

Community
Wellness Resources
2020-2021



Students Rise. We All Rise.

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COVID-19 Parent Resources

Potential Parent Questions	Suggested Responses/Resources
<ul style="list-style-type: none">• Anxiety is eating me alive, what should I do?• My kids are nervous about Coronavirus, what do I tell them?• The anxiety from staying in the house is causing disruptive behaviors what can I do?• I want to appropriately discipline my children; can someone give tips?• We've lost a loved one or teacher, who can help?	<p>Child Mind Institute - English and Spanish Translations https://childmind.org/backtoschool/</p> <p>Back-to-School Resources for Families and Educators - Read our resources in Spanish https://childmind.org/backtoschool/</p> <p>Talking to Children About COVID-19 (Coronavirus): A Parent Resource https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource</p> <p>How to Talk to Your Kids About Coronavirus https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus</p> <p>Coping with Stress During Infectious Disease Outbreaks https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885</p> <p>Managing Anxiety Around COVID-19: Tips for You and Your School Community https://www.rulerapproach.org/managing-anxiety-around-covid-19/</p> <p>Parenting in a Pandemic: Tips to Keep the Calm at Home https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Parenting-in-a-Pandemic.aspx</p> <p>Unicef: Parenting Tips https://www.unicef.org/coronavirus/covid-19-parenting-tips</p> <p>Bereavement and young people https://www.nhs.uk/conditions/stress-anxiety-depression/bereavement-and-young-people/</p> <p>CLA Health Parents Tips https://www.uclahealth.org/mattel/health-tips-for-parents</p> <p>Consejos de Salud para los Padres https://www.uclahealth.org/mattel/consejos-de-salud-para-los-padres</p> <p>How Parents Can Keep Kids Busy (and Learning) in Quarantine https://www.theatlantic.com/family/archive/2020/03/activities-kids-coronavirus-quarantine/608110/</p> <p>Talking to Children About COVID-19</p>

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-andcrisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-andcrisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

PBS: How to Talk to Your Kids About Coronavirus

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

Anger Mgmt.- Gentle Stress Relief for Peace, Health & Happiness:

<https://www.gentle-stress-relief.com/>

YouTube Video: When I Am Feeling Angry

<https://youtu.be/eNSeqQIBv5o>

25 Fun Mindfulness Activities for Children & Teens (+Tips)

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

10 Ways to Teach Mindfulness to Kids

<https://leftbrainbuddha.com/10-ways-teach-mindfulness-to-kids>

Communication and Fun Activities for Children - MDHSS (includes activity workbook)

<https://bit.ly/Talkandfunwithkids>

CDC Schools and Childcare Programs

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html>

Essential Resources

Wayne County Health Department - Department of Public Health

Phone: 734-727-7101

DWSD's Water Restart Plan: Wayne Metro

Detroit resident living without water in your home or have received a notice of service interruption call.

Phone: 313-386-9727

COVID-19 Hotline

Phone: 734-287-7870

www.covid313.org

CALL 211

Receive emergency assistance, call 211. If you are unable to reach Michigan 211 by dialing directly, call the statewide toll-free number: 844-875-9211.

COVID-19 Hotline

Phone: 888-535-6136

Hours: 7 days a week, 8AM-5PM

Michigan.gov

www.Michigan.gov/coronavirus *MDHHS Updates, all Executive Orders, and factsheets available here [COVID-19@michigan.gov](#)

City of Detroit - Detroit Health Department

Covid-19 Hotline [\(313\) 876-4000](tel:3138764000) Phone: 313-876-4000

<https://detroitmi.gov/departments/detroit-health-department/programs-and-services/communicable-disease/coronavirus-covid-19/covid-19-city-resources>

Food Resources

Gleaners

Phone: 866-453-2637

Gleaners is providing alternative sites where families can get groceries.

