



# Selected resources for building resilience and supporting social-emotional and behavioral health in children, families, and staff recovering from the COVID-19 crisis



# Recommendations to support children and adults in recovery from COVID-19

<i>Systems/program level</i>	<i>Staff level</i>
Communicate a message of the importance of <b>safety and staying connected</b>	Encourage students to <b>stay connected</b> with family and friends by phone or video conference during distance learning or hybrid schedules
Create opportunities to <b>celebrate staff and student accomplishments</b> during the time that children are away from school and for when they return (e.g. awards, milestones, graduations)	Support families in <b>creating and maintaining regular routines</b> for children; with opportunities for learning and family connection time, and opportunities to get fresh air and exercise outside
Allow <b>time for staff to reflect</b> on what they've learned from families during quarantine	Teach about how other crises were handled in the past, including information about <b>how communities healed</b>
Provide <b>ongoing professional development</b> to raise awareness about the <b>impact of racial trauma on communities of color</b> , and includes practical, developmentally appropriate strategies for <b>talking to kids about race</b>	Communicate and reinforce <b>messages of safety</b> . Discuss safety in the <b>context of race, ethnicity, and racism</b> , and assist parents and caregivers in how to follow up with these messages at home

**Sources:** The National Center for Child and Traumatic Stress, Office of Headstart, the National Center for School Mental Health, The National Center for Pyramid Model Innovations, CASEL, Child Trends, Save The Children

# Recommendations to support children and adults in recovery from COVID-19

<i>Systems/program level</i>	<i>Staff level</i>
Equip staff with the knowledge, skills and ability to recognize and respond to <b>trauma</b>	Understand that a <b>trauma response</b> may show up <b>different ways</b> in children of different ages/developmental levels
Create opportunities for <b>staff</b> to engage in <b>self-care</b> and <b>self-compassion</b> that help adults feel <b>connected, empowered, supported and valued</b>	Help children identify the <b>positive</b> and <b>exciting aspects of coming back</b> to school and OST
Consider implementing <b>coaching</b> and <b>consultation</b> to create opportunities for adults to connect and <b>re-build their capacity to support children</b>	<b>Listen</b> and <b>talk to children</b> about how they are feeling; Give children the space to <b>express how they feel through play</b>
Consider <b>partnering with a community- or school-based psychologist, counselor, or social worker</b> to help staff understand how to recognize and address psychological difficulties children and adults are experiencing	When possible, arrange for time to <b>call and connect</b> with families who may be struggling; offer time to <b>listen and problem-solve</b> with families

**Sources:** The National Center for Child and Traumatic Stress, Office of Headstart, the National Center for School Mental Health, The National Center for Pyramid Model Innovations, CASEL, Child Trends, Save The Children

# Helpful resources for program leaders and staff Federal TA Centers – Part I

## National Child Traumatic Stress Network (NCTSN)

### Trauma-Informed School Strategies During COVID-19

<https://www.nctsn.org/resources/trauma-informed-school-strategies-during-covid-19>

### Signs of Child Traumatic Stress

<https://www.samhsa.gov/child-trauma/recognizing-and-treating-child-traumatic-stress#signs>

### What Families and Caregivers Can Do to Help (with child stress)

<https://www.samhsa.gov/child-trauma/recognizing-and-treating-child-traumatic-stress#families>

## Office of Head Start

### Promoting Empathy, Understanding Trauma (webinar, recorded)

<https://eclkc.ohs.acf.hhs.gov/safety-practices/article/promoting-empathy-understanding-traum><https://eclkc.ohs.acf.hhs.gov/safety-practices/article/promoting-empathy-understanding-trauma>

### Helping Children Thrive During the COVID-19 Pandemic (webinar, recorded)

<https://eclkc.ohs.acf.hhs.gov/video/helping-children-thrive-during-covid-19-pandemic>



### Head Start Heals Campaign

Find ways to effectively work with mental health consultants, address challenging behaviors, and have difficult conversations with families.

# Helpful resources for program leaders and staff

## Federal TA Centers, Part II



### The National Center for School Mental Health

**Multi-Tiered School Mental Health Improvement, Innovation, and Advocacy During COVID-19** (webinar, recorded)

<https://www.youtube.com/watch?v=M9ZYzxcYAR8>

**School Mental Health Planning for the 2020-2021 School Year During COVID-19** (webinar, recorded)

[https://www.youtube.com/watch?v=vWHWSPi\\_Y1Q&feature=emb\\_title](https://www.youtube.com/watch?v=vWHWSPi_Y1Q&feature=emb_title)

