

**RAISE ME RESOURCE FOR STUDENTS AND FAMILIES:**

Under these challenging times, you have questions - whether it be learning remotely, navigating your path to college, or making an informed decision about your college plans. We've prepared a series of resources, tips, and self-guided curriculum. In addition, the coronavirus may be causing you to feel anxious. This site contains tips on how to maintain good mental health during this challenging time.

**[Raise Me](#)**

- [Mental Health Resources for Students](#)
- [Tools and Tips for Online Learning](#)

**ACTIVITY ORGANIZATION RESOURCE:**

We all know that creating a schedule can be really helpful, especially while we are practicing social distancing and spending more time in our homes. We also know that it can be really fun to try new things that can jumpstart our imaginations for what health might look like at home! This document, which will continue to be updated throughout the season, is a Checklist of Daily Activities to help us continue to "Work the Wheel" and practice growing our strengths. It is broken into Morning, Afternoon, and Evening sections and by the eight different strengths on the Wheel. We hope you have fun while practicing your Wheel-work this season!

**Sources of Strength:** [Daily Activities Checklist](#)

**RESOURCE FOR MANAGING ANXIETY:**

Is your student struggling with school and mental health? This resource provides helpful expert tips and resources to manage anxiety.

**Anxiety and Depression Association of America:** [Coronavirus Anxiety- Helpful Expert Tips and Resources](#)

**RESOURCE FOR COPING WITH STRESS:**

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce

the spread of COVID-19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

**CDC:** [Manage Anxiety & Stress](#)

**RESOURCE FOR COPING WITH STRESS AND SELF CARE IN SPANISH:**

This resource provides support in Spanish for students learning to cope with stress during this difficult time.

**SAMHSA Spanish language resources:** [Coping with Stress During Infectious Disease Outbreaks \(Spanish\)](#), [Talking with Children During Infectious Disease Outbreaks](#), [How to Cope with Sheltering in Place](#), [Taking Care of Your BH](#)

**RESOURCE FOR SUICIDE OUTREACH AND MENTAL HEALTH SUPPORT:**

Regional families with children experiencing mental, emotional or behavioral health challenges will gain access to a support team of families and friends and a community network where questions are answered, resources are shared, and needs are understood. Goals for Reach Out Oregon include:

\*Reduce isolation of families raising a child who experiences behavioral health needs.

\*Decrease the stigma associated with experiencing mental health needs:

\*Strengthen navigation to increase access to resources for families.

**Mental Health Resources:**

- Lines for Life provides a **remote suicide risk assessment** and safety planning service. 800-273-8255
- Refer parents/guardians to [Reach Out Oregon](#) to find their own support as they support their students experiencing mental health challenges.

**RESOURCE FOR CRISIS SUPPORT AND YOUTHLINE OUTREACH FOR TEENS:**

YouthLine is a free, confidential teen-to-teen crisis and help line. Contact us with anything that may be bothering you. No problem is too big or too small for the YouthLine!

**Oregon and other Phone/Online Resources:**

- Lines for Life: All of our [crisis lines](#) are operating as usual:
  - If you or a loved one are experiencing a mental health crisis, call the Lifeline at 1-800-273-8255
  - If you are 21 or younger and want support for any problem, big or small, call the [YouthLine](#) at 1-877-968-8491 or text teen2teen to

839863 (Teens available to help daily from 4-10pm PST. Off-hour calls answered by Lines for Life). See attached tip sheet that may be helpful to youth and young adults (add to La Salle website?).

**RESOURCES FOR WELLNESS:**

This resource provides a list of online exercise options which include; yoga, pilates, dance and various fitness opportunities.

[Wellness Resources](#) Comprehensive list of fitness and yoga classes, mindfulness, etc.

**Take a Breath (Cornell College):** [Virtual Yoga, Meditations, etc.](#)

**RESOURCE FOR MENTAL HEALTH WHILE NAVIGATING CHANGE:**

This is a wonderful resource for providing tips for self care in the midst of change.

**AFSP:** [Supporting Your Mental Health While Navigating Change](#) Includes specific suggestions/strategies

[Taking Care of Your Mental Health in the Face of Uncertainty](#)

**RESOURCE FOR ANXIETY:**

This is a great resource providing tips for calming anxiety during a difficult time. This site incorporates how mindfulness can help during COVID-19.

**Child Mind Institute:**

Family Resources available in English and Spanish

[How Mindfulness Can Help During COVID 19](#)

**RESOURCE FOR HEALTH, WELL-BEING, AND SOCIAL-EMOTIONAL LEARNING DURING DISTANCE LEARNING:**

This resource focuses on self-management, self-awareness, responsible decision-making, social awareness, and relationship skills. It includes a list of informational resources, articles, and guides to support you in a distance learning environment.

**Panorama Education:** [SEL & Self Care Resources for Educators, Schools, and Parents Related to COVID-19](#)

**NASP:** [COVID-19: Family and Educator Resources](#) (Includes several handouts)

## Academics

### RESOURCE FOR ACADEMIC SUPPORT:

[Connections Academy Study Skills Resources](#) ASCA member Amy Jacques shares several lessons that can be delivered electronically: [Mindfulness- for remote learning](#), [Motivation- for remote learning](#), [Organization- for remote learning](#) and [Study Smart- for remote learning](#)

<https://drive.google.com/file/d/17xbbJCMGgM-QPeNuXI1rgGXSC6KglWbf/view?usp=sharing>

### Recommendations for Supporting Your Student

1. Make sure your student has a productive place to work.
  - a. We recognize that students can be distracted as they complete assignments with technology. Social media, gaming, and other digital media can cause your student to lose focus.
    - i. Aim to set “school hours” with your student so that they separate school time from “free time.”
    - ii. When possible, and if needed, have your student work in a common space in your house.
    - iii. Encourage your child to turn off notifications during academic time.
2. Have your child check all their classes before making a plan for the day.
3. If your child is having a hard time completing the work, have them reach out to the teacher BEFORE the work is due.

## Resources For Parents

### RESOURCE FOR PARENTING:

This is a great resource for supporting parents of teens and young adults during this difficult time.

**Child Mind Institute:** [Supporting Families During COVID 19](#)  
[Supporting Teenagers and Young Adults during the Coronavirus Crisis](#)

[Self Care in the Time of Coronavirus](#)

WEBINAR RESOURCE: In this hour-long webinar-on-demand with Ann Dolin, M.Ed., learn how to manage your child’s academics during the coronavirus outbreak.

**ADDitude:** [Free Webinar Replay - Coronavirus Crash Course for Parents: Keeping Kids with ADHD in Study Mode While Home from School](#)