

## **COVID-19 Parent/Guardian Resources**

### ***A message to parents and guardians in the Amity School District:***

As parents and guardians, you are constantly juggling the everyday duties of parenting; your number one priority is always the safety and wellbeing of your children above all else. COVID-19 has come in and disrupted the world and, in turn, continues to risk the very thing we all hope to maintain--the health, safety, and happiness of our loved ones. The transition of having to adjust to a “new normal” due to the worldwide pandemic that we are all *still* facing has put many new challenges in front of us. Coming together as a family unit, a school community, and our communities at large continues to be vital. We must continue to support one another in navigating the many challenges we have faced and continue to face as a world, as a state, as a community, as a family unit, and as individuals. As parents, you have observed and experienced the many adjustments you have had to make in your own lives in addition to the many adjustments your child(ren) made academically, socially, and emotionally, medically, etc. That said, in order to be able to care for our loved ones, we must first care for ourselves. Stress can impact our overall physical and mental wellness, and we must prioritize the importance of self-care. Below, you will find many resources available to you. As a school, we are going to continue to be a main source of support to you and your families during these unprecedented times. *Together*, we will overcome this.

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## **Mental Health Resources:**

Health and wellness is more than just the absence of disease or disability; it is what allows us to identify and work towards our own aspirations and desires while giving us the ability to cope so that we can live meaningful, safe, and fruitful lives. As a parent, you have to ensure you are addressing our own mental health needs in addition to supporting the mental health needs of your family and loved ones. You can promote good mental health habits via the things you say and do and through the environment that you create in your home(s). You can also learn about the early signs of mental health concerns and where to go for help. Below, you will find some resources to reference and utilize based on your needs:

## **Mental Health Resources:**

1. 911: If you or someone you love is in imminent danger/crisis, contact 911 immediately.
2. 211/Mobile Crisis: For services and inquiries regarding outpatient referral information for mental health services in your catchment area, suicide prevention (dial 211, then hit 1), in-home risk assessments for anyone in crisis, or questions regarding individual or family mental health care. Call 211 or visit [211](#) here.
3. Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 OR text with them by texting **TalkWithUs** to 66746. (TTY 1-800-846-8517)
4. Obtain telephonic, confidential support from a trained counselor at SAMHSA Disaster Distress Helpline: 1-800-985-5990 or text: TalkWithUS to 66746 (TTY 1-800-846-8517)
5. For adolescent and school health-related resources, you can access: [CDC Health-Related Resources](#)
6. *Need assistance on how to manage the mental wellness of your child(ren) and self due to COVID-19?* Here are some amazing resources that can help you navigate the impacts of the global pandemic: [MH Information Center](#)
7. NAMI, the National Alliance on Mental Illness, the nation's largest grassroots mental health organization, inclusive of resources for COVID-19, found here: [COVID-19 Info. and Resources](#)
8. *Need help finding mental health resources in CT?* Look no further. Here, you will find a comprehensive list of agencies and resources available within our state for children of all ages and disabilities, with national resources listed, as well: [Kids Mental Health Info](#)
9. Find state resources from the Department of Mental Health and Addiction Services (DHMAS) in direct response to COVID-19 here: [DHMAS and C19](#)
10. *In need of behavioral healthcare in CT?* Find local agencies and resources here: [CT network of Care](#)
11. *Unsure of what to "look for" if your child(ren) is struggling?* Here are some helpful resources: [Mental Health Support for Parents/Caregivers](#)
12. May is Mental Health Awareness Month! Find some amazing resources for the Month of May in Connecticut here: <https://www.mhconn.org/>
13. *Have Facebook? Looking for Resources?* Follow Connecting to Care CT's page: <https://www.facebook.com/CT.CONNECT.champions>

14. *In Crisis? Have state insurance? Don't have insurance?* Griffin Hospital's Emergency Department can provide support through a trained counselor to help connect you and your loved ones with mental health and/or substance abuse concerns. Call [Psychiatry - Crisis Intervention](#) at (203) 732-7580.

