nj.us) and select the COVID-19 Resources Tab in the effort of viewing additional support documentation.**

1. For Multiple Audiences:
2. For Adults/Parents:
3. For School Administrators, Teachers, and Professionals:
4. Home Schooling, Student Resources:
5. Children, Mental Health and Anxiety Management Resources:
6. Material and Support For Clinicians:
7. General Resources:
8. Information for Immigrants and Families

## **Newly Updated as of May 15, 2020**

### **Self-Care for Resilience — Resources**

<https://www.mghclaycenter.org/self-care/>

#### **A Guide to Self-Care for Parents: Why Making Time For Yourself Matters**

<https://www.waterford.org/education/self-care-for-parents/>

#### **Why Teacher Self-Care Matters and How to Practice Self-Care in Your School**

<https://www.waterford.org/education/teacher-self-care-activities/>

#### **Self-Care for Parents by PEPS (Programs for Early Parents Support)**

<https://www.peps.org/ParentResources/by-topic/self-care/self-care-for-parents>

#### **Young Children at Home during the COVID-19 Outbreak: The Importance of Self-Care**

<https://www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care>

#### **How to Practice Self Care — Kids**

<https://kidshelpphone.ca/get-info/how-practice-self-care>

Newly Updated as of May 15, 2020

## Care for Staff

What are you doing for YOU today?



### Helpful Videos & Media:

- Coronavirus Daily Counseling Videos (50 so far, and more added daily)
  - [https://www.youtube.com/channel/UCCyIfUWA\\_uH1JkczWv6tAg/videos](https://www.youtube.com/channel/UCCyIfUWA_uH1JkczWv6tAg/videos)
- Top 50 Relaxing Songs
  - <https://open.spotify.com/album/4cMjrlhfv3MJ9ZtdmV4Oun>
- The Science of Happiness from the IN DOE (**45 PGPs available upon completion**)
  - <https://www.doe.in.gov/sebw>
- Progressive Relaxation YouTube video
  - <https://youtu.be/intVpw4LhMY>
- Guided Imagery YouTube video
  - [https://www.youtube.com/watch?v=gU\\_ABFUAVAs](https://www.youtube.com/watch?v=gU_ABFUAVAs)

### Helpful Articles:

- 5 Days of Teacher Self-Care
  - <https://topnotchteaching.com/reflective-teaching/teacher-self-care/>
- Flexibility in the Midst of Crisis
  - <https://www.psychologytoday.com/us/blog/the-inner-life-students/202003/flexibility-in-the-midst-crisis>
- Positive Affirmations:
  - <https://www.virtuesforlife.com/50-affirmations-to-help-you-make-positive-change/>
- Regulating Emotions in a COVID-19 World
  - <https://medium.com/@Tom.Hollenstein/regulating-emotions-in-a-covid-19-world-f3ef394f8294>
- Teaching Through a Pandemic: A Mindset for This Moment
  - <https://www.edutopia.org/article/teaching-through-pandemic-mindset-moment>
- That Discomfort You're Feeling is Grief
  - <https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

### Crisis Resources:

- National Suicide Prevention Line
  - 800-273-8255
- Crisis Text Line (even if you just need someone to talk to & you're not in "crisis")
  - Text "help" to 741-741
- Howard County Community Crisis Line
  - 765-776-8555

### Apps for Self-Care:

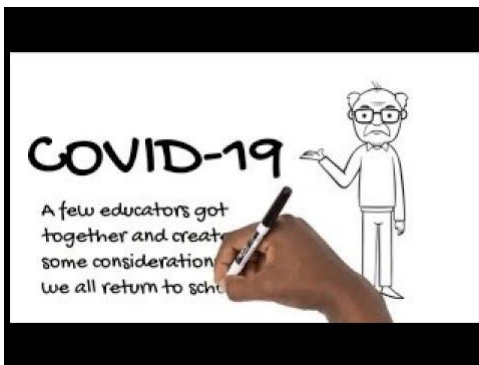
- 10 apps to help you take better care of yourself
  - <https://www.cnet.com/news/10-apps-to-help-take-better-care-of-yourself-in-2019/>
- Headspace

- <https://www.headspace.com/headspace-meditation-app>
- <https://www.headspace.com/covid-19>
- Let's Meditate
  - Android: [https://play.google.com/store/apps/details?id=com.meditation.elevenminute&hl=en\\_US](https://play.google.com/store/apps/details?id=com.meditation.elevenminute&hl=en_US)
  - Apple: <https://apps.apple.com/us/app/lets-meditate-guided-meditate/id1457163072>
- Happy Color (color by number)
  - Android: [https://play.google.com/store/apps/details?id=com.pixel.art.coloring.color.number&hl=en\\_US](https://play.google.com/store/apps/details?id=com.pixel.art.coloring.color.number&hl=en_US)
  - Apple: <https://apps.apple.com/us/app/happy-color-color-by-number/id1407852246>
- 365 Gratitude Journal
  - <https://365gratitudejournal.com/>
- I am - Daily Affirmations reminders for self care
  - Android: [https://play.google.com/store/apps/details?id=com.hrd.iam&hl=en\\_US](https://play.google.com/store/apps/details?id=com.hrd.iam&hl=en_US)
  - Apple: <https://apps.apple.com/us/app/i-am-positive-affirmations/id874656917>
  -

**Newly Updated as of April 23, 2020**

Considerations When School Opens:

<https://youtu.be/P4qU-QzT2Q0>



## [COVID-19: 15 Educator Considerations](https://youtu.be/P4qU-QzT2Q0)

A group of educators, psychologists, and administrators collaborated on a comprehensive list of ideas to consider when thinking about the return of school. T...

