2020-2021 ACADEMIC YEAR

ONLINE TOOLS & RESOURCES FOR PARENTS

RESOURCES GUIDE

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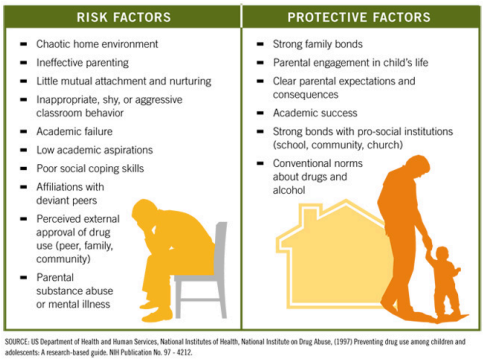
ALCOHOL & DRUG USE

GOOD MEDICINE, BAD BEHAVIOR: DIVERSION IN AMERICA

HTTP://WWW.GOODMEDICINEBADBEHAVIOR.ORG/DOWNLOAD/0913-GMBB-CTM_PRINT-WEB.PDF

The above link takes you to an online exhibit catalog with parent's and teacher's guides. The project was presented by Dr. Ronald Buzzeo, who worked as the Deputy Director of the Drug Enforcement Agencies Office of Diversion Control. The project was sponsored by members of the Prescription Drug Research Center as well as the National Association of Chain Drug Stores Foundation.

The exhibit presents a look at America's struggle in balancing the need to provide medications to improve the quality of life while working to prevent the diversion of those substances and the chemicals used to make them for illegal use.



SOURCE: US Department of Health and Human Services, National Institutes of Health, National Institute on Drug Abuse, (1997) Preventing drug use among children and adolescents: A research-based guide. NIH Publication No. 97 - 4212.

There is an ever-increasing array of medications available for countless health issues as well as an alarming increase in the abuse or misuse of the products. The *Good Medicine, Bad Behavior* exhibit and education program exists to educate and increase public awareness of the potential for the abuse of prescription and over-the-counter medicines and encourage increased diligence by parents, educators, health care providers and law enforcement personnel to keep these products from being abused and diverted.

Page 30 of the resource offers a Parent Toolkit that includes tips to help you get the conversation going, tools to help you help your teen live a healthy and drug-free life, tips to help you support your teen in living a drug free life, advice on how to help you safeguard pills and educate your teens about the danger of prescription drugs, and several family talking points. Online resources follow on page 40.

PARTNERSHIP FOR DRUG FREE KIDS

HTTPS://DRUGFREE.ORG/

The above link takes you to the Partnership to End Addiction. This online tool offers resources for families, professionals, and other organizations to help end addiction in the United States. They take a public health approach, rooted in science and compassion.

The Partnership to End Addiction provides personalized support and resources for families impacted by addiction, while mobilizing policymakers, researchers and health care professionals to more effectively address addiction systemically on a national scale. Their mission is to transform how our nation addresses addiction by empowering families, advancing effective care, shaping public policy and changing culture.

This online tool offers advice and guidance on teen substance use. It addresses such things as "What is 'normal'", risk factors for addiction, and brain development and behavior. They also address what parents can do when they are worried about possible abuse. The site provides tips about communicating and connecting with your student as well as ways to encourage healthy risk taking, setting limits and monitoring behavior and prevention tips for all ages. Additionally, they outline information about specific substances ranging from alcohol, marijuana, vaping, prescription drugs, and a full drug guide.

The online tool also provides information on creating a plan for treatment and recovery. It provides resources around understanding addiction, identifying problem substance use, how to suggest treatment to a loved one, and reducing potential for harm when working towards treatment. The site offers guidance on finding treatment, navigating the treatment system, paying for treatment, and preparing for life following treatment.

AL-ANON & ALATEEN

HTTPS://AL-ANON.ORG/AL-ANON-MEETINGS/FIND-AN-AL-ANON-MEETING/

The above link takes you to the Al-Anon Family Groups website where you can find local in person, virtual and telephone Al-Anon and Alateen meetings, find ways to help loves

ones, get connected to help, and listen to podcasts. The website also offers resources for members, literature, group resources, and information regarding public outreach.

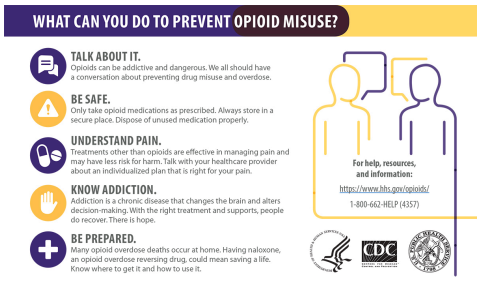
ABOVE THE INFLUENCE

HTTPS://ABOVETHEINFLUENCE.COM/

The above link takes you to an online tool that provides resources as well as an assessment about peer pressure. If you choose to take the brief, ten question assessment, you will be linked to stories from other teens who had similar results and who used that information to inform their decision making.

