



## **Mental Health America of Greater Houston's Center for School Behavioral Health COVID-19 Resource List**

The Center for School Behavioral Health at Mental Health America of Greater Houston has compiled a list of resources and trainings available to educators, youth facing individuals, families, and students. We hope these items assist you during this time, please take care of yourself and don't hesitate to contact [csbinfo@mhahouston.org](mailto:csbinfo@mhahouston.org) with questions, concerns, resource requests, or ideas.

Please be sure to keep an eye on [mhahouston.org](http://mhahouston.org) for our most up-to-date information and additional resources



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### **Crisis Resources:**

The Harris Center (Chronic anxiety and stress): 833-251-7544

Harris County Triage (COVID-19 Symptoms; 9 AM – 7 PM Daily): 713-634-1110

The Steve Fund (culturally competent counseling): Text STEVE to 741741

Boys Town (Family Crisis): 800-448-3000

Dept. of Health and Human Services Texas (General COVID-19 Questions): 211, Option 6

United Way of Greater Houston (Food, Childcare, Transportation): 211

Disaster Distress Helpline (Crisis Assessment and Intervention): 1-800-985-5990

Families Empowered (School Closures and Food Distributions):

<https://familiesempowered.org/for-parents/covid-19-resources>

## Parent/Caregiver Resources

### Calm Parents, Healthy Kids

#### Game for Parents with Young Children

<https://bit.ly/2WHI6XY>

Calm Parents, Health Kids is a free online roleplay game for parents of young children designed to help parents learn how to deal with common, stressful behaviors from young children. The game teaches parents/caregivers how to appropriately support their children's social and emotional development

- Parents
- Caregivers
- Older Siblings

### Mindful Being Houston

#### Guided Meditations and Classes

<https://www.facebook.com/mindfulbeinghouston>

<https://www.mindfulbeinghouston.com>

Mindful Being Houston teaches classes on mindfulness from beginner to advanced levels; mindfulness teaches you to be present in your life with more compassion and kindness for yourselves and others. They offer free daily guided meditations via their Facebook page and classes on techniques to engage mindfulness in everyday life.

- All levels, ages, and professions welcome

### Family Caregiver Alliance

#### Resources for Caregivers Nationwide

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

The Family Caregiver Alliance provides tools and resources for those who provide care to people with chronic, disabling health conditions. They have webinars, factsheets, and support groups for those engaged in this work, as well as a navigator tool which shows resources available in different states. They also have YouTube channel with recorded webinars.

- Adults
- Providers (nurses, in home caregivers)
- Parents
- LGBTQIA Friendly Resources

### Child Mind Institute

#### Managing Problem Behavior at Home

<https://childmind.org/article/managing-problem-behavior-at-home/>

This resource has tips and tricks for appropriate discipline structures so both parents and children feel heard and understood. It has techniques to embrace and avoid, and how to create effective consequences.

- Adults
- Parents
- Older Siblings
- Child-care providers

### Crime Stoppers

#### Virtual Presentations

<https://crime-stoppers.org/events/>

Crime Stoppers Houston is hosting virtual continued education opportunities for a variety of audiences, including educators, parents, and youth. Topics range from how to spot human trafficking, cyber safety for teens and tweens, student mental health, and more. These are free and will be hosted via virtual meeting tools.

- Youth
- Parents
- Educators
- Child facing individuals
- Adults

### Clearhope Counseling

#### The HOPE Way

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

The Clearhope Counseling Team takes a client-centered, collaborative approach to providing expert mental health services conducted by fully-licensed LPCs, LMFTs, LCSWs, and Psychologists. They work to educate stakeholders to become more trauma informed, to remove social and cultural stigmas around therapeutic services, and improve knowledge of mental health and wellness. Improving recognition of warning signs of mental illness, suicidality, homicidally and substance use and dependence among educators, community leaders, and healthcare professionals is a top priority. While also coaching and empowering trained mentors to recognize early signs of trauma and mental illness and utilize a referral system for early, expert interventions to improve resiliency.

- K-12, families
- Psychological evaluations
- Immigration evaluations
- Multiple languages spoken

### Depelchin Children's Center

#### Family Resources

<https://www.depelchin.org/covid-19-resources/>

Depelchin Children's Center focuses on supporting families involved in the foster care system, families who have adopted children, and supporting the physical and mental health of children. They have a comprehensive resource list if your family is in need of computers, internet access, food, telehealth services, and/or virtual self-care opportunities.

- Families
- Parents

## YouTube Videos on Discipline

*Autism Live, Katie Morton (in partnership with UNICEF), and St. Louis Children's Hospital*

<https://www.youtube.com/watch?v=S4TYtPvMUEU>

<https://www.youtube.com/watch?v=dMOhYAubXG0>

<https://www.youtube.com/watch?v=DVPO-xvV4A4>

The Autism Live video (1<sup>st</sup> link) is a show hosted by a parent and licensed BCBA who discuss a reader submitted question on discipline and how it's alienating a mother and son; the BCBA discusses tips on how to engage in discipline in a more productive way as well as tools to help the son and mom reconnect.

The Katie Morton video (2<sup>nd</sup> link) is an LMFT who has partnered with UNICEF in order to discuss tips for those who are stressed by the current state of the world as well as family friendly tips for dealing with the current state of things.

The St. Louis Hospital video (3<sup>rd</sup> link) has insights into productive discipline practices that ensure discipline is well understood for the youth and is productive. It has tips for avoiding escalation and keeping calm; it is led by a child psychiatrist.

