

MISSISSIPPI SCHOOL RE-OPENING

A RESOURCE GUIDE FOR FAMILIES AND EDUCATORS



HELPLINE • 1-877-210-8513



MISSISSIPPI
DEPARTMENT OF
EDUCATION

Ensuring a bright future for every child

CONVERSATIONS ABOUT RETURNING TO SCHOOL AND COVID-19

Tips for teachers and parents

Have an Open Conversation

Make children feel at ease by having an open conversation about what is worrying them and letting them know it is natural to feel anxious and fearful.

Be Honest

Be honest- discuss the very real changes the child will experience returning to school (social distancing rules, wearing masks; limited social activities etc.)

Find Creative Ways to Connect

Encourage children to brainstorm other ways to connect with their teachers and friends due to social distancing requirements.

Reassure Safety

Reassure students about safety measures in place to keep themselves, their teachers and families healthy. Remind them that they can also help prevent germs spreading by washing their hands with soap and water and coughing or sneezing into their elbow.

Remind Children of Positives

Help children think of the positives. They will be able to see their friends and teachers (if they are physically returning to the classroom) and the opportunity to continue learning new things.

Be Empathetic

Approach conversations with honesty and empathy. When you know a child is feeling anxious about the coronavirus, let them know it is healthy to talk about their fears and anxieties and share how they are feeling. It is also helpful for them to know they are not alone.



CONVERSATIONS ABOUT RETURNING TO SCHOOL AND COVID-19

**Tips for
teachers and
parents**

Validate Feelings

Children may get upset and frustrated if they are finding it hard to wear masks, especially when running or playing. Validate their feelings.

Follow Safety Rules

Reassure children that many adults are working hard to keep their families safe, but emphasize that it is important we all follow the recommended measures to take care of ourselves and others.

Encourage Coping Skills

Encourage self-help strategies and effective coping skills.



MENTAL HEALTH RESOURCES

General Mental Health Resources and Support for COVID-19

LIST OF RESOURCES DURING THE COVID-19 PANDEMIC

Helplines:

Mississippi Department of Mental Health

Helpline:

1-877-210-8513

SAMHSA's Disaster Distress Helpline:

1-800-985-5990

SMS: Text TalkWithUs to 66746

SAMHSA's National Helpline:

1-800-662-HELP (24/7/365 Treatment
Referral Information Service)

National Suicide Prevention Lifeline:

1-800-273-TALK (8255)

Treatment Locator:

1-800-662-HELP (4357)

Crisis Text Line:

Text "Home" to 741741



The resources above are available at no cost,
twenty-four hours a day, seven days a week.

MENTAL HEALTH RESOURCES

General Mental Health Resources and Support for COVID-19

[Mental Health Mississippi](#) is a website created to help Mississippians easily access mental health services for children and adults in the state. Visitors can search "[Find Services](#)" for services provided in your county. Visit the site to also find [COVID-19 resources](#) as well as crisis services such as [Mobile Crisis Response Teams](#), [Crisis Lifelines](#), and the [DMH Helpline](#), all of which are available 24 hours a day, 7 days a week to help.



The uncertainty of this pandemic can lead to overwhelming feelings of anxiety or depression in children and adults. [Mental Health First Aid](#) has provided some guidance in the articles linked below:

- [How to Support a Loved One Who is Going Through a Tough Time during COVID-19](#)
- [How to Help Someone with Anxiety or Depression During COVID-19](#)

The [Students Against Violence](#) app is a place where students who are experiencing thoughts of suicide or are in a home where there is domestic violence can turn to local and national resources to help them through such situations. The app includes categories for depression/anxiety, self-harm, suicide prevention, youth drug abuse, bullying, school violence, teen dating violence, domestic violence, underage drinking, and electronic cigarettes. The app, which is available for free download on iPhone and Android phones, describes what a person may feel, think, or experience during that scenario, explains warning signs to identify in yourself or others, and lists resources for more help. The phone numbers are directly linked so the user can call from within the app.



MENTAL HEALTH RESOURCES



**For
Educators**

SCREENERS:

Screen students and their families for social needs:

- <https://innovation.cms.gov/files/worksheets/ahcm-screeningtool.pdf>

Screen for COVID-specific distress:

- https://www.nlm.nih.gov/dr2/COVID-19_BSSR_Research_Tools.pdf

The School Health Assessment and Performance Evaluation (SHAPE) System has access to free or low-cost screeners in their assessment library.

- <https://www.theshapesystem.com/assessmentlibrary/>

TOOLKITS:

Compassion Resilience

- <https://compassionresiliencetoolkit.org/>

The SHAPE System's School Mental Health Quality Guide on Screenings

- <http://www.schoolmentalhealth.org/media/SOM/Microsites/NCSMH/Documents/Quality-Guides/Screening-1.27.20.pdf>

SELF-CARE RESOURCES:

For Teachers and Administrators

- <https://statprogram.org/training>

That Discomfort You're Feeling Is Grief

- <https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

Do Nothing for 2 Minutes

- <http://www.donothingfor2minutes.com/>

For Student Support Professionals

- <https://storage.trailstowellness.org/trails-2/covid-19-resources/self-care-during-covid-19-for-student-support-professionals.pdf>

FREE ONLINE SOCIAL AND EMOTIONAL LEARNING (SEL) PLATFORMS:

CLOSEGAP: The first child-facing emotional wellness platform that captures how kids feel and helps parents and educators respond.