This resource offers facts about common substances that youth may be exposed to, have access to, or have used. It also offer expert help regarding the substances, addiction and counseling, getting help, as well as questions about stress and depression and how it relates to substance use.

This site offers youth a way to get involved and be supported through social media. It also has links to find help for yourself and those around you. They offer links for substance use help as well as support for depression.



THE METH PROJECT

HTTPS://METHPROJECT.ORG/

This resource is a web-based response to the growing Meth epidemic in the United States. The Meth Project is a large-scale prevention program aimed at reducing Meth use through public service messages, public policy, and community outreach. Central to the program is a research-based marketing campaign, community action programs, and an in-school lesson all designed to communicate the risks of Meth use. While this is not a lesson that is used in Shawano School District, it is a resource that can support parents and teens in knowing the signs and effects of Meth use.

This resource offers insight on what Meth is, how it can affect your body to include your heart, skin, mouth, central nervous system, and more. This resource also addresses what Meth does to your brain and how that impacts your brain chemistry and overall mental, emotional, and physical health.

This resource offers support for people who know someone who they think is using Meth. It also offers a variety of ways to take action as well current news articles about the impact of Meth across the country and what other people are doing to combat it.

Each topic area is supported by real stories from people of all ages as well as research-based information and expert education.

THINK TWICE

HTTPS://WWW.JUSTTHINKTWICE.GOV/DRUGS

The above link will take you to an online resource that educates parents on what drugs look like, what they are, what their street names may be, how it is taken, if their is paraphernalia that is associated with it, how the drug affects the body, an easy to read fact sheet and resources for getting help with each specific drug.

This site also offers articles and media about drug use, ways to stay healthy and promote a substance free lifestyle, as well as other publications to help guardians navigate the changing world of substance use.



Just Think Twice offers true stories from people of all ages who have used substances and what life looks like after substance use. It also offers consequences of substance use to include myths, what addiction really means, how drug use can impact your future, relationships, and other areas of your life.

Just Think Twice also offers ways to live drug free and celebrate that lifestyle. It offers coping strategies and other things to do besides use substances.

NATIONAL INSTITUTE ON DRUG ABUSE

HTTPS://WWW.DRUGABUSE.GOV/

The National Institute on Drug Abuse is the lead federal agency supporting scientific research con drug use and its consequences. Their mission is to advance science on the causes and consequences of drug use and addiction and to apply that knowledge to improve individual and public health.

This site offers peer reviewed articles about drug use and addiction. They also offer educational resources on substance use, vaping, and other drugs. Clinical resources are also available on their site to include prevention tools, information for patients, and research-based drug use and addiction treatment options.

HAZELDEN ONLINE SCREENER FOR ADDICTION

HTTPS://WWW.HAZELDENBETTYFORD.ORG/ADDICTION/WHAT-IS-ADDICTION/ADDICTION-TEST

The Hazelden Online Screener for Addiction is offered through the Hazelden Betty Ford Foundation. It is a nonprofit organization that singularly focuses on providing healing and hope to individuals, families and communities affected by addiction to alcohol and other drugs.

This online tool offers a free tool that can help people learn more about what addiction may look like in their life. It also offers educational material about the signs of addiction and the stigma that comes with addiction. Resource for families are also available on the site. These include a toolkit for families, resources for how families can deal with addiction, how to prevent addiction, as well as a variety of resources for children and families of addiction.

Another tool this resource offers are ways to intervene for both adults and teens. Addiction resources for schools are also available on this site and can be used in a variety of settings beyond school.

This resource also offers ways to support people who are in recovery and tools to stay successful in recovery.

YOUTH SELF-HARM & SUICIDE

SELF-INJURY AND YOUTH

HTTPS://WWW.MHANATIONAL.ORG/SELF-INJURY-AND-YOUTH

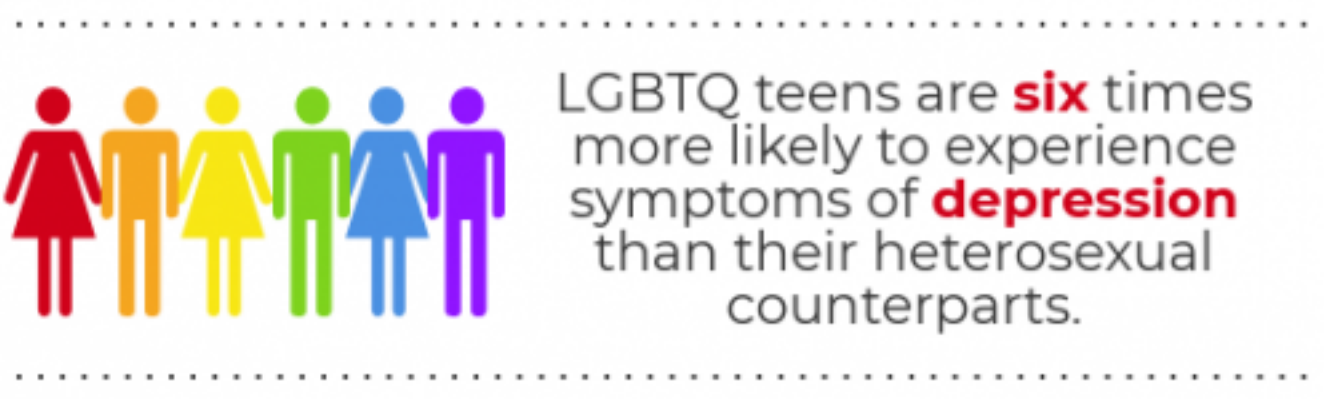


The above link will take you to Mental Health America, the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all. The website offers tools and resources regarding prevention; early identification and intervention for those at risk; integrated care, services, and supports for those who need them; and recovery.

