

FAMILY AND COMMUNITY ENGAGEMENT

Resources to Minimize Stress during COVID-19



Helping Families Manage Stress through the Coronavirus Crisis



Take a break



Practice breathing exercises



Stay active



SCS COVID-19 Information and Resources
<https://www.scsk12.org/coronavirusfacts/>

TN Dept of Education
[https://www.tn.gov/content/dam/tn/education/health-&-safety/School%20Closure%20Toolkit%20-%20Families%20\(Published\).pdf](https://www.tn.gov/content/dam/tn/education/health-&-safety/School%20Closure%20Toolkit%20-%20Families%20(Published).pdf)

Center for Disease Control Tips for Children

Mental Health Parent Resources

Youth Villages Mobile Crisis Services for Children and Youth: (866) 791-9226 (Memphis Region)

Statewide Crisis Line: 855-CRISIS-1(855-274-7471) If you are experiencing a mental health or psychiatric emergency

TN REDLINE: 800-889-9789 If you need a referral to substance use disorder treatment or other resources, call or text

TDMHSAS Office of Consumers Affairs
Helpline: 800-560-5767 If you have issues accessing mental health or substance abuse services and it is not an emergency need

SAMHSA's National Helpline: 1-800-662-HELP (4357) free, confidential, treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Talk With Your Child: Answer questions and share facts about COVID-19 in a way that your child or teen can understand.

Reassure Your Child: Let them know that they are safe and it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.

Limit Screen Time: Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.

Keep Regular Routines: If schools are closed, create a schedule for learning activities and relaxing or fun activities.

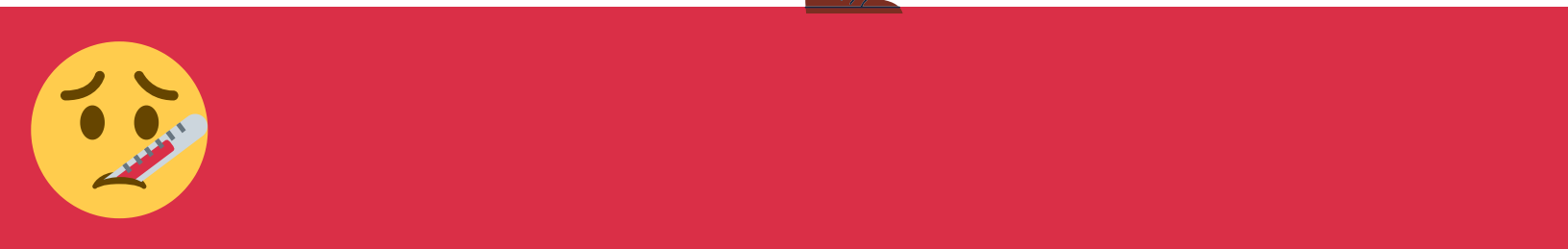
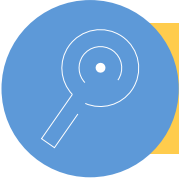
Be a Role Model: Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

If symptoms of stress become overwhelming for your family

Call your healthcare provider or The Crisis Hotline by texting HOME to 741741



For the most up-to-date COVID-19 information visit: <https://www.cdc.gov>





Emergency cash assistance available to families affected by the COVID-19 emergency beginning March 26, 2020

Families can apply online at: https://tdhs.service-now.com/relief?id=relief_registration

To qualify, a family must:

- have been employed as of March 11, 2020
 - have lost a job or lost 50% of their earned income due to COVID-19
 - have children in the household
 - be at or below the 85th percentile of the State Median Income
- Example: Below approximately \$52,000 a year for a family of 3

Emergency TANF cash assistance provides two monthly cash payments to those who qualify.

- \$500 for a household of 1 to 2 persons
- \$750 for a household of 3 to 4 persons
- \$1000 for a household of 5 or more persons

Action: Add TANF/COVID-19 content to SCS COVID Information website

OPR: FACE and Communications

Action: Include TANF/COVID-19 flyer in printed material distribution at Meal/Academic Packet sites

OPR: FACE and Print Shop

Action: Identify families in need of support based upon current service, cohorts, and/or expressed interest and provide direct engagement via telephone.

OPR: FACE (e.g., Family Engagement Specialists and Family Resource Center Associates) Early Childhood, and Department of Exceptional Children

Action: Invite Department of Human Services to be included on weekly COVID update via live stream

OPR: FACE and Communications

Action: Engage partner organizations (e.g., Agape, Communities in Schools) to contact families on caseloads

OPR: FACE and SEED

Action: Post TANF/COVID-19 to SCS social media sites (i.e., Facebook, Instagram, Twitter)

OPR: FACE and Communications

Action: Use School Messenger to contact families via telephone, email, and text messaging using a tiered support model relative to the proportion of direct certified students in each school.

OPR: Communications and Schools

Action: Develop Public Service Announcement to be shared via Voice of SCS Channels (i.e., 88.5FM and C19TV)

OPR: Communications