[youtu.be](https://youtu.be/P4qU-QzT2Q0)

Free SEL Resource for Teachers and Parents

<https://respectfulways.com/free-SEL-access-coronavirus/>



## [Free Access to Social-Emotional Learning Courses While Schools are Closed — Respectful Ways](https://respectfulways.com/free-SEL-access-coronavirus/)

Respectful Ways offering free online Social-Emotional Learning curriculum . While schools are closed for Coronavirus, we are giving FREE access to our PreK-12 online programming to any school or camp in need of digital SEL curriculum.. If you are a Teacher, Counselor,

Administrator, Program Leader or Parent/Guardian, use the coupon code Corona-free3 for free access to up to 3 modules.

Respectfulways.com

Free Mindfulness Activities:

[https://www.mindyeti.com/v2/s/pricing?utm\\_source=secondstep.org&utm\\_medium=link&utm\\_campaign=covid19support](https://www.mindyeti.com/v2/s/pricing?utm_source=secondstep.org&utm_medium=link&utm_campaign=covid19support)

Staff Info about Student Loans during COVID:

[https://www.hesaa.org/Documents/Misc/NJCLASS\\_Q\\_n\\_A.pdf](https://www.hesaa.org/Documents/Misc/NJCLASS_Q_n_A.pdf)

Teacher Resources:

ELL

[https://www.colorincolorado.org/sites/default/files/Colorin\\_Colorado\\_Toolkit\\_2012\\_0.pdf](https://www.colorincolorado.org/sites/default/files/Colorin_Colorado_Toolkit_2012_0.pdf)

## Toolkit for Educators — Colorín Colorado

COLORIN COLORADO – TOOLKIT FOR EDUCATORS 3 FOREWORD A strong partnership between schools and parents is essential to the academic success of students. When school staff and parents work together to reinforce high standards of achievement, the result is a school that works, a learning environment that promotes success.

[www.colorincolorado.org](http://www.colorincolorado.org)

Coping:

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

## Helping Children Cope With Changes Resulting From COVID-19

Families across the country are adapting to the evolving changes in daily life caused by the COVID-19 pandemic. NASP has provided the following tips to help families reinforce a sense of control and r...

[www.nasponline.org](http://www.nasponline.org)

Social Distancing Infographic:

<https://seureservercdn.net/198.71.233.227/442.a94.myftpupload.com/wp-content/uploads/social-distancing-infographic-final.pdf>

Caring for Each Other:

<https://www.greenpeace.org/international/story/29371/11-simple-ways-to-care-for-each-other-during-the-covid-19-coronavirus-pandemic/>



## [11 simple ways to care for each other during the COVID-19 coronavirus pandemic — Greenpeace International](https://www.greenpeace.org/international/story/29371/11-simple-ways-to-care-for-each-other-during-the-covid-19-coronavirus-pandemic/)

The new coronavirus, COVID-19, has many of us glued to the news, concerned for loved ones, and adapting our lives to deal with the changes the pandemic is having on our homes, schools, and work-places.

[www.greenpeace.org](http://www.greenpeace.org)

Anxiety:

<https://www.virusanxiety.com/take-care>



## [Take Care | Care for Your Coronavirus Anxiety](https://www.virusanxiety.com/take-care)

Reliable, accessible articles to help you take care of your mental health.

[www.virusanxiety.com](http://www.virusanxiety.com)

These resources contain some more tangible information. I am going to figure out how to compile a resource list in a one-page format...

<https://www.nj.gov/dcf/news/publications/covid19.html>

<https://www.nj.gov/dcf/news/Hotlines&Helplines-COVID.pdf>

## [Toll-Free Hotlines/Helpines](#)

Child Abuse/Neglect Hotline 1-877-NJ ABUSE (652-2873) 1-800-835-5510 (TTY) 24 hours a day — 7 days a week Any person having reasonable cause to believe that a child has been

[www.nj.gov](http://www.nj.gov)

<https://www.nj.gov/dcf/news/Data.plans.and.connectivity.options-families.pdf>

<https://njsbf.org/school-based-programs/njsbf-webinars-and-online-content/>



## [SEL Webinars and Online Content — New Jersey State Bar Foundation](https://njsbf.org/school-based-programs/njsbf-webinars-and-online-content/)

SEL Webinars and Online Content for Educators. The Bar Foundation is constantly working to provide comprehensive resources for educators in the state of New Jersey.

[Njsbf.org](http://Njsbf.org)

<https://www.nytimes.com/2020/03/18/parenting/coronavirus-kids-events-cancelled.html>



## [Handling Your Kid's Disappointment When Everything Is Canceled — The New York Times](https://www.nytimes.com/2020/03/18/parenting/coronavirus-kids-events-cancelled.html)

School and events are shutting down, impacting children in unexpected ways. Here's how to deal with the letdown.

