

# VIP Meeting

## January 26th, 2021

- 1. Welcome & Introductions**
- 2. Learning Opportunity**
  - Coping with COVID-19*: Learn how to navigate community resources, recognize signs of anxiety/depression in your scholar, and cope with changes brought on by the pandemic
- 3. Upcoming Events & Important Information**



# Welcome & Introductions

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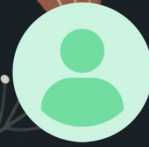


# Community Resources Hub/ Centro de recursos comunitarios

<https://linktr.ee/peakresources>

Click for information on local organizations that provide assistance in each of these areas!

Haga clic para obtener información sobre las organizaciones locales que brindan asistencia en cada una de estas áreas!



@peakresources

COVID-19 Resources for Caregivers/Recursos para los padres

Food Assistance

Asistencia alimentaria

Employment

Empleo

Rent & Bill Pay Assistance

Asistencia de renta y el pago de facturas

Empleo

Rent & Bill Pay Assistance

Asistencia de renta y el pago de facturas

Mental Health

Salud mental

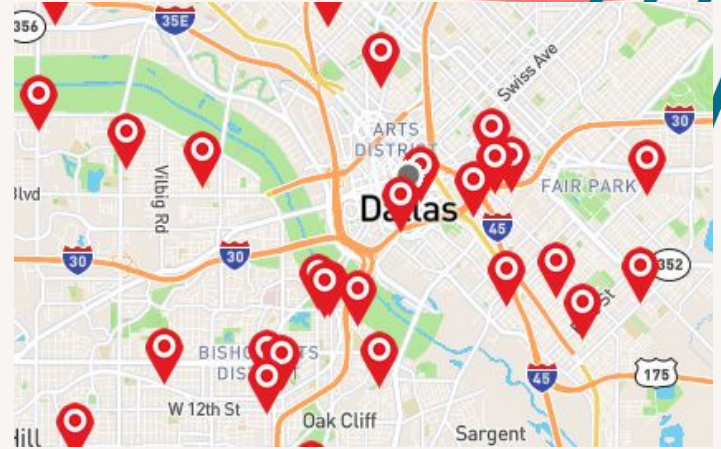
Resources for undocumented immigrants

Recursos para inmigrantes indocumentados

# Food Assistance

## Food Pantries:

- North Texas Food Bank “Find A Food Pantry”
- Brother Bill’s Helping Hand (3906 North Westmoreland Rd.)
- City Square Food Pantry (1610 S. Malcolm X Blvd.)
- Salvation Army (5302 Harry Hines Blvd.)
- Crossroads Pantry (4500 S. Cockrell Hill Rd.)



## SNAP Assistance/Food Stamps:

- Eligibility and application information can be found on our Link Tree under “Food Assistance”
- SNAP is a federally funded program that helps low income families buy nutritious food from local food stores
- SNAP assistance is available to qualifying families, elderly people, and single adults
- Applicants must reside in Texas, and must apply in the county in which they reside
- Your eligibility for benefits will depend on your situation on the following criteria: residence, citizenship, employment, resources, income, Social Security Number

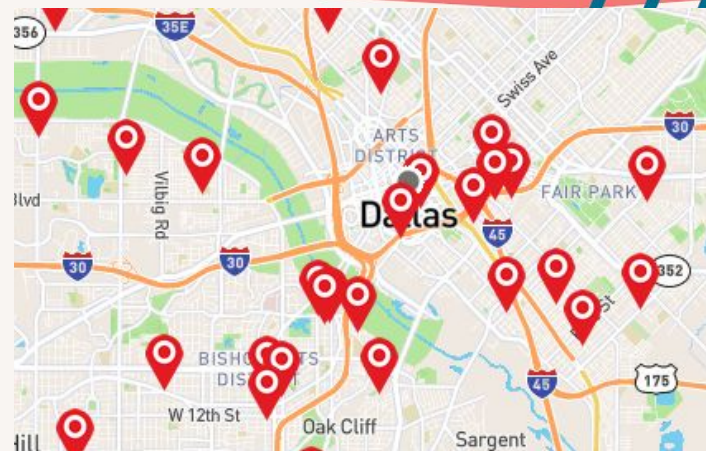
# Asistencia alimentaria

## Despensas de alimentos:

- North Texas Food Bank "Find A Food Pantry"
- Brother Bill's Helping Hand (3906 North Westmoreland Rd.)
- City Square Food Pantry (1610 S. Malcolm X Blvd.)
- Salvation Army (5302 Harry Hines Blvd.)
- Crossroads Pantry (4500 S. Cockrell Hill Rd.)