Current Sites: <https://www.gcfb.org/community-distribution-sites/>

Gleaners will provide two weeks of groceries to families with children at four Recreation Centers:

- **Roberto Clemente Recreation Center**
2600 Bagley, 2:30 PM – 5:30 PM, Every other Wednesday starting July 15
- **Heilmann Recreation Center**
19601 Crusade, 2:30 PM – 4:30 PM, Every other Thursday starting July 16
- **Coleman A. Young Recreation Center**
2751 Robert Bradby Drive, 1:30 – 4:30 PM, Every other Saturday starting July 11
- **Butzel Family Center**
7737 Kercheval 9:00 am – 12:00 PM, Every other Monday starting July 20

The Parks and Recreation Division of the General Services Department

Providing meals for children at participating recreation centers. Parents and children may pick up multiple meals to suit their needs.

Meals are offered Monday–Friday, 9:00 a.m. – 2:00 p.m. at these locations:

- **Adams Butzel Recreation Center**
10500 Lyndon
- **Farwell Recreation Center**
2711 Outer Dr E
- **Kemeny Recreation Center**
2260 S. Fort St.
- **Patton Recreation Center**
2301 Woodmere
- **Williams Recreation Center**
8431 Rosa Parks
- **Crowell Recreation Center**
16630 Lahser
- **Lasky Recreation Center**
13200 Fenelon

Forgotten Harvest

21800 Greenfield Rd, Oak Park, MI 48237

Phone: 248-967-1500

<https://www.forgottenharvest.org/>

Calvary Presbyterian Church

19125 Greenview, Detroit 48219

Phone: 313-537-2590

Hours: 10:00 AM to 11:45 AM

Additional Food Resources

Seniors Meals on Wheels

Phone: 313-446-4444

Holy Redeemer

Phone: 313-842-3450

Community Link

Phone: 313-424-3735

Delray United

Phone: 313-842-8620

Food Hub

Phone: 313-963-8880

In the trench

Phone: 313-554-3533

St Andrews - 2044 Beatrice

Phone: 313-381-1184

Focus: HOPE

Food distribution centers are offering pre-packaged food boxes via drive-up distribution for seniors 60 and older who meet income requirements and live in Wayne, Oakland, Macomb or Washtenaw counties from 8 AM- 4 PM Monday- Thursday and 8 AM-12 PM Friday.

Phone: 313-494-4442

Delivery to seniors will continue. Westside Food Center: 1300 Oakman Blvd., Detroit Eastside Food Center: 9151 Chalmers, Detroit

ACCESS

Free GRAB n GO packaged dinners for children 18 years and under Pickup available Monday through Friday 3 PM – 5 PM

Phone: 313-203-3406

Dearborn: 2651 Saulino Ct. or 13624 Michigan Ave

Detroit: 16427 W. Warren

Ford Resource and Engagement Center Eastside

15491 Maddelein St; Detroit, MI 48205

Phone: 313-733-1240 for eligibility and scheduling

Ford Resource and Engagement Center Southwest

826 Bagley; Detroit, MI 48216

Phone: 313-962-4888

Hours: Mon – Fri 8AM – 6PM; Sat 9AM – 1PM; Sun Closed

www.frec-detroit.org.

Brightmoor Connection Food Pantry

16621 Lahser Rd, Detroit, MI 48219

Phone: 313-740-7688

GROCERY DELIVERIES

Call your local grocer and ask about special senior service hours

Community grocery deliveries

Free grocery delivery through Michigan Muslims for high-risk individuals

Phone: 734-274-9207 or fill out online form at: bit.ly/micovideliveryorder

Grocery Deliveries for Seniors and Vulnerable residents Unity in the Community Time Bank

Phone: 313-451-0135

www.southwestdetroitimebank.org

Medical and Mental Health Resources

Potential Parent Questions

- My child's teacher died, and my child is so upset, what do I tell them?
- I'm feeling alone right now, can someone please talk to me?
- I have tried hard not to hurt myself, when I'm upset, what do I do?
- We've lost a loved one, who can help?
- What do I do if I am running a fever?
- I am suffering from depression and anxiety, what can I do?