[www.nytimes.com](http://www.nytimes.com)

<https://spanadvocacy.org/wp-content/uploads/2020/04/SFS-Covid-4-01-2020FINAL-Update-1.pdf>

## [The Coronavirus can affect your child's health, education, What are the health risks of COVID-19? In this fact sheet](https://spanadvocacy.org/wp-content/uploads/2020/04/SFS-Covid-4-01-2020FINAL-Update-1.pdf)

Empowering families, professionals, and others interested in the well-being and education of children and youth {and more} SPAN Parent Advocacy Network

[spanadvocacy.org](http://spanadvocacy.org)

Children workbook — First Aid for Feelings and Helping Kids Cope during the Coronavirus Pandemic.

[http://teacher.scholastic.com/education/pdfs/FirstAidForFeelings\\_Eng.pdf?ET\\_CID=20200417\\_SCB\\_YaleWorkbook\\_AD\\_MIN\\_RET\\_28601&ET\\_RID=1236931884](http://teacher.scholastic.com/education/pdfs/FirstAidForFeelings_Eng.pdf?ET_CID=20200417_SCB_YaleWorkbook_AD_MIN_RET_28601&ET_RID=1236931884)

## Mindfulness resource

<https://www.educatingmindfully.org>



### [Home | Coalition of Schools Educating Mindfully](#)

WELCOME! Coalition of Schools Educating Mindfully (COSEM) is an educator-led, 501c3 nonprofit that supports school communities by connecting them with mentors, trainings, and resources for mindfulness-based social, emotional and cognitive learning. We empower educators to explore, personally practice and then Berkeley7 a culture of mindfulness in their school communities.

[www.educatingmindfully.org](http://www.educatingmindfully.org)

Practices, resources, and articles for individuals, parents, educators, and health care professionals facing COVID-19.

[https://greatergood.berkeley.edu/article/item/greater\\_good\\_guide\\_to\\_well\\_being\\_during\\_coronavirus](https://greatergood.berkeley.edu/article/item/greater_good_guide_to_well_being_during_coronavirus)



### [Greater Good's Guide to Well-Being During...](#)

At Greater Good, our mission is to share scientific research that can help promote a happier, more compassionate society. With the recent COVID-19 outbreak, we're committed to bringing you stories, tips, and tools for these uncertain times in our global community. We'll continue to update this ...

[greatergood.berkeley.edu](http://greatergood.berkeley.edu)

4. 7 short mindfulness exercises.

<https://vimeo.com/227543375>



### [Mindful Moments with JusTme \(#1 Using Breath as Anchor\)](#)

// A Collaboration between YoMIND and JusTmindfulness // This is the first in a series of 7 short mindfulness exercises led by JusTme, with K-8 students in mind. Check out the others on our Vimeo page, as well as a music video of JusTme performing his new single, "I'm Inspired". We encourage you to share the videos on social media and use ...

vimeo.com

School counseling from a distance resources

<https://covid19k12counseling.org>

## [School Counseling Resources — K12 Counseling Resources](#)

A one-stop shop for school counseling resources during the distance education and learning taking place during the COVID-19 outbreak. Tips, tricks and new tools

[covid19k12counseling.org](https://covid19k12counseling.org)

### **For Multiple Audiences:**

<https://app.mystrength.com/signup/cpnj?pc=careplusweb>

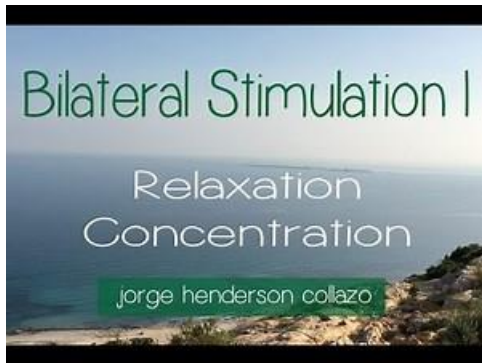
#### [Welcome to myStrength](#)

Helping You Be Your Best. Welcome to myStrength. We offer support for your mind, body, and spirit. We help you become the best you can be. Start Your Journey

[app.mystrength.com](https://app.mystrength.com)

- Anxiety and COVID-19, Montefiore Medical Group. Presents information about activated stress response system, stress management and coping strategies to implement in daily routines. Provides a visual guided exercise for relaxation. <https://www.youtube.com/watch?v=awmQDitkN1M>
- **Disaster Helpline**, SAMHSA has a [Disaster Distress Helpline](#) — call **1-800-985-5990** or text *TALKWITHUS* to **66746**.
- Hosting meetings, providing support and resources for youth, schools, parents as well as remote workers wanting to connect in this time of social distancing. <https://www.activeminds.org/>
- **CDC:** [Implementation of Mitigation Strategies for Communities with Local COVID-19 Transmission](#) (PDF)





[Bilateral stimulation \(Listen with headphones\)](#)  
[— Estimulación bilateral \(Usar Auriculares\) —](#)  
[Begin.](#)

With this music you can relax the stress, and also start your sleep at night. I hope you enjoy the bilateral stimulation and the relaxing effects it bestows. Preferably listen with headphones. Subscribe to my channel and enjoy.