## Asistencia SNAP / Cupones para alimentos:

- La información sobre elegibilidad y solicitud se puede encontrar en nuestro árbol de enlaces bajo "Asistencia alimentaria"
- SNAP es un programa financiado por el gobierno federal que ayuda a las familias de bajos ingresos a comprar alimentos nutritivos en las tiendas de alimentos locales.
- La asistencia SNAP está disponible para familias que califiquen, personas mayores y adultos solteros.
- Los solicitantes deben residir en Texas y deben presentar la solicitud en el condado en el que residen.
- Su elegibilidad para los beneficios dependerá de su situación según los siguientes criterios: residencia, ciudadanía, empleo, recursos, ingresos, número de seguro social



# Employment

## Find a Job:

- **Goodwill Dallas Job Connection Center**
  - Free virtual employment services.
- **Jobs Now - Workforce Solution for Dallas County**
  - Find vacancies in essential businesses in Dallas County and get access to workforce development opportunities including adult education, skills training, English language skills, and more.
- **Say Yes to Dallas**
  - Find openings in essential industries that have ramped up hiring locally

## Unemployment:

- **Texas Workforce Commission**
  - Eligible applicants can qualify for unemployment benefits through an online application

# Empleo

## Encontrar un trabajo:

- **Goodwill Dallas Job Connection Center**
  - Servicios de empleo virtual gratuitos
- **Jobs Now - Workforce Solution para el condado de Dallas**
  - Encuentre vacantes en negocios esenciales en el condado de Dallas y obtenga acceso a oportunidades de desarrollo de la fuerza laboral que incluyen educación para adultos, capacitación en habilidades, habilidades en el idioma inglés y más.
- **Say Yes to Dallas**
  - Encuentre vacantes en industrias esenciales que han aumentado la contratación local

## Desempleo:

- **Comisión de la Fuerza Laboral de Texas**
  - Los solicitantes elegibles pueden calificar para beneficios de desempleo a través de una solicitud en línea

# Tips for Navigating Community Resources

1. **Have necessary documentation ready:**
  - a. Many organizations will ask for some or all of the following:
    - i. Proof of income, proof of address, Driver's License or TX ID, Social Security Number for every household member (if eligible), birth certificates for each child, recent utility bill, rental lease, benefits support letter (if eligible)
2. **Be prepared to make LOTS of phone calls**
  - a. Many of these organizations limit who can qualify for their services
  - b. You might have to make several phone calls before you find an organization that can help with your family's specific needs
3. **Ask for help when you need it**
  - a. Many of these organizations offer services in both English and Spanish, but if you need help with translation, reach out to a counselor
  - b. Feeling nervous about making calls on your own? Reach out to a counselor to help walk you through the process



# Consejos para navegar Recursos de la comunidad

## 1. Tenga lista la documentación necesaria:

a. Muchas organizaciones solicitarán algunos o todos los siguientes:

- i. Comprobante de ingresos, comprobante de domicilio, licencia de conducir o identificación de TX, número de seguro social de cada miembro del hogar (si es elegible), certificados de nacimiento de cada niño, factura reciente de servicios públicos, contrato de arrendamiento, carta de apoyo de beneficios (si es elegible)

## 2. Esté preparado para hacer MUCHAS llamadas telefónicas

- a. Muchas de estas organizaciones limitan quiénes pueden calificar para sus servicios
- b. Es posible que deba hacer varias llamadas telefónicas antes de encontrar una organización que pueda ayudarlo con las necesidades específicas de su familia.