Resources

Detroit Wayne Integrated Health Network

Phone: 313- 833-2500; Helpline: 800-241-4949; TTY: 800-603-1044

<http://dwihn.org>

- Adult Mental Health
- Intellectual & Developmental Disabilities
- Children's System of Care
- Autism Spectrum Disorder Benefit
- Substance Use Disorders

Mental Health and Coping During COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Southwest Counseling Solutions (Adults & Children)

Phone: 313-841-8900

CHASS Clinic (Adults & Children; they have programming specifically for individuals in domestic violence situations-La Vida Program)

Phone number: 313-849-3920

If you know there are concerns regarding domestic violence and the parent is seeking help, please email me and I can give you the direct contact to the therapist we work with from

CHASS.

The Guidance Center (Adult & Children) Phone: 734-785-7700

Additionally, they have a mental health crisis line 888-771-5465

New Oakland Family Centers (Family Mental Health Services) Phone:

800-395-3223 New Oakland also provides crisis screenings for individuals feeling unsafe/engaging in self harm.

The Children's Center (infant-18-years old)

Phone: 313-262-1212

As of right now, TCC is only taking preliminary information as they stated they cannot do intakes over the phone. However, I would still encourage giving out this resource as there will have to come a time when they start over the phone intakes like the other agencies.

Substance Abuse Sobriety House

2081 W Grand Blvd, Detroit, MI 48208

Phone number: 313-895-0500

	<p>www.sobrietyhouse.net Hours: Open 24 hours</p> <p>Metro East Substance Abuse 1475 Outer Dr E, Detroit, MI 48234 Phone number: 313-369-8678 https://www.rehab.com Hours: 24 Hours</p> <p>Metro East Substance Abuse 13929 Harper Ave, Detroit, MI 48213 Phone number: 313-371-0055 www.sobernation.com Hours: 9:00 AM – 2:00 PM</p> <p>Mental Health and Coping During COVID-19 https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html</p> <p>Mental Health https://www.mentalhealth.gov/</p> <p>National Institute of Mental Health Link https://www.nimh.nih.gov/index.shtml</p> <p style="text-align: center;">Medical Resources</p> <p>Health Emergency Lifeline Programs (HELP) 1726 Howard St, Detroit, MI 48216 Phone number: 313-832-3300 Email: help@helpoffice.org Hours: 9:00 AM – 5:00 PM</p> <p>Center for Disease Control and Prevention (CDC) Phone: 800-232-4636 www.cdc.gov/coronavirus/2019-ncov</p> <p>American Academy of Pediatrics Recommendations for Students at Home https://bit.ly/Americanpediatrics</p>
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Shelters, Housing, Home and Utility Assistance	
Potential Parent Questions	Resources
<ul style="list-style-type: none"> My utilities (lights, gas, water) were turned off, who can I call? I don't have internet service or technology at home. Who can I contact to assist? My rent is due, how do I get help? Recently lost my job, who can I call? 	<p>Coalition On Temporary Shelter (COTS) 26 Peterboro St; Detroit, MI 48201 Phone number: 313-831-3777 Hours: Open 24 Hours</p> <p>Peggy's Place 16700 Wyoming Ave; Detroit, MI 48221 Phone number: 313-862-3234 Hours: Open 24 Hours</p> <p>St. Johns Community Center - Serves single adults 14320 Kercheval St., 48215 Phone number: 313-823-8323</p> <p>Operation Get Down - Serves single men</p>

10100 Harper Ave., Detroit, MI 48213
Phone number: 313-921-9422

New Day Multi-Purpose Center - Serves single men
511 S. Post St., Detroit, MI 48209
Phone number: 313-842-2420

The Noah Project
23 E. Adams Ave., Detroit, MI 48226
Phone number: 313-965-5422
Hours: 8:30 a.m.-4 p.m.