[www.youtube.com](http://www.youtube.com)

- **Resources to Maintain Wellness-** <https://www.bergenresourcenet.org/search/resources->
- **Virtual Recovery Resources:**

<https://www.samhsa.gov/find-treatment>

<https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>

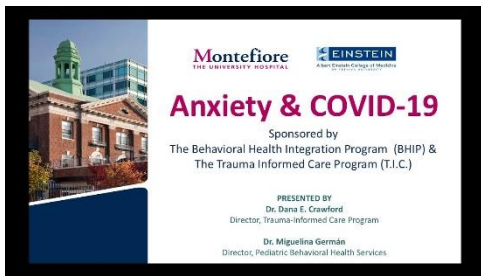
<https://www.drugabuse.gov/related-topics/covid-19-resources>

- **National Suicide Prevention Lifeline-**1-800-273-8255
- **Peer Warm Line, NJ** – 1-877-292-5588
- **Mental Health Association of NJ call lines-**<https://www.mhanj.org/our-call-lines/>
- **NJ Mental Health Cares- Behavioral Health Information and referral Services-** includes an emotional support hotline 1-866-202-HELP (4357) <https://www.njmentalhealthcares.org/to-maintain-wellbeing-and-balance-in-covid-19-times/>

### **For Adults/Parents:**

#### *Self-care for adults*

- **CDC: Coronavirus Disease 2019 (COVID-19):** [Manage anxiety and stress](#)
- **Zero to Three:** [Young Children at Home during the COVID-19 Outbreak: The Importance of Self-Care](#) (online article)
- [WWW.GOOD-GRIEF.ORG](http://WWW.GOOD-GRIEF.ORG), [FUNERALS IN THE TIME OF A PANDEMIC A Toolkit for Children and Families](#)
- <https://www.youtube.com/watch?v=awmQDitkN1M>



## [Anxiety and COVID-19 — YouTube](#)

The webinar is aimed toward adults who have to go to work during COVID-19. It gives you skills to calm down right now, as well as ways to maintain optimal health. It is about 20 minutes long ...

[www.youtube.com](http://www.youtube.com)

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>



## [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 — The National Child Traumatic Stress Network](#)

Provides information for parents and caregivers about infectious disease outbreaks in your community. Knowing important information about the outbreak and learning how to be prepared can reduce stress and help calm likely anxieties.

[www.nctsn.org](http://www.nctsn.org)

- [Parent/Caregiver Guide to Helping Families Cope with COVID-19](#) (translated in Spanish and Mandarin)

### **For School Administrators, Teachers, and Professionals:**

- Guidance for schools from the Department of Health: [https://www.nj.gov/health/cd/documents/topics/NCOV/COVID19\\_schools\\_FINAL\\_3.4.20.pdf](https://www.nj.gov/health/cd/documents/topics/NCOV/COVID19_schools_FINAL_3.4.20.pdf)
- Guidance for schools from the Department of Education: <https://www.nj.gov/education/broadcasts/2020/mar/05/Guidance%20Regarding%20Requirements%20for%20Public%20Health-Related%20School%20Closure.pdf>
- Guidance from the NJ Department of Education: <https://www.nj.gov/education/topics/index.shtml>
- Resource from tolerance.org that the National Center and BSC experts created around the coronavirus: <https://www.tolerance.org/magazine/a-trauma-informed-approach-to-teaching-through-coronavirus>
- [Coronavirus: What Child Care Providers Need to Know](#) (online article)
- **CDC:** [Coronavirus Disease 2019 \(COVID-19\): Guidance for School Settings Before and After an Outbreak](#) (online article), **CDC:** [Resources for Institutes of Higher Education](#) (online article)
- **Head Start Early Childhood Learning & Knowledge Center:** [Coronavirus Prevention and Response](#) (online article)
- **National Alliance to End Homelessness:** [COVID-19: What state and local leaders can do for homeless populations](#)

- **U.S. Department of Education:** [Addressing the Risk of COVID-19 in Schools While Protecting the Civil Rights of Students](#) (PDF)
- **U.S. Department of Education:** [Questions and Answers on Providing Services to Children with Disabilities During the Coronavirus Disease 2019 Outbreak](#) (PDF)
- **Child Trends:** [As COVID-19 Spreads, Most States Should Have Laws that Address How Schools Should Respond to Pandemics](#) (online article)

### **Home Schooling, Student Resources:**

- Scholastic's Learn at Home website. This free resource provides your children with 20\* days of exciting articles and stories, videos, and fun learning challenges.  
[https://classroommagazines.scholastic.com/content/dam/classroom-magazines/magazines/support/scholastic-at-home/LAH-letter-families\\_rev.pdf](https://classroommagazines.scholastic.com/content/dam/classroom-magazines/magazines/support/scholastic-at-home/LAH-letter-families_rev.pdf)
- EPIC Library Resources. To empower students to keep reading and learning at home during COVID-19 school closures. Students will have anywhere, anytime access to the full Epic library on all devices, and you can stay connected by assigning books or collections and monitoring their progress. Starting immediately, **Remote Access to Epic for FREE through the end of the school year (June 30<sup>th</sup>)**. Remote Student Access invitation must be sent by teacher's account. For more information go to: [getepic.com](http://getepic.com)
- 75+ Entertaining and Educational Activities for When You're Stuck Indoors.  
[https://learnincolor.com/educational-activities-for-when-youre-stuck-indoors.html?fbclid=IwAR37hPSN4jdvBM3Y5ZK8\\_igafe3zEMYI7RtkpqKyHNshoK9M4WX8sulY1hs](https://learnincolor.com/educational-activities-for-when-youre-stuck-indoors.html?fbclid=IwAR37hPSN4jdvBM3Y5ZK8_igafe3zEMYI7RtkpqKyHNshoK9M4WX8sulY1hs)
- Entertainment for free for kids. <https://www.zdnet.com/article/audible-to-provide-free-audiobooks-for-children-teens-during-covid-19-pandemic/>