## 3. Pide ayuda cuando la necesites

- a. Muchas de estas organizaciones ofrecen servicios en inglés y español, pero si necesita ayuda con la traducción, comuníquese con una consejera.
- b. ¿Se siente nervioso por hacer llamadas por su cuenta? Comuníquese con una consejera para que lo ayude a guiarlo a través del proceso

# Mental Health

## 1. Mental Health Hotlines

## 2. Virtual Counseling

- a. The Center Counseling
- b. Child & Family Guidance Center
- c. Family Tree Program
- d. UTSW Family Studies Center
- e. Metrocare
- f. Counseling Works

## 3. Mental Health Hospitals

- a. Dallas Behavioral Healthcare Hospital
- b. Hickory Trail Hospital
- c. Medical City Green Oaks

Crisis/Suicide Prevention Hotlines		
Adapt Hotline (24/7 mobile crisis hotline)	1-866-260-8000	
Crisis Text Line	Text HOME to 741-741	People of color can text the special keyword STEVE to 741-741
National Suicide Prevention Lifeline	1-800-273-8255	
Suicide Crisis Center of North Texas	214-828-1000	
Coronavirus Support Lines		
NTBHA COVID-19 Mental Health Support Line	833-251-7544 – Available 24/7	
Metrocare Coronavirus Support Line	214-743-1215 – Available 8:00-5:00, M-F	
Texas Health & Human services	833-986-1919 – Available 24/7	
Other Hotlines		
National Domestic Violence Hotline	1-800-799-7233	Text LOVEIS to 22522
National Sexual Assault Hotline	1-800-656-4673	
Texas Youth Helpline	1-800-989-6884	Text 512-872-5777
The Trevor Project (for LGBTQ students)	1-866-488-7386	Text START to 678-678

## Resources

### RESOURCES OVERVIEW

#### COVID-19

#### COVID-19 RECURSOS ESPAÑOL

#### WORKPLACE MENTAL HEALTH: EMPLOYEE SUPPORT GUIDE

### FINDING HELP

+ **SCREENING TOOLS**

+ BOARDING HOME INITIATIVE

+ FOR YOURSELF

+ FOR A LOVED ONE

+ FOR PROFESSIONALS

+ FIND A PROVIDER



## We're here to help

Are you experiencing symptoms of mental illness or substance use? Do you have questions about what certain behaviors may mean in terms of diagnosis? Screening tools are one way to gauge what the underlying issue(s) may be, and they can be helpful when seeking resources and help.



### Alcohol and SUD

Has your drinking or drug use affected your daily life and your ability to complete normal everyday tasks? Take this confidential screening.



### Anxiety

Are you concerned your anxiety is affecting your day-to-day life? Take this confidential anxiety screening.



### Depression

Are you sad much of the time? Do you ever feel hopeless? Take this confidential depression screening.



### Parent Screen

Are you concerned about your child's behaviors, emotions, or moods? Is your child between the age of 11 and 17? Take this screening.



### Youth Screen

Are you between the ages of 11 and 17? Are you, your parents, or your teachers concerned about your behaviors, emotions, or moods? Take this confidential screening.

## Resources

### COVID-19

#### COVID-19 RECURSOS ESPAÑOL

#### WORKPLACE MENTAL HEALTH: EMPLOYEE SUPPORT GUIDE

#### FINDING HELP

- + SCREENING TOOLS
- + BOARDING HOME INITIATIVE
- + FOR YOURSELF
- + FOR A LOVED ONE
- + FOR PROFESSIONALS
- + FIND A PROVIDER

## Resouces de Salud Mental

Ayuda En Español: Lifeline– 1-888-628-9454

Disaster Distress Hotline – 1-800-985-5990 Presione la Tecla “2” para Ayuda en español.

National Domestic Violence Hotline – 1-800-799-7233 and TTY 1-800-787-3224. La asistencia está disponible en inglés y español con acceso a más de 170 idiomas a través de servicios de intérprete.