By navigating to 'Living Mentally Healthy', you will find information on how stress impacts the whole body as well as tools and resources to cope with stress and better manage it moving forward. The site offers 10 Tools that can help you or someone else feel stronger and more hopeful. These tools focus on the whole person and include such topics as connecting with others, getting physically active, taking care of your spirit, getting professional help, and more.

The site offers resources for recovery and support. Topics such as what happens after a diagnosis, paying for care, information for family and friends, along with other areas, are provided here. This resource offers information on supporting someone close to you, medication issues, support strategies, developing goals for recovery, strengthening connections, and many more ways to support yourself or others when managing mental health.

Additionally, this online resource offers tools for mental wellness. The site offers several online screening tools that can assist you in navigating where to start your mental health journey. It provides resources for learning about mental health, making tools to better support mental health, treatment and connecting. The site offers information about psychiatric advance directives and taking charge of your care, which may be appropriate for some adults. The site also offers an online stress screener that asks 15 questions and offers brief and general recommendations for coping and support.



THE TREVOR PROJECT

HTTPS://WWW.THETREVORPROJECT.ORG/TRVR_SUPPORT_CENTER/SELF-INJURY/

The above link will take you to the website for the Trevor Project. The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

This online tool offers ways to get help, education materials, and resources. By navigating to 'Get Help', you will find three different ways to connect with counselors that can help young people in crisis. These include the TrevorLifeline, a crisis intervention and suicide prevention phone service that is available 24/7/365. You can connect with them by calling 1-866-488-7386. The second option is through TrevorChat, a confidential online instant messaging service with a counselor that is also available 24/7. It is best to use this tool via computer as it is not compatible with all phone. The third option, is via TrevorTest, which can be accessed by testing START to 678-678. This is a confidential text messaging service with a crisis counselor who is available 24/7/365. Their is also an online peer-to-peer community for LGBTQ young people, as well as a Trevor Support Center that LGBTQ youth and allies can find answers to frequently asked questions and explore resources.

By navigating to "Education" you will find a LifeGuard Workshop, Training for Youth-Serving Professionals, and a model for school policy. The LifeGuard Workshop is a free online learning module with video, curriculum, and teacher resources for middle and high school classrooms. Training for Youth-Serving Professionals offers two styles of trainings, the Ally trainings and CARE (Connect, Accept, Respond, Empower) trainings. These trainings must be requested and scheduled with the Trevor Project. The model school

policy is a full policy that was created in collaboration with the American Foundation for Suicide Prevention, the American School Counselor Association, and the National Association of School Psychologists. It provides recommendations on language, commentary and resources for suicide prevention policies. 0

By navigating to 'Resources', you will find the link to the Trevor Support Center, ways to prevent suicide, tools for well-being on Instagram, Coming Out Handbook, a Guide to Being an Ally to Transgender & Nonbinary Youth, tools on How LGBTQ youth can cope with anxiety and stress during COVID-19, Supporting Black LGBTQ Youth Mental Health, Black and LGBTQ: Approaching Intersectional Conversations, and How to Support Bisexual Youth. All of these resources are available at no cost and are accessible and easy to navigate.

TEEN SUICIDE

HTTPS://CHILDRENSWI.ORG/MEDICAL-CARE/PSYCHIATRY-AND-BEHAVIORAL-MEDICINE/CONDITIONS/BEHAVIORAL-ILLNESSES-OF-CHILDHOOD/TEEN-SUICIDE

The above link will take you to Children's Wisconsin resource on Teen Suicide. Children's Wisconsin is the region's only independent healthcare system dedicated solely to the health and well-being of children. They provide kids and their families a wide range of care and support from routine care for ear aches or sore throats to life saving advances and treatment options throughout the state. They are partnered with the Medical College of Wisconsin and bring many of the nation's most well-respected doctors to their team. Together they work to ensure that every child and family they serve receives nothing but the best.

Their Teen Suicide resource page shares knowledge and resources for parents and young people. They highlight what suicidal behavior is defined as, what causes adolescents to attempt suicide, what the risk factors are, warning signs, treatment, and prevention of suicide.