#### *Keeping kids busy and socially connected*

- **The Atlantic:** [How Parents Can Keep Kids Busy \(and Learning\) in Quarantine](#) (online article)
- **Louisiana State University:** [Supporting Young Children Isolated Due to Coronavirus \(COVID-19\)](#) (PDF)
- **Zero to Three:** [Five Tips to Make the Most of Video Chats](#) (online article)
- [Simple Activities for Children and Adolescents amidst COVID-19 outbreak](#) - **NEW!**

### **Children, Mental Health and Anxiety Management Resources:**

#### **Resources for parents and other caregivers**

##### *Overall guides to COVID-19 and staying healthy*

- **American Academy of Pediatrics:** [2019 Novel Coronavirus](#) (online article; [en español](#))
- **CDC:** [Pregnancy and Breastfeeding: Information about Coronavirus Disease 2019](#) (online article)
- **Generations United:** [COVID-19 Fact Sheet for Grandfamilies and Multigenerational Families](#)
- **Boston Children's Hospital:** [How to Talk to Your Children About Coronavirus](#) (video)
- **CDC:** [Talking with Children about the Coronavirus Disease 2019: Messages for parents, school staff, and others working with children](#) (online article)
- **Zero to Three:** [Tips for Families: Talking About the Coronavirus](#) (online article)
- **Child Mind Institute:** [Talking to Your Children about the Coronavirus](#) (4-minute video; [en español](#))

- **Zero to Three:** [Why are People Wearing Masks? Why are People Covering Their Faces?](#) (article)
- **BrainPOP:** [Coronavirus](#) (4-minute video, activities, and games)
- **National Public Radio:** [Just for Kids: A Comic Exploring the New Coronavirus](#)
- **PBS Kids:** [How to Talk to Your Kids About Coronavirus](#) (includes a list of videos, games, and activities about handwashing and staying healthy at the bottom of the article)
- [Helping Homebound Children During COVID-19 Outbreak](#), **Center for the Study of Traumatic Stress**
- <https://www.acesconnection.com/blog/my-kid-s-school-is-closed-so-now-what-supporting-your-children-s-social-emotional-and-mental-health-during-the-covid-19-pandemic>

[MY KID'S SCHOOL IS CLOSED, SO NOW WHAT? Supporting your Children's Social, Emotional, and Mental Health During the COVID-19 Pandemic](#)  
[\[ConfidentParentsConfidentKids.org\] | ACEsConnection](#)

By Guest Author, Pamela McVeagh-Lally As the spread of COVID-19 causes more and more school closures across the United States, we, parents and caregivers, are faced with the daunting reality of needing to stay at home with our children for weeks and possibly months. While educators are working hard to prepare take home packets and online resources to support our children's continued academic ...

[www.acesconnection.com](http://www.acesconnection.com)

- <https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>



[How You and Your Kids Can De-Stress During... | PBS KIDS for Parents](#)

If you are feeling stress about COVID-19, you are not alone. Here are some tools for kids and parents to use to help navigate these worries and stresses in this or any situation.

[www.pbs.org](http://www.pbs.org)

**Material and Support For Clinicians:**

- Neurosequential Network, Dr. Perry offers numerous recordings of mini didactic sessions, all about understanding the impact of the current situation on our current and long term functioning- especially for those with trauma experiences. These should be very helpful as well for school based clinicians as they work to talk with school folks about some of the difficulties they may see with children once they are back in school and why some youth and families may be less resilient and productive during this period of home schooling as well.  
<https://www.neurosequential.com/covid-19-resources>

## [Covid-19 | Nmnetwork](#)

View a Face Book discussion with Dr. Bruce Perry, Dr. Liz McIngvale and Jim "Mattress Mac" McIngvale focusing on the impact that Coronavirus has on children, families ...

[www.neurosequential.com](http://www.neurosequential.com)

ARC based resources: mini videos in light of COVID-19: <https://arcframework.org/what-is-arc/arc-at-a-glance/>,  
[www.complextrauma.org](http://www.complextrauma.org),

- For Children: <https://www.complextrauma.org/will-the-world-ever-feel-safe-child-trauma-reactivated-in-a-time-of-global-crisis/>
- For Adults: [https://www.complextrauma.org/still-scared-after-all-these-years-traumatic-stress-reactivated-in-a-time-of-globalcrisis/?fbclid=IwAR1izuT\\_f94sZmR0FPIJ9YUO5rAIRYIk5rCkTOXA1DtKs2sWTPn7g\\_CLeao](https://www.complextrauma.org/still-scared-after-all-these-years-traumatic-stress-reactivated-in-a-time-of-globalcrisis/?fbclid=IwAR1izuT_f94sZmR0FPIJ9YUO5rAIRYIk5rCkTOXA1DtKs2sWTPn7g_CLeao)

TalkSpace has online therapy and free resources/support. They're donating free online therapy to healthcare workers now. <https://www.talkspace.com>

- <https://www.youtube.com/watch?v=k2HMSIxK0k>

Teletherapy & Continuity of Care Amid COVID-19 Outbreak

<https://events.eventzilla.net/e/2-ceu-live-webinar-teletherapy--continuity-of-care-amid-covid19-outbreak-2138773890>, Free + 2 CEU credits!