Alternatives for Girls - Serves at-risk girls and young women
903 W. Grand River Ave., Detroit, MI 48208
Phone number: 313-361-4000

Convenient House Michigan - Serves youth ages 18-24
2959 Martin Luther King Jr. Blvd., Detroit, MI 48208
Phone number: 313-463-2000

Salvation Army Harbor Light System, 3737 Humboldt Street, Detroit, MI 48208. Contact 313-361-6138. Serves women and children

Wayne County Family Center, 30600 Michigan Ave; Westland, MI 48186
Phone: (313) 721-0590 Hours: 9:00 AM – 5:00 PM

Home Resources

Oasis 13220 Woodward Ave; Highland Park, MI 48203 Phone: 313-993-4700 Hours: 9:00 AM – 9:30 PM

Progressive Living Facilities
18040 James Couzens Fwy; Detroit, MI 48235
Phone number: 313-437-3950
Hours: 9:00 AM – 5:00 PM

Central Detroit Christian CDC - Buyer Beware–Home Buying Education
8840 Second Ave. Detroit 48202
Phone number: 313-873-0064

Mission of Peace - Provides HUD approved housing assistance programs
Buyer Beware–Home Buying Education
333 W. Fort St. Suite 1350, Detroit 48226
Phone number: 313-967-0140

Fannie Mae
Homeowners who are adversely impacted by this national emergency may request mortgage assistance by contacting their mortgage servicer. Foreclosure sales and evictions of borrowers are suspended for 60 days. Homeowners impacted by this national emergency are eligible for a forbearance plan to reduce or suspend their mortgage payments for up to 12 months.
https://www.knowyouroptions.com/?_ga=2.195953260.1308828539.1597723581-2104809451.1597723581

University of Detroit Mercy Law School Foreclosure Defense Clinic -
Mortgage Foreclosure Prevention
651 E. Jefferson Ave, Detroit, MI 48226

Lead and Healthy Homes Resources

CLEARCorps/Detroit, 10 Tips to Prevent Lead Poisoning
11148 Harper Ave., Detroit, MI 48213
Phone number: 313-924-4000

Bilingual Resources

Detroit Hispanic Development Corporation
1211 Trumbull, Detroit, MI 48216
Phone number: 313-967-4880

Southwest Detroit Environmental Vision
Phone number: 313-842-1961

Wet Cleaning Lead Safe (Spanish)

Property Tax Assistance and Legal Resources (Spanish)

Lead Safe Wayne County–non-Detroit Residents (Arabic)

Utility Assistance

The Heat and Warmth Fund (THAW) 535 Griswold St #200, Detroit, MI 48226 Phone: 313-226-9645, Toll Free: 800-866-8429 Hours: 9:00 AM – 5:00 PM

Financial Resources United Way Phone: 866-211-9966
Resource locator, Community Services, Assist with Bills, Assist with Rent & Food

Unemployment Insurance Agency, Filing Unemployment Claims
Phone: 866-500-0017 **Error! Hyperlink reference not valid.**

Elderly Care

Meals on Wheels in Southeastern Michigan

Phone: 800-852-7795

Website: <https://aaa1b.org/services-and-seniors/meals-on-wheels>

Detroit Area Agency on Aging

1333 Brewery Park Blvd., Detroit,

MI48207

Phone number: 313-446-4444

www.detroit seniors solution.org

Local aging programs that provide information and services on a range of assistance for older adults and those who care for them.

Senior Alliance (for western Wayne County)

