



RESOURCES ~ IMPORTANT INFORMATION ~

~ ACTIVITIES PLANNING GUIDE ~ FREE SERVICES ~

National Youth Advocate Program (NYAP) is committed to leading and serving our communities in the coming weeks. The health, well-being and safety of our staff and persons served is our top priority. This is a tough time for everyone and our CHATA clinician is here to help you. These types of situations can cause anxiety and fear, and we want you to know that we are available. Our leadership team has been monitoring the ever-changing dynamics of the COVID-19 virus and listening to the advice of Federal, State and Local government and health officials. Based on what we learn, we will be making regular adjustments to our policies and operations.



Public Service
Announcement



DO THE FIVE

Help stop coronavirus

- 1 **HANDS** Wash them often
- 2 **ELBOW** Cough into it
- 3 **FACE** Don't touch it
- 4 **FEET** Stay more than 3ft (1m) apart
- 5 **FEEL** sick? Stay home

General public health information

We will be offering tele-health counseling sessions to our NYAP clients who attend CHATA.

Please contact CHATA's primary clinician to coordinate services:

Ellen Williams, MSW, SSW, LSW

614-600-7191

ewilliams@nyap.org



This guide/plan will help with:

- Services available to help with mental health symptoms
- Warning signs for parents
- Skills for parents/caretaker to use with your child
- Immediate danger risk resources
- Daily Schedule Example
- Over 150 activities to do with your child
- Immediate assistance phone numbers
- Community resources & free services

NYAP team can help children living with a mental illness or stressor and their families by:

- Cope with immediate stressors
- Develop practical behavioral strategies to address the child's short term needs
- Identify what issues led to the crisis
- Suggest techniques to avoid a crisis in the future
- Conduct a diagnostic assessment
- Identify available resources and supports
- Develop and write a crisis plan
- Provide phone consultation and support
- Make a referral to a crisis center or hospital
- Consult with outside mental health professionals as needed
- Respond in non-urgent situations to help prevent a future crisis

Here are some Warning Signs of a mental health crisis with your child:

Inability to cope with daily tasks

- Doesn't bathe, brush teeth, comb or brush hair
- Refuses to eat or eats too much
- Sleeps all day, refuses to get out of bed
- Doesn't sleep or sleeps for very short periods of time

Loses touch with reality

- (psychosis)
- Unable to recognize family or friends
- Is confused, has strange ideas
- Thinks they are someone they are not
- Does not understand what people are saying
- Hears voices
- Sees things that are not there

Increased agitation

- Makes verbal threats
- Violent, out-of-control behavior
- Destroys property
- Cruel to animals
- Culturally inappropriate language or behavior

Displays abusive behavior

- Hurts others
- Cutting, burning or other self-injurious behaviors
- Uses or abuses alcohol or drugs

Rapid mood swings

- Increase in energy
- Inability to stay still, pacing
- Suddenly depressed, withdrawn
- Suddenly happy or calm after period of depression

Isolation from school, family, friends

- No or little interest in extracurricular activities
- Changes in friendships
- Stops attending school, stops doing homework

Unexplained physical symptoms

- Facial expressions look different
- Increase in headaches, stomach aches
- Complains they do not feel well



De-escalation techniques that may help the parent to resolve a crisis:

- Keep your voice calm
- Avoid overreacting
- Listen to your child
- Don't argue or try to reason with your child
- Express support and concern
- Avoid continuous eye contact
- Ask how you can help
- Keep stimulation level low
- Move slowly
- Offer options instead of trying to take control
- Avoid touching your child unless you ask permission
- Be patient
- Gently announce actions before initiating them
- Give them space, don't make them feel trapped

In immediate danger

If the situation is life-threatening or if serious property damage is occurring, call 911 and ask for law enforcement assistance. When you call 911, tell them your child is experiencing a mental health crisis and explain the nature of the emergency. Telling the law enforcement agency that it is a crisis involving a child with a mental illness increases the chance that they will send an officer trained to work with people with mental illnesses. Be sure to tell them – if you know for certain – whether your child has access to guns, knives or other weapons.