### **Suicide Prevention Resources:**

- Suicide Prevention Hotline: 1-800-273-TALK (8255). The Lifeline is free, confidential, and available to everyone in the U.S. *You do not have to be suicidal to call the Lifeline.*
- National Suicide Prevention Website: [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)
- Prevent Suicide CT: <https://www.preventsuicidect.org>
- Crisis Text Line (Free): 24/7 support for anyone in crisis. Text "CT" to 741741 to be connected to a Crisis Counselor.
- You can also access Vibrant Emotional Health's Safe Space website for virtual social/emotional support here: [vibrant.org/safespace](https://vibrant.org/safespace)
- American Foundation for Suicide Prevention: [Suicide Prevention Resources](#)

### **Local Mental Health Providers:**

*Looking for agencies/referral information for town mental health providers? Check out some of the local agencies/practices below:*

#### **APex Psychological Services**

260 Amity Road, Suite 202, Woodbridge, CT 06525

<https://www.apexpsych.net/>

T: 475-256-5643

#### **Achieve Wellness LLC**

35 Old Tavern Road Unit 120, Orange, CT 06477

<https://achievwellnesscenter.com/>

Email: [info@achievwellnesscenter.com](mailto:info@achievwellnesscenter.com)

T: 203-553-9949

\*16+ only at this time

#### **BHcare: Comprehensive Outpatient Services**

30 Elizabeth Street, Derby, CT 06418

[BHcare.org](https://BHcare.org)

T: 203-800-7177

#### **Breakers Counseling, LLC - Woodbridge & Milford locations**

Woodbridge Location: Connecticut 15, Woodbridge, CT 06525

<https://www.breakerscounseling.com>

Email: [milfordtherapygroup@gmail.com](mailto:milfordtherapygroup@gmail.com)

T: 203-693-9304

**Bridges Healthcare:** Comprehensive outpatient services

949 Bridgeport Avenue, Milford, CT 06460

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

T: 203-878-6365

**Clifford Beers Guidance Clinic:** Comprehensive outpatient services

93 Edwards St., New Haven, CT 06511 *Open Access – Walk in hours:*

Telephone: 203-772-1270

Monday 9am to 1pm

Tuesday 9am to 1pm

Thursday 9am to 1pm

**CT Psychiatric & Wellness Center** - Hamden & Woodbridge locations

1 Bradley Road, Suite 403-405, Woodbridge, CT 06525

<https://www.ctpsychwellness.com/>

[Contact them here online](#)

T: 203-298-9005

**James Killian, LPC**

1 Bradley Rd #106, Woodbridge, CT 06525

<https://arcadiancounseling.com/>

Email: [info@arcadiancounseling.com](mailto:info@arcadiancounseling.com)

T: 203-405-8066

**LM Therapy Associates - LeAnne Morgan**

30 Hazel Terrace Suite 25, Woodbridge, CT 06525

<https://therapistconnecticut.com/>

T: 475-800-8928

**Mallory Grimste, LCSW – Teen Therapist**

30 Hazel Terrace #12, Woodbridge, CT 06525

<https://www.mallorygrimste.com/>

Email: [help@mallorygrimste.com](mailto:help@mallorygrimste.com)

T: 203-228-8971

**Michelle Connor - New Insight Counseling**

649 Amity Rd Ste 1, Bethany, CT, 06524

T: 203-590-5496

### **Orange Family Counseling Services**

525 Orange Center Rd, Orange, CT 06477

T: (203) 795-6698

### **Our Community Counseling**

30 Hazel Terrace, Suite J and I, Woodbridge, CT 06525

<http://www.ourcommunityct.com/>

Email: [ourcommunitycounseling@gmail.com](mailto:ourcommunitycounseling@gmail.com)

