

TEXANS



RECOVERING TOGETHER

It is important to be extra aware of signs of unusual stress or anxiety that may need specific attention. Most of us understand that when children are showing the following, they likely will benefit from additional support from an adult:

- Feeling sad, hopeless, irritable a lot of the time
- Not wanting to do things, not enjoying things
- Sleeping pattern changes and noticeable changes in energy levels
- Feeling worthless, useless, or guilty. eating pattern changes
- Being afraid when away from parents, experiencing extreme fear
- Being afraid of school and other places where people are
- Being worried about the future or worried bad things will happen
- Having repeated episodes of sudden, unexpected, intense fear that come with symptoms like heart pounding, having trouble breathing, or feeling dizzy, shaky, or sweaty

Some playful ways to approach children using simple actionable steps:

- Always contact and engage to ensure the child is not a harm to themselves or others.
- If needed, Try 3 open-ended questions you can ask a child to get them to open-up and helps you build rapport
 1. Can you tell me about your favorite television show?
 2. If you could get any pet in the world what would it be and why?
 3. What are you thinking of asking for Christmas this year?
- Safety & Comfort- Make sure the child feels safe when offering emotional comfort. Allow them to express their feelings without judgement, and redirect towards adaptive coping skills when needed.
- Stabilization- this is important to just calm a disoriented child by helping them to understand that their reactions are normal, and for more serious concerns, make a referral to the school counselor.

TEXANS



RECOVERING TOGETHER

- Information gathering- Find out what are the child's immediate needs or concerns, gather any important information
- Offer practical assistance by connecting the children with the connections and social supports they need. Remember to focus on positives. Ask if they can remember a time that was really hard, or confusing. How did they handle that? Seek adaptive coping skills and reinforce times when they were able to face and get through hard times, like friends, social groups, or family experiences.
- Practice adaptive coping skills such as breathing and grounding techniques together.
Find a way to make it fun:
 - For example, having a child gently blow on bubbles, a pinwheel, or a feather is a great way to calm them down and get them to breath deep and exhale softly and slowly.
 - An easy grounding technique is to get the child to focus on 5 things they see, 4 things they can touch, 3 can hear, 2 things they can smell, and one thing they can taste.
- Send home information about community resources or make a referral to the counselor:

Texans Recovering Together Crisis Counseling Program can help support families and children by providing:

- Crisis Counseling- non-clinical counseling aimed to reduce the emotional, behavioral, and physical reactions to a crisis.
- Skill building- teaching families and children coping skills on how to handle their reactions to stress by exploring what has worked in the past and what can possibly work in the future.
- Resource referrals- Our team will build a relationship with the family and child and connect them with resources that exist within the community that the family/child may benefit from and help them build connections.
- Grief/Loss support- Helping children/families understand their grief, normalize grief or reactions related to a sense of loss, and provide coping strategies and awareness of common obstacles in grief cycles.

Texans Recovering Together | Pecan Valley Centers | 108 Pirate Dr., Granbury, Tx, 76049
Email: TRT@pecanvalleycenters.org | Local Referral Line: 817-579-4483
24/7 COVID-19 Mental Health Hotline: 1-833-986-1919

TEXANS



RECOVERING
TOGETHER

- Disaster Education and Awareness- Helping families understand Covid-19 and providing helpful, practical, tangible information to enhance preparedness and awareness.

Remember, children are resilient! These are strange times and everyone is having to adjust even though we might not like it. But we have the “super-power “ of choosing how we want to feel or let this affect us. Model this for your students, and reach out if we can be of help or support to you this school year with social-emotional learning opportunities, groups, or home contacts.

Child Related Trainings/Curriculum

Introduction to Adverse Childhood Experiences Early Trauma Online Learning

<https://www.acesonlinelearning.com/>

Psychological First Aid (PFA)

<https://www.nctsn.org/resources/psychological-first-aid-pfa-online>

Trauma Informed Care (TIC)

https://www.dfps.state.tx.us/Training/Trauma_Informed_Care/default.asp

Youth Mental Health First Aid (MHFA)

<https://www.mentalhealthfirstaid.org/population-focused-modules/youth/>

- The National Child Traumatic Stress Network (NCTSN)
<https://www.nctsn.org/resources>
- Disaster Twins
<http://www.cert-la.com/downloads/education/english/AdvOfJuliaAndRobbie-TheDisasterTwins.pdf>
- The Cool Little Kids Online (CLKO) program
<https://coollittlekids.org.au/login>
- The Strong Kids program
<https://strongkids.uoregon.edu/index.html>
- Save the Children
<https://www.savethechildren.org/us/what-we-do/us-programs/disaster-relief-in-america/family-emergency-preparedness-plan?vanityurl=getready>

TEXANS



RECOVERING TOGETHER

- Trinka and Sam Fighting the Big Virus
https://www.nctsn.org/sites/default/files/resources/special-resource/trinka_and-sam_fighting_the_big_virus.pdf
 - ▶ Fighting the Big Virus: Trinka and Sam's Questions (A companion to the story)
<https://www.nctsn.org/resources/fighting-the-big-virus-trinka-and-sam-questions>
- Youth Emergency Preparedness Curriculum- Grades 1-2
https://www.fema.gov/media-library-data/a09faf19c5354c01beb9f30125a785cb/FEMA_UE_TG_082613_508.pdf
- Youth Emergency Preparedness Curriculum- Grades 3-5
https://www.fema.gov/media-library-data/a09faf19c5354c01beb9f30125a785cb/FEMA_UE_TG_082613_508.pdf
- Youth Emergency Preparedness Curriculum- Grades 6-8
https://www.fema.gov/media-library-data/ac2a3fd06796f89fcd284ddb3fea4797/FEMA_HS_TG_082613_508.pdf
- Youth Emergency Preparedness Curriculum- Grades 9th-12th
https://www.fema.gov/media-library-data/ac2a3fd06796f89fcd284ddb3fea4797/FEMA_HS_TG_082613_508.pdf