SUICIDE PREVENTION LIFELINE

HTTPS://SUICIDEPREVENTIONLIFELINE.ORG/HELP-YOURSELF/YOUTH/

The Suicide Prevention Lifeline is a national network of local crisis centers that provide free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. They are committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

The site offers tools for a variety of specific populations to include youth, disaster survivors, Native Americans, veterans, loss survivors, LGBTQ+ people, attempt survivors, deaf, hard of hearing, or people with hearing loss, and they offer resources in Spanish. They offer resources that are reflective of the current COVID-19 pandemic as well.



By navigating to any specific population you will find tools and resources that focus on asking for help, making a safety plan, staying hopeful when feeling this way, and evaluating the relationships in your life to better support you moving forward. Additionally, there are ways to help and more resources for each specific population.

THE ACTION SIGNS TOOLKIT

HTTPS://WWW.MHRBEO.ORG/DOWNLOADS/ACTION-SIGNS-TOOLKIT.PDF

The above link will take you to a toolkit to help parents, educators, and health professionals identify children at behavioral and emotional risk. This toolkit is prepared by the Resource for Advancing Children's Health (REACH) Institute. The REACH Institute was launched for the purpose of improving the emotional and behavioral health of children by developing tools and techniques for renewing the practices of professionals, parents, and others entrusted with their care. REACH enhances the relevance of mental health treatments by shortening the time it takes to put today's scientific advances to work for our nation's youth.

In this toolkit you will find a list of action signs, background of the Action Signs Project, a glossary of terms used, literature on Mental Health Disorders, information for advocacy and professional organizations, an individual fact sheet for each Action Sign, a combined fact sheet for all Action Signs, as well as examples posters and stickers for Actions Signs.

SOURCES OF STRENGTH

HTTPS://SOURCESOFSTRENGTH.ORG/

Source of Strength if an evidence-based, upstream prevention model for suicide, violence, bullying, and substance abuse. The program empowers Peer Leaders and caring adults to impact their school and community through the power of promoting youth-adult connectedness, and spreading hope, help, and strength.

Sources of Strength is strength-based, focuses on positivity, fun, empowerment, authenticity, and is culturally open. The program is research-based and the program places an emphasis on organizational humility by being willing to face hard facts and make changes as needed.



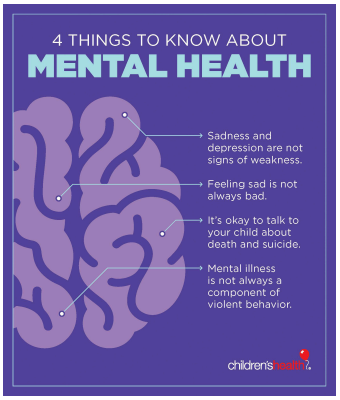
The program is centered on eight different areas that individuals find strength in. These areas include mental health, family support, positive friends, mentors, healthy activities, generosity, spirituality, and medical access. This is a school based resource. For more information please reach out to your school counselor, school social worker, or principal.

ANXIETY & DEPRESSION

HELPING STUDENTS WITH SCHOOL ANXIETY

HTTPS://ROGERSBH.ORG/STUDENT-ANXIETY

The above link will take you to Rogers Behavioral Health online resource page about school anxiety. Rogers Behavioral Health is a price not-for-profit provider of behavioral health services in Wisconsin. It is nationally recognized for its specialized psychiatry and addiction services. Rogers offers evidence-based treatment for adults, children, and adolescents with depression and other mood disorders, eating disorders, addiction, obsessive compulsive and anxiety disorders, and post traumatic stress disorder.



The anxiety in schools online resource page offers new resources for understanding and managing the number one emotional issue affecting students today. The site offers educational tools. Helpful articles, anxiety-reducing exercises, and the Anxiety in Schools podcast. This podcast talks about how to identify at-risk students, practical tips for addressing anxiety in the classroom, and clues for knowing when it's time to seek professional help.

DEPRESSION RESOURCE CENTER

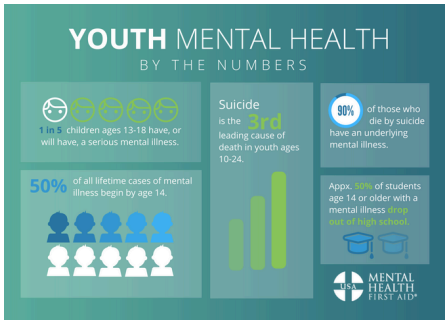
HTTPS://WWW.AACAP.ORG/AACAP/FAMILIES_AND_YOUTH/RESOURCE_CENTERS/DEPRESSION_RESOURCE_CENTER/HOME.ASPX

The above link will redirect you to the American Academy of Child and Adolescent Psychiatry, depression resource center. The mission of the Academy of Child and Adolescent Psychiatry (AACAP), is to promote the healthy development of children, adolescents, and families through advocacy, education, and research, and to meet the professional needs of child and adolescent psychiatrists through their careers.

The depression reproduce center offers resources for parents, resources for youth, and resources for clinicians. It also has a section that addresses frequently asked questions such as, what causes depression in children and adolescent, what are the signs and

symptoms, what should treatment consist of, does medication help, and more common concerns that a parent or guardian may have.