T: 203-787-8812

### **Rimmon Pond Counseling Associates**

100 Bank St #306, Seymour, CT 06483

<https://www.rimmonpondcounseling.com/>

T: 203-888- 0462

### **Shoreline Wellness**

415 Main Street, West Haven, CT 06516

<https://www.shorelinewellnesscenter.com/>

T: 203-931-1184

### **TR Counseling & Wellness - Tom Reilly**

30 Hazel Terrace, Suite 11, Woodbridge, CT 06525

Email: <https://trcounseling.org/>

T: 203-819-7650

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### **Yale Child Study Center - Outpatient Psychiatric Clinic for Children**

40 Temple Street, Suite 7C, New Haven, CT 06510

<https://medicine.yale.edu/childstudy/>

T: 203-785-2513

### **Domestic Violence Resources:**

*Concerned for yourself or (a) loved one(s) experiencing Domestic Violence? Find some of CT's resources here:*

#### **Domestic Violence Resources in CT**

- **Statewide Hotline for Men/Women:** [Statewide Hotline](#), (1-888-774-2900; Spanish: 1-844-831-9200)
- [HOPE Family Justice Center](#): The Hope Family Justice Center of Greater New Haven consists of a multi-disciplinary team of professionals who work together, under one roof, to provide free wraparound services and care to victims, survivors and thrivers of domestic violence.
- [CT Coalition Against DV](#): (1-888-774-2900; Spanish: 1-844-831-9200)

- [Umbrella Center for Domestic Violence Services](#): (203-789-8104) (Serving Bethany, Branford, East Haven, Guilford, Hamden, Madison, Milford, New Haven, North Branford, North Haven, West Haven, Woodbridge)

### **Protective Services (Adult/Child):**

1. *Concerned about the wellbeing and/or safety of a minor?* Contact the Connecticut Department of Children and Families to speak with a careline worker: [DCF Careline](#), (1-800-842-2288).
2. *Concerned about the wellbeing and/or safety of an elderly individual?* Contact one of these agencies, below:
  - CT Protective Services for the Elderly: click [here](#).
  - BH Care's Cherish Program - a safe haven for elders: click [here](#).

### **Divorce and Legal Assistance:**

*Do(es) you/someone you know need divorce and legal assistance?* Check out these resources, below:

- [Women & Family Life Center](#)
- [CT Law Help](#)
- [CT Legal Services](#)
- [CT Women's Education and Legal Fund \(CWEALF\)](#)
- [New Haven County Bar Association](#)
- [New Haven Legal Assistance Association, Inc.](#)
- [Statewide Legal Services of CT, Inc.](#)

### **Sexual Violence and/or Prevention:**

*Looking to speak with someone on the topic of sexual violence and/or prevention?* Here are some local/national resources:

- [Milford Rape Crisis](#) is a non-profit organization, located in Milford, CT, that seeks to end sexual violence through victim assistance, prevention, education, and public policy advocacy.
- Women and Families Crisis Center in New Haven: [Women & Families](#)
- National Sexual Assault Hotline ([RAINN](#)): 1-800- 656- HOPE (4673)
- Statewide Sexual Assault Hotline: [Statewide Hotline](#) English: 1-888-999-5545 & Spanish: 1-888-568-8332
- [Project CATCH - Clifford Beers](#): Collaboration, Advocacy, and Treatment for Children supports families recovering from violence or sexually related traumas. This program provides advocacy, case management, and support for children and their families who have suffered these types of traumas.
- For information about human trafficking or exploitation, visit New Haven organization: [Love 146](#)

### **Immigration Assistance:**

*Have you or someone you know recently immigrated to the United States?* Check out these resources:

- Integrated Immigrant and Refugee Services (IRIS) based in New Haven, CT: [IRIS CT](#)

- *Need legal, economic, linguistic, and social services for immigrant, refugees, and survivors of human trafficking?* Check out this resource: [CT Institute for Refugees/Immigrants](#)

### **Housing Assistance:**

*Need immediate housing/utility assistance?* Contact [211](#) and select the option for housing and utility assistance.