- <https://www.closegap.org/>

EVERFI: Free SEL Lessons for K-12 Teachers

- <https://everfi.com/partners/k-12-educators/social-emotionalllearning/TEACHING>

TOLERANCE TO STUDENTS: Bring social justice topics to life with classroom-friendly films and user guides. Teaching Tolerance film kits are FREE for use in K-12 schools, schools of education, public libraries, houses of worship and youth-serving nonprofit organizations.

- <https://www.tolerance.org/classroom-resources/film-kits>

WE DO LISTEN: Lessons, books, videos on SEL skills

- <https://wedolisten.org/>

STORIES AND SONGS: Be creative! Colorado school psychologist Adam Parker uploads videos to his YouTube channel with engaging SEL stories and songs for children

- <https://www.youtube.com/adamparker>

MENTAL HEALTH RESOURCES

Suicide Prevention

SUICIDE PREVENTION:

National Association of School Psychologists: Comprehensive School Suicide Prevention in a Time of Distance Learning

- <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/covid-19-resource-center/crisis-and-mental-health-resources/comprehensive-school-suicide-prevention-in-a-time-of-distance-learning>

Shatter the Silence, Suicide: The Secret You Shouldn't Keep is a suicide prevention campaign that teaches individuals general mental health knowledge, risk factors and warning signs of suicide, and resources to help a person at risk of suicide. The presentation can be customized for audiences, but is intended for youth (grades 7 and up), teachers, administrators, and school staff. Contact the Mississippi Department of Mental Health at 601-359-1288 for more information.

The Shatter the Silence Mobile App is available for free download in the Apple and Google Play stores.

The Jason Foundation offers online suicide prevention modules for students, parents, teachers, coaches and administrators at no cost.

- <https://jasonfoundation.com/>

The Society for the Prevention of Teen Suicide offers online trainings for parents, teens, educators and clinicians at no cost.

- <https://sptsusa.org/>

Mississippi State University, Department of Psychology's The Alliance Project suicide prevention gatekeeper training is available at no cost to parents, clinicians, school personnel and others interested in learning methods to identify when a youth may be at risk for suicide and how to help them.

- <https://www.youtube.com/watch?v=pRKEcOce7AA&feature=youtu.be>



MENTAL HEALTH RESOURCES

Child Abuse/Domestic Violence/Bullying Prevention

PERSONAL SAFETY:

[Hot Chocolate Talk & Early, Open, Often:](#) For families and educators

- Short videos to help families have conversations about personal safety with their children
- Learn the signs of abuse
- How to respond to reports of abuse in a trauma sensitive way

Resources are also available in Spanish

News clip: How Teachers Can Identify Abuse While Teaching Virtually:

<https://www.fox23.com/news/local/how-teachers-can-identify-abuse-whileteaching-virtually/UI77G7XHRVDPXHBUB663PXTZ6BU/>

Reporting Abuse Tip Sheet

<https://education.alaska.gov/news/COVID-19/april10/KidsFirst-1PagerReportingAbuse.pdf>

BULLYING PREVENTION:

Fun activities, comic strips, and videos for families and teachers that involves the family and teaches bullying prevention techniques at home.

<https://www.cfchildren.org/resources/bullying-prevention-information/>

ACTIVITY BREAKS DURING COVID-19 AND VIRTUAL INSTRUCTION:

https://docs.google.com/document/d/1H0CyTyf2GYV4SKa3-p7IFe21_3hHYBkqX3dT1Ju9Uj/edit

MIND HEART

It can be difficult to comfort and reassure children regarding COVID-19.

Mind Heart developed a COVID-19 Coloring Book that can help ease the minds of children. It is available in several languages.



MENTAL HEALTH RESOURCES

**For
Families**

SCREENERS:

Mental Health America General Mental Health Screening for Kids

- <https://screening.mhanational.org/screening-tools/parent>

FREE ONLINE SOCIAL AND EMOTIONAL LEARNING (SEL) PLATFORM FOR HOME:

IMAGINE NEIGHBORHOOD: A podcast for kids and grown-ups. A world as BIG as BIG FEELINGS can get. New weekly content.

- <https://www.imagineneighborhood.org/>

SESAME STREET: LITTLE CHILDREN, BIG CHALLENGES: Everyday challenges are part of life. Providing your love and support is the most important step in helping children develop the confidence to overcome anything they face. Committee for Children has collaborated with Sesame Workshop to bridge the divide between what children learn in school and what they learn at home with their families. Sesame Street's Little Children, Big Challenges initiative provides tips and strategies to help adults and children (ages 2 to 5) navigate challenges and build lifelong skills for resilience.

