



BCE Counseling Corner

March 2021

We know it has been challenging for some of us still processing the impacts of the winter storm and wanted to provide you with resources (basic needs/ conversations with kids/ etc).

Resources for Coping after a Natural Disaster

Red Cross Videos

- [Helping Your Child Cope After a Disaster](#)
- [Cómo ayudar a su hijo/a después de un desastre \(Spanish\)](#)

Red Cross Print Material

- [Prepare with Pedro- Disaster Preparedness Activity Book](#)
- [Helping Children Cope with Disaster](#)

CDC

- [Full List of Resources](#)
- [Helping Children Cope \(the title states after a hurricane, but the information is not hurricane specific\)](#)

NASP National Association of School Psychologists

- [Talking to Kids about Natural Disasters](#)

Sesame Street

- [Care, Cope, Connect | Sesame Street in Community](#)

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REWRITING A NARRATIVE WITH A CHILD TO PROCESS A DISASTER

Ask your child if they want to share any of their "scary" moments with you. For each scary thought, process this way (see below).

CHILD MAY SAY:	YOU SAY:
I was afraid we would run out of water forever.	You felt so scared that we wouldn't have water. That is normal. I knew how to take care of us and keep us safe.
I was scared we would never be warm again.	You were scared that we would stay cold. I was always working on ways to keep us warm and safe. We also had neighbors helping take care of us and keep us warm. We were not alone.

THEN TRY THIS:
Ask the child if they'd like to draw a picture of what happened (after you respond to their scary moments).

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Basic Needs Resources

Below is a list of basic needs services in Austin/Travis County. While some of these items are linked to county and state services, others are local COA departments and non-profit agencies. There is no guarantee that services will be able to be provided. Many services require financial eligibility. For general information about community services, United Way/2-1-1 is always available for additional information.

Food

- SNAP benefits. Apply Here: <https://hhs.texas.gov/services/food/snap-food-benefits>
- Central Texas Food Bank- Food Pantry/Mass Food Distributions § Food Pantry Map:

<https://www.centraltexasfoodbank.org/food-assistance/get-food-now>

Food Distribution

- <https://www.centraltexasfoodbank.org/agencies>
- El Buen Samaritano (Tues/Thurs 8:00-10:00 a.m.) 512-439-8900
- City of Austin Neighborhood Centers: <http://www.austintexas.gov/department/neighborhood-centers>
- Travis County Community Centers:
<https://www.traviscountytexas.gov/health-human-services/community-centers>

Medical Care

- Travis County MAP (Medical Assistance Program): <https://www.centralhealth.net/map/>
- Lone Star Circle of Care:
<https://lonestarcare.org/patients/financial-billing-information/eligibility-payment/>

Mental Health

- Integral Care Crisis Hotline: 512-472-HELP(4357)

Rental Assistance

- City of Austin Neighborhood Centers: <http://www.austintexas.gov/department/neighborhood-centers>
- Travis County Community Centers:
<https://www.traviscountytexas.gov/health-human-services/community-centers>
- St. Vincent de Paul: 512-419-1667

Utility Assistance

- Austin Energy Plus 1:
<https://austinenergy.com/ae/residential/your-bill/customer-assistance-programs/financial-support-plus1>

Child Care Assistance

- Workforce Solutions Child Care Services:
<https://www.wfscapitalarea.com/our-services/childcare/#parents>

COVID-19 Testing

- Austin Public Health COVID-19 for testing call the Nursing Hotline 512-972-5560 or visit the testing portal: https://covid19.austintexas.gov/s/?language=en_US

Contact Jennifer Cheatham or Heather Blankenship if you have any questions!