### **Racial Justice/Equity:**

*Committed to the emotional and mental health healing of black communities?* Check out these resources:

- The Black Emotional and Mental Health Collective: [Beam Community](#)
- To explore journal prompts and grounding activities, click here: [Beam Community](#)
- *Seeking a support group for youth/young adults of color?* Check out The Boris Lawrence Henson Foundation by clicking here: [Lawrence Henson Foundation](#)

### **LGBTQ+ Resources:**

For any child who identifies as LGBTQ+, resources are available here:

- Check out the website [Q Chat Space](#), a digital LGBTQ+ center where teens join live-chat, professionally facilitated, online support groups.
- You can also access social/emotional support via [The Trevor Project](#), a national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ+) young people under 25.
- One additional resource for parents responding to their child identifying as LGBTQ+ can be found here at: [Strong Family Alliance](#)

### **Local Community Resources:**

Within our communities, there are supports that you can access. Below are some links to resources within our three towns!

- *Need food assistance? Want to find a food pantry locally?* Find one here: [Local Food Pantries](#)
- *Want to participate in your school's food assistance program?* Apply here: [Food Assistance Program](#)
- *Looking for a driving instruction program for your child?* Try these local companies below:
  - Elite Driving School, Woodbridge, CT: [Elite Driving School](#)
  - Epic Driving School, Ansonia, CT: <https://www.epicct.com/ansoniahighschool>
  - Hamden Driving School, Hamden, CT: <http://www.hamdendrivingsschool.com>
- *Looking for information about the health impacts of the coronavirus, where to pick up food during the current public health and economic crises, and also just conversation if anyone wants/needs to talk?* Visit the Reach Out Connecticut “Warm Line” by calling: (203) 287 2460

**Woodbridge/Bethany residents:** If you are a Woodbridge/Bethany resident and would like additional community supports, you can inquire at Woodbridge Youth Services via their website, listed here: <https://www.woodbridgect.org/160/Youth-Services>

- *Want to volunteer/learn about local volunteer opportunities?* Find our more here: [Woodbridge Volunteer Opportunities](#)
- *Want to write a letter to youth and seniors during Covid-19?* Call 203-389-3429, 203-389-3430 or email [jglicksman@woodbridgect.org](mailto:jglicksman@woodbridgect.org) or [npfund@woodbridgect.org](mailto:npfund@woodbridgect.org) for more information.
- *Want to help make masks for first responders?* <https://woodbridgect.org/CivicAlerts.aspx?AID=667>
- *Have an elderly loved one or neighbor(s)?* Find resources for them at the Woodbridge Senior Center here: <http://www.ctseniorhelpcenter.com/woodbridge-information>
- *Looking to get yourself/your family involved in recreational activities in town?* Check out the Rec Center website for more information here: [Rec Program](#)

**Bethany residents:** If you are a Bethany resident and would like additional community supports, you can inquire at Bethany Human Services via their website, listed here: [Human Services](#)

**Orange residents:** If you are an Orange resident and would like additional community supports, you can inquire at Orange Youth Services via their website, listed here: [Orange YS](#)

-Food2Kids: Orange Agency is providing food for families in need! Call 203-668-7099; They will help with *weekend* food!

### **Self-care Resources:**

The COVID-19 global pandemic continues to impact our lives, often times leaving us feeling scared, stressed, anxious, sad, uncertain, overwhelmed, discouraged, out-of-control, angry, frustrated, and/or exhausted on TOP of having to balance our lives as provider(s), caretaker(s), and educator(s). The key word here is *balance*. It is important to recognize that the feelings you hold now are *normal*. It is also why it is imperative to make sure that you are taking the time to care of yourselves so that you are able to help navigate your family through these challenging times. Below is a list of self-care activities that you and your loved ones can access remotely or in person, given your level of comfortability. Remember, self-care is not selfish!

