



COVID-19 Recovery Support Resources

Resources for Parents & Caregivers of Children and Youth		
Research Entity	Upcoming Webinar Topic & Date	Hyperlink
NTACT	<p>Providing Transition-Focused Activities Online and At Home</p> <p>Tuesday, March 24, 10am CST</p> <p>NTACT staff and others will share tips and resources to support the continued learning and skill development of students, while school and community access are severely restricted.</p> <p>Please grab your coffee (or 2nd coffee - depending on your time zone) and join us online! Also stay tuned to www.transitionta.org for additional resources posted with the recording of this webinar.</p>	<p>https://zoom.us/webinar/register/WN_qTrhTUY-T6GF6CRg-2mTsw</p>
Research Entity	Guidance Document Title	Hyperlink
NASP	Talking to Children About Covid-19 A Parent Resource	<p>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>

ED	Addressing the Risk of COVID-19 in Schools While Protecting the Civil Rights of Students	https://www2.ed.gov/about/offices/list/ocr/docs/ocr-coronavirus-fact-sheet.pdf
SAMHSA	Talking With Children: Tips for Caregivers and Teachers During Infectious Disease Outbreaks	English: https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006 Spanish: https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks-Spanish-/SMA14-4886SPANISH
CASEL	Guidelines for Parents and Caregivers	https://casel.org/?s=covid-19
NCTSN	Parent/Caregiver Guide to Helping Families with Coronavirus Disease	English https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019 Spanish https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019-sp
Sesame Street	Handwashing for Kids	Video: https://sesamestreetincommunities.org/topics/health/?activity=how-to-wash-your-hands Short Story: https://sesamestreetincommunities.org/topics/health/?activity=h-is-for-handwashing Coloring Sheet: https://sesamestreetincommunities.org/topics/health/?activity=teaching-handwashing
Sesame Street	Routines During “The For Now Normal”	https://www.sesamestreet.org/sites/default/files/media_folders/Images/PDF4v2_0.pdf
Sesame Street	Talking to Children About COVID-19	https://www.sesamestreet.org/sites/default/files/media_folders/Images/PDF3v2.pdf

Zero to Three	Expert Resources to Parents and Caregivers in Response to Coronavirus Pandemic	https://www.zerotothree.org/resources/3274-zero-to-three-provides-expert-resources-to-parents-and-caregivers-in-response-to-coronavirus-pandemic
BrainPOP	Teaching Kids About Coronavirus: Videos with Animation	https://www.brainpop.com/health/diseases/injuriesandconditions/coronavirus/
AAPA	American Academy of Pediatrics: 2019 Novel Coronavirus (COVID-19) Info for Parents	English https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx Spanish https://www.healthychildren.org/spanish/health-issues/conditions/chest-lungs/paginas/2019-novel-coronavirus.aspx
CDC	Pregnancy & Breastfeeding Information about Coronavirus Disease 2019	https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fpregnancy-faq.html
Generations United	COVID-19 Fact Sheet for Grandfamilies and Multigenerational Families	https://www.gu.org/app/uploads/2020/03/COVID-19-Fact-Sheet-3-17-20.pdf
Boston Children's Hospital	HealthMap: Tracking COVID-19 in real time	https://www.healthmap.org/covid-19/
ChildMind	Talking to Kids About the Coronavirus	English https://childmind.org/article/talking-to-kids-about-the-coronavirus/ Spanish https://childmind.org/article/como-hablar-con-los-ninos-sobre-el-coronavirus/
Zero to Three	Parenting Resource: Why are people wearing masks? Why are people covering their faces?	https://www.zerotothree.org/resources/3211-why-are-people-wearing-masks-why-are-people-covering-their-faces
LSU Health	Supporting Young Children Isolated Due to Coronavirus	file:///C:/Users/111387/Downloads/Supporting%20Young%20Children%20Isolated%20Du

