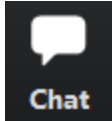


Managing Stress & Anxiety During COVID-19

Live Q&A with Mental Health Consultants
from Seattle & King County's Child Care Health Program

Virtual Meeting Guidelines

- ❑ Mute your microphone for this presentation. **This presentation will be recorded, so please turn off your camera if you do not want to be recorded.**
- ❑ To ask a question, click on the Chat icon at the bottom of the Zoom window and type in it. The icon looks like this: 
 - Please keep your questions clear and brief.
 - **Please avoid using identifiable health information in your question** such as name, birthday, gender, etc. For confidential support, resources, and referrals, contact Mental Health Consultants directly.
- ❑ In addition to questions, feel free to share what's been helpful for you, staff, and/or families at your site.

Reminders

Today's live call is focused on mental health topics related to children, staff, and families in childcares.

For information related to health and safety in childcares, please refer to our program website at www.kingcounty.gov/childcare.

For information related to childcare and COVID-19, please refer to www.kingcounty.gov/covid/childcare.

There will be ongoing opportunities to have consultation with and support from Child Care Health team in the coming weeks.

A note about our recommendations...

The recommendations made by Mental Health Consultants today are for personal education and informational purposes only, and are not a substitute for professional psychological, psychiatric or medical advice, diagnosis, or treatment.



Breathing Exercise

- Sit or stand tall through the spine
- Relax face, your shoulders, arms and hands
- Breathe in slowly through the nose
- Hold for 3 seconds
- Breathe out slowly through the mouth
- Repeat 3x

Mental Health Consultation

as part of the PHSKC Child Care Health Program

Mental Health Consultants provide reflective, trauma-informed virtual support to childcare providers, families, and children.

These supports include:

- Problem solving and address concerns and/or questions related to behavioral and mental health
- Technical assistance to help promote and sustain social-emotional wellbeing
- Resources, recommendations and referrals





Strategies for Supporting Children

- Reach out, provide space, and encourage students to talk about their safety concerns with you or a family member.
- Include in your lesson plans accounts of others having fun with free or inexpensive activities.
- Be patient with younger students who are clingier with you or their parents.
 - Teach, practice, and reinforce non-contact ways of seeking support.
- Keep a regular school and family routine.



Strategies for Supporting Children

- Clarify misinformation or misunderstandings about how the virus is spread and that not every respiratory disease is COVID-19
- Stay in touch with friends via telephone and internet
- Regular physical activity
- Limit media exposure
- Relaxation activities


Strategies for Supporting Childcare Providers

- Recognize that feelings such as loneliness, boredom, fear of contracting disease, anxiety, stress, and panic are normal reactions to a stressful situation such as a disease outbreak.
- Maintain regular, clear communication. Be responsive to questions or concerns.
- Check in regularly with colleagues or staff.
- Identify materials or tasks that create a sense of control.

Strategies for Supporting Childcare Providers

- Be clear in your expectations of parents and families.
- Stay in touch with loved ones
- Maintain a regular routine including physical activity, sleep, and healthy foods.

Questions from Providers

- To ask a question, click on the Chat icon at the bottom of the Zoom window and type it. The icon looks like this: 
 - To send your question to the chat box, click the enter key.
 - Please keep your questions clear and brief.
- **Please avoid using identifiable health information in your question such as name, birthday, gender, etc.**
- In addition to questions, feel free to share what's been helpful for you, staff, and/or families at your site.
- King County COVID-19 Call Center: **(206) 477 – 3977**, Mon-Sun 8am-7pm

Megan Holmes, MS, LMHC | Megan.Holmes@kingcounty.gov | 206-263-8630

Phala Chea, MSW, LICSW | Phala.Chea@kingcounty.gov | 206-263-8405

Katherine Ngo, MA, LMHC | KNgo@kingcounty.gov | 206-402-9916

Wrap Up

- Public Health – Seattle & King County (PHSKC) COVID-19 page:
www.kingcounty.gov/covid
www.kingcounty.gov/childcare
- Watch for a follow-up email with these slides and resources.
- Please take the survey via the URL in the chat box.

Mental Health Resources

- The National Child Traumatic Stress Network; [Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019](#) Flyer
 - Link: <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>
 - Available in English, Spanish, and Chinese.
- Los Angeles County Department of Mental Health; [Coping with Stress During Infectious Disease Outbreaks](#) Flyer
 - Link: <https://dmh.lacounty.gov/covid-19-information/>
 - Available in Arabic / Armenian / Chinese (Simplified) / Chinese (Traditional) / English / Farsi / Japanese / Khmer / Korean / Russian / Spanish / Tagalog / Vietnamese
- Center for Disease Control: [Parent's Supporting Children](#) Video
 - Link: https://www.youtube.com/watch?v=jOq-8S_k7to
 - Part of CDC's COVID-19 American Sign Language video series. English subtitles available.
- World Health Organization: Coping with stress during the COVID-19 outbreak
 - Available in [English](#), [Spanish](#), [French](#), [Russian](#), [Simplified Chinese](#), [Arabic](#).

Mental Health Resources, Cont.