1. [Healthy Lives CT](#) - This resource provides families with wellness programs and services “to assist Connecticut residents with helping to lower stress, reduce the risk of illness and ensure positive interactions. HealthyLivesCT targets emotional, physical, holistic, and financial wellness by providing screening tools, and links to information and options to help individuals attain a sense of well-being.”
2. [Insight Timer](#) - With over 25,000 guided meditations, free talks, podcasts, and the option of being able to “see” fellow meditators on the app. that live near you!



3. The [Smiling Mind](#) - This free app features hundreds of meditations, enough to keep you engaged without overwhelming you with choice! They are organized into structured programs, as well, such as, “Relationships,” and, “Sleep.”
4. [UCLA Mindfulness](#) - This free app offers Wellness Meditations for people suffering from challenging health conditions, informative videos exploring how to get started, supportive meditation postures, and the science of mindfulness, weekly podcasts from UCLA's Hammer Museum-- a 30 minute meditation on different themes you can search for and bookmark, and a timer to meditate on your own!
5. [Digital Support Connection](#) resources can be found here!
6. [Warm Lines](#) - For those who are feeling stressed or anxious and looking for telephone support, Warm Lines are telephone support services staffed by personnel who have experience/expertise with mutual support. These lines are **not** crisis lines and the days/hours of operation vary. [DHMAS Services](#)
7. [White Noise Lite](#) - Trouble sleeping? White Noise Lite provides relaxing white noise, which contains frequencies with equal intensities proven to help you sleep and soothe migraines or headaches. Download it free from your phone in the App Store!
8. This [Coping Skills Video](#) was made by Amity Mental Health providers for you/your child(ren) to practice in the home!
9. Additional tools for crisis support/intervention, managing anxiety, mindfulness and movement, ways to share art and stories, support for children and teens. Available in Spanish. [Resources for Wellness](#)
10. Understanding Gratitude and its Positive Impact on the Brain - Help Alter Negative Emotions by understanding the Science Behind Gratitude here: [Gratitude Promotes Positivity!](#)
11. *Need resources for the support of your child(ren)'s social-emotional wellbeing?* Here are some great resources: [Self-care and SEL](#)
12. It is important to recognize the burden parents/caregivers bare. Feel supported with these resources made available specific to you here: [Taking Care of YOU](#)
13. [Headspace](#) - App that provides a multitude of different breathing and meditation exercises to help with stressors related to any mind, mood, or goal with topics including school, politics, COVID, and even sports performance. First 14 days are FREE!
14. *Need guidance on how to minimize stress?* Read this article here: [Managing Stress](#)
15. *Do you find yourself on your device(s) too much, especially if you are working from home?* Here are some tips on how to help minimize screen time: [Screen time management](#)
16. [MyLife Meditation](#) - If other apps expect you to dive right in, MyLife (formerly titled Stop, Think, & Breathe) wants to create a more deliberate, intentional experience.
17. [Healthy Minds Program](#) - The Healthy Minds Program app wants to help you develop the skills for a healthy mind—by strengthening mental focus, decreasing stress, and growing resilience, compassion, and better immune health.
18. **Yoga** incorporates breathing exercises, meditation and poses designed to encourage relaxation and reduce stress. Check out these free yoga apps to help guide your practice:

1. [Yoga For Beginners](#) - This is one of the most highly-rated yoga apps for beginners. All the classes are free, and you can select from options that suit your purpose, from bedtime yoga to classes geared towards toning and improving flexibility.
2. [Grokker](#) - We think Grokker is one of the best free yoga apps for those who require a little structure to their routines. A vast compendium of yoga flows, programmes, and positions is all well and good but some of us require a more formalised approach, like something you might get from a personal trainer.
3. [Simply Yoga](#) - It's another app that is perfect for any beginners taking their first steps into the world of yoga as it offers 6 routines specifically for first-timers, each ranging from 20-60 minutes long. That said, there's plenty of content for advanced users to love too, even including streamed yoga classes from Yogis around the world.
4. *Love animals? Love yoga? (Or does your love for animals intrigue you to try yoga?)* Sign up for goat yoga locally, here:
  - Come out and connect with nature and furry baby pygmy goats at Goat Yoga! Join our friends at [Nadeau Farm](#) Livestock Rescue Farm (a.k.a The Hilton Hen House) for Goat Yoga every Saturday at 10:30am and 12pm & Sundays at 11:30am and 1pm. This 1 hour gentle class is for all levels, from beginners to advanced yogis & yoginis (ages 10 and up)! Adorable pygmy goats will be frolicking & cuddling with you as we flow through the class!
  - Check out [Bradley Mountain Farms](#) for some Goat Yoga options as well as Goat Walks! Goat Yoga will be offered throughout the year.