### **Center for the Study of Traumatic Stress**

- [Caring for a Patients' Mental Well-Being: A Guide for Clinicians](#),
- [Sustaining the Well-Being of Healthcare Personnel](#)
- [Addressing the Psychological Effects of Quarantine – What Healthcare Providers Need to Know](#)

### **CDC**

- The CDC is regularly updating information at: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- [Community Mitigation Strategies](#)
- [Reducing Stigma](#)

### **SAMSHA**

- [Tips for Social Distancing, Quarantine, and Isolation](#)
- [Talking with Children about Infectious Disease Outbreaks](#)
- [Coping with Stress During Infectious Disease Outbreaks](#)

*Psychological First Aid* — The NCTSN also has resources for responders on [Psychological First Aid](#) (PFA). PFA is an early intervention to support children, adolescents, adults, and families impacted by these types of events.

- The [PFA online training course](#) is available on our NCTSN Learning Center. Also download [PFA Mobile](#) on your IOS or Android mobile devices.

*Skills for Psychological Recovery* — For providers to address individuals additional concerns, NCTSN has Skills for Psychological Recovery (SPR). [SPR manual](#) and all translations are now on the NCTSN website. The new revamped SPR online course will be available on the [NCTSN Learning Center](#) on March 23<sup>rd</sup>.

<http://www.sprc.org/news/resources-support-mental-health-coping-coronavirus-covid-19>

## [Resources to Support Mental Health and Coping with the Coronavirus \(COVID-19\) | Suicide Prevention Resource Center — sprc.org](#)

Step 1: Describe the Problem and Its Context ; Step 2: Choose Long-Term Goals ; Step 3: Identify Key Risk and Protective Factors

[www.sprc.org](http://www.sprc.org)

- Medicare Telemedicine Health Care Fact Sheet, <https://www.samhsa.gov/sites/default/files/medicare-telemedicine-health-care-fact-sheet.pdf>
- Informed Consent Checklist for Telepsychotherapy. <https://www.apa.org/practice/programs/dmhi/research-information/informed-consent-checklist>
- A Trauma-Informed Approach to Teaching Through Coronavirus. <https://www.tolerance.org/magazine/a-trauma-informed-approach-to-teaching-through-coronavirus>
- LAUSD Student Healthy and Human Services. <https://achieve.lausd.net/Page/16559#spn-content>
- MUSC Telehealth Resources. <https://www.dropbox.com/sh/acesnn37l9afb6p/AAAiREKk8eX32rY8axEgZ6Q0a?dl=0>
- **American Psychological Association:** [COVID-19 and Psychology Services: How to Protect Your Patients and Your Practice](#) (online article)
- **National Association of Social Workers:** [Coronavirus \(COVID-19\): Supporting Clients](#) (online article)
- **The Chronicle of Social Change:** [Coronavirus: What Child Welfare Systems Need to Think About](#) (online article)
- **U.S. Department of Health and Human Services:** [Information about COVID-19 for CCDF Lead Agencies: Relevant Flexibilities in CCDF Law](#) (online article)

### General Resources:

- **Food Delivery** <https://www.nj.com/coronavirus/2020/03/a-list-of-stores-and-apps-where-you-can-order-food-and-grocery-deliveries.html>
- **Restaurants that will deliver** <https://njmonthly.com/articles/eat-drink/table-hopping/nj-restaurants-coronavirus-takeout-delivery-only/>, <https://dailyvoice.com/new-jersey/hackensack/business/these-bergen-county-restaurants-have-special-family-deals/785083/>

- Optimum is providing services for free for 60 days at this time for new customers.  
<https://www.alticeusa.com/news/articles/feature/corporate/altice-usa-brings-free-broadband-k-12-and-college-students-during-coronavirus-pandemic>
- 24/7 Public Hotline (available in multiple languages) 1800 222-1222
- NJ Department of Health home page for COVID-19 updates and guidance: <https://www.nj.gov/health/cd/topics/ncov.shtml>
- The Governor’s YouTube channel live streams the daily press conferences: <https://www.youtube.com/channel/UCH8YwF0eRI9E5lpGj8OaiLg>
- [PSE&G/ Utilities](#) . PSE&G has suspended shut-offs of electric and/or gas service to residential customers for non-payment.
- **Official Site of the State of New Jersey, Covid-19 Information**  
**Hub-** <https://covid19.nj.gov/index.html> Find important up to date info. About the virus, ask questions, what you need to know, finding resources, finding employment-Covid-19 Jobs and Hiring portal <https://jobs.covid19.nj.gov/>
- NJ COVID hotlines
- 1-800-222-1222
- 1-800-962-1253
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- **NJ Covid-19 website includes all testing sites by county-**<https://www.nj211.org/coronavirus-covid-19>
- **Bergen County United Way-** 201-291-4050- 211 and Compassion Fund
- **Social Security Administration** —(SSD, SSI) 1-800-772-1213 or go online to SSA.gov/coronavirus which gives info. About online services, help that can be given on the phone, use “Field Office Locator” which gives another toll-free number for your local office for further assistance.
- **Bergen County Board of Social Services-** (Food stamps, Medicaid, TANF, GA, etc.) <https://bcbss.com/important-links/> If client’s circumstances have changed or they know when there usually are asked to renew their benefits many extensions have been made to these original due dates. You may report changes via Email at changes4@bcbss.com (PDF is the preferred document format) You may also report changes via phone or fax. Please see the chart below for a listing of our units, their services and contact numbers.