**Cultural Responsiveness & Equity**

<http://www.schoolmentalhealth.org/Cultural-Responsiveness--Equity/>

### National Center for Pyramid Model Innovations

**Children: Stress and Challenging Behavior** (infographics and Spanish & English)

**Adults: Self-Care and Managing Stress**

<https://challengingbehavior.cbcs.usf.edu/emergency/index.html>

**Helping Your Child During the Pandemic** (infographic in Spanish & English)

[https://challengingbehavior.cbcs.usf.edu/docs/Pandemic\\_family\\_infographic.pdf](https://challengingbehavior.cbcs.usf.edu/docs/Pandemic_family_infographic.pdf)

**Creating Anti-Racist Early Childhood Spaces** (webinar)

[https://challengingbehavior.cbcs.usf.edu/Training/Webinar/archive/2020/06-12/2020-06-12\\_creating-anti-racist-ec-spaces.html](https://challengingbehavior.cbcs.usf.edu/Training/Webinar/archive/2020/06-12/2020-06-12_creating-anti-racist-ec-spaces.html)



National Center for  
**Pyramid Model  
INNOVATIONS**

# Helpful resources for program leaders and staff- External Organizations

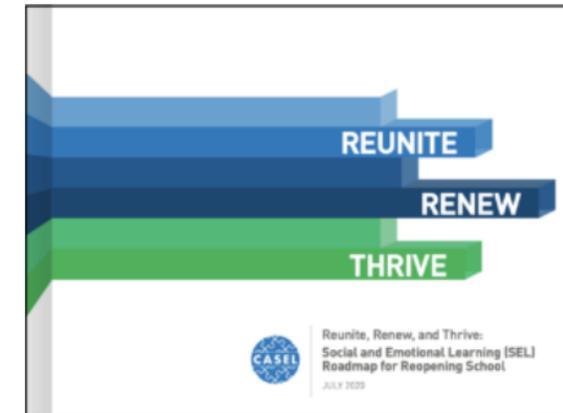
**CASEL- Collaborative for Academic, Social, and Emotional Learning**

**Roadmap for Re-opening Schools**

<https://casel.org/wp-content/uploads/2020/07/SEL-ROADMAP.pdf>

**SEL as a Lever for Equity and Social Justice** (5-Part webinar series & recordings)

<https://casel.org/weekly-webinars/>



**Save the Children**

**Save the Children**

**Tips for Talking with Children about Racism and Social Justice**

<https://www.savethechildren.org/us/charity-stories/tips-teach-explain-racism-to-children>

**Child Trends**

**Ways to Promote Children's Resilience to the COVID-19 Pandemic**

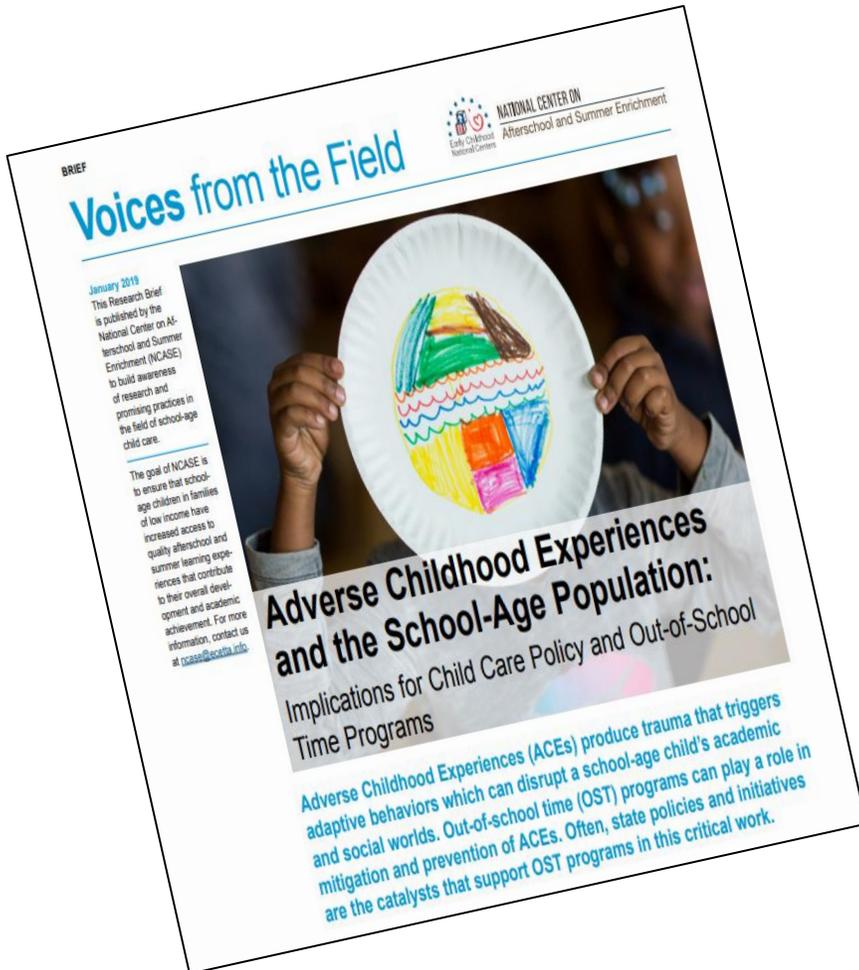
<https://www.childtrends.org/publications/ways-to-promote-childrens-resilience-to-the-covid-19-pandemic>