- <https://www.cfchildren.org/resources/sesame-street-littlechildren-big-challenges/>

WE DO LISTEN: Lessons, books, videos on SEL skills

- <https://wedolisten.org/>

STORIES AND SONGS: Be creative! Colorado school psychologist Adam Parker uploads videos to his YouTube channel with engaging SEL stories and songs for children

- <https://www.youtube.com/adamparker>

Supporting family conversations on important issues: Designed for use at home. Available in English and Spanish.

- <https://www.parenteenconnect.org/>

CHILD ABUSE/DOMESTIC VIOLENCE/BULLYING PREVENTION RESOURCES: HOT CHOCOLATE TALK & EARLY, OPEN, OFTEN:

- Short videos to help families have conversations about personal safety with their children
- Learn the signs of abuse
- How to respond to reports of abuse in a trauma sensitive way

Resources are also available in Spanish

HOW TEACHERS CAN IDENTIFY ABUSE WHILE TEACHING VIRTUALLY:

<https://www.fox23.com/news/local/how-teachers-can-identify-abuse-whileteaching-virtually/UI77G7XHRVDPXHBU663PXTZ6BU/>

REPORTING ABUSE TIP SHEET:

<https://education.alaska.gov/news/COVID-19/april10/KidsFirst-1PagerReportingAbuse.pdf>

BULLYING PREVENTION: For families and educators • Fun activities, comic strips, and videos. Students can learn about bullying prevention at home. Families can get directly involved.

<https://www.cfchildren.org/resources/bullying-prevention-information/>

MENTAL HEALTH RESOURCES

Activities for Children and Teens

CAROLINE CONQUERS HER CORONA FEARS: A KIDS COPING & COLORING BOOK

- <https://alliedhealth.lsuhscc.edu/clinics/docs/CarolineConquersHerCoronaFears.pdf>

COVID-19 COLORING BOOK: It can be difficult to comfort and reassure children regarding COVID-19. Mind Heart developed a COVID Coloring Book that can help ease the minds of children. It is available in several languages as well.

- <https://www.mindheart.co/descargables>

COSMIC KIDS YOGA:

- <https://www.youtube.com/user/CosmicKidsYoga>

FREE VIDEO TUTORIALS OF GAMES: Follows CDC Guidelines and can be played at home with little to no equipment. Also download a Printable Play at Home Playbook

- <https://www.playworks.org/news/playathome-with-playworks/>

GO NOODLE: MOVEMENT AND MINDFULNESS VIDEOS Created by Child Development Experts

- <https://www.gonoodle.com/>

STRESS REDUCTION AND MOVEMENT BREAKS FOR TEENS

- <https://www.changetochill.org/>

DO NOTHING FOR 2 MINUTES

- <http://www.donothingfor2minutes.com/>

THAT DISCOMFORT YOU'RE FEELING IS GRIEF

- <https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

ACTIVITY BREAKS DURING COVID-19 AND HOME BOUND INSTRUCTION

- https://docs.google.com/document/d/1H0CyTyf2GYV4SKa3-p7lFe21_3hHYBkqX3dT1Ju9Ujl/edit



MENTAL HEALTH RESOURCES

Articles & Video Presentations for Parents

Brief Parent Informational Videos about the Pandemic: Tips on Talking to Your Kids About the Coronavirus-Convey Reassurance and Risk

- https://www.youtube.com/watch?v=8Nkbv1BQ3_Q&feature=youtu.be

Tips on Talking to Your Kids About the Coronavirus-Coping Techniques for Kids and Protection.

- <https://www.youtube.com/watch?v=UF1SvGK6Rng&feature=youtu.be>

Tips on Talking to Your Kids About the Coronavirus-Creating Predictability & Pain of Missing out

- <https://www.youtube.com/watch?v=MYTPekq79xs&feature=youtu.be>

Tips on Talking to Your Kids About the Coronavirus-Pre-existing Conditions

- <https://www.youtube.com/watch?v=497OoshaQlc&feature=youtu.be>

Tips on Talking to Your Kids About the Coronavirus-Calm Amid the Financial Storm

- <https://www.youtube.com/watch?v=LvSQfjtNGKw&feature=youtu.be>

Tips on Talking to Your Kids About the Coronavirus-How Children's Hospital Los Angeles Helps Families

- https://www.youtube.com/watch?v=SDZze_89vTw&feature=youtu.be

Helping Children Cope With Changes Resulting From COVID-19 from the National Association of School Psychologists.

- <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>

NY Times Why Your Kids Can't Sleep, and How to Help

- <https://www.nytimes.com/wirecutter/blog/help-yourkids-sleep/>

A guide to keeping your child safe and reassured as coronavirus spreads.

- <https://us.cnn.com/2020/03/05/health/coronavirus-howto-talk-to-children-trnd/index.html>

Coping With Stress During Infectious Disease Outbreaks

- <https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>

Supporting Teens and Young Adults During the Coronavirus Crisis

- <https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

Active Minds

- <https://www.activeminds.org/blog/category/student-stories/>

Youth.gov Resources to Support Youth and Families During the Coronavirus COVID-19 Outbreak

- <https://youth.gov/feature-article/covid-coronavirus-resources>



DMH
Mississippi Department of Mental Health
Supporting a Better Tomorrow...One Person at a Time



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