



Mental Health America of Greater Houston's Center for School Behavioral Health COVID-19 Resource List

The Center for School Behavioral Health at Mental Health America of Greater Houston has compiled a list of resources and trainings available to educators, youth facing individuals, families, and students. We hope these items assist you during this time, please take care of yourself and don't hesitate to contact csbinfo@mhahouston.org with questions, concerns, resource requests, or ideas.

Please be sure to keep an eye on mhahouston.org and www.readyharris.org for the most up-to-date information and additional resources



Crisis Resources:

The Harris Center (Chronic anxiety and stress): 833-251-7544

Harris County Triage (COVID-19 Symptoms; 9 AM – 7 PM Daily): 713-634-1110

The Steve Fund (culturally competent counseling): Text STEVE to 741741

Texas Youth Hotline (Youth Concerns): 1-800-989-6884 (call); 512-872-5777 (text)

Dept. of Health and Human Services Texas (General COVID-19 Questions): 211, Option 6

United Way of Greater Houston (Food, Childcare, Transportation): 211

Disaster Distress Helpline (Crisis Assessment and Intervention): 1-800-985-5990

Families Empowered (School Closures and Food Distributions):

<https://familiesempowered.org/for-parents/covid-19-resources>

Texas Abuse Hotline (if you suspect a child is being abused/neglected): 1-800-252-5400

Parent/Caregiver Resources

Texas Psychological Association (TPA)

Free Mental Health Services

<https://www.texaspsyc.org/page/ProBonoProject>

TPA is providing up to two hours of free mental health services in the wake of COVID-19. These services are available virtually and sessions are with licensed mental health professionals. TPA also has a helpline for those who are in crisis and additional referral resources for those who need longer-term care

- Families
- Parents/Caregivers
- Older Siblings

Collaborative for Children

Childcare for Essential Workers

www.findchildcarenow.org

Collaborative for Children has set up an easy to complete form for essential workers; workers complete the form and are then matched with available childcare in their area. Financial assistance is available in some instances.

- [Essential Worker](#) Families
- Parents/Caregivers
- Older Siblings

TEA & Houston Parks and Recreation

Free Meal Locators

https://schoolmealfinder.hoonuit.com/?filter_state=tx

<https://www.houstontx.gov/parks/>

Both links show resources available to families with children to connect them with free meals; these distributions utilize social distancing and appropriate safety measures in order to deliver meals for children. Search by region; data is available in for states other than Texas as well.

- Families
- Parents/Caregivers
- Older Siblings

UNICEF

Kid Power Platform

<http://www.unicefkidpower.org/parents/>

The Kid Power Platform is a free activity platform for kids and parents to get moving! It includes dance, yoga, and other activities to help kids feel empowered and energized and fulfilled; when kids use the app, they are actually helping to feed kids in need! Every time they use the platform, kids unlock ready to use therapeutic food (RUTF) which will be sent to severely malnourished children around the world.

- Families
- Parents/Caregivers
- Older Siblings

Houston Circle of Hope

Mental health case management

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

Houston Circle of Hope provides individual case management for those who have mental health concerns. They utilize evidence based, client centered, solution based mental health interventions to create wholistic systems and supports for their clients. Clients will learn how to utilize their potential and work towards self-actualization, to move beyond community stabilization and into lives they desire.

- Parents
- Caregivers
- Educators

Calm Parents, Healthy Kids Kognito and UNICEF

Game for Parents with Young Children

<https://bit.ly/2WHI6XY>

Calm Parents, Health Kids is a free online roleplay game for parents of young children designed to help parents learn how to deal with common, stressful behaviors from young children. The game teaches parents/caregivers how to appropriately support their children's social and emotional development in areas such as discipline and de-escalating situations. This resource is limited to families in the Greater Houston area

- Parents
- Caregivers
- Older Siblings

Mindful Being Houston

Guided Meditations and Classes

<https://www.facebook.com/mindfulbeinghouston>

<https://www.mindfulbeinghouston.com>

Mindful Being Houston teaches classes on mindfulness from beginner to advanced levels; mindfulness teaches you to be present in your life with more compassion and kindness for yourselves and others. They offer free daily guided meditations via their Facebook page and classes on techniques to engage mindfulness in everyday life.

