

Links from TLC Tuesdays: Children and Adolescents (Week 4)

1. <https://pcit.ucdavis.edu/telehealth-resources/>

The UC Davis Children's Hospital provides resources on Parent Child Interaction Therapy (PCIT). A number of video presentations are included on providing telehealth with children. In addition, they provide a number of other links for accessing other telehealth resources.

2. <https://opce.catalog.auburn.edu/courses/pcit-internet-based-pcit>

Auburn University Outreach offers a free web course that provides information on how to provide internet-based Parent Child Interaction Therapy. It includes helpful resources for parents and therapists including information on how to set up your home, handouts, links to YouTube videos, consent forms.

3. <https://www.cdc.gov/php/docs/hipaa-ferpa-infographic-508.pdf>

This is a link to an easy-to-read, concise handout from the CDC on HIPAA and FERPA that outlines who must comply, what information is protected, and what can be disclosed.

4. www.schoolmentalhealth.org

From the University of Maryland, School of Medicine, the National Center for School Mental Health (NCSMH) works to strengthen policies and programs in school mental health to improve learning and promote success for America's youth. This site provides a list of COVID-19 related tips for staying healthy.

5. [Region 2 MHTTC School Product for Educators](#)

The Northeast and Caribbean MHTTC has a product two-page downloadable, printable document that provides tools for educators during a public health crisis. It provides tools for taking care of oneself, staying informed without stressing out, recognizing what stress can look like, and teaching strategies.

6. [National Center for School Mental Health: COVID-19 Resources for School Personnel Related to Policy, Skills, and Technology](#)

This is a collection of COVID-19 resources for school staff and administrators as well as students and families. It includes a 47-minute training video to help school mental health clinicians prepare to use tele mental health to provide services and support to students and families.

7. [National Association of School Psychologists: Supporting Student Learning and Well-being during COVID-19](#)

The National Association of School Psychologists (NASP) has compiled a wealth of resource links on topics such as Service Delivery & Special Education; Crisis & Mental Health; Families & Educators; and Professional & Credential Preparation Resources are developed and updated as new information becomes available.

8. [CDC: COVID-19 Resources for Mental and Physical Health](#)

A resource from the CDC that provides information about COVID-19 including information on how to protect yourself, what to do if you are sick, symptoms to watch for, and tips on how to slow the spread. Includes a link to making cloth face covers. Information is provided in a variety of languages including Spanish, Chinese, Vietnamese, as well as others.

9. [American School Counseling Association: COVID-19 Response and Ethical Considerations for Virtual Counseling](#)

The American School Counselor Association provides COVID-19 updates and resources for school counselors, administrators, and parents. Links to recent webinars are free to all from March 15 through May 31, 2020.

10. [National Child Traumatic Stress Network: Supporting Children and Families](#)

The mission of this network is to “raise the standard of care and improve access to services for traumatized children, their families and communities throughout the United States.” To that end, this site provides information on types of trauma, treatments, trauma-informed care, and additional resources. This includes a link to supporting children during COVID-19.

11. [Free Resources for Autism Assessment and Care amid COVID-19 Pandemic](#)
(Vanderbilt, 2020)

Vanderbilt Kennedy Center Treatment and Research Institute for Autism Spectrum Disorders provides free resources for autism assessment and care during the COVID-19 pandemic. The resources are available to families, early intervention providers and diagnosticians, and links are updated as new information surfaces.

12. [National Hispanic and Latino MHTTC](#)

Provides links to free webinars and products specifically targeting school-based individuals and mental health providers that serve the Hispanic and Latino population.

13. [National American Indian and Alaska Native MHTTC](#)

Provides links to products and information specifically directed to professionals working with American Indian and Alaska Native clients.

14. [Resources for Implementing TF-CBT via Telehealth for Spanish Speaking Populations](#)

The Medical University of South Carolina Telehealth Outreach Program, this site provides downloadable resources for individuals providing Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) via telehealth. All information and resources are provided in both English and Spanish.

15. <https://mhttcnetwork.org/centers/mountain-plains-mhttc/product/mental-health-resources-k-12-educators-during-covid-19>

Directed primarily toward K-12 educators, this site provides a downloadable document with links to a number of resources including toolkits, guides, tip sheets, and infographics that can use to address the mental health needs of their students during the COVID-19 pandemic.

16. <https://mhttcnetwork.org/centers/mountain-plains-mhttc/product/mental-health-resources-parents-and-caregivers-during-covid>

Directed primarily toward parents and caregivers, this site provides a downloadable document with links to a variety of resources including toolkits, guides, tip sheets, and infographics - that they can use to address the mental health needs of the children in their care. The links include information on how to prepare for an outbreak, how to reduce risk of contracting the virus, strategies for dealing with stress, and helping children cope.