Phone: 800-815-1112

<https://www.thesenioralliance.org/>

For senior services, information and resources

Rite-Aid

Phone number: 800-748-3243

www.riteaid.com/pharmacy/services

Contact your local pharmacy to ask about delivery options

CVS

www.cvs.com/content/coronavirus www.cvs.com/content/delivery

Contact your local pharmacy to ask about delivery options

Pet Care

Michigan Humane Society

7887 Chrysler Dr, Detroit, MI 48211

Phone number: 313-872-3400

Michigan Humane Society

6175 Trumbull Ave, Detroit, MI 48208

Phone number: 313-871-1408

Emergency Resources

Potential Parent Questions	Resources
<ul style="list-style-type: none"> Who can help me if my child/student is suicidal? My parent(s) are abusive, can someone help me? My child's teacher died, and my child is so upset, what do I tell them? 	<p>911 or Local Police Station (Precinct)</p> <p>Child Protective Services or Elder Abuse Phone number: 855-444-3911 Fax: 616-977-1158 MDHHS-CPS-CIGroup@michigan.gov</p> <p style="text-align: center;">Abuse & Neglect</p> <p>Children's Protective Services (CPS) Phone: 855-444-3911 https://www.michigan.gov/mdhhs/0,5885,7-339-73971_7119-21208--,00.html</p> <ul style="list-style-type: none"> Harm or threatened harm to a child's health or welfare that occurs through non- accidental physical or mental injury, sexual abuse, sexual exploitation, or maltreatment Negligent treatment, including the failure to provide adequate food, clothing, shelter, or medical care. <p style="text-align: center;">Domestic Violence</p> <p>Women in Touch Phone number: 313-737-7168 Email: womenintouch93@yahoo.com</p> <p>YWCA of Metropolitan Detroit - The Interim House 985 E. Jefferson Avenue Suite 101 Detroit, MI. 48207 Phone number: 313-259-9922 Email: ywca@ywcadetroit.org</p> <p>Michigan Coalition Against Domestic Violence Help Agency Phone number: 313-267-4005 https://mcedsv.org/</p>

Social Emotional Learning and Self-Care Resources

Social Emotional Learning Tools for Students Curriculum, Resources and Printables

SEL 3 Signature Practices Playbook (CASEL)

Practical ways to introduce and broaden the use of SEL practices in classrooms, schools, and workplaces.

<https://schoolguide.casel.org/resource/three-signature-sel-practices-for-adult-learning/>

Teachers/Support Staff/Classrooms Michigan Department of education (MDE)

https://www.michigan.gov/mde/0,4615,7-140-74638_53593_53604---,00.html

Michigan Cares Portal: The *Portal* offers Michigan families and educators FREE digital lessons designed to help students in grades K-12 develop the skills required for social, emotional, and mental well-being. This portal will be freely available until the end of the 20-21 school year.

https://michiganvirtual.org/sel/michigan-cares/?utm_campaign=Michigan%20Cares%20Portal&utm_source=Internal&utm_medium=login

Panorama Education SEL and Self-Care Resources for Educators, Schools, and Parents Related to Distance Learning and COVID-19

<https://www.panoramaed.com/blog/sel-resources-for-educators-school-communities-and-parents-related-to-covid-19>

Education Toolkit on SEL learn more about character strengths like empathy, find actionable activities and edtech tools for the classroom, and discover ways to involve families in SEL learning.

<https://www.common sense.org/education/toolkit/social-emotional-learning>

Social and Emotional Learning (Sanford Harmony (free) curriculum <https://www.sanfordharmony.org/>

Overcoming Obstacles (free) Curriculum

<https://www.overcomingobstacles.org/>

Kids Health in the Classroom; Free health-related lesson plans for PreK through 12th grade. Each Teacher's Guide includes discussion questions, classroom activities and extensions, printable handouts, and quizzes and answer keys

https://classroom.kidshealth.org/?WT.ac=ms_tab

Amazing Educational Resources - 1129 Resources!

Share educational resources and support each other as a community of educators!

<https://www.amazingeducationalresources.com/offsite link>

Empatico website

Connects classrooms around the world through virtual meet-ups designed to foster empathy and understanding. They have created a special resource section for social emotional learning during stay-at-home orders. It includes activities, teacher PD, and ways to connect families and

[classrooms.https://empatico.org/at-homeoffsite link](https://empatico.org/at-homeoffsite link)

Free Social Emotional Learning Resources

These resources are age-appropriate for elementary and middle school students and are typically used in a classroom or a small group setting. And in most cases, if materials are required for the activity, they are items that you already have in your classroom or office.

<https://www.centervention.com/social-emotional-learning-activities/offsite link>

100 Free Social Emotional Learning Resources

Available resources cover skills in five major areas: self-awareness, self- management, social awareness, relationships, and responsible decision- making.

