



# School-Based Provider COVID-19 Mental Health Toolkit

The United States has declared a [national state of emergency](#) in child and adolescent mental health. Over [140,000 children](#) have experienced the death of a parent, grandparent, or caregiver from COVID-19, adding more stress to children and their families.

**The purpose of this toolkit is to supply school-based mental health providers with resources to support students, parents, and school personnel who may be experiencing grief and/or mental fatigue as a result of the persistent disruptions to everyday life caused by the COVID-19 pandemic.**

Additional resources compiled by the **Mental Health Technology Transfer Center Network** can be found on the [Responding to COVID-19 School Mental Health](#) website. Resources include best practices, trauma-informed care, telehealth tools, professional self-care, and much more.

## Resources for Students

**These resources can be used by mental health providers in individual and group sessions. Included are peer-led activities that encourage the de-stigmatization of participating in mental health care.**

### [My Self Care Plan](#)

Resource for elementary-aged students to identify helpful coping skills and strengths.

### [Self-Care Planning Guide](#)

Resource for middle/high school-aged students to build healthy self-care practices.

### [Supporting a Friend who is Grieving](#)

Resource for students to learn the difference between helpful and hurtful ways to support grieving friends and loved ones.

### [Dougy Center](#)

Collection of grief resources and activities for youth of all ages.

### [Pacing Penguins](#)

Activity for younger students with symptoms of long COVID to manage fatigue and energy limitation.

### [Spoon Theory](#)

Group activity for students to understand the limitations of those living with chronic illness, can be applied to helping students understand long COVID.

### [Bring Change to Mind](#)

Student-led club to destigmatize mental health. Each club receives an annual \$500 grant and free Headspace app subscription for registered students.

## Resources for Parents/Caregivers

These resources can be used by mental health providers in family sessions with clients in school-based services. They can also be offered to parents seeking guidance on applying learnings from the sessions at home to improve the family/provider partnership.

### Parenting through Crisis

Ideas on how to talk openly about a crisis or disaster in ways that support children's resilient adjustment.

### Making Choices about Media Use

Tips to help youth and families become savvy media consumers.

### Will My Child Bounce Back From the Coronavirus Crisis?

Facts for parents on trauma, adjustment disorders, and protective factors during the pandemic.

### COVID-19 Decision Fatigue

Understanding the signs of decision fatigue and how to reduce feelings of stress and anxiety.

### Self-Care for Parents, Caregivers, and Family Members

Self-paced course on recognizing stress, self-care strategies, and guiding others toward self-care.

### Parent-Professional Partnership Tip Sheet

Strategies for parents and professionals to successfully partner together around a child's mental health.

## Social Media Messaging

These sites can be used by mental health providers and the school community to spread awareness to students and families on mental health topics and COVID-19 resources.

### CDC Healthy Schools

Engaging parents/families through social media to support school social and emotional climate and learning.

### Community Schools and COVID-19 Recovery

Sample social media messaging to inform families and students of available resources in the community.

### Mental Health America Mental Health Month

May is Mental Health Month. Campaign to spread awareness of mental health topics to the school community. Toolkits from previous years are currently available for reference, 2022 toolkit will be available March 28th.

## Resources for Teachers/Faculty

These resources can be used by the school community to support students navigating trauma and grief/loss and reduce teacher burnout as a result of COVID-19.

### Mitigating Teacher Stress and Burnout

Best practices to support teachers' mental health.

### [Long COVID under Section 504 and the IDEA](#)

Information about long COVID as a disability and schools' responsibilities for the provision of services and reasonable modifications to students.

### [Social and Emotional Development Videos](#)

Collection of videos to support social and emotional development, organized by age and topic, that can be shared virtually or in-person.

### [Books to Help Grieving Children and Teens Heal](#)

List of grief-focused stories and books for young children and teenagers.

### [Supporting Grieving Students in Schools](#)

Training for teachers on considerations of grief and loss, types of grief, ideal support for students, and connecting the community around grievers.

### [Common Trauma Symptoms in Students and Helpful Strategies for Educators](#)

Includes preventative, "in the moment," and "after the moment" strategies for working with students with trauma.

## Fact Sheets & Resources

**These fact sheets can be used by school-based mental health providers and the school community to raise awareness and learn strategies to mitigate the impact of COVID-19 on youth mental health.**

### [COVID-19 Effect on Child Mental Health](#)

Understanding the impact of COVID-19 on youth and young adult mental health.

### [The Pandemic's Impact on Children: COVID Vaccinations & Mental Health](#)

Data insights on child vaccination rates and mental health impact of COVID-19.

### [Protecting Youth Mental Health: The U.S. Surgeon General's Advisory](#)

Recommendations for supporting the mental health of children, adolescents, and young adults as the pandemic continues.

### [Preventing Suicide: The Role of High School Mental Health Providers](#)

Suicide prevention and response strategies for high school-based providers.

## Webinars & School Engagement Strategies

**These webinars can be used by school-based mental health providers, teachers, faculty, and the school community to learn ways of engaging students/clients virtually, understanding grief and loss as a result of COVID-19, and case studies of successful family/school engagement strategies.**

### [Grief Loss and Bereavement in the Time of COVID-19](#)

Presented by ASPIN and MHTTC, 1/19/2022. (Passcode: Z#y9E@Em)

### **Student Anxiety Returning to School Post-COVID-19**

Presented by ASPIN and MHTTC, 12/17/2021. (Passcode: 6N!az9?.)

### **Engaging Clients in Virtual Platforms during Crisis**

Presented by ASPIN and MHTTC, 2/21/2021.

### **Caring for Yourself While Caring for Others During the Pandemic: Self-Care and Stress Inoculation**

Presented by Mental Health America, 2/1/2022.

### **Building a Trauma-Informed Classroom Community**

Presented by Mental Health America, 8/26/2021.

### **Lessons from the Field: Family and Community Engagement and Returning to In-Person Instruction**

Presented by the U.S. Department of Education, 4/27/2021.



This publication was prepared for the Mental Health Technology Transfer Center (MHTTC) Network by ASPIN under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this publication, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this publication for a fee without specific, written authorization from the Great Lakes Mental Health Technology Transfer Center and ASPIN. For more information on obtaining copies of this publication, call (608) 263-0492.

At the time of this publication, Miriam Delphin-Rittmon, served as SAMHSA Assistant Secretary. The opinions expressed herein are the view of the Great Lakes Mental Health Technology Transfer Center and ASPIN and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this document is intended or should be inferred.

ASPIN, a 501(C) 3 not for profit network, operates four major service lines: behavioral health services, professional training and workforce development, grants management, and health improvement. The mission of ASPIN is to provide innovative educational programs, resource management, program development, and network management in collaboration with all healthcare entities to address health disparities and whole health management.

For further information, please visit [www.aspin.org](http://www.aspin.org) 550 Congressional Blvd. Suite 120 Carmel, Indiana 46032