- All levels, ages, and professions welcome

Family Caregiver Alliance

Resources for Caregivers Nationwide

www.caregiver.org

The Family Caregiver Alliance provides tools and resources for those who provide care to people with chronic, disabling health conditions. They have webinars, factsheets, and support groups for those engaged in this work, as well as a navigator tool which shows resources available in different states. They also have YouTube channel with recorded webinars.

- Adults
- Providers (nurses, in home caregivers)
- Parents
- LGBTQIA Friendly Resources

Child Mind Institute

Managing Problem Behavior at Home

<https://childmind.org/article/managing-problem-behavior-at-home/>

This resource has tips and tricks for appropriate discipline structures so both parents and children feel heard and understood. It has techniques to embrace and avoid, and how to create effective consequences.

- Adults
- Parents
- Older Siblings
- Child-care providers

Crime Stoppers

Virtual Presentations

<https://crime-stoppers.org/events/>

Crime Stoppers Houston is hosting virtual continued education opportunities for a variety of audiences, including educators, parents, and youth. Topics range from how to spot human trafficking, cyber safety for teens and tweens, student mental health, and more. These are free and will be hosted via virtual meeting tools.

- Youth
- Parents
- Educators
- Child facing individuals
- Adults

Clearhope Counseling

The HOPE Way

www.clearhopewellness.com

The Clearhope Counseling Team takes a client-centered, collaborative approach to providing expert mental health services conducted by fully-licensed LPCs, LMFTs, LCSWs, and Psychologists. They work to educate stakeholders to become more trauma informed, to remove social and cultural stigmas around therapeutic services, and improve knowledge of mental health and wellness. Improving recognition of warning signs of mental illness, suicidality, homicidally and substance use and dependence among educators, community leaders, and healthcare professionals is a top priority. While also coaching and empowering trained mentors to recognize early signs of trauma and mental illness and utilize a referral system for early, expert interventions to improve resiliency.

- K-12, families
- Psychological evaluations
- Immigration evaluations
- Multiple languages spoke

DePelchin Children's Center

Family Resources

<https://www.depelchin.org/covid-19-resources/>

Depelchin Children's Center focuses on supporting families involved in the foster care system, families who have adopted children, and supporting the physical and mental health of children. They have a comprehensive resource list if your family is in need of computers, internet access, food, telehealth services, and/or virtual self-care opportunities.

- Families
- Parents

YouTube Videos on Discipline

Autism Live, Katie Morton (in partnership with UNICEF), and St. Louis Children's Hospital

<https://www.youtube.com/watch?v=S4TYtPvMUEU>

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

<https://www.youtube.com/watch?v=DVPO-xvV4A4>

The Autism Live video (1st link) is a show hosted by a parent and licensed BCBA who discuss a reader submitted question on discipline and how it's alienating a mother and son; the BCBA discusses tips on how to engage in discipline in a more productive way as well as tools to help the son and mom reconnect.

The Katie Morton video (2nd link) is an LMFT who has partnered with UNICEF in order to discuss tips for those who are stressed by the current state of the world as well as family friendly tips for dealing with the current state of things.

The St. Louis Hospital video (3rd link) has insights into productive discipline practices that ensure discipline is well understood for the youth and is productive. It has tips for avoiding escalation and keeping calm; it is led by a child psychiatrist.

- Parents
- Older siblings

Adapting to Daily Life in the Wake of COVID-19

The National Child Traumatic Stress Network

COVID-19 Family and Parent Guide

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

The National Child Traumatic Stress Network developed this packet around best practices related to stopping the spread of the virus, behaviors expected from different age groups around the virus and having to stay home, and some self-care ideas for families

- Families
- Parents

NAMI Texas

People with mental illnesses and their love ones' support groups

<https://namigreaterhouston.org/support-groups-2/>

NAMI Texas is offering free, virtual support groups for people experiencing mental health disorders and groups for families and friends to those with a mental illness. Create an account at the link above, then register for a meeting under the 'Our Meeting Calendar' link

