



CAPE's Toolkit Resource Page 2020

Adolescent Treatment Centers

Anxiety and Depression Association of America (adaa.org)

https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/top-ten-covid-19-anxiety-reduction-strategies?gclid=EAlaIQobChMIp6mF1LGE7AIVWuDICH2GdwohEAAAYAiAAEgJ6AfD_BwE

Newport Academy (newportacademy.com)

Teen Mental Health Program:

https://www.newporthealthcare.com/programs/?utm_source=pardot&utm_medium=email&utm_campaign=co_q3&utm_content=nav_our_programs

Empowering Teens: https://www.newportacademy.com/resources/empowering-teens/empowering-teens/?utm_source=pardot&utm_medium=email&utm_campaign=9_24_20_4thtemp_communication_with_teen&utm_content=2nd_image

Free Skill Building Courses for Parents

Partnership to End Addiction (drugfree.org)

Skill Building Tools: <https://drugfree.org/skill-building/>

Protecting Your Child from SUD Risks: <https://drugfree.org/article/in-a-time-of-disruption-protecting-your-child-from-the-risks-of-substance-use/>

Greater Good in Action (ggia.berkeley.edu)

Mindfulness and Resilience to Stress at Work Course:

https://ggsc.berkeley.edu/what_we_do/event/mindfulness_resilience_to_stress_at_work

Guide to Well Being During Coronavirus:

https://greatergood.berkeley.edu/article/item/greater_good_guide_to_well_being_during_coronavirus

How Gratitude Changes your Brain:

https://greatergood.berkeley.edu/article/item/how_gratitude_changes_you_and_your_brain

Selfcare Toolkits for Teachers and Educators

Mindful.org: The G.R.A.C.E. Practice-A Moment to Engage in Self-Care <https://www.mindful.org/the-g-r-a-c-e-practice-a-moment-to-engage-in-self-care/>

Open Parachute: Coping with Covid-19 Lesson/Discussions

<https://courses.openparachuteschools.com/courses/take/COVIDTeacher/lessons/15902362-day-1-video-feelings>

The Resilient Educator (resilienteducator.com)

Covid-19 Resilient Educator Tool Kit: <https://resilienteducator.com/collections/covid19/>

Teacher Well-Being Strategies: <https://resilienteducator.com/collections/wellbeing/>

Mental Health Resources

Mental Health America (MHA)- Covid-19 Coping Skills Toolkit:

<https://mhanational.org/2020backtoschooltoolkit>

Mental Health America (MHA)-Mental Health Screening Tools: <https://www.mhanational.org/self-help-tools>

SAMHSA's Mental Health Crisis Plan App: https://smiadviser.org/mymhpc?utm_source=SAMHSA_social

Stressed Teens Website: <https://www.stressedteens.com/covid-19-tool-kit>

Additional Resources

Children's Books About Covid-19:

<file:///C:/Users/4206%20User/Documents/There%20Are%20Lots%20Of%20COVID-19%20Children's%20Books%20Now.%20Here's%20A%20Selection.%20HuffPost%20Life.html>

Child Trends: <https://www.childtrends.org/publications/how-to-implement-trauma-informed-care-to-build-resilience-to-childhood-trauma>

Covid with Kids: A Toolkit for Coping: <https://www.covidwithkids.org/>

Digital Future Initiatives: Digital Citizenship for Today's Kids: <https://www.dfinow.org/>

Tips for Parents: <https://www.dfinow.org/for-parents/>

Tips for Teachers: <https://www.dfinow.org/for-teachers/>

Natural High: Drug Prevention Program for Youth: <https://www.naturalhigh.org/about/>

The New York Times: Teaching About the Coronavirus

<https://www.nytimes.com/2020/07/01/learning/lesson-plans/writing-prompts-lesson-plans-graphs-and-films-150-resources-for-teaching-about-the-coronavirus-pandemic.html>

Sesame Street in Communities: Resources for Families:

https://sesamestreetincommunities.org/?_ga=2.50791273.1722904647.1605105838-592872790.1605105838&_gac=1.2951940.1605105859.EAlaIQobChMI_Zyvlt367AIVT8DICh1VFA7LEAAYAiAAEgJZ8_D_BwE

The School Mental Health Resource and Training Center: Healthy Young Minds Newsletter (Nov. 2020)

https://mhanys.org/wp-content/uploads/2020/11/HYM.Nov2020.FINAL_.pdf

You School: Curriculum for a Meaningful Life: <https://www.theyouschool.com/>

Inspiring Comfort: <https://inspiringcomfort.com>