- Parents
- Older siblings
- Guardians

## Adapting to Daily Life in the Wake of COVID-19

### The National Child Traumatic Stress Network

*COVID-19 Family and Parent Guide*

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)

The National Child Traumatic Stress Network developed this packet around best practices related to stopping the spread of the virus, behaviors expected from different age groups around the virus and having to stay home, and some self-care ideas for families

- Families
- Parents

### NAMI Texas

*People with mental illnesses and their love ones' support groups*

[Join a Support Group Here](#)

NAMI Texas is offering free, virtual support groups for people experiencing mental health disorders and groups for families and friends to those with a mental illness. Create an account at the link above, then register for a meeting under the 'Our Meeting Calendar' link

- Adolescent and adult groups
- Virtual

### Houston Immigration

*Updated List of Available Harris County Services and Resources Relating to Immigration*

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

<https://www.houstonimmigration.org/covid19-resources/#tab-id-3>

Houston Immigration, a project of the Legal Services Collaborative, has resources available to connect people with reliable immigration representation (first link) along with a site specifically dedicated to keeping an up to date running list of services offered in Harris County and how COVID-19 has affected/shifted their operations (second link)

- Harris County population
- Immigrants
- Individuals
- Families

### Community Design Resource Center

*Houston Resource Packet*

<https://www.cdrchouston.org/resources>

The Community Design Resource Center (CDRC) based out of the University of Houston, has created Houston focused resource packets in both English and Spanish. The guidebook includes free testing sites (can only be tested if actively showing symptoms), food distributions, online education resources, and free Wi-Fi resources

- All age groups
- Virtual
- Families
- Educators

### Mental Health America

*Mental Health and COVID-19 Resources*

<https://mhanational.org/covid19>

Mental Health America has a webpage dedicated to supporting individuals with mental health concerns during the coronavirus outbreak. It includes resources for individuals with substance use disorders, stress and anxiety management, financial support, and tools for immediate crisis interventions

- Educators
- People living with a mental health disorder
- Individuals
- Families

## The National Association of School Psychologists

### *Talking to Children About COVID-19: A Parent Resource*

#### [Talking to Children About COVID-19](#)

The National Association of School Psychologists developed a resource to help parents navigate discussing the virus with children. It includes tips on how to discuss the virus with different age groups, how to avoid excessive blaming, how to support new hygiene practices, and additional resources.

- Families
- Parents
- Older siblings

## Prevent Child Abuse America

### *COVID-19 Resources for Families*

#### <http://preventchildabuse.org/coronavirus-resources/>

Prevent Child Abuse America has resources around how to help families cope with COVID-19; resources range from how to re-connect with your family through fun and helpful around the house activities to resources for children around COVID-19.

- Families
- Caregivers
- Older Siblings

## Youth Related Resources

## PBS Kids for Parents

### *Raising Kids who Thrive*

#### <https://www.pbs.org/parents/thrive>

PBS Kids for Parents has a variety of activities for youth (divided by age groups), de-stress tips for parents and kids, and resources

- Parents/Caregivers
- Older siblings
- Bilingual Available

## Free Coloring Books

### *Coloring Books by Age Level and Interest*

#### <https://drive.google.com/open?id=12FdhNVvkWdjB05-Q7TAIsQEGpbZZKFeS>

#### <http://library.nyam.org/colorourcollections/>

Great activity for youth of all ages and gives space for kids and adults to practice art therapy. The second link has coloring books from a variety of museums, so kids and adults can learn about different cultural institutions in the process

- All ages
- All professions

## Covibook

### *Ages 7 and Younger Free Book on COVID-19*

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

This book was developed by a trainer who specializes in working with young children; it is meant to explain the virus to young children and to give them an opportunity to healthily process the emotions they may be experiencing as a result of the virus and its effects on those around them

- Parents/Caregivers
- Educators
- Many languages available

## Open Culture

### *School-Related Activities*

#### [http://www.openculture.com/free\\_k-12\\_educational\\_resources](http://www.openculture.com/free_k-12_educational_resources)

This website has educational resources for all age groups, including free textbooks, free audio and print books, free lessons/tutorials, and free to access tools by subject area

- Parents/Caregivers
- Educators/School Admin
- Youth of all ages

## Educator Resources

## CSBH at MHA of Greater Houston

### *Trainings on topics like social distancing, self-care for the caregiver, and appropriate media consumption*

Email [csbhinfo@mhahouston.org](mailto:csbhinfo@mhahouston.org) to be added to our Newsletter Listserv so you can be notified once our trainings are finalized!

The Center for School Behavioral Health, part of Mental Health America of Greater Houston, is pleased to announce its plans to begin recording virtual training sessions. These sessions will cover a range of topics specific to COVID-19 and how best to cope with the changing world around us. Keep an eye on our website, [mhahouston.org](http://mhahouston.org) for all the latest information and resources around this topic; we will also be sending the trainings out via our Newsletter listserv so keep an eye out for that as well!

- Educators and Admin Staff
- Parents/Caregivers

## **Aperture Education**

*Free guides and factsheets around SEL learning*

<http://info.apertureed.com/archived-resources>

This website has resources for educators around SEL including how to integrate SEL learning in your classroom, resources that can be shared with parent/families in this transition time, and learning credits available for some of their content

- Educators/School Admin

## **Thrive Trauma Informed Yoga**

*A virtual group dedicated to trauma informed movement and healing*

[Keep Connected to Your Trauma Recovery](#)

Thrive Yoga was founded to help united the body and mind through intentional yoga practice. It was founded by Elizabeth, who has a background in clinical practice and a studied focus on psychodynamic psychotherapy. She is offering a series of virtual classes for free to those financially impacted by COVID-19 and for those on the front lines helping to keep our world going. Email

[haberertherapy@gmail.com](mailto:haberertherapy@gmail.com) for more information and to register

- Educators/School Admin
- Adults
- Parents
- Caregivers