<https://www.thepathway2success.com/free-social-emotional-learning- resources/offsite link>

Developing Curricula for SEL and the Arts

Educators are working to encourage the development of social and emotional learning competencies through arts education.

<https://www.edutopia.org/article/developing-curricula-sel-and- artsoffsite link>

Social Emotional Learning Resources

Explore the topics below to learn more about character strengths like empathy, find actionable activities and edtech tools for the classroom, and discover ways to involve families in SEL learning.

<https://www.common sense.org/education/toolkit/social-emotional-learning>

Resilient Toolkit:TIPS FOR TEACHERS AND CLASSROOM RESOURCE.

<https://resilienteducator.com/covid19/>

Free Social Emotional Learning Resources

These resources are age- appropriate for elementary and middle school students and are typically used in a classroom or a small group setting. And in most cases, if materials are required for the activity, they are items that you already have in your classroom or office.

<https://www.centervention.com/social-emotional-learning-activities/>

Trails to Wellness Resources to support student mental health during school closures U of M TRAILS

<https://trailstowellness.org/materials/resources/covid-19- resources>

We Are Teachers

Free printables and free downloads for your classroom! You won't want to miss these free teacher resources that you and your students will love. Make your teacher life easier with these worksheets, rubrics, posters, crafts, and more.

<https://www.weareteachers.com/category/free-printables-for-teachers/>

Relationship Building Supports, Guides and Activities

MPS Quick Classroom Activities for Building Relationships Book 2012

<https://mps.milwaukee.k12.wi.us/MPS-English/CAO/Documents/PBIS/teacher-behavior-lesson-Building- Relationships-Book.pdf>

Making Caring Common's Resources for Educators (Harvard Graduate School of Education)

<https://mcc.gse.harvard.edu/resources-for- educators/tag/Caring+and+Empathy>

Building Developmental Relationships During the COVID-19 Crisis (Search Institute) This checklist outlines relationship-building strategies during the COVID-19 crisis.

<https://www.search-institute.org/wp-content/uploads/2020/03/Coronavirus-checklist-Search-Institute.pdf>

5-Minute Chats With Individual Students (CASEL) This sample agenda and questions for one-on-one check-ins with students can build connections and help respond to needs.

<https://casel.org/wp-content/uploads/2020/06/5-Minute-Chats-with-Students.pdf>

Responsive Circles for COVID-19 (International Institute for Restorative Practices) These circle prompts use familiar restorative questions that are tailored to the current moment.

<https://www.iirp.edu/news/responsive-circles-for-covid-19>

Getting to Know You Survey (Panorama Education) This quick, online survey helps teachers and students learn about each other and build stronger classroom relationships.

<https://backtoschool.panoramaed.com/>

A COVID-19 Check-in Student Survey (Harvard Graduate School of Education) This survey can be shared with students to build connection and understanding.

<https://mcc.gse.harvard.edu/resources-for-educators/covid-check-in-survey>

Creating Opportunities Through Relationships (University of Virginia) These free online professional learning modules support educators in developing supportive relationships with students.

<http://www.corclassrooms.org/>

Fostering Resilient Learners; Dr. Bruce

Perry Brief overview videos of brain development and its influence on children's social and emotional development (6:47 minutes)

<https://www.youtube.com/watch?v=3bKuoH8CkFc>

Self-Care

Trails to Wellness; Resources to support student mental health during school closures U of M TRAILS;

<https://trailstowellness.org/materials/resources/covid-19-resources>

Responding to Loss and Change

Grief resources New Hope Center for Grief Support

<https://indd.adobe.com/view/924b5436-fca0-4a15-901a-9233134766e4>

Maintaining Your Emotional Immunity During Covid-19 - National Association of School Psychologists

<https://thriveglobal.com/stories/maintaining-your-emotional-immunity-during-covid-19/>

Side Effects: Midwest PBIS Network Video Depicts how caring adults absorb the distress of the child and how they need to actively refuel their emotional reserves

<https://www.youtube.com/watch?v=wN5BqCKO9DY>

Self-Care Midwest PBIS Network Assessment

<http://www.midwestpbis.org/materials/special-topics/trauma/self-care-assessment.pdf?attredirects=0&d=1>

