

# Trauma-informed Care Websites

7/2020

## Family and Child information

- Defending the Early Years resources specifically for COVID including videos with parents to watch with children. <https://dey.org/covid-19-resources/>
- ECHO training infographics and videos on trauma and understanding behavior <https://www.echotraining.org/infographics/>
- National Child Traumatic Stress Network <https://www.nctsn.org/>
- CSEFEL Resources and Tips for Families – not specific to trauma but focuses on meaning for behavior
- Parenting Magazine online – lots of articles and info <https://www.parents.com/parenting/better-parenting/understanding-the-long-term-effects-of-childhood-trauma/>
- Zero to three – parenting information on positive parenting <https://www.zerotothree.org/resources/series/print-and-share-resources>
- National Institute of mental health - <https://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-disasters-and-other-traumatic-events/index.shtml>
- Action for Happiness - <https://www.actionforhappiness.org/calendars> offers resilience Calendars, resources, and an APP. Focused on resilience building as opposed to trauma
- Child Mind Institute - <https://childmind.org/article/talking-to-kids-about-the-coronavirus/> Information for Educators and Families <https://childmind.org/guide/helping-children-cope-traumatic-event/>
- The National Child Traumatic Stress Network

## Social Emotional Wellness Resources



The threat of COVID-19, long-term social distancing, and prolonged disruption to school and home routines may create significant stress and impact children and families' mental well-being. **The Virginia Department of Education (VDOE)** has created ***Social Emotional Wellness Quick Guides*** that include important information and resources for the following school communities:

[Military-Connected Students Quick Guide](#)

[Early Learners Quick Guide](#)

[Parents and Caregivers Quick Guide](#)

[English Learners Quick Guide](#)

[Students with Disabilities Quick Guide](#)

## Virginia COPES New COVID-19 Response Warm Line!

**We are now operating a second Warm Line** specifically to support anyone in Virginia struggling with trauma, grief and distress caused by COVID-19. Trained staff provide strength-based support, resilience building strategies and community resources and referrals.

**(877) 349-6428**  
***Call or TEXT***

No cost. Anonymous.

9:00 a.m. to 9:00 p.m. Monday-Friday  
5:00 p.m. to 9:00 p.m. Saturday and Sunday

Compassionate, **O**ptimistic, **P**erson-Centered, **E**mpowering, **S**upport

The project is a coordinated effort between the Virginia Department of Behavioral Health and Developmental Services, Mental Health America of Virginia and the Virginia Department of Emergency Management. Funding is provided by the Federal Emergency Management Agency with technical assistance and oversight from the Substance Abuse and Mental Health Services Administration.

## COVID-19 Resiliency Resources

<https://mhanational.org/covid19>

<https://covid.virginia.gov/> - A compilation of Virginia resources

**DBHDS Resources and Information:** Department of Behavioral Health and Developmental Services

**SAMHSA Resources and Information:** Substance Abuse and Mental Health Services

**HealthyPlace - worry-fear-and how not to panic**