

## RESOURCE LIST FOR STUDENTS AND FAMILIES

HEALTH	
<b>Exercise Calendars:</b>	March is National Nutrition Month. Have students make their own “Exercise Calendar” and write down exercises they enjoy (aerobic, muscle strengthening, bone strengthening) each day of the week to total 60 minutes of exercise per day (appropriate amount for children and adolescents). Practice with a “ <a href="#">JAMin’ Minute</a> ” and have parents sign off to hold kids accountable. Acts as a stress reliever, benefits physical and mental health, provides schedule/structure.
<b>Telehealth Services:</b>	Governor Baker’s Order on Telehealth Services state that there is no prior authorization needed on any medically necessary doctor’s visits. <a href="#">The full order is available here</a> From MassHealth: <a href="#">Find resources and information related to the coronavirus for MassHealth applicants, members, and providers.</a> <ul style="list-style-type: none"> <li>• <a href="#">Masshealth</a> has also made it possible to obtain 90 days of medications without authorization</li> </ul>
<b>Medication/Pediatrics</b>	<ul style="list-style-type: none"> <li>• <a href="#">CVS</a> - free medication delivery</li> <li>• <a href="#">ANYTIME Pediatrics Telemedicine</a></li> <li>• <a href="#">PM Pediatrics</a> - 8AM-Midnight free consultation</li> </ul>
SOCIAL-EMOTIONAL	
<b>Counseling</b>	Some of these agencies are providing teleconferencing as an option. Please call the number attached to the agency for more details. <ul style="list-style-type: none"> <li>• Behavioral Health Network (BHN) - 413-737-2439</li> <li>• Gandara Mental Health - 413-736-8329</li> <li>• Mental Health Association- 413-734-5376</li> <li>• CHD – 413-737-1426</li> <li>• CT Family Services – 285-8642</li> <li>• Brightside- 788-7366</li> <li>• South Bay- 495-1500</li> <li>• River Valley-540-1234</li> <li>• School St. Counseling- 846-4300</li> </ul>
<b>AA/Drug Treatment:</b>	SAMHSA’s National Helpline – <a href="#">1-800-662-HELP (4357)</a> SAMHSA’s National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders  Partnership for Drug-Free Kids: You can connect to us in the following ways, with support available in English and Spanish. We’re available from 9:00am-midnight ET weekdays and noon-5:00pm ET on weekends. <ul style="list-style-type: none"> <li>• <a href="#">Text a Message to 55753</a></li> <li>• <a href="#">Send an Email</a></li> <li>• <a href="#">Call 1-855-378-4373</a> (1-855-DRUGFREE)</li> </ul>

<b>Behavior Strategies</b>	<ul style="list-style-type: none"> <li>• <a href="#">Centervention</a> - K-8 behavior interventions</li> <li>• <a href="#">Positive behavior resources and strategies</a></li> <li>• <a href="#">Positive behavior support</a> - strategies for families at home</li> </ul>
<b>Mindfulness &amp; Stress Management</b>	<ul style="list-style-type: none"> <li>• <a href="#">CosmicKids</a> - online yoga &amp; meditation, and <a href="#">lesson plans</a></li> <li>• <a href="#">Mindfulness activities</a> for children and teens</li> <li>• <a href="#">Mindfulness for kids</a></li> </ul>
<b>Daily Schedules</b>	Follow a structure similar to the school day and create schedules with child/adolescent, so that the student will feel more involved and likely to adhere to the schedule. <a href="#">Khan Academy's mock schedule</a> .
<b>Daily Journal</b>	Have students write a daily journal to help with coping, mindfulness, anxiety. Can also be used to write stories, poetry, etc.