- Adolescent and adult groups
- Virtual

Houston Immigration

Updated List of Available Harris County Services and Resources Relating to Immigration

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

<https://www.houstonimmigration.org/covid19-resources/#tab-id-3>

Houston Immigration, a project of the Legal Services Collaborative, has resources available to connect people with reliable immigration representation (first link) along with a site specifically dedicated to keeping an up to date running list of services offered in Harris County and how COVID-19 has affected/shifted their operations (second link)

- Harris County population
- Immigrants
- Individuals
- Families

Community Design Resource Center

Houston Resource Packet

<https://www.cdrchouston.org/resources>

The Community Design Resource Center (CDRC) based out of the University of Houston, has created Houston focused resource packets in both English and Spanish. The guidebook includes free testing sites (can only be tested if actively showing symptoms), food distributions, online education resources, and free Wi-Fi resources

- All age groups
- Virtual
- Families
- Educators

Mental Health America

Mental Health and COVID-19 Resources

<https://mhanational.org/covid19>

Mental Health America has a webpage dedicated to supporting individuals with mental health concerns during the coronavirus outbreak. It includes resources for individuals with substance use disorders, stress and anxiety management, financial support, and tools for immediate crisis interventions

- Educators
- People living with a mental health disorder
- Individuals
- Families

Nationwide Children on Our Sleeves

<https://www.nationwidechildrens.org/giving/on-our-sleeves/find-help/tools-for-you/coronavirus>

On Our Sleeves has resources around talking to children about COVID-19 as well as podcasts on separating fact from fiction information wise about COVID-19. They also have great free resources on how to set good routines for children while at home, staying mentally healthy, and boredom related to being indoors

- Parents/Caregivers
- Families
- Older siblings

The National Association of School Psychologists

Talking to Children About COVID-19: A Parent Resource

[Talking to Children About COVID-19](https://www.nasps.org/parent-resource)

The National Association of School Psychologists developed a resource to help parents navigate discussing the virus with children. It includes tips on how to discuss the virus with different age groups, how to avoid excessive blaming, how to support new hygiene practices, and additional resources.

- Families
- Parents
- Older siblings

Active Minds

COVID-19 Resources for Families

<https://www.activeminds.org/about-mental-health/be-there/coronavirus/>

Active Minds has a variety of resources related to mental health and the virus, including digital access to information geared towards young adults who have a friend in need, schools and parents on how to support young adults during this time, and resources dedicated to those working from home. They will also be hosting regular live webinars and have a list of referrals for anyone who needs extra support

- Families
- Caregivers
- School Admin
- Young Adults

Prevent Child Abuse America

COVID-19 Resources for Families

<http://preventchildabuse.org/coronavirus-resources/>

Prevent Child Abuse America has resources around how to help families cope with COVID-19; resources range from how to re-connect with your family through fun and helpful around the house activities to resources for children around COVID-19.

- Families
- Caregivers
- Older Siblings

Youth Related Resources

PBS Kids for Parents

Raising Kids who Thrive

<https://www.pbs.org/parents/thrive>

PBS Kids for Parents has a variety of activities for youth (divided by age groups), de-stress tips for parents and kids, and resources

- Parents/Caregivers
- Older siblings
- Bilingual Available

Aperture Education

Integrating SEL at Home

[Optimistic Thinking](#)

This resource discusses the power of optimistic thinking and how to integrate it into home lessons. It discusses utilizing the 'even if' technique at different age levels and how to promote positive thinking even in the face of COVID-19.

- Parents/Caregivers
- Older siblings
- Educators

Ready Rosie

Free Online Lessons

<https://healthyathome.readyrosie.com/en/>

Ready Rosie has free, interactive online lessons organized by age group to get families learning and growing together! Lessons are short, easy to access videos to encourage learning for young learners; lessons focus on infants through Kindergarten students

- Parents/Caregivers
- Older siblings
- Educators

Free Coloring Books

Coloring Books by Age Level and Interest

<https://drive.google.com/open?id=12FdhNVvkWdjB05-Q7TAIsQEGpbZZKFeS>

<http://library.nyam.org/colorourcollections/>

Great activity for youth of all ages and gives space for kids and adults to practice art therapy. The second link has coloring books from a variety of museums, so kids and adults can learn about different cultural institutions in the process

- All ages
- All professions

Y Teen L.I.F.E. with the YMCA

Free at home activities for teenagers

<https://www.ymcahouston.org/programs/child-care/y-teen-life>

The YMCA is partnering with the Houston Texans to bring free virtual programming to teenagers. Activities include a virtual HIIT session, a how to make tortillas cooking video, and a virtual game night.