CDC: Manejo del estrés y la ansiedad

**Autoridad de Salud Conductual del Norte de Texas – Dallas, Ellis, Hunt, Kaufman, Navarro, y Rockwall Condados**

Línea de Apoyo de Salud Mental: 833-251-7544

NTBHA está abierto y actualmente está ofreciendo todos los recursos. Visite NTBHA website para obtener más información sobre los recursos de COVID-19.

LifePath Systems – Collin County

If you are having suicidal thoughts or thoughts about hurting yourself, call one of these crisis lines:

**Adapt 24/7 Mobile Crisis Hotline  
1-866-260-8000**

**Suicide & Crisis Center of North Texas  
24/7 Crisis Line  
214-828-1000**

**National Suicide Prevention Lifeline  
1-800-273-8255**

**North Texas Behavioral Health  
Authority  
Dallas Metro Area.  
1-877-653-6363 or 214-366-9407**



## Community Resources and Referrals (Dallas County)

### Non-Emergency Police Numbers:

Irving Police Department:  
(972) 273 - 1010

211 – Free Information & Referrals

Grand Prairie Police Department:  
(972) 237-8700

Dallas Police Department:  
(214) 744 – 4444

### FREE/ LOW COST COUNSELING SERVICES:

#### **Dallas:**

##### Momentous Institute

*Sliding-scale counseling, after-school programs, Spanish Speaking Counselors*

##### **Oak Cliff Location**

(214) 915 - 4700  
106 E. 10<sup>th</sup> Street  
Dallas, TX, 75203

##### **West Dallas Location**

(214) 916-4000  
9705 Harry Hines Blvd.  
Dallas, TX, 75220

##### North Texas Grief and Loss Center

(214) 452-3105  
4316 Abrams Rd., Dallas, TX  
75214

##### Grief Works

*Free children's grief support group*  
972-960-9981

##### (Parkland Hospital) Victim Intervention – Crisis Center

*Free Counseling for All Issues; specialists available for Rape & Trauma*  
214-590-2926  
(214) 590-0430 (24- hour hotline)  
4811 Harry Hines  
Dallas, TX 75208  
\*Spanish Speaking Counselors

##### Centro de Mi Salud (Center for My Health)

*Spanish Speaking Specialty; individual and family counseling; psychiatric services*  
(214) 941-0798  
628 Centre St.  
Dallas, TX 75208

##### Pastoral Counseling Center

*Counseling and Assessments;*  
Multiple locations, call for

#### **Irving:**

##### Irving Family Advocacy Center

*Free counseling services*  
(972) 721-6521  
(972) 721-6553 (bilingual counseling)  
600 W. Pioneer Dr.  
Irving, TX, 75061

##### Irving Health Center

*Sliding scale; healthcare to children and adults, including behavioral health services by referral from physician*  
(214) 266 - 3000  
1800 North Britain  
Irving, TX, 75061

##### Irving Cares

*Offers range of services, including counseling information and referral*

## Insurance/Healthcare Assistance:

### Community Council of Greater Dallas

*Free enrollment assistance with all government funded healthcare programs (CHIP, Children's Medicaid, ACA)*  
(469) 740-6071

1341 W. Mockingbird Ln., Suite 1000W  
Dallas, TX, 75247

Contact person: Daniel Bouton

### Healthwell Foundation

*Provides financial assistance to eligible patients to cover certain out-of-pocket health care cost.*  
(800) 675-8416

<https://www.healthwellfoundation.org/>



# Undocumented Immigrants

# Undocumented Workers Fund Dallas

## Eligibility:

- Be undocumented
- Work in the food service industry in Dallas
- Be unable to work at this time due to corona-related mandates.
- Have a Venmo account/have access to a Venmo account through someone that you trust (family or employer)



## Process:

- Mini-grants of \$150 via Venmo.
- All transactions will be private to not disclose the personal information
- Release funds on Fridays either weekly or bi-weekly depending on fundraising efforts.

# Undocumented Workers Fund Dallas

## Elegibilidad:

- Ser indocumentado
- Trabajar en la industria