### **COVID-19 Updates, Treatment, and Prevention Information Resources:**

It is important that we continue to talk about what is occurring in our world, our country, and our state. Our children are curious and will have questions: let us help them be answered. See below an updated list of resources parents can access to help fuel discussions around the global Coronavirus pandemic, also known as COVID-19 or C19.

- Talking to Kids About the Coronavirus: [Talking to Kids About COVID-19](#)
- Helping Kids Cope With Changes Resulting From COVID-19: [Helping Kids Cope](#)
- Here are 8 tips to help comfort and protect children during COVID-19: [Talking to Kids About C19](#)

1. CDC - Visit the Center for Disease and Control's website (CDC) here for all up-to-date, accredited facts regarding the virus: <https://www.cdc.gov>
2. Public health emergencies, such as the outbreak of COVID-19, elicits stress in communities, often propelled by fear, anxiety, presumption, and misinformation. This often leads to social *stigma* toward people, places, or things. Help educate children on reducing the stigma from COVID-19 on specific populations here: [Reducing the Stigma](#)

3. 211 - For additional information on COVID-19, you can visit the 211 website here: [211 Coronavirus Information](#)
4. For guidance and updates on Connecticut's coronavirus preparedness efforts, visit: [ct.gov/coronavirus](http://ct.gov/coronavirus)
5. Child Health and Development - COVID-19 web-based resources can be found here: [Being Helpful in the time of C19](#)
6. For information and updates on the virus specific to New Haven County, visit: <https://covid19.newhavenct.gov>
7. ChildMind: A dedicated resource page for parents coping with Covid-19: [Coping During COVID-19](#)
8. Statewide Legal Services: Resources on [Un]Employment, Schools/Education, Public Benefits, Housing, and Victim's Comp. C19 Statewide Legal Services at Resources are also available here: <https://ctlawhelp.org/en/coronavirus>
9. [Coping With Corona](#): Mental Health supports in navigating COVID-19
10. *Experiencing COVID symptoms?* First consult with your medical provider. You could then be referred for testing and can make an appointment at one of these facilities: [C-19 Testing Centers Near You](#)
12. [#HealthyAtHome](#): This link provides resources to parents on how parents can promote engagement with their child across settings, help them better understand the pandemic, discuss the challenges we all now face, in addition to managing our loved ones' safety.
13. *Noticing your child(ren) online a LOT more due to the Coronavirus?* Here is a link on how to keep them SAFE online. [Keeping Your Child SAFE](#)
14. Find resources for families like yours who are navigating school closures related to COVID-19 here: [Resources For Parents During C19](#)
15. Additional Resources on Helping You/Your Child(ren) Cope can be found here: [COPE with COVID](#)
16. *Are you or is someone you know a frontline worker?* If so, THANK YOU for all that you do to help others get well and stay safe! Below are some resources specific to frontline workers and their families: [Frontline Workers Resources](#)
17. *Need to find a Covid-19 testing center?* Find one here: [C-19 Testing Center](#)
18. *Want your child to be trained on how to prevent, prepare, & respond to Covid?* Have them register for a free 1 hour training by registering with Brittany Baines @ To sign up, the youth or parent can email Brittany Baines at [bbaines@phenomenaliam.org](mailto:bbaines@phenomenaliam.org) through 211 services: <https://uwgnh.org/community-resources/>
19. *Interested in finding a vaccine near you?* Click here: <https://vaccinefinder.org/search/>