- Teenagers
- Older siblings
- Young adults

Covibook

Ages 7 and Younger Free Book on COVID-19

<https://www.mindheart.co/descargables>

This book was developed by a trainer who specializes in working with young children; it is meant to explain the virus to young children and to give them an opportunity to healthily process the emotions they may be experiencing as a result of the virus and its effects on those around them

- Parents/Caregivers
- Educators
- Many languages available

Open Culture

School-Related Activities

http://www.openculture.com/free_k-12_educational_resources

This website has educational resources for all age groups, including free textbooks, free audio and print books, free lessons/tutorials, and free to access tools by subject area

- Parents/Caregivers
- Educators/School Admin
- Youth of all ages

Educator Resources

CSBH at MHA of Greater Houston

<https://mhahouston.org/csbh-webinars/>

The Center for School Behavioral Health, part of Mental Health America of Greater Houston, is pleased to announce its plans to begin recording virtual training sessions. These sessions will cover a range of topics specific to COVID-19 and how best to cope with the changing world around us. Keep an eye on our website, mhahouston.org for all the latest information and resources around this topic; we will also be sending the trainings out via our Newsletter listserv so keep an eye out for that as well!

- Educators and Admin Staff
- Parents/Caregivers

Aperture Education

Free guides and factsheets around SEL learning

<http://info.apertureed.com/archived-resources>

This website has resources for educators around SEL including how to integrate SEL learning in your classroom, resources that can be shared with parent/families in this transition time, and learning credits available for some of their content

- Educators/School Admin

Southern Poverty Law Center via Washington Post

Trauma-Informed in the Wake of COVID-19

[Trauma-Informed Strategies for All Students](#)

This article is interview style and leans on advice and best practices compiled by the Southern Poverty Law Center, teachers of Teaching Tolerance. It includes advice and tips for keeping online learning trauma-informed, and how to set up routines for students to help support them in these times

- Educators/School Admin

Character Strong

Resource Library and Virtual Assemblies

<https://characterstrong.lpages.co/educator-resources/>

Character Strong, a Social Emotional Learning curriculum, has compiled lots of free resources as well as online learning opportunities to help support educators. Resources include a free pre-recorded summit, live virtual assemblies, kindness journal activities for all ages, and a resource library with videos and short kindness challenges. Create a free account to access the materials

- Educators/School Admin

Thrive Trauma Informed Yoga

A virtual group dedicated to trauma informed movement and healing

[Keep Connected to Your Trauma Recovery](#)

Thrive Yoga was founded to help united the body and mind through intentional yoga practice. It was founded by Elizabeth, who has a background in clinical practice and a studied focus on psychodynamic psychotherapy. She is offering a series of virtual classes for free to those financially impacted by COVID-19 and for those on the front lines helping to keep our world going. Email

haberertherapy@gmail.com for more information and to register

- Educators/School Admin
- Adults
- Parents
- Caregivers

The New Teacher Project

Online Learning and Vulnerable Populations Resource

[Online Learning for Vulnerable Populations](#)

The New Teacher Project (TNTP) has put together resources and considerations that should be used as districts move to online learning platforms. It discusses considerations/supports that should be put into place for students with disabilities or who are ELL.

- Educators/School Admin
- District Representatives

Panorama

Daily Virtual Learning Opportunities

[Learn About Current Webinars and Watch Recorded Content](#)

Panorama is hosting free webinars around a variety of topics, including integrating mindfulness practices at home, how to build connections among students even when buildings are closed, and other professional development topics (including PBIS and MTSS deep dives).

- Educators/School Admin
- Adults
- Parents/Caregivers