When you navigate to the resources for parents section, you will see facts for families that talk about topics such as depression, bipolar disorder, grief, psychotherapy, where to find help for your child, and several other topics. Treatment resources are also available. These focus on medication and rating scales. The site also offers helpful other resources such as books, apps, and videos that can support parents and guardians.



The resources for youth section offers similar support and a variety of other helpful resources for young people. The site also offers guidance and support on getting help and finding a child and adolescent psychiatrists near you.

MENTAL HEALTH RESOURCES FOR ADOLESCENTS AND YOUNG ADULTS

HTTPS://WWW.ADOLESCENTHEALTH.ORG/RESOURCES/CLINICAL-CARE-RESOURCES/MENTAL-HEALTH/MENTAL-HEALTH-RESOURCES-FOR-ADOLESC.ASPX

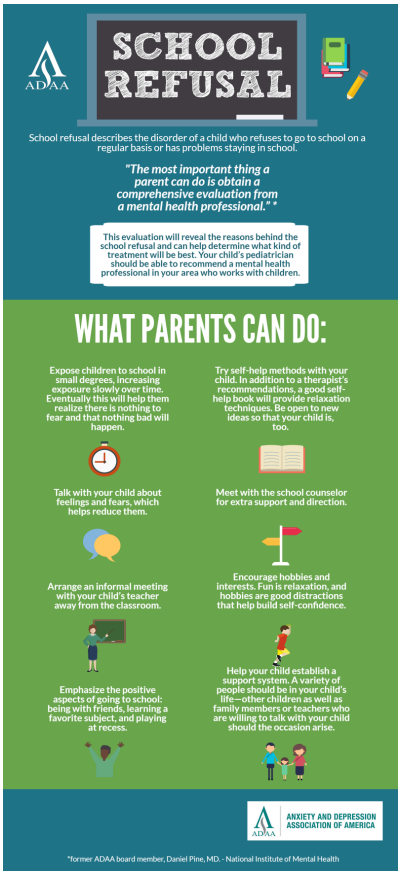
The above link will take you to an online resource for young people and adults. The Society of Adolescent Health and Medicine (SAHM) is a multidisciplinary organization committed to improving the physical and psychosocial health and well-being of all adolescents through advocacy, clinical care, health promotion, health service delivery, professional development and research.

The mental health resources for adolescents and young adults page offers tools that are specific to youth and available online, applications and technology services are listed on this site, as well as mental health resource institutes, mental health medication guides, helplines, and advocacy tools for youth mental health.

HEARD ALLIANCE

HTTPS://WWW.HEARDALLIANCE.ORG/

The above link will take you to the Health Care Alliance for Response to Adolescent Depression (HEARD). The HEARD Alliance is a community alliance of health care



professionals, including primary care and mental health providers. They work in various settings, including clinics, hospitals, private practices, schools, government and private organizations throughout California.

The main resources on this site include the promotion and prevention toolkit. The toolkit has drawn on evidence based national youth suicide prevention guidelines, including those issued by the Substance Abuse and Mental Health Services Administration (SAMHSA), the American Foundation for Suicide Prevention (AFSP), the Suicide Prevention Resource Center (SPRC), the University of South Florida, and the states of California and Maine, among others. The online, free toolkit offer intervention, post-vention, promotion of mental health, and essential tools for students and parents.

SELF-ESTEEM

YOUR CHILD'S SELF-ESTEEM

HTTPS://KIDSHEALTH.ORG/EN/PARENTS/SELF-ESTEEM.HTML

The above link will take to Kids Health, an online resource developed by Nemours, a nonprofit children's health system. Their goal is to help parents, kids, and teens take charge of their health. This online resource offers doctor-reviewed resources on physical, emotional, and behavioral topics ranging from birth through the teen years. It also offers separate sections for parents, kids, and teens as well as easy to follow articles, slideshows, videos, and health tools. It also offers free lesson plans and programs for teachers and early childhood educators.



By navigating to the 'for Parents' tab and 'Your Child's Self-Esteem', you will find an article outlining the difference that self-esteem makes for children. The article discusses why self-esteem matters, how it develops, as well as how parents can help build self-esteem. This online resources also offers support on encouraging a healthy body image, managing your toddler's behavior, effective parenting techniques, and more.

BUILDING YOUR CHILD'S SELF-ESTEEM

HTTPS://WWW.CHP.EDU/FOR-PARENTS/HEALTH-TOOLS/PARENT-RESOURCES/PARENTING-TIPS/BUILDING-YOUR-CHILDS-SELF-ESTEEM

The above link will take you to the Children's Hospital of Pittsburgh. This online resource offers information for parents and families. Some of the information is specific to the Children's Hospital of Pittsburgh however, most of the information is general health tools and education for parents. Resources under 'parenting tips' include assistance about bedtime, building relationships, child abuse prevention, positive parenting, managing holiday stress, keeping children active and more.

