

Wellness

Navigating the COVID-19 Pandemic:

Behavioral Health Considerations for Schools

Next school year it will be important to create time and space for students and staff to process emotions and concerns related to returning to a school environment during a pandemic. All stakeholders will return to school with different views, experiences, as well as, different concerns as they relate to their own well-being, the well-being of their loved ones, and the well-being of their students and colleagues.

While the most obvious reaction to a pandemic is going to be anxiety or fear, normal reactions can present in a variety of cognitive, physical, behavioral, emotional, and spiritual ways.

For this reason, it is vitally important to minimize stakeholder concerns through ongoing discussions of the school's health safety mitigation plans and by providing a calm, reassuring environment where all feel safe to talk and develop coping skills. It will also be important to continuously promote self-care for all staff as it will have a profound impact on everyone's ability to support the students and families being served.

Below is a list of resources that may be helpful for you, your teachers, school counselors, and students and their families:

For School Staff and Parents:

[Talking with children about Coronavirus Disease 2019](#) - CDC Prevention

[Coping with Stress During Infectious Disease Outbreaks](#) - Substance Abuse & Mental Health Services Administration

[SLIconnect – Managing Coronavirus Anxiety](#) - Saint Luke Institute

[Parent/ Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019](#) - The National Child Traumatic Stress Network

[Coping in Hard Times: Fact Sheet for Parents](#) - The National Child Traumatic Stress Network

[Tips for Parents and Caregivers on Media Coverage of Traumatic Events](#) - The National Child Traumatic Stress Network

[Caring for Children in a Disaster](#) - CDC

[National Association of School Psychologists](#) - Website

[American Academy of Pediatrics](#) - Website

[The National Child Traumatic Stress Network](#) - Website

[Self-care During COVID-19](#) - *TrailstoWellness.org*

[American School Counseling Association](#) - Website

[Pennsylvania School Counseling Association](#) - Website

[Age-Related Reactions to a Traumatic Event](#) - *The National Child Traumatic Stress Network*

[Helping Children with Traumatic Separation or Traumatic Grief Related to COVID-19](#) - *The National Child Traumatic Stress Network*

[Self-care During COVID-19](#) - www.TrailstoWellness.org

Resources for school age children:

[Mental Health & Wellness for Catholic Schools: Emotions, Resiliency, Belonging, & Dignity of the Whole Person: Lesson for Kindergarten, grades 1, 3, 4 6, and 8](#) – *Eastern Ontario Catholic Curriculum Corporation*

[Coping After A Disaster](#): - *Coloring and activity book for children age 3-10*

[Coping Worksheets](#): *Age 3-10*

[PBS Kids](#) - Website

[Fighting the Big Virus: Trinka and Sam's Questions](#) - *CDC*

[Trinka and Sam Fighting the Big Virus: Trinka, Sam, and Littletown Work Together](#) - *CDC*

Resources for Teens:

[Coping in Hard Times: Fact Sheet for Youth High School and College Age](#) - *The National Child Traumatic Stress Network*

[COVID-19: Resources for Parents and Teens](#) – *Society for Adolescent Health and Medicine*

[How Teenagers Can Protect Their Mental Health During Coronavirus \(COVID-19\) - UNICEF – For Every Child](#)