		e%20to%20Coronavirus.pdf
	Resources to Help At Home	
BrainPOP	Free BrainPOP access for schools and families impacted by school closures: BrainPOP is accessible through any screen device and a perfect solution for your distance learning plans.	https://go.brainpop.com/COVID19?utm_source=bp-com&utm_medium=banner&utm_campaign=coronavirus&utm_content=free-access
Scholastic	For students at most grade levels, from prekindergarten to Grades 6 or higher. Each level features five days-worth of content for three hours a day, with 15 additional days on the way.	https://classroommagazines.scholastic.com/support/learnathome.html?caching
Khan Academy	How can Khan Academy be used for remote learning during school closures?	https://khanacademy.zendesk.com/hc/en-us/articles/360040167432-How-can-Khan-Academy-be-used-for-remote-learning-during-school-closures-
Discovery Education	Virtual Field Trips	https://www.discoveryeducation.com/community/virtual-field-trips/
Google Arts & Education	Virtual Fieldtrips to Parks and International Museums	https://artsandculture.google.com/?hl=en
PBS Kids	Schools Closed? How to Make a New Home Routine (for children ages 2-8)	https://www.pbs.org/parents/thrive/schools-closed-how-to-make-a-new-home-routine
PBS Kids	Educational Info, Games and Videos (for children ages 2-8)	https://www.pbs.org/parents/ https://pbskids.org/
Sesame Street	Fun at Home! Youtube videos	https://www.youtube.com/playlist?list=PL8Ti0FHubWFtZHMNrEuzWPXVEU1aftxQf
PBS Kids	Sesame Street Free On-Demand Recent Episodes	https://pbskids.org/sesame/videos/watch-full-episodes
Barnes and Noble	Free E-Books from Sesame Street	https://www.barnesandnoble.com/b/free-ebooks-from-sesame-street/_/N-2uhe?st=AFF&SID=Barnes+%26+Noble+-+Top+100%3A+Book+Bestsellers&2sid=Skimlinks_7595750_NA&sourceId=AFFSkimlinks&event=0eb89f166ae311ea83fe01540a1c0e12&dpid=tekz25v83
Zero to Three	Parenting Resource: Five Tips to Make the Most of Video Chats (with Young Children)	https://www.zerotothree.org/resources/2535-five-tips-to-make-the-most-of-video-chats

	Special Needs and Developmental Disabilities Specific	
SSWAA	School Social Worker Association Resources for COVID-19 regarding FERPA, Virtual Learning and Students with Disabilities	https://www.sswaa.org/covid-19-resources
ED	Questions and Answers on Providing Services to Children with Disabilities During the Coronavirus Disease 2019 Outbreak (March 2020)	https://sites.ed.gov/idea/files/qa-covid-19-03-12-2020.pdf
Wright's Law	The School Closed Suddenly. I Need Help!	https://www.wrightslaw.com/info/virus.resource.willcutts.htm
UM/NSU	Coronavirus Social Narrative CARD: Let's Talk About the Coronavirus	http://umcard.org/files/3915/8422/3594/COVID-19_Social_Narrative.pdf
Harbor School	Coronavirus Social Story for Children with Special Needs	https://harborschool.com/2020/03/13/the-autism-educator-coronavirus-social-story-amanda-mcguinness/
UM/NSU	Compiled Resource List: Dealing with COVID-19: Resources for Special Educator, Therapists & Parents	https://www.smore.com/udqm2-covid-19-preparedness
	Autism Related Resources to Help At Home	
AACI	Creating Structure: Visual Support for Autism: A Step by Step Guide	https://autismawarenesscentre.com/visual-supports-best-way-use/
Healthline	5 Important Exercises for Kids with Autism	https://www.healthline.com/health/exercises-for-kids-with-autism
	Advocacy Organizations	
OFN	Oklahoma Family Network PO Box 21072 Oklahoma City, OK 73156-1072 Tel: 405-271-5072 or Tel: 877-871-5072 Contact: Joni Bruce	http://oklahomafamilynetwork.org/about-us/contact-us/

	<i>Will be having webinars on self-care</i>	
UCEDD	Center for Learning and Leadership UCEDD University of Oklahoma Health Sciences Center PO Box ROB 342 Oklahoma City, OK 73126-0901 Tel: 405-271-4500-Ext 41002 Contact Person: Melissa Fenrick	https://ouhsc.edu/thecenter/
OAN	Oklahoma Autism Network University of Oklahoma Health Sciences Center 1200 North Stonewall Avenue Oklahoma City, OK 73117 Tel: 405-271-7476 or Tel: 877-228-8476 Contact: Rene' Daman	https://okautism.org/
NAMI-OK	NAMI OK 3812 N Santa Fe Ave, Suite 305 Oklahoma City, OK 73118 Tel: 1-800-583-1264 Contact: Andrea Michaels	https://www.namioklahoma.org/
PHP	Parents Helping Parents No address listed 405-550-7326 Contact: Becky O'Dell <i>Has virtual meeting/Support groups for parents</i>	https://www.parentshelpingparents.info/
Zero to Three	Zero to Three: For families with young children	www.zerotothree.org