Building your child's self-esteem is a brief article that discusses ways to help parents help their child build self-esteem, parenting techniques for your child's independent

development of sense of self, as well as information and some frequent concerns about children's self-esteem.

18 SELF-ESTEEM WORKSHEETS AND ACTIVITIES FOR TEENS & ADULTS



HTTPS://POSITIVEPSYCHOLOGY.COM/SELF-ESTEEM-WORKSHEETS/

The above link will take you to Positive Psychology. Positive Psychology is a community of practitioners who provide their knowledge and resources for people to use as tools. It is a science-based online resource that provides courses, techniques, tools, and tips to assist you in putting positive psychology to practice every day.

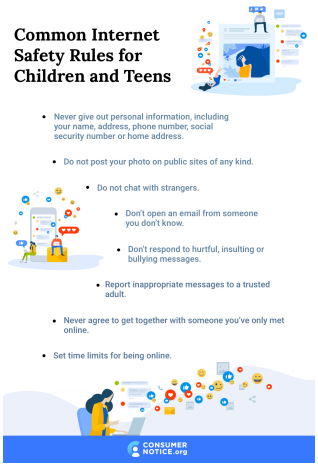
On the article linked above, you will find self-esteem worksheets for kids in primary school, self-esteem activities for teens in middle or high school, exercises for building self-esteem in college students and adults, tips for overcoming low self-esteem and low self-worth, ten day to self-esteem improvement action plan, as well as references and additional resources to review.

INTERNET SAFETY

CYBERBULLYING RESEARCH CENTER

HTTPS://CYBERBULLYING.ORG/RESOURCES/PARENTS

The above link will take you to the Cyberbullying Research Center website. The Cyberbullying Research Center is dedicated to providing up-to-date information about eh nature, extent, causes, and consequences of cyberbullying among adolescents. Cyberbullying can be defined as "Willful and repeated arm inflicted through the use of computers, cell phones, and other electronic devices." The website serves as clearinghouse of information concerning the ways adolescents use and misuse technology. It is intended to be a reproduce for parents, educators, mental health professionals, law enforcement officers, counselors, and other who work with youth.



The link will take you directly to the 'Parents' page and specifically to the Bullying, Cyberbullying, and LGBTQ students and Cyberbullying Fact Sheet: Identification, Prevention, and Response manuals for 2020. Other resources on this page include Teen Sexting: A Brief Guide for Educators and Parents, Digital Dating Abuse: A Brief Guide for Educators and Parents, Digital Dating Abuse: Top Ten Tips for Teens, Social Media and Tech Misuse Scenarios, a social media glossary, scripts for parents to promote dialog and discussion, top ten tips for teens about live-streaming, what to do when your child is cyberbullied, and many other resources for guardians, young people, and educators.