- Substance Abuse and Mental Health Services Administration (SAMHSA): [Taking Care of Your Behavioral Health – Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#) (Flyer)
 - Link: <https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-Tips-for-Social-Distancing-Quarantine-and-Isolation-During-an-Infectious-Disease-Outbreak/PEP20-01-01-007>
 - Available in English and [Spanish](#)
- Center for Disease Control: [Caring for Children](#) Handout
 - Link: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html>
 - Available in English, Chinese, Vietnamese, Korean, and Spanish.
- National Alliance on Mental Health (NAMI) [COVID-19 Guide](#)
 - Link: <https://www.nami.org/covid-19-guide>
 - Available in English. FAQ with resources and referrals that promote mental health and well bring.
- Somali Health Board
 - Link: somalihhealthboard.org & facebook.com/SomaliHealthBoard
 - Community-based health organization currently providing Somali and English language webinars, posters, and resources to the Somali American and immigrant community in King County.

Mental Health Resources, Cont.

- Zero to Three: [Coronavirus Resources for Early Childhood Professionals](#)
 - Link: <https://www.zerotothree.org/resources/3291-coronavirus-resources-for-early-childhood-professionals>
 - Available in English. Activity Sheets, webinars, guidance on how to talk to adapt parenting and caregiving.
- American Academy of Pediatrics – [HealthyChildren.org](#)
 - Link: HealthyChildren.org
 - Articles for parents and caregivers available in English & Spanish.
 - Recommended articles include [Parenting in a Pandemic: Tips to Keep the Calm at Home](#), [Getting Children Outside While Social Distancing for COVID-19](#), and [Co-Parenting Through COVID-19: Putting Your Children First](#)
- American Academy of Child & Adolescent Psychiatry - [Resources for Helping Kids and Parents Cope Amidst COVID-19](#)
 - Link: https://www.aacap.org/AACAP/Families_and_Youth/Resource_Libraries/covid-19/resources_helping_kids_parents_cope.aspx
 - Various articles on how to talk to children about sick adults and lost loved ones due to COVID-19, supporting children with special needs during the pandemic, as well as general coping strategies for caregivers and parents.
 - Available in English, with some Spanish language articles.

Mental Health Resources, Cont.

- [CopingSkillsforKids.com](https://www.coping-skills-for-kids.com)
 - Available in English. Free downloadable breathing exercises and mindfulness-based activities for children.
- [VirusAnxiety.com](https://www.virusanxiety.com)
 - Available in English. Mindfulness based resources for managing anxiety and stress related to COVID-19.
- More to come soon!

Emergency Mental Health Resources

for Residents of Seattle & King County

If you or someone you know is in crisis:

- **Call 911 for police assistance** if the situation is life threatening or if it looks like someone may get hurt.
- If there is **no immediate physical danger**, call Crisis Connections at [206-461-3222](tel:206-461-3222) or [1-866-427-4747](tel:1-866-427-4747), or visit www.CrisisConnections.org.
- Crisis Connections can help link you to available and appropriate resources; their services lines are available 24/7, 365 days of the year.
- [Crisis Connections](#)
 - Provides a free, confidential, 24/7 hotline with immediate language interpretation available in 155 languages, in addition to resources and volunteer training. Call 1-866-427-4747 or 206-461-3222.

Emergency Mental Health Resources

for Residents of Seattle & King County

- [National Suicide Prevention Lifeline](#): **1-800-273-8255**
 - Provides 24 hour, toll-free, telephone support for anyone in suicidal crisis or emotional distress and provides information to locate crisis clinics and resources throughout the U.S.
 - Para información en español: 1-888-628-9454
 - Options For Deaf + Hard of Hearing: [1-800-799-4889](#)
- [Veterans Crisis Line](#): **1-800-273-8255 (then press 1)**
 - Veterans and family members can receive confidential help by calling the hotline. Confidential online chat support is available online as well.

Emergency Mental Health Resources

for Residents of Seattle & King County

- [The National Domestic Violence Hotline](#): **1-800-799-7233**
 - Call to reach highly trained advocates available 24/7 to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship. Confidential online chat in English and Spanish is also available via their website.
 - If unable to speak safely, log onto thehotline.org or text LOVEIS to 22522.
- [Washington Recovery Help Line](#): **1-866-789-1511**
 - The Washington Recovery Help Line is a program of [Crisis Connections](#). 24-hour confidential support and resources are available at 1-866-789-1511 for those experiencing substance use disorder, problem gambling, and/or a mental health challenges.

Emergency Mental Health Resources

for Residents of Seattle & King County

- [Crisis and Commitment Services](#) (CCS): [206-263-9200](tel:206-263-9200)
 - King County Crisis and Commitment Services offers evaluation of people with behavioral health disorders for **involuntary detention** in psychiatric facilities according to the State of Washington law. The law for adults is [RCW 71.05](#). For youth 13 through 17 years of age the law is [RCW 71.34](#).
 - Crisis and Commitment staff who perform these duties are referred to as **Designated Crisis Responders** (DCRs) They are mental health professionals who are specially trained to conduct a holistic investigation of risk and to treat the person in need with dignity and respect during their time of Crisis.
 - Crisis and Commitment Services are available 24 hours a day, 365 days a year.
 - Phone: [206-263-9200](tel:206-263-9200)