SCD	Sprouts Child Development: Tulsa Based partner that provides reliable early childhood resources, developmental assessments and connections to early intervention services.	https://sproutsdevelopment.com/
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Resources for Child Care Providers, School and Higher Education Communities		
Research Entity	Guidance Document Title	Hyperlink
CDC	COVID-19: Guidance for School Settings Before and After an Outbreak	https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html
CDC	COVID-19: Resources for Institutes of Higher Education	https://www.cdc.gov/coronavirus/2019-ncov/community/colleges-universities/index.html
OHS	Headstart Early Childhood Learning Centers: Coronavirus Prevention and Response	<p>English https://eclkc.ohs.acf.hhs.gov/physical-health/article/coronavirus-prevention-response</p> <p>Spanish https://eclkc.ohs.acf.hhs.gov/es/salud-fisica/articulo/prevencion-y-respuesta-ante-el-coronavirus</p>
NASP	Responding to Covid-19 Brief Action Steps for Schools	https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/responding-to-covid-19brief-action-steps-for-school-crisis-response-teams
NASP	Preparing for Infectious Disease Epidemics – Brief Tips for School Mental Health	https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/preparing-for-infectious-disease-epidemics-brief-tips-for-school-mental-health-professionals
NASP	Preparing for a Pandemic Illness: guidelines for School	https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-

	Administrators and Crisis Response Teams	climate-safety-and-crisis/health-crisis-resources/preparing-for-a-pandemic-illness-guidelines-for-school-administrators-and-school-crisis-response-teams
NASP	Countering Coronavirus Stigma and Racism – Tips for Teachers and Other Educators	https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/countering-coronavirus-stigma-and-racism-tips-for-teachers-and-other-educators
ED	Addressing the Risk of COVID-19 in Schools While Protecting the Civil Rights of Students	https://www2.ed.gov/about/offices/list/ocr/docs/ocr-coronavirus-fact-sheet.pdf
SAMHSA	Talking With Children: Tips for Caregivers and Teachers During Infectious Disease Outbreaks	English: https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006 Spanish: https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks-Spanish-/SMA14-4886SPANISH
UM/NSU	Compiled Resource List: Dealing with COVID-19: Resources for Special Educator, Therapists & Parents	https://www.smores.com/udqm2-covid-19-preparedness
CCAA	COVID-19 Child Care Resources: Oklahoma	https://www.childcareaware.org/state/oklahoma/
CCAA	Coronavirus: What Child Care Providers Need to Know	https://info.childcareaware.org/blog/coronavirus-what-child-care-providers-need-to-know
NASW	Guidance for Schools and Childcare Providers	https://www.socialworkers.org/Practice/Infectious-Diseases/Coronavirus
SSWAA	School Social Worker Association Resources for COVID-19 regarding FERPA, Virtual Learning and Students with Disabilities	https://www.sswaa.org/covid-19-resources

BrainPOP	Free BrainPOP access for schools and families impacted by school closures: BrainPOP is accessible through any screen device and a perfect solution for your distance learning plans.	https://go.brainpop.com/COVID19?utm_source=bp-com&utm_medium=banner&utm_campaign=coronavirus&utm_content=free-access
Scholastic	For students at most grade levels, from prekindergarten to Grades 6 or higher. Each level features five days-worth of content for three hours a day, with 15 additional days on the way.	https://classroommagazines.scholastic.com/support/learnathome.html?caching
Khan Academy	How can Khan Academy be used for remote learning during school closures?	https://khanacademy.zendesk.com/hc/en-us/articles/360040167432-How-can-Khan-Academy-be-used-for-remote-learning-during-school-closures-

Resources for Teens, Young Adults & Adults		
Research Entity	Guidance Document Title	Hyperlink
WHO	Mental Health Considerations During COVID-19 Virus	https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf
CDC	Mental Health and Coping During COVID-19	https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html
SAMHSA	Coping With Stress During Infectious Disease Outbreaks	English: https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885 Spanish https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885

