



## Mental Health Resources for K-12 Educators During COVID-19

In response to the recent pandemic (COVID-19), the [Mountain Plains Mental Health Technology Transfer Center<sup>a</sup>](#) (MHTTC) has developed this resource list of supports for educators to address the mental health needs of students. The Mountain Plains MHTTC serves a six-state region. Funded by the [Substance Abuse and Mental Health Services Administration<sup>b</sup>](#) (SAMHSA), the Mountain Plains MHTTC focuses on providing free training, products, and technical assistance to individuals serving persons with mental health disorders.



The Mountain Plains MHTTC has also developed a similar product for caregivers titled [Mental Health Resources for Caregivers During COVID-19<sup>c</sup>](#).

## Resources for K-12 Educators and School Counselors

### [Helping Children Cope with Emergencies<sup>d</sup>](#)

This page provides information about the emotional impact of emergencies on children and offers tips regarding how to help them cope. It also provides common reactions based on the developmental stage of children and youth.

### [Helping Children Cope with Changes Resulting from COVID-19<sup>e</sup>](#)

The National Association of School Psychologists has developed resources to assist teachers and families as they adapt to the evolving changes in daily life due to COVID-19.

### [SAMHSA Resources and Information<sup>f</sup>](#)

SAMHSA is maintaining a website full of resources to respond to the current COVID-19 situation. Resources include considerations for state psychiatric hospitals, training and technical assistance related to COVID-19, virtual recovery resources, tips for social distancing, and disaster planning, among others.

### [Messages for Parents, School Staff, and Others Working with Children<sup>g</sup>](#)

Parents, family members, school staff, and other trusted adults play a critical role in helping children make sense of what they hear that is honest, accurate, and minimizes anxiety and fear. The Centers for Disease Control and Prevention (CDC) has created guidance to help adults engage in conversations with children about COVID-19 in a manner that allows children to avoid getting and spreading the disease.

### [Coping with Stress During Infectious Disease Outbreaks<sup>h</sup>](#)

Developed by SAMHSA, this fact sheet provides tips for coping with stress during an infectious disease outbreak. It describes common signs of stress and how to recognize when to get help.

### [Talking with Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks<sup>i</sup>](#)

Developed by SAMHSA, this fact sheet provides parents, caregivers, and teachers with strategies for helping children manage their stress during an infectious disease outbreak. It describes potential reactions among youth and the support adults can provide.

## Responding to the Novel Coronavirus (COVID-19) Outbreak Through Positive Behavioral Interventions and Supports<sup>j</sup>

One of the key principles of Positive Behavioral Interventions and Supports (PBIS) is a focus on building prosocial skills, not only attempting to eliminate challenging or problem behavior. The Center on PBIS encourages all schools to continue that focus, as well as other key principles of PBIS, as they address the COVID-19 pandemic. The website provides a few practical recommendations that educators can embed across a continuum of supports.

## National Center for School Mental Health<sup>k</sup>

The stress associated with this virus may understandably increase worry and anxiety in our students, staff, families, and communities. The National Center for School Mental Health is supporting educators and parents as they protect their health and the health of those around them. They have compiled a host of resources and tips and continues to update these products.

## American School Counselor Association's COVID-19 Resources<sup>l</sup>

The American School Counselor Association is working with the CDC on issues related to how schools work with students on issues surrounding COVID-19 and is helping the CDC develop appropriate and effective messages on how to talk to children about coronavirus.

## COVID-19 and Special Education

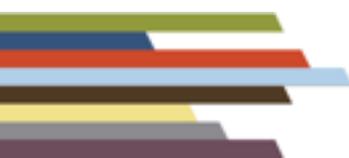
### U.S. Department of Education<sup>m</sup>

Press Release, Secretary DeVos Releases New Resources for Educators, Local Leaders on K-12 Flexibilities, Student Privacy, and Educating Students with Disabilities During Coronavirus Outbreak. Resources include:

- [Supporting Children with Disabilities During COVID-19 Outbreak \(PDF\)<sup>n</sup>](#)
- [Disaster Guidance: Flexibility and Waivers for Grantees and Program Participants Impacted by Federally Declared Disasters \(PDF\)<sup>o</sup>](#)
- [Addressing the Risk of COVID-19 in Preschool, Elementary, and Secondary Schools While Serving Children with Disabilities \(PDF\)<sup>p</sup>](#)

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## Web Addresses for Provided Resources

- a. [mhttcnetwork.org/centers/mountain-plains-mhttc/home](https://mhttcnetwork.org/centers/mountain-plains-mhttc/home)
- b. [www.samhsa.gov/](https://www.samhsa.gov/)
- c. [mhttcnetwork.org/centers/mountain-plains-mhttc/product/mental-health-resources-parents-and-caregivers-during-covid](https://mhttcnetwork.org/centers/mountain-plains-mhttc/product/mental-health-resources-parents-and-caregivers-during-covid)
- d. [www.cdc.gov/childrenindisasters/helping-children-cope.html](https://www.cdc.gov/childrenindisasters/helping-children-cope.html)
- e. [www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19)
- f. [www.samhsa.gov/coronavirus](https://www.samhsa.gov/coronavirus)
- g. [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html)
- h. [store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885](https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885)
- i. [store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006](https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006)
- j. [www.pbis.org/resource/responding-to-the-novel-coronavirus-covid-19-outbreak-through-pbis](https://www.pbis.org/resource/responding-to-the-novel-coronavirus-covid-19-outbreak-through-pbis)
- k. <http://www.schoolmentalhealth.org/COVID-19-Resources/>
- l. [www.schoolcounselor.org/school-counselors/professional-development/learn-more/coronavirus-resources](https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/coronavirus-resources)
- m. [www.ed.gov/news/press-releases/secretary-devos-releases-new-resources-educators-local-leaders-k-12-flexibilities-student-privacy-and-educating-students-disabilities-during-coronavirus-outbreak](https://www.ed.gov/news/press-releases/secretary-devos-releases-new-resources-educators-local-leaders-k-12-flexibilities-student-privacy-and-educating-students-disabilities-during-coronavirus-outbreak)
- n. [www2.ed.gov/policy/speced/guid/idea/memosdcltrs/qa-covid-19-03-12-2020.pdf](https://www2.ed.gov/policy/speced/guid/idea/memosdcltrs/qa-covid-19-03-12-2020.pdf)
- o. [www.cde.state.co.us/cdesped/disaster\\_guidance\\_2017](https://www.cde.state.co.us/cdesped/disaster_guidance_2017)
- p. [www.cde.state.co.us/cdesped/supplemenatal\\_factsheetp\\_12\\_disabilities](https://www.cde.state.co.us/cdesped/supplemenatal_factsheetp_12_disabilities)



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