**Unit /Services    Hotline    Fax**

- AI SNAP and TANF Families/Single Adults under 60 (Active Cases) 201-368-4790 /201-368-6599
- AJ SNAP, Medicaid and TANF for Families/Single Adults under 60 201-368-4770 /201-368-6599
- BL SNAP clients over 60, , ABD Medicaid (New Applications) 201-368-4340 /201-367-4337

- AA SNAP clients over 60, GA applicants, ABD Medicaid (Active Cases) 201-368-7693 /201-367-4337
- AO Recertification Interviews 201-368-4785 /201-368-6582
- BR New Application Interviews 201-368-4257 /201-368-6582
- FC NJ Familycare Medicaid – Active Cases 201-368-6550/ 201-368-8706
- EA Emergency Services (Housing, Utilities, etc) 201-368-4317 /201-368-6581
- BG Institutional Medicaid 201-368-7667 /201-368-4772
- **Greater Bergen Community Action (CAP)-201-968-0200**
- **Home Energy Assistance Program-** (Heating and Cooling) 201-488-5100. People are still in the office accepting phone calls and giving assistance.
- **Rental Assistance:**
  - **Housing Authority of Bergen County**-201-336-7600. As of today the website says closed till March 30<sup>th</sup>. You can leave a voice mail on the operator’s number for an emergency and they will return your call. Can also utilize this address to ask questions on [info@habcnj.org](mailto:info@habcnj.org).
  - **Department of Community Affairs**- 201-996-8990- If the client knows who their Case Manager is leave a voice mail as usual, they are calling in for their messages. Emails are preferred since they are all working remotely; [John.Smith@dca.nj.gov](mailto:John.Smith@dca.nj.gov)
  - **Supportive Housing Connection**-works with all NJ Dept. of Human Services (DHS) subsidies- <https://www.nj.gov/dca/divisions/dhcr/offices/shc.html>
- **Department of Labor and Workforce Development-Division of Unemployment Insurance-** this is helpful for filing for unemployment <https://myunemployment.nj.gov/>
- **Food Pantries in Essex/Bergen County-Current status as of 5/15/2020 (See additions in RED)**

Name	Address	Contact Info	Notation
Bergenfield Borough Hall	198 N. Washington Ave, Bergenfield	201-387-4055	Limited Supply, Appt Only with ID, Expecting a food delivery.
Bogota St. Josephs' church	115 E. Fort Lee Road	201-343-9150	closed
Church of the Epiphany Food Pantry	247 Knox Ave, Cliffside Park	201-943-7320	closed
Closter borough Hall	295 Closter Dock Road	201-943-7320	Accepting Donations, Appointment Only
Cresskill Food Pantry	200 Jefferson Ave, Cresskill	201-567-2528	Limited Supply, Sister Pantry In Jersey City helping, assisting Cresskill and Teaneck residents. Pre-Bagged items given. Can call ahead if have food allergy
Healing Hands	349 Hillsdale Ave, Hillsdale	TheHelpingHandFoodPantry@gmail.com	The Helping Hand Food Pantry will re-open on March 30 <sup>th</sup> . Please note we will not be filling orders as we will be distributing prepackaged bags of food. Existing clients must show a valid form of ID. New clients must bring ID and proof of residency.
Office of Concern at St. Cecilia	55 West Demarest Avenue,	201.568.1465	Open normal hours—just enter building on person at a time



	Englewood, NJ 07631		
Center For Food Action	Main site-192 W. Demarest Ave, Englewood, NJ 07631 Other pantries-316 First St, Hackensack, 90 Ridge Rd, Mahwah, 224 Midland Ave, Saddle Brook, 400 Paramus Rd, Paramus,	201.569.1804	CFA has closed all pantries until Wednesday March 25, 2020.
Community Foodbank of New Jersey	31 Evans Terminal	908-355-3663	
Hasbrouck Heights Borough Hall	320 Boulevard	201-288-0195	For residents, served 13 today Mon 9 to 11 gave frozen meal, 2 bags of groceries and \$20 gc for ShopRite...any donations received on in quarantine for 10days, plan on next week distribution, supplies are dwindling.
Buddies of New Jersey, Inc.	149 Hudson Street, Hackensack, NJ 07601	201-489-2900	Please Call Ahead of Time 201-489-2900   Bags will be made in advance and handed to the door. TEMPORARY HOURS DURING STATE EMERGENCY DUE TO CORONA VIRUS
Church of the Ascension Food Pantry	256 Azalea Drive, New Milford	201-836-8961	If person is in need, the referring person can call New Milford and provide info to them for possible assistance
Queen of Peace Church	174 Ridge Rd	201-988-1219	Apply through Maryann Mackey, supplies limited, serving N. Arlington and neighboring towns
Paramus Dept Of Human Services	93 N. Fairview Ave, Paramus	201-265-2100 x6102	Currently only Paramus residents, currently have 60 families, will not turn away a new resident that is on government assistance. Must be screened
Pascack Food Center	65 Pascack Rd	201573-9083	Tue/Thur 9-11 will assist anyone, new clients must call ahead
Social Services of Ridgewood		201-444-2980	Closed to Public currently. Servicing existing families/individuals
Rutherford Community Food Pantry	176 Park Ave	201-460-3628	Only currently registered families and by appointment only
Family Promise	100 Dayton Street, Ridgewood, NJ 07450	201-833-8009	The Walk-in Dinner is continuing. <a href="https://www.bergenfamilypromise.org/walk-in-dinner-program/">https://www.bergenfamilypromise.org/walk-in-dinner-program/</a>
St. Andrew's Church	120 Washington Ave, Westwood	201-666-1100	Pastor is assessing for next week. Will know by Thursday if will be able to continue servicing

