

Updated July 13, 2020

## Bimonthly Resource Digest

Highlights 7/08/2020:

### **Supporting Children During Coronavirus (COVID19)**, by The National Child Traumatic Stress Network

**Description:** Parenting strategies and tips to support children's emotional health during the pandemic, including developmentally appropriate answers to children's common questions.

- Simple, trauma-informed tips for talking to children about the virus.
- Learn ways to support caregivers who are helping youth regulate.
- Practical, effective strategies for providers and caregivers supporting kids of all ages.

### **AACAP's Telepsychiatry Toolkit**, by the American Academy of Child and Adolescent Psychiatry

**Description:** Comprehensive landing page of AACAP and the American Psychological Association's collaboratively created webinar series on technical, clinical and ethical considerations for telehealth youth and family treatment.

- One-stop destination for technical and clinical guidance.
- Concrete answers to legal and ethical questions.
- Considerations for telehealth with special populations, including incarcerated youth.

### **COVID-19 articles**, by the American Academy of Pediatrics

**Description:** More than 20 PDF articles with parenting guidance during COVID-19, such as juggling parenting while working from home, helping children build resiliency during in uncertain times and physical safety considerations with children.

- A wide variety of topics to provide information on both physical and behavioral health.
- Material applicable on a variety of pediatric age ranges.
- Safety considerations for children as they participate in community activities.

### **Implications of COVID-19 for LGBTQ Mental Health and Suicide Prevention**, by The Trevor Project

**Description:** Article outlining the researched effects of physical distancing, economic impact and pandemic-related anxiety on the mental health of LGBTQ youth.

- Learn ways to target the unique vulnerabilities LGBTQIA+ youth face.
- Considerations for providers and caregivers.
- Clear, effective steps to address COVID-specific stressors and build resiliency factors.

We appreciate your hard work during these demanding times. Thank you.

Sincerely,

**CareOregon Behavioral  
Health Department**