

## COVID-19 RESOURCE PAGE FOR PARENTS



# PARENT RESOURCES

Catholic Independent Schools of Kamloops Diocese (CISKD) is closely monitoring the COVID-19 pandemic and is taking direction from the Ministry of Health, the Office of the Provincial Health Officer and the BC Centre for Disease Control regarding school programming for students at our schools.

St. Ann's Academy has adjusted its instructional methodology to ensure continuity of learning at-home. We appreciate the support from our parent community as we work together to transition to this new way of learning for staff, students and parents.

There are many valuable resources for parents to access to provide support for their children in this new learning environment. Below is a list of some resources you may find helpful. We will do our best to keep this list updated with accurate and current information.

## MENTAL HEALTH SUPPORT

### [Child & Youth Mental Health & Substance Abuse](#)

The Child & Youth Mental Health & Substance Use (CYMHSU) Community of Practice has created a document to provide information and advice on managing anxiety and stress in families with children and youth during the COVID-19 outbreak.

### [Foundry Virtual Drop-In Counselling](#)

The new provincial Foundry Virtual Drop-In Counselling service was launched this week offering counselling services to young people ages 12-24 and their families who are living in British Columbia. Foundry is working to ensure all young people across BC have access to the care and support they need, when they need it. Foundry is now offering virtual drop-in counselling sessions through chat, phone calls, or video calls!

*Updated April 16, 2020*

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[UBC-O, BCPA, and the province have partnered up to offer free psychological first aid](#)

By filling out a short online form or by calling 604-827-0847, one of 200 volunteer registered psychologists will contact you within 24 to 48 hours to offer this free service.

[Virtual mental health supports](#) - various resources provided by the Province:

B.C. seniors, adults, youth and frontline health care workers experiencing anxiety, depression or other mental health challenges arising from the COVID-19 pandemic can get help through virtual services.

To support British Columbians of all ages during the COVID-19 pandemic, the Province is expanding existing mental health programs and launching new services.

[Well Can app](#)

WellCan, brought to you by a community of partners, provides a hub for mental health resources and tools to help all Canadians maintain positive mental, physical, social and financial health during the COVID-19 pandemic.

## FAMILY SUPPORT

[Bounce Back](#)

BounceBack is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.

[FamilySmart](#)

FamilySmart is an organization that helps parents connect with parents. It is for families and caring adults who are parenting a child or youth with a mental health challenge. It is a way to connect with peers who can journey with you.

[Family Support Institute of BC](#)

The foundation of the Family Support Institute is peer to peer support. This has not changed during this unprecedented time of the COVID-19 pandemic. Our volunteer Resources Parents all have a family member with a disability and are available to support you through the challenges, uncertainties and fears you are facing. Together, we can share what is working, troubleshoot what isn't, and brainstorm creative solutions to move our families through this troubling time.

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### [Foundry](#)

Foundry offers young people ages 12-24 health and wellness resources, services and supports - online and through integrated service centres in communities across BC.

### [Inclusion BC](#)

Inclusion BC is a non-profit provincial organization that advocates for the rights and opportunities of people with intellectual disabilities and their families. We are a federation of members that include people with intellectual disabilities, their families and agencies that serve them.

### [Kelty Mental Health Resource Centre](#)

Kelty Mental Health helps families across the province navigate the mental health system, listen, and offer peer support, and connect parents to resources and tools.

## CRISIS SUPPORT

Get immediate support BY PHONE...

- Suicide crisis: 1-800-SUICIDE (1-800-784-2433)
- Mental Health Issue: 310-6789 (24 hours)
- KUU-US Aboriginal crisis: 1-800 588-8717 (24 hours)
- Medical emergency: 911
- Health service: 811
- Child & Youth Mental Health: 250-554-5800 (North Shore), 250-371-3648 (South Shore)

Get immediate support ONLINE...

- [Crisis Centre](#)
- [Kids Help Phone](#) (or text CONNECT to 686868)
- [KUU-US Crisis Line Society](#)
- [Youth in BC Chat](#)
- [HealthLink BC: Warning Signs of Suicide in Children & Teens](#)

# USEFUL INFORMATION

## Questions to ask your child in self-isolation

**YOUNG**MiNDS

What could help you to complete your school work at home? Where would you like to work at home?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How can you keep in touch with friends and family at the moment? e.g. Facetime, Whatsapp

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

What things would you like to do in the future?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What are you worried about when you lie in bed and can't sleep?

Can you think of anything fun that we can do at home?

How do you feel about things changing?

How do you feel about staying at home?

What have you enjoyed about today?

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### 10 TIPS TO HELP ADULTS SUPPORT CHILDREN DURING THE COVID-19 OUTBREAK

TIP #1: Set a good example by modelling calm behaviour.

TIP #2: Guide honest conversations by being factual but not gloomy and allow children to ask questions.

TIP #3: Let children know that whatever they are feeling is okay. It is our job to listen and be supportive.

TIP #4: Stick to a routine and encourage healthy habits including hygiene, sleep, nutrition, physical activity (outdoors if possible).

TIP #5: Make the children feel safe by reassuring them that teachers, doctors, scientists, etcetera are doing everything they can to protect us.

TIP #6: Foster connections with family members, friends, classmates, teachers.

TIP #7: Plan fun things to do, and enjoy quality time together.

TIP #8: Monitor social media and screen time.

TIP #9: Remind children of the good in the world.

TIP #10: Help children help others by providing opportunities for meaningful contribution.

## USEFUL WEBSITES

COVID-19 [Provincial support and information website](#) for parents and guardians

[Interior Health Testing Information and Locations](#)

[KIDS and COVID-19 QA](#)

CBC Kids along with the PHO produced a [kid-centric Q and A video](#) about COVID-19

# PERHAPS SOME GOOD NEWS

Parents, if you have not yet seen [John Krasinski's Some Good News YouTube Channel](#), you are in for a total treat.

Let us not underestimate the value of humour! Check out this [video](#) of some adorable penguins who live at an aquarium in Chicago and are used to seeing hundreds of visitors a day. As social and curious creatures, they are stoked to have the freedom to interact with their 'friends' during a time when the zoo is unable to host visitors.

If you have teenagers that enjoy music, get them to check out these '[concerts](#)' that were put on by famous musicians in their homes, including Coldplay, Pink, John Legend to name a few. In addition to sharing their music, these singers are spreading important messages during the pandemic, hopefully messages that will resonate with our youth.

Check out this cool [song](#) by Bobi Wine and Nubian Li.