SAMHSA	Taking Care of Your Behavioral Health During an Infectious Disease Outbreak	<p>English: https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-During-an-Infectious-Disease-Outbreak/sma14-4894</p> <p>Spanish: https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-Tips-for-Social-Distancing-Quarantine-and-Isolation-During-an-Infectious-Disease-Outbreak-Spanish-Version-/SMA14-4894SPANISH</p>
ODMHSAS	ODMHSAS Frequently Asked Questions	https://www.ok.gov/odmhsas/COVID-19_Provider_FAQs.html
CHESS Health	Connections App: Free App to Support People in Recovery During COVID-19 Outbreak	<p>A free smartphone app that is scientifically proven to support patients in recovery by reducing relapse and promoting pro-social engagement.</p> <p>With the app you can...</p> <ul style="list-style-type: none"> • Track your sobriety, • Access e-therapy to learn new recovery skills, • Connect with trained counselors and peers through messaging, • Clinical support available 7 days/wk, 9am -10 pm est • Track your treatment plan and set reminders, • Journal daily about your journey, • And discover helpful videos, testimonials and more through the unique resource library.
NPR	Just For Kids: A Comic Exploring The New Coronavirus	https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus
Zero to Three	Young Children at Home during the COVID-19 Outbreak: The Importance of (Adult) Self-Care	https://www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care

	Mental Health & Wellness Apps	
Headspace Inc.	Headspace: Free subscription for Headspace Plus for US Health Care Professionals	https://www.headspace.com/health-covid-19
Vibrant Emotional Health	MY3App	With MY3, you define your network and your plan to stay safe. With MY3 you can be prepared to help yourself and reach out to others when you are having thoughts of suicide. Access to the National Suicide Prevention Lifeline.
PsyberGuide	Virtual Hope Box	Virtual Hope Box is a multi-media coping skill app designed for individuals struggling with depression (particularly military service members). The four main features of Virtual Hope Box include sections for distraction, inspiration, relaxation, and coping skill options. The distraction techniques include games that require focus, like Sudoku and word puzzles. The relaxation tools can also be used with a clinical professional or other meditation partner, if desired.
CHES Health	Connections App: Free App to Support People in Recovery During COVID-19 Outbreak	<p>A free smartphone app that is scientifically proven to support patients in recovery by reducing relapse and promoting pro-social engagement.</p> <p>With the app you can...</p> <ul style="list-style-type: none"> • Track your sobriety, • Access e-therapy to learn new recovery skills, • Connect with trained counselors and peers through messaging, • Clinical support available 7 days/wk, 9am -10 pm est • Track your treatment plan and set reminders, • Journal daily about your journey, • And discover helpful videos, testimonials and more through the unique resource library.

Reflectly Aps	Reflectly: Journal for Happiness	How you are feeling on a daily basis matters. Reflectly is a personal journal and diary driven by artificial intelligence to enable you to deal with negative thoughts, make positivity louder and to teach you about the science of well-being.
Jour	Jour: Journal for Mindfulness	If you want to build a healthier and more mindful lifestyle, are facing a difficult or stressful time, want to address any negativity or anxiety in your life, or just want to feel focused and in control: Jour is here to help.
ThrivePort, LLC	Moodnotes: Mood & CBT Tracker	Don't let your mood affect your life. Take control over it! Meet Moodnotes - a super easy mood tracker & journaling app to capture your mood and help you improve your thinking habits.
stoic.	stoic. all-in-One-Mental Health App	Learn how to cope with stress. Get your daily mental health tracker companion for mood tracking, journaling, meditations, and reflection.
Woebot	Woebot: Your Self-Care Expert	Meet Woebot! Your friendly self-care expert. Woebot can help you: - Think through situations with step-by-step guidance from Woebot using tools from Cognitive Behavioral Therapy (CBT) - Learn about yourself with intelligent mood tracking - Master skills to reduce stress and live happier through over 100+ evidence-based stories from our clinical team
Ensparkle OOD	Reflect: Guided Daily Journal	Reflect intelligently helps you to keep a daily reflection journal. Get smart topic suggestions related to your activities. Morning invitations to think ahead of the day and evening reminders to reflect on what happened.
	Education Related Resources for K-12	

Scholastic	For students at most grade levels, from prekindergarten to Grades 6 or higher. Each level features five days-worth of content for three hours a day, with 15 additional days on the way.	https://classroommagazines.scholastic.com/support/learnathome.html?caching
Khan Academy	How can Khan Academy be used for remote learning during school closures?	https://khanacademy.zendesk.com/hc/en-us/articles/360040167432-How-can-Khan-Academy-be-used-for-remote-learning-during-school-closures-
BrainPOP	Free BrainPOP access for schools and families impacted by school closures: BrainPOP is accessible through any screen device and a perfect solution for your distance learning plans.	https://go.brainpop.com/COVID19?utm_source=bp-com&utm_medium=banner&utm_campaign=coronavirus&utm_content=free-access