Professional Quality of Life Scale (ProQOL); Compassion, satisfaction, and fatigue scale Midwest PBIS

Network <http://www.midwestpbis.org/materials/special-topics/trauma/compassion-satisfaction-and-fatigue-stamm-2009.pdf?attredirects=0&d=1>

Self-Care Plan and Schedule; Midwest PBIS Network

<http://www.midwestpbis.org/materials/special-topics/trauma/SelfCare%20Plan%20and%20Schedule%208.6.19.docx?attredirects=0&d=1>

Social-Emotional Learning: Creating a Professional Culture Based; SEL and Creating a Professional Culture - emphasizes the need for adult self-care

<https://michiganvirtual.org/course/social-emotional-learning-creating-a-professional-culture-based-on-sel/>

How Teachers Can Navigate Difficult Emotions During School Closures - Tools for staying calm and centered amid the coronavirus crisis

https://greatergood.berkeley.edu/article/item/how_teachers_can_navigate_difficult_emotions_during_school_closures#.XpXITk3e2aE. [twitteroffsite link](#)

Mental Health Resources for All Learners

This section is already on the website under ESE

Detroit Wayne Mental Health Authority (DWMHA)

<https://dwihh.org/>

Phone Number: 1-800-241-4949

Mental Health and Coping During COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Mental Health. Gov Link

<https://www.mentalhealth.gov/>

USA National Suicide Hotlines: 1-800-SUICIDE / 1-800-784-2433

U.S.A. Domestic Violence: 1-800-799-7233/TTY 1-800-787-3224

Online Mental Health Services

Community Care Services provides outpatient mental health and substance use disorder treatment for children, teens and adults in Southeastern Michigan online through [Telehealth](#). For telehealth assistance, or to schedule an intake appointment visit Community Care Services at comcareserv.org/ or call 313-389-7500.

Support Your Student's Mental Health During COVID-19

This resource provides guidance and recommendations to families from DPSCD partner, [TRAILS](#).

<https://bit.ly/trailsstudentresources>

- Talking with children and teens about Coronavirus/COVID-19, pg. 11
- Supporting school-age youth with effective coping strategies, pg. 12
- Recognizing healthy and unhealthy coping skills (such as self-harm or substance abuse), pg. 13

American Academy of Pediatrics Recommendations for Students at Home

<https://bit.ly/Americanpediatrics>

If your children need to stay at home due to the outbreak, try to keep their days as routine and scheduled as possible.

Here are a few tips that can help:

- **Read books with your child**
It's not only fun, but reading together strengthens your bond with your child AND helps their development.
- **Make time for active play**
Bring out the blocks, balls, jump ropes and buckets and let the creativity go. Play games that kids of all ages can play, like tag or duck, duck goose. Let your kids make up new games. Encourage older kids to make up a workout or dance to keep them moving.
- **Keep an eye on media time**
Whenever possible, play video games or go online with your child to keep that time structured and limited. If kids are missing their school friends or other family, try video chats to stay in touch.

Communication and Fun Activities for Children - MDHSS (includes activity workbook) <https://bit.ly/Talkandfunwithkids>

Other General Resources

National and State Resources: Exposure/Employment/Food/Other

National: <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>

Michigan: <https://www.michigan.gov/coronavirus>

- Apply for Unemployment benefits
- Assistance with health insurance, food, other needs
- Find resources in your local community
- Locate your local school meal pickup site
- Resources for small businesses
- Contact the U.S. Disaster Distress Hotline for 24/7 crisis counseling. Call **1-800-985-5990** or text **TalkWithUs to 66746** to connect with a trained crisis counselor.

I think I've been exposed to COVID-19 – MDHHS Infograph

<https://tinyurl.com/IfIveBeenExposed>

Spanish Resources for Families

Mental Health Resources

Southwest Counseling Solutions (Adultos y Niños)

Número de teléfono/Phone Number: 313-841-8900

CHASS Clinic (Adultos y Niños):

Número de teléfono/Phone Number: 313-849-3920

También tienen programa específicamente para personas en situaciones de violencia doméstica -La Vida Program

The Guidance Center (Adultos y Niños)

Número de teléfono/Phone Number: 734-785-7700

También tienen una línea para crisis de salud mental 888-771-5465.