<b>SUPPORT to FAMILIES</b>	
<b>Internet and Virtual Connection:</b>	<ul style="list-style-type: none"> <li>• Internet companies are also offering free service for families not currently connected (e.g., Comcast <a href="#">Internet Essentials</a>, Spectrum).</li> <li>• Cell phones - All major carriers will have unlimited high-speed data for the next two months as part of the "Keep America Connected" pledge.</li> </ul>
<b>Managing Self and Child Anxiety/Stress:</b>	<ul style="list-style-type: none"> <li>• <a href="#">CDC website</a> for facts/tips on managing stress for parents (how to support children's stress), responders, and those who have been released from quarantine.</li> <li>• <b>Behavioral Health Network/Crisis</b> – 417 Liberty St. Entrance B, Springfield – 733-6661.</li> <li>• <a href="#">Samaritans Statewide Helpline</a> - 24/7 crisis service for those in need of emotional support</li> </ul>
<b>Managing Social Media</b>	<a href="#">Guide</a> for families on addressing/raising awareness on social media usage for youths.
<b>Parenting During Isolation:</b>	<ul style="list-style-type: none"> <li>• <a href="#">abcnews website</a> on "parenting during isolation" advice from parenting expert Rachel Simmons.</li> <li>• <a href="#">Home with Kids</a> - A collection of suggestions</li> <li>• <a href="#">Playworks</a> – games families can do at home through social media.</li> </ul> <p>Parental Stress Line: 1-800-632-8188 24/7 All Languages available</p>
<b>Domestic Violence:</b>	<p>DOVE's 24 hour hotline: 617-471-1234</p> <p>National Domestic Violence Hotline: 1-800-799-7233</p>
<b>Refugee/Immigration Services:</b>	<ul style="list-style-type: none"> <li>• Ascentria Care Alliance 425 Union St. West Springfield 413-562-6015</li> <li>• Multicultural Resource Center 425 Union St. West Springfield 413-726-1352</li> <li>• Jewish Family Services of Western MA – Main Office 15 Lenox St. Springfield 413-737-2601</li> </ul>

<b>Food:</b>	<ul style="list-style-type: none"> <li>● <b>Food Bank of Western Mass.</b> – The mobile Food Bank will be resuming operations soon. Please call the number first before going to the site. Here are some of the Food Bank locations:  Open Pantry – 35 Chestnut St.- 731-5668  Mobile Market- Open Pantry- 260 State Street, 731-5668  Mobile Market- Springfield Saab Court- 18 Saab Court, 747-0127  Mobile Market- Dakin – 171 Union St. – 247-9738  Mobile Market- Dunbar- 33 Oak St, 247-9738  Mobile Market- North End- 50 Waverly St., 247-9738</li> </ul> <p>Gray House – 22 Shelton St, 734-6696  SNAP Benefits – 247-9738 , press #2 for Directory</p> <p>FireHouse Hot Dogs - Union Station, Springfield - 11am-12pm (free hot dog/chips/drink for students)</p> <p>Food Source Hotline: 1-800-645-8333 (SNAP info. and other information on where to find food resources in MA. 160 languages available)</p>
<b>Clothing/Shelter:</b>	<p>For Food stamps/shelter Local Department of Transitional Assistance Area Office is currently closed. You can access self-service in the following manner:  1-877-382-2363  <a href="http://DTAconnect.com">DTAconnect.com</a></p>
<b>Job Loss/Unemployment:</b>	<p><a href="#">Small Business Assistance for COVID-19</a>  EOLWD and DUA are also filing emergency regulations that will allow people impacted by COVID-19 to collect unemployment in the following circumstances:</p> <ul style="list-style-type: none"> <li>• The workplace is shut down and expects to reopen in four or fewer weeks. Workers must remain in contact with their employer and be available for any work their employer may have for them that they are able to do, but do not otherwise need to be looking for work.</li> <li>• An employer may extend the period of the shut-down to eight weeks, and the employees will remain eligible for the longer period under the same conditions described above.</li> <li>• If necessary, DUA may extend these time periods.</li> </ul> <p><a href="#">Apply for Unemployment Benefits</a></p>
<b>Fuel Assistance:</b>	<p>Fuel assistance: <a href="#">Partners for Community</a> 11-13 Hampden St. Springfield MA, 01103  413-272-2200</p>