**Resources to Support Children's Well-Being Amid Anti-Black Racism, Violence, and Trauma**

<https://www.childtrends.org/publications/resources-to-support-childrens-emotional-well-being-amid-anti-black-racism-racial-violence-and-trauma>



# NCASE Resources



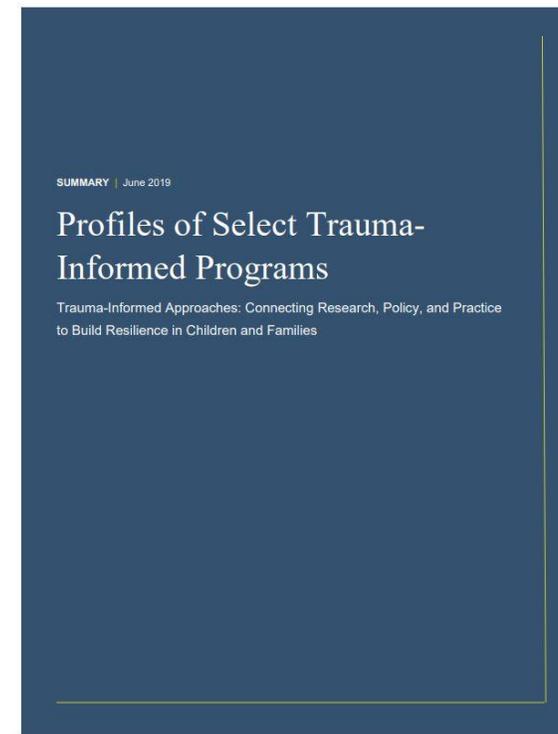
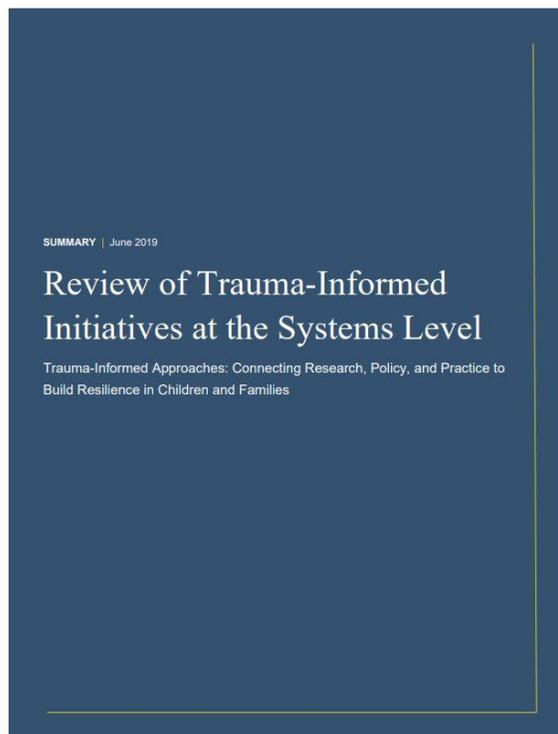
## NCASE ACES

Resources <https://childcareta.acf.hhs.gov/sites/default/files/public/ncase-acesresources-508c.pdf>

NCASE Resources on Social and Emotional Learning [https://childcareta.acf.hhs.gov/sites/default/files/public/ncase-sel\\_resources-508c.pdf](https://childcareta.acf.hhs.gov/sites/default/files/public/ncase-sel_resources-508c.pdf)

# Published Resources from ASPE TIA Project

<https://aspe.hhs.gov/pdf-report/trauma-informed-approaches-connecting-research-policy-and-practice-build-resilience-children-and-families>



# Contact

**Pamala Trivedi, Ph.D.**  
pamala.trivedi@hhs.gov

**Alayna Schreier, Ph.D.**  
alayna.schreier@hhs.gov

**Katari Coleman, Ph.D.**  
kataricoleman@edc.org



[www.aspe.hhs.gov](http://www.aspe.hhs.gov)



<https://childcareta.acf.hhs.gov/centers/ncase>