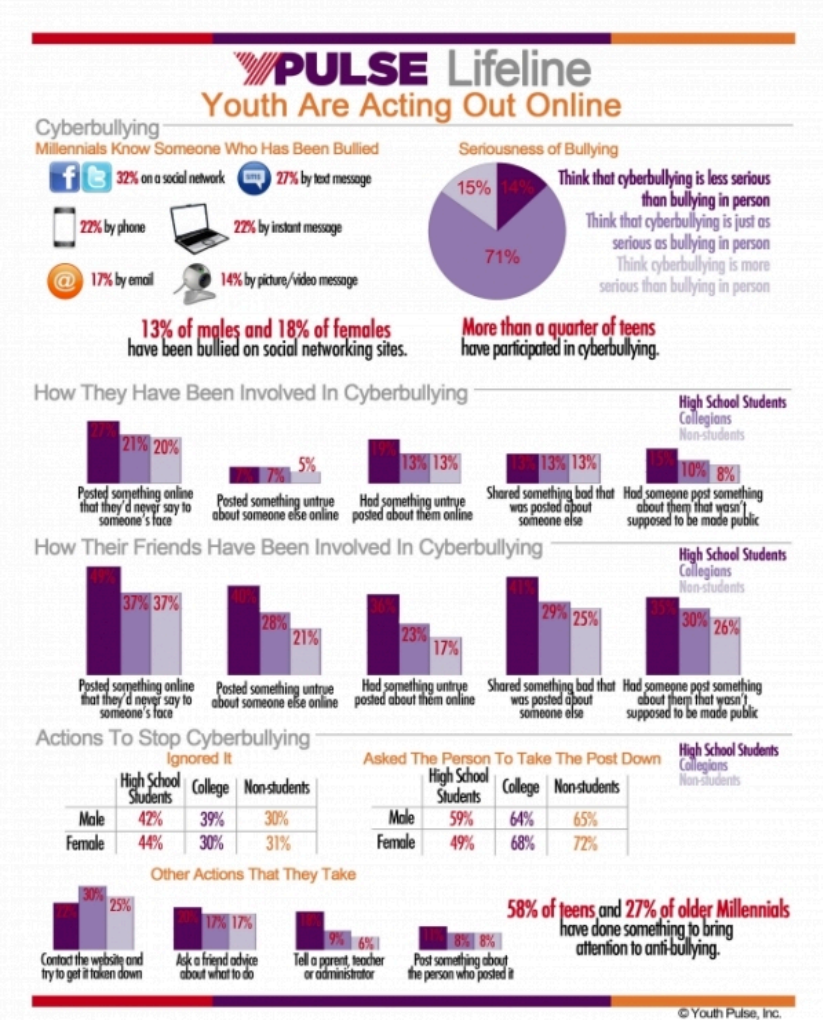
INTERNET SAFETY: HELPFUL PARENTS GUIDES

HTTPS://INTERNETSAFETY101.ORG/PARENTSGUIDETOSOCIALMEDIA

The above link takes you to Internet Safety 101, a program of Enough is Enough. This group states that parents are the first line of defense in protecting their children against internet safety dangers. They state that parents and educators can be overwhelmed by the constant change in the platforms that young people are using online today. Internet Safety 101 was created in partnership with the US Department of Justice and is a widely-

renowned resource and teaching series that paints a comprehensive picture of the dangers children encounter online. It strives to educate and empower parents, educators, and other caring adults with the information they need to effectively understand and protect young people from internet dangers.

This online tool offers guides to cyber security, cyberbullying, Instagram, Snapchat, Facebook, Public Wifi risks, smart phone security, and an information guide. Additionally, this online resource outlines information about many different safety and prevention topics such as internet safety rules, internet safety tools, age-based guidelines, predators and trafficking, mobile and wireless 101, social media, online gaming, cyberbullying, cyber security, and other resources in their resource center.



RELATIONSHIPS, COPING SKILLS & STRATEGIES

KEEP CONNECTED

HTTPS://KEEPCONNECTED.SEARCHINSTITUTE.ORG/

The above link will take you to Keep Connected. An online resource that provides information and ideas for parents, guardians, and families. Keep connected offers all kinds of families and - organizations that support them - ideas, activities, and experiences to help build strong family relationships. Their goal is to strengthen family relationships to help kids be and becomes their best selves.

The online resource offers tools to better understand young people ages 0-18, their are free quizzes for the use of your own reflection and discussion as a family. These quizzes are not a formal assessment but rather focus on things such as how you express care, challenge growth, how you provide support, share power, expand possibilities, set family goals, present alcohol and tobacco use, how you manage your money, and how you do overall with developmental relationships.



This online resource also provides tools and educational materials to better understand what developmental relationships are and how to improve on each of the quiz areas listed above. There are also materials that offer positive ideas and activities that build strong family relationships while working on a variety of life issues such as setting goals, AODA, and money management.

EVERYONE CAN CREATE TO COPE

HTTPS://BOOKS.APPLE.COM/US/BOOK/EVERYONE-CAN-CREATE-TO-COPE/ID1497023660

The above link will take you to Everyone Can Create to Cope, an Apple book that focuses on positive coping skills that can be accessed using Apple's iWork applications. This book is a tool that can help young people who have experienced trauma or who experience other barriers due to mental health, cope by drawing, writing, photographing, or creating music. Creation can often help express how one might be feeling without saying any

words at all. This book is a tool that can help introduce and strengthen creative skills using Apple's applications on the iPad. The book includes four focused creation sections to include: drawing, music, writing, and video/photography.

The Apple Book is free and is accessible on iPhones, iPads, and Macs with Apple Books.

DIGITAL STORY TELLING

HTTPS://BOOKS.APPLE.COM/US/BOOK/DIGITAL-STORY-TELLING/ID1502297951

The above link will take you to Digital Story Telling: Creating to Cope and Heal. This is a how-to guide for students and educators to equip them with the digital storytelling resources that are built within Apple's iWork applications. This resource will take you through the steps of how to use digital storytelling and share your healing process. Telling your store allows you to create to cope and heal.

This is a free Apple Book and is accessible on iPhones, iPads, and Mac with Apple Books.

CREATE TO COPE

HTTPS://WWW.CREATETOCOPE.COM/

The above link will take you to an online tool that includes of collection of tools, techniques, and stories that all use creativity as a way to help us all cope with grief, uncertainty, and boredom during this pandemic. Resources on this website include tools for social-emotional learning, trauma, grief, and crisis, and general emotional health. This site also specifically has tools and techniques to help parents during the COVID-19 pandemic. There are tools directly related to anxiety, meditation, mental fitness, as well as social and emotional learning that are all particularly relevant during this pandemic.



DEVELOPING COPING SKILLS: 5 WAYS TO KEEP KIDS WHO STRUGGLE WITH SELF-CONTROL

HTTPS://WWW.UNDERSTOOD.ORG/EN/FRIENDS-FEELINGS/COMMON-CHALLENGES/SELF-CONTROL/DEVELOPING-COPING-SKILLS-5-WAYS-TO-HELP-KIDS-WHO-STRUGGLE-WITH-SELF-CONTROL .

