

RESOURCES FOR PARENTS:

[Charlotte County Financial Resources \(COAD\)](#)

Visit: www.COADFL.ORG or Dial: 2-1-1

[211 Charlotte County Resources](#)

Visit: <https://gcp.myresourcedirectory.com/>

[Adult Coping Strategies for Self-Care](#)

https://docs.google.com/document/d/1Lpt8aAT_JGklgmF4WDa4Cycr8Y5HQgXbMYYP8QprNgA/edit?usp=sharing

[Adult Coping Strategy Apps](#)

https://docs.google.com/document/d/10gjW-ENT4SaqHEWu285a_RBEG-G6GUeWCXg26C51ldY/edit?usp=sharing

RESOURCES FOR STUDENTS:

[Cosmic Kids Yoga \(PK-5th Grade\)](#)

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

[Free Zoom Therapy Group for Teens](#)

<https://drive.google.com/file/d/1BgpyKJLCKMT8v6OJ5NsJkJwg9LFJAGng/view?usp=sharing>

[30 Healthy Coping Skills for Teens](#)

<https://blogs.psychcentral.com/blog/2018/01/30-healthy-coping-skills-for-teens/>

[Mindfulness for Teens: Guided Meditations](#)

<http://mindfulnessforteens.com/guided-meditations/>

CCPS MENTAL HEALTH +

WELLNESS WEBSITE:

<https://www.yourcharlotteschools.net/Pages/23347>

SCHOOL BASED MENTAL HEALTH STAFF:

<https://www.yourcharlotteschools.net/Pages/23353>

HOMELESS EDUCATION WEBSITE:

<https://www.yourcharlotteschools.net/Pages/16965>

COMMUNITY RESOURCES:

<https://www.yourcharlotteschools.net/Pages/23385>



MENTAL HEALTH + WELLNESS

Our school based mental health team members are here to support students and families as we transition back to school. We understand that our students have had a variety of experiences, both good and bad, during this time of social distancing. Some students and families will be able to pick up where they left. Others will need additional support, and that IS OKAY. Within this pamphlet, we will cover some of the impacts of COVID-19 and social distancing on mental health and behaviors. We will also list some of the school and community based services that are available.

WE ARE HERE TO HELP.



IMPACT OF SOCIAL DISTANCING ON MENTAL HEALTH + BEHAVIORS IN CHILDREN:

The outbreak of coronavirus disease (COVID-19) has caused stress in the lives of many people and even trauma in the lives of some. As parents/guardians you may have noticed an increase in fear and worry, changes in sleep or eating, problems concentrating, and even increased use of tobacco, alcohol, or other substances. Similar to adults, children have also experienced stress, which has resulted in a variety of emotions and behaviors that appear to be uncharacteristic to them or in greater frequency or severity than usual.



Most children will tend to experience only mild or temporary psychological effects, however; in cases of prolonged or unmanaged exposure, stress can lead to psychological consequences such as depression and anxiety disorders (Danese, Smith, Chitsabesan, & Dubicka, 2020).

SOME BEHAVIORS THAT COULD BE THE RESULT OF TRAUMA OR STRESS:

- Excessive anger
- Loss of appetite
- Extreme fatigue
- Physical or verbal aggression
- Perfectionistic, controlling or anxious behavior
- Difficulty concentrating
- Frequent headaches or stomach aches
- Low self-confidence
- Irritability
- Clinginess
- Regressive Behaviors (acts younger than his/her age)
- Trouble making friends
- Self-harm or suicidal ideation
- Risky behaviors (including drug or alcohol abuse or sexual acting out)
- Panic attacks



Our School Based Mental Health (SBMH) team is made up of School Counselors, Social Workers, and School Psychologists. Some of the supports/services that we can provide include:

COPING STRATEGIES / RESOURCES
any SBMH professional

MENTORING / CHECK-INS
any SBMH professional

INDIVIDUAL SHORT-TERM / GROUP COUNSELING
any SBMH professional

COMMUNITY/FINANCIAL RESOURCES
School Social Worker

SOY + PSYCHO-EDUCATIONAL ASSESSMENT INFORMATION
School Psychologist

