![CCSI - Coordinated Care Services, Inc. Innovative Solutions in Human Service Delivery]

COVID-19: Resources for Educators

Below is a compiled list of resources for both supporting the students and families you serve and yourself. The need for social isolation during this health pandemic may be elevating feelings of worry, fear and depression. Being in a state of uncertainty may trigger increased stress as we find different or new ways to cope adaptively. Remember, when you are at your best, you are better able to support those you serve. Resources include tip sheets, web links to news articles, and strategies for coping and adjusting to the new "normal" of everyday life.

Trauma-Informed Practices

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• Created by the **Nation Child Traumatic Stress Network (NCTSN)**, this guide provides strategies for utilizing trauma-informed practices during COVID-19. Information includes, but is not limited to, how to support the wellbeing of staff, creating a trauma-informed remote learning environment, cultural responsiveness, school discipline, policies, and practices, as well as cross-systems collaboration and community partnerships.	**Link to Article:** Trauma-Informed School Strategies during COVID-19 NCTSN — The National Child Traumatic Stress Network
• The **National Association of School Psychologists (NASP)** produced several resources for the myriad of effects that COVID-19 may have on the school community such as addressing stigma and racism, grief, and action steps for school crisis teams. The COVID-19 resource center will also lead you to several other valuable resources including information on returning to school, special education, and internship.	**Links to Articles:** Responding to COVID-19: Brief Action Steps for School Crisis Response Teams Countering Coronavirus Stigma and Racism: Tips for Teachers and Other Educators Addressing Grief Brief Facts and Tips COVID-19: Resource Center
• **The Rennie Center** created a blueprint to help guide educators when returning to school. The blueprint includes three modules, beginning with how to integrate trauma-informed practices in relation to COVID-19. The other modules include information on measuring student progress and learning needs, reengaging at-risk youth, and developing post-secondary plans for all students.	**Link to Article:** BACK-TO-SCHOOL BLUEPRINT **Planning for a Brighter Future after COVID-19**
• Written by Valerie Strauss, "this post offers expert advice on how to use trauma-informed curriculum while teaching students — whoever is doing it. This comes from Teaching Tolerance, a project of the Southern Poverty Law Center."	**Link to Article:** A Trauma-Informed Approach to Teaching Through Coronavirus TEACHING TOLERANCE
• Provided by the **Trauma and Learning Policy Initiative**, this document provides guiding questions and helpful strategies for maintaining trauma-informed practices during remote learning.	**Link to Article:** Priority for Trauma-Sensitive Remote Learning: Keeping Connections Strong
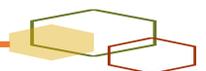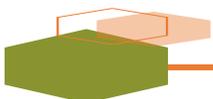
Mental Wellbeing and Coping Strategies

- From the **Mental Health Technology Transfer Center (MHTTC) Network**, a series of webinars to support educators and families while coping and adjusting to a new normal in education and homelife.

Link to Article:

Connections During COVID-19:
Mental Wellness Webinars For Families &
Educators

Northwest (HHS Region 10)
MHTTC Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

- Yale provides tips for managing anxiety for individuals and the school community

Link to Article:

Managing Anxiety Around COVID-19
Tips for You and Your School
Community

- **The National Association of School Psychologists (NASP)** has created a set of tips for caregivers (e.g. parents and educators) on how to care for themselves during the COVID-19 pandemic. Some tips include how to address burnout and some signs of stress reactions that may suggest a need professional follow-up.

Link to Article:

Care for Caregivers: Tips for Families and Educators

For more resources that can be provided to youth and parents, please see our resource page titled,
COVID-19: Resources for Individuals and Families