New Oakland Family Centers- Salud Mental/Consejería para Familias

Número de teléfono/Phone Number: 800-395-3223

También proveen evaluación para personas en crisis de seguridad/autolesión

The Children's Center- Infantes hasta 18 años

Actualmente, TCC solo está tomando información preliminar, ya que no pueden completar citas iniciales por teléfono. Sin embargo, me gustaría seguir dando este recurso, ya que tal vez llegara el momento en que tomen citas iniciales por teléfono como las otras agencias.

Número de teléfono/Phone Number: 313 -262-1212

Recursos de Comida

Esto fue provisto por Congress of Communities, sugerimos que las familias sigan a este grupo en Facebook ya que continuamente brindan información para el área suroeste de Detroit) Opciones de recogida de comida: todas las opciones pueden quedarse en su auto y recoger o pueden entrar y recoger. Comparta/corra la voz y manténgase seguro: ¡TODOS pueden usar estos sitios!

Patton Park

2301 Woodmere, Detroit, MI 48209

Recogidas de Comida DIARIAS: Lunes a Viernes 8:30AM-1:30PM

Para personas Mayores/Ancianas: Miércoles 8:30AM-1:30PM (5 comidas congeladas cada vez)

Kemeny Center

2260 S. Fort St., Detroit, MI 48209

Recogidas de Comida DIARIAS: Lunes a Viernes 8:30AM-1:30PM LUNES Y JUEVES 8:00AM-1:00PM (Nuevo horario)

Desayunos/Almuerzos para llevar

Roberto Clemente Rec. Center 2631 Bagley, Detroit, MI 48209 Bisemanal los MIERCOLES – Proxima ves 1ro de Abril - 2:30PM-5:30PM

All Saints-UNI

8300 Longworth, Detroit, MI 48209

Bisemanal los JUEVES - Proxima ves 9 de abril – 11:00AM-2:00PM Caja de comida de 20-30 libras por familia

Delray Park

420 Leigh, Detroit, MI 48209

Bisemanal los SABADOS - Proxima ves 4 de abril 9:00AM-12:00PM

CD School Based Health Center Providers

Henry Ford Health System

- Amelia Earhart
- Detroit International Academy for Young Women
- Henry Ford High School
- Munger Elementary
- Maybury Elementary
- Mumford High School
- Western International High School

St. John/Ascension

- Ben Carson High School
- Central High School
- Denby High School
- East English Village High School
- Hutchinson Elementary
- Marcus Garvey Academy
- Martin Luther King High School
- Nolan Elementary
- Osborn High School
- *Ralph Bunche Preparatory Academy*

Institute for Population Health

- Fisher Magnet Upper Academy

2020-2021 DPSCD Community Mental Health Provider Agencies

Black Family Development, Inc.

- Brenda Scott Academy
- Schulze Academy
- Osborn High School
- Ralph Bunche Academy
- Palmer Park Preparatory Academy
- Ronald Brown Academy

Development Centers

- Dossin Elementary
- Renaissance High School
- Mumford High School
- Cody High School
- The School at Marygrove
- Dixon Elementary

The Children's Center

- Bagley Elementary
- Bennett Elementary
- Bethune Elementary
- Carleton Elementary

Northeast Guidance Center

- JE Clark
- Hutchinson Elementary-Middle School @ Howe
- Nichols Elementary-Middle School
- Southeastern High School

A CC

- Greenfield Union Elementary-Middle School
- Henry Ford High School
- Nolan Elementary-Middle School
- Mason Elementary-Middle School
- Pershing High School

2020-2021 DPSCD Family Medical Centers

Provides in-school behavioral health supports

- Carstens Elementary
- Durfee Elementary
- Thurgood Marshall Elementary