The City of Orange Food Hotline	369 Main Street Orange NJ	973-280-1621	Call Ahead for Bagging of Food and your name, address, and phone number. Delivery of Groceries to occur the next day
Essex County Food Distribution Center	50 South Clinton Street East Orange, NJ	No appointment necessary. Also, buses and walk ups will not be served. You will have to be in a car as you receive the meal from your window.	Enter Employee Parking Lot located on South Burnett Street in East Orange. NO arrivals before 8 AM but distribution begins at 10:00 AM.
Faith and Hope Food Pantry	480 Warwick Ave, Teaneck	201-833-4502	Open to anyone in need on Saturday 9 to 11. Call ahead so bag is ready for pickup
Tri Boro Food Pantry	65 Pascack Rd, Park Ridge	201-573-9083	Tues. and Thurs. 9-11am. Provides food for whoever walks through the door-gives special food to those who rent a room and do not have access to kitchen appliances

## Information for Immigrants and Families

[Update on Access to Health Care Immigrants and Their Families](#)- National Immigration Law Center (NILC)

- The Families First Act that Congress recently made available provides funding to pay for coronavirus testing for anyone who is uninsured. The funding will pay for testing at community health centers, outpatient clinics, and doctors' offices/
- Immigrants can continue to access services at community health centers, regardless of their immigration status, and at a reduced cost or free of charge depending on their income. However, people should call first to find out the availability of COVID-19 screening and testing. Health centers may do patient assessments over the phone or using telehealth.
- U.S. Citizenship and Immigration Services (USCIS) recently posted an alert clarifying that it will not consider testing, treatment, or preventative care (including vaccines if a vaccine becomes available) related to COVID-19 in a public charge inadmissibility determination.

Combating misinformation regarding COVID-19, linked here is the CDC guide in [Spanish](#).

Accessing Federally Qualified Health Centers in New Jersey.

- The New Jersey Primary Care Association has developed a list of all health centers in NJ by county, you can find that resource [here](#).
- You can also use the following link to search for Federally Qualified Health Centers nearest to you by county or city. FQHCs are required to offer a sliding fee scale based on income however, they must still provide services regardless of the ability to pay: <https://healthapps.state.nj.us/fhs/cphc/cphcSearch.aspx>

Mental health for the undocumented community

- Informed immigrant has partnered with Latinx Therapy to bring resources and best practices regarding mental wellness and self-care during these uncertain times. Informed Immigrant also offers Know Your Rights and DACA Renewal information. To stay updated visit the link [here](#).

Immigration Appointments

- All USCIS field offices, asylum offices and Application Support Centers (ASCs) will not provide in-person services until at least April 1. This includes interviews, naturalization ceremonies and biometric collection appointments. However, we will continue to provide emergency services during this time. If you have an emergency service

request, please contact the USCIS Contact Center. USCIS field offices will send de-scheduling notices to applicants and petitioners with scheduled appointments impacted by this closure. We will send de-scheduling notices to naturalization applicants scheduled for naturalization ceremonies. All applicants will be rescheduled when USCIS resumes normal operations. <https://www.uscis.gov/about-us/uscis-response-coronavirus-disease-2019-covid-19>

#### COVID-19 Recursos de Nueva Jersey

- Las preguntas por correo electrónico pueden ir a [ncov@doh.nj.gov](mailto:ncov@doh.nj.gov)
- Orientación para las escuelas del Departamento de Salud: <https://www.nj.gov/health/cd/>
- Orientación para las escuelas del DOE: <https://www.nj.gov/education/broadcasts/2020/mar/05/Guidance%20Regarding%20Requirements%20for%20Public%20Health-Related%20School%20Closure.pdf>
- Línea directa pública 24/7 (disponible en varios idiomas) 1800 222-1222
- Página de inicio del Departamento de Salud para COVID19 ( aquí encontrará todo tipo de orientación y actualizaciones): <https://www.nj.gov/health/cd/topics/ncov.shtml>
- Actualizaciones de cierre escolar del DOE: <https://www.nj.gov/education/topics/index.shtml>
- El canal You ube del Gobernador transmite en vivo las conferencias de prensa diarias, el de hoy fue a las 2pm: <https://www.youtube.com/channel/UCH8YwF0eRI9E5lpGj8OaiLg>