The above link will take you to Understood. Understood serves families of kids who learn and think differently. They provide programs for families, educators, and young adults that focus on empowering people who learn and think differently and those who support them. They offer customized, accessible resources and a compassionate community.

Developing Coping Skills is a free online resource that offers information about self-control in young children and how you can help your child learn healthy coping strategies, like giving names to feelings.

THE COPING SKILLS TOOLBOX

HTTPS://WWW.BCBE.ORG/CMS/LIB/AL01901374/CENTRICITY/DOMAIN/1760/COPING%20SKILLS%20TOOLKIT.PDF

The above link will take you directly the "The Coping Skills Toolbox". This is an online tool that is a collection of a variety of favorite and healthy items that you can use when you are feeling anxious, panicky, or distressed. Students can use this as a tool to create their own coping skills toolbox as well. While there are an infinite number of ways to cope, this toolbox does not capture them all however, it has a template of how to make your own toolbox and hundreds of ideas for healthy coping techniques.

FREE SELF-REGULATION APPS

HTTPS://DOCS.GOOGLE.COM/DOCUMENT/D/1TP91JFXHA7BSZR_QP4B-7OHNOLONP_LXO75NWA_FBXY/EDIT?USP=SHARING

The above link will take you to a brief list of free self-regulation applications. All of the apps on this list are available through Shawano Schools self-service on student iPads. The apps vary with which age they are targeted for but offer a variety of techniques to help your student, and you, regulate and cope with the stress of day to day life. This tool is also linked on the Student Assistance Page. You can access it here or by clicking "Free Self-Regulation Apps" on the website.



LOCATING SUPPORT & TREATMENT

THE BEHAVIORAL TREATMENT SERVICES LOCATOR

HTTPS://FINDTREATMENT.SAMHSA.GOV/

The above link will redirect you to the Substance Abuse and Mental Health Services Administration's (SAMHSA) behavioral health treatment services locator. This is a confidential and anonymous source of information for people seeking treatment facilities in the US for substance use/addiction/ and/or mental health concerns. By entering in your zip code, you will be redirected to a page with an interactive map that allows you to change preferences such as the distance in miles that you are willing to open your search up to, the county you are looking to find services in, if their is a specific service you are looking for such as substance use, mental health, both substance use and mental health, or other, more specific, providers as well. The map has color coded dots that identify providers in the radius that you provided. It also provides the information in a list format with addresses, telephone numbers, directions, and the website if applicable.



COMMUNITY RESOURCES

HTTPS://DOCS.GOOGLE.COM/DOCUMENT/D/145GAO2IJJLTOZOF3ZFZ7LJHLHYD8TF5J_3LIQW6JQWS/EDIT?USP=SHARING

The above link will you take you to a Google Doc that provides community resource in the Shawano, and surrounding area. These resources include mental health counseling and evaluation services, neuropsychological evaluations, counseling and therapy services, animal therapy providers, ADHD consultants, dyslexia consultation, autism behavioral in-home or center based therapy and evaluation, grief camps, day treatment, shelters, substance abuse providers, medical services, crisis lines, and networks for support. This information is also linked to the main Student Assistance Page. You can access it here or by clicking "Community Resources" on the main SAP page.

SCHOOL BASED MENTAL HEALTH COUNSELING

School based mental health counseling is a program that is offered through your school district. At this time, Shawano School District is working with Trinity Psychology to offer mental health services to students. School social workers and school counselors can provide brief interventions and mental health support for children however, ongoing mental health counseling or therapy should be provided by a mental health professional outside of the school. School based mental health counseling takes away the barrier of time and transportation for many families. Students are able to meet with their counselor in the school or virtually on a routine basis. For more information and a referral packet, please connect with your students school social worker.

CHOOSING A COUNSELOR

HTTPS://DRIVE.GOOGLE.COM/FILE/D/1-GGGTF8MT-M7Y3_CDA1F0JCHDKQC6IOV/VIEW?USP=SHARING

The above link will take you to an online tool that is designed to help you navigate the world of mental health practitioners. This tool lists professionals in Shawano and the surrounding areas. It outlines the difference between counselors/therapists, psychiatrist, clinical psychologist, and day treatment providers. It notes what each provider does, what their areas of practice are, how to connect with them, and what insurance they take. This resource is also available on the home page of the Student Assistance Program. You can access it here, or by clicking “Choosing a Counselor” on the SAP web page.

CONNECTING WITH YOUR SCHOOL

Hillcrest Primary School & LEADS Charter School Student Services Staff

Olga Brener Intermediate School Student Services Staff

Shawno Community Middle School Student Services Staff

Shawano Community High School Student Services Staff

By clicking on any of the above links, you will be redirected to the named schools student services staff. Each school in Shawano School District has a school social worker, a school psychologist, a school nurse, and school counselors assigned to the building. By

following the link for your building, you will find a tool that outlines the professional competence of each role and the contact information for that person within the building. If you have questions and are not sure who to connect with, please just ask or complete a Student Assistance Program referral form on the SAP website. We are here to help!

