

How to Decide Essential Services

HOW TO TALK WITH CHILDREN AND TEENS ABOUT COVID-19

- **Listen.** Listen and give accurate, developmentally appropriate information
- **Provide.** Provide a safe space: reassurance, routines, regulation
- **Understand.** Show understanding: validate and help cope
 - [COVID-19: Talking with Children \(CDC\)](#)
 - [COVID-19: Supporting Teens \(Child Mind Institute\)](#)



HOW TO ADDRESS ANXIETY, WORRIES AND FEARS



- Create a plan for caring for the body
 - Work with the student to outline daily eating, sleeping and exercising habits
- Create a plan for caring for the mind
 - [Practice strategies that aid in managing stress \(National Center for School Mental Health\)](#)
 - [Create a list of fun activities to complete throughout the week \(Child Mind Institute\)](#)
 - Discuss the possible need to take breaks from the news

HOW TO MANAGE RISK

- Be familiar with:
 - Current resources available for patient support during crises
 - Reporting guidelines for concerns related to child abuse and neglect in your state
 - Procedures for hospitalizations/patients who may require inpatient services
 - How to communicate procedures with families
- Complete assessment you typically would in a clinic setting
 - If expectations for parent involvement are agreed upon prior to initiating services, the parent should join at the end of session — this is beneficial for safety planning or for next steps with referral for more intensive services
- Keep phone accessible for emergency purposes

TELEHEALTH
TOOLBOX

• *for school personnel* •



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network
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