



## Clinical Support Quick Links List

The following information was compiled by our Clinical and Social Services staff to equip you, our families, with convenient links to additional information. As always, if you have a specific and emergent concern regarding your child, please contact your child's social worker. We never want you to struggle to "find an answer" alone.

### Data Sharing & Privacy

<https://www.jdsupra.com/legalnews/from-adventure-academy-to-zoom-how-to-34612/>

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

### Managing ADHD at home

[https://goto.webcasts.com/starthere.jsp?ei=1292440&tp\\_key=54fbac6791](https://goto.webcasts.com/starthere.jsp?ei=1292440&tp_key=54fbac6791)

<https://www.youtube.com/watch?v=slgl2f8Xfx0&feature=youtu.be>

<https://childmind.org/article/giving-kids-with-adhd-support-and-structure-during-the-coronavirus-crisis/>

### Managing Stress & Anxiety

<https://omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf>

<https://childmind.org/article/anxiety-and-coping-with-coronavirus/>

<https://childdevelopmentinfo.com/coronavirus/helping-parents-and-kids-stay-cool-and-collected-during-the-covid-19-outbreak/#gs.5f7d66>

### Talking to children about COVID-19

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

<http://teenmentalhealth.org/covid-19/>

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Resource\\_Libraries/covid-19/resources\\_helping\\_kids\\_parents\\_cope.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Resource_Libraries/covid-19/resources_helping_kids_parents_cope.aspx)

### **Mindfulness activities**

<https://www.headspace.com/covid-19>

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

<https://www.smilingmind.com.au/smiling-mind-app>

<https://www.tenpercent.com/coronavirussanityguide>

### **Self-Care for Caregivers**

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/care-for-caregivers-tips-for-families-and-educators>

<https://childmind.org/article/self-care-in-the-time-of-coronavirus/>

### **Addressing Grief**

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/addressing-grief>

### **Managing Traumatic Events**

<https://www.nctsn.org/audiences/families-and-caregivers>

### **Parenting & Managing Your Child's Media**

<https://www.common sense media.org/blog/free-online-events-activities-kids-at-home-coronavirus>

### **Cyberbullying**

<https://www.mentalhealthdny.org/cyberbullying/>

<https://cyberbullying.org/>

<https://www.stopbullying.gov/>

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

<https://free2luv.org/>

### **Social Emotional Learning Activities for Home**

[https://blog.teacherspayteachers.com/10-social-emotional-activities-for-home/?utm\\_campaign=Weekly\\_Newsletter\\_%2523700\\_6\\_12&utm\\_source=simon&utm\\_medium=email](https://blog.teacherspayteachers.com/10-social-emotional-activities-for-home/?utm_campaign=Weekly_Newsletter_%2523700_6_12&utm_source=simon&utm_medium=email)

## **General Mental Health Resources**

**The Child Mind Institute** is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Their website is full of resources, catalogued by issue, and with parent guides on various topics/diagnoses. Currently, they are also offering appointments for telehealth: <https://childmind.org/>

## **School Mental Health & Resource Center**

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

## **Fun Family Activities**

<https://www.connectsafely.org/video-podcast-tech-tools-to-engage-your-family-in-fun-or-educational-activities/>

<https://www.artforkidshub.tv/>

<https://jeopardylabs.com/>

<http://cincinnatizoo.org/home-safari-resources/>

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

<https://www.youtube.com/user/CosmicKidsYoga>

Kids beginner workout video for all ages

[https://www.youtube.com/watch?v=L\\_A\\_HjHZxfl](https://www.youtube.com/watch?v=L_A_HjHZxfl)

Just Dance Videos

<https://www.youtube.com/watch?v=YCDCwuGcEmA>

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

## **Non-messy "dough" or slime**

2 cups cornstarch

1 cup conditioner (you can use a cheap brand)

Food coloring

Mix all ingredients together. It should be smooth and moldable for a smooth sensory experience!

Floor is Lava Game: Use anything to get across the lava floor like a shirt or pillow or plushy

Obstacle Courses: Use items around the house to climb on, over, through, practice different directions and ways to move such as bear walks, snake crawls, etc. use a timer if that's workable for your child

Sensory Bins/Exploratory Bins--Use water, rice, dried beans, dirt/mud and/or mulch with hidden toys.