DAILY SCHEDULE EXAMPLE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00 – 10:00	Morning Walk	Family walk with the dog, Yoga if it's raining
10:00 – 11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00 – 12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook, or bake
12:00	Lunch	
12:30PM	Chore time	A-wipe all kitchen tables and chairs B-wipe all door handles, light switches, and desk tops C-wipe both bathrooms, sinks and toilets
1:00 – 2:30	Quiet time	Reading, puzzles, nap
2:30 – 4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00 – 5:00	Afternoon fresh air	Bikes, walk the dog, play outside
5:00 – 6:00	Dinner	
6:00 -8:00	Free TV time	Kid showers x3
8:00	Bed time	All kids
9:00 PM	Bed time	All kids who follow the daily schedule & don't fight



NATIONAL YOUTH ADVOCATE PROGRAM

CARING FOR PEOPLE • CONNECTING COMMUNITIES • PROMOTING PEACE

Immediate Assistance For:

Adults in Mental Health Crisis - Netcare Access - 614.276.2273

Youth (17 and under) in Mental Health Crisis - Nationwide Children's Hospital -614.722.1800

Franklin County Suicide Prevention Hotline: 614.221.5445

Sign Up for Local Text Updates: Text COVID19FC to 888-777

Corona Virus Hotline: 1-833-4-ASK-ODH

Community Resources: call 2-1-1 (614.221.2255) or visit www.211centralohio.org to reach thousands of social service, government, financial and community resources in Franklin County to address any problem you might be facing.

Free Internet: Spectrum/Charter Communications: Families without internet will be able to get the service at **no cost for 60 days** from Charter Communications/Spectrum. Charter will offer free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription at any service level up to 100 Mbps. The service won't be free after 60 days. Customers will have to notify the company to cancel the service to avoid regular pricing. **To enroll, call 1-844-488-8395.** Installation fees will be waived for new student households.

Free Internet: Comcast/Xfinity: New customers will receive **60 days of complimentary Internet Essentials** service, which is normally available to all qualified low-income households for \$9.95/month. Additionally, for all new and existing Internet Essentials customers, the speed of the program's Internet service was increased to 25 Mbps downstream and 3 Mbps upstream. That increase will go into effect for no additional fee and it will become the new base speed for the program going forward. The company also shared that it will not disconnect a customer's internet service or assess late fees if they contact the company that they can't pay their bills during this period. **To sign up, applicants can visit www.internetessentials.com or call 855-846-8376 for English and 855-765-6995 for Spanish.**

Free Online activities and resources: Google: Here's the entire list of education companies offering free subscriptions due to school closings.

Columbus City Schools: Free Breakfast & Lunch:

<https://www.nbc4i.com/community/health/coronavirus/columbus-city-schools-announces-school-breakfast-andlunch-plans-during-closure/>

Columbus Public Health: Healthcare Resource Lists: (English, Spanish, Somali)

<https://www.columbus.gov/publichealth/programs/health-resources-lists/>

Scholastic Weekly Lesson Plans for Elementary and Middle School:

<https://classroommagazines.scholastic.com/support/learnathome.html>



Ways to Cope with Strong Feelings Related to COVID-19

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly offers these recommendations for coping with anxiety related to the COVID-19 outbreak:

- Remember that distress, anxiety, fear, and strong emotions are normal in times of distress or crisis. Remind yourself and others that these feelings will fade.
- Get information from a trusted source, such as coronavirus.ohio.gov or by calling the Ohio COVID-19 call center at 1-833-4-ASK-ODH (1-833-427-5634).
- Avoid excessive exposure to media coverage of COVID-19. It is important to get good information to help you prepare and respond, but don't overwhelm yourself or your family with information.
- Eat nutritious food, exercise, get adequate sleep, stay hydrated, avoid alcohol and drugs, and make time to relax and unwind.
- Incorporate stretching or meditation into your routine. Take deep breaths when feeling overwhelmed.
- Stay connected with friends and family. Discuss your concerns and be supportive of theirs.
- Keep participating in hobbies/activities that do not expose you to close contact with others in confined spaces.
- If you have a mental health condition, continue with your treatment plan and monitor for any new symptoms.

Call your healthcare provider with any concerns.

Recognize adult signs of distress:

- o Feeling hopeless or helpless.
- o Feelings of numbness, disbelief, anxiety or fear.
- o Changes in appetite, energy, and activity levels.
- o Difficulty concentrating.
- o Difficulty sleeping or nightmares and upsetting thoughts and images.
- o Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
- o Worsening of chronic health problems.
- o Anger or short-temper.
- o Increased use of alcohol, tobacco, or other drugs.

Call your healthcare provider or your child's NYAP clinician if your feelings overwhelm you for several days in a row.

References and credits:

<https://person.ces.ncsu.edu/wp-content/uploads/2014/04/101-Screen-Free-Activities.pdf?fw=no>

<https://www.itsalwaysautumn.com/101-summer-fun-ideas-kids-can-home.html>

<https://mha.ohio.gov/Portals/0/assets/HealthProfessionals>

<https://www.columbus.gov/publichealth/programs/health-resources-lists/>