



Unity Charter School
Department of Special Services
1 Evergreen Place
Morristown, NJ 07960
(973) 292-1808

Hello CommUnity,

As you are well aware our team is pulling together various resources we come across to help keep our families at home informed, engaged, and supported. Please find below a list of resources that may serve as mental health outlets during these uncertain, and, understandably so, stressful times.

Although we do our best to sound confident, calm, and collected around our children, it is important we share valid facts and acknowledge the anxiety, fear, and uncertainty that plagues all communities at this time. Of course the Unity team is not only proliferating educational, academic support, but also psychological well-being; feel free to reach if in need of guidance! In the meantime, check out the following links which share information about CoVid19 at differing degrees of depth:

- This one is from the National Association of School Psychology (*so you know it's a good one!*). This resource is comprehensive and shares best practice tips on a variety of common themes regarding the current health situation in an easy to read/access format:

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

- The next two articles come from Child Mind Institute, a great guide for science-backed resources geared toward children and families who may experience mental health need or educational disability. The articles again help us as adults understand the best way to discuss these worrisome topics with our children. Here is a video from the article and for full writeups, follow the links!

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

https://www.youtube.com/watch?time_continue=1&v=WhVad8ToCiU&feature=emb_logo

- From Active Minds, this article outlines ways in which you and your kids can maintain emotional well-being during COVID-19:

<https://www.activeminds.org/blog/coping-and-staying-emotionally-well-during-covid-19-related-school-closures/>



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- Another info byte from Child Mind supports the importance of social distancing. This can be difficult for adolescents. The article can help adolescents to understand why we are taking these measures to quarantine and social distance and, perhaps a phrase you've heard at home, "ruining their lives!"

<https://hub.jhu.edu/2020/03/13/what-is-social-distancing/> <https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

- Straight from the CDC this article discusses managing stress and anxiety during a difficult time:

https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html

- Also from CDC, resources pertaining to support in coping with COVID-19 changes in day to day life and taking care of your emotional health:

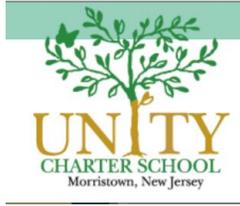
<https://emergency.cdc.gov/coping/index.asp>

<https://emergency.cdc.gov/coping/selfcare.asp>

- The CDC has many helpful articles to help guide us through these chaotic times, and this one again relates to helping adolescents deal with emergency situations.
<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>
- These CDC write ups deal with a sensitive issue that some of our families may be coping with- What to do if you are sick or someone in your family is sick and how to protect yourself from the virus.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>



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- From the WHO (*no, not the classic rock British invasion band*), explaining ways to help children of all ages cope with CoVid19 changes to normal routine- this one is great as it is a simple to follow, “flyer” style pamphlet of info with graphics and all:

https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

- Also from WHO comes a much more thorough and in-dept document outlining mental health considerations and psychosocial effects the outbreak may cause/be causing; this doc is more intensive read, and within the doc are hyperlinks to more specific areas of intervention which may be helpful:

<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>

Thanks very much and be well!



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