Resources for Mental Health Providers, Practitioners and Community Partners		
Research Entity	Upcoming Webinar Topic & Date	Hyperlink
ATA	ATA COVID-19 Response Webinar Series: Waivers, Reimbursement & Telehealth Tuesday, March 24 at 2pm CST	https://americantelemed.zoom.us/webinar/register/4815843943532/WN_GcWGZPk0QIW1HOtIa6VKLw
ATA	ATA COVID-19 Response Webinar Series In Partnership with ECH Alliance: Lessons Learned from Our EU Partners Thursday, March 26 at 11am CST	https://americantelemed.zoom.us/webinar/register/5215847153749/WN_u6p_deYYSzuWyEilt6YFdA
Research Entity	Guidance Document Title	Hyperlink
NWI	National Wraparound Implementation Center Special Guidance Report: Managing and Responding to Coronavirus (COVID-19)	https://nwi.pdx.edu/pdf/NWIC-Special-Guidance-COVID-19.pdf

ODMHSAS	COVID-19 Frequently Asked Questions for Treatment Providers	https://www.ok.gov/odmhsas/COVID-19_Provider_FAQs.html
SAMHSA	Current Topics: COVID-19 Related Information	https://www.samhsa.gov/
APA	COVID-19 and psychology services: How to protect your patients and your practice	https://www.apaservices.org/practice/news/covid19-psychology-services-protection?_ga=2.32230078.144524294.1584296076-510305626.1569591717
CDC	Implementation of Mitigation Strategies for Communities with Local COVID-19 Transmission	https://www.cdc.gov/coronavirus/2019-ncov/downloads/community-mitigation-strategy.pdf
ChildTrends	As COVID-19 Spreads, Most States Should Have Laws that Address How Schools Should Respond to Pandemics	https://www.childtrends.org/as-covid-19-spreads-most-states-have-laws-that-address-how-schools-should-respond-to-pandemics
NASW	Coronavirus (COVID-19): Supporting Clients	https://www.socialworkers.org/Practice/Infectious-Diseases/Coronavirus
ACF/HHS	Information about COVID-19 for CCDF Lead Agencies: Relevant Flexibilities in CCDF Law	https://www.acf.hhs.gov/occ/resource/info-about-covid-19-for-ccdf-lead-agencies-relevant-flexibilities-in-ccdf-law
MH Magazine	Coronavirus: What Child Welfare Systems Need to Think About	https://chronicleofsocialchange.org/child-welfare-2/coronavirus-what-child-welfare-systems-need-to-think-about/41220
OCR/HHS	OCR Announces Notification of Enforcement Discretion for Telehealth Remote Communications During the COVID-19 Nationwide Public Health Emergency	https://www.hhs.gov/about/news/2020/03/17/ocr-announces-notification-of-enforcement-discretion-for-telehealth-remote-communications-during-the-covid-19.html
CCHP	Center for Connected Health Policy has up to the minute updates on evolving rules changes related to telehealth and resources for providers looking to set telehealth up (related to COVID-19)	https://www.cchpca.org/ COVID-19 Telehealth Coverage Policies https://www.cchpca.org/resources/covid-19-telehealth-coverage-policies

TRC	The National Consortium of Telehealth Resource Centers have been established to provide assistance, education, and information to organization and individuals who are actively providing or interested in providing health care at a distance.	https://www.telehealthresourcecenter.org/
ATA	American Telemedicine Association Response to COVID-19 News & Resource Page	https://info.americantelemed.org/covid-19-news-resources
	Mental Health & Wellness Apps	
Headspace Inc.	Headspace: Free subscription for Headspace Plus for US Health Care Professionals	https://www.headspace.com/health-covid-19
CHESS Health	Connections App: Free App to Support People in Recovery During COVID-19 Outbreak	<p>A free smartphone app that is scientifically proven to support patients in recovery by reducing relapse and promoting pro-social engagement.</p> <p>With the app you can...</p> <ul style="list-style-type: none"> • Track your sobriety, • Access e-therapy to learn new recovery skills, • Connect with trained counselors and peers through messaging, • Clinical support available 7 days/wk, 9am -10 pm est • Track your treatment plan and set reminders, • Journal daily about your journey, • And discover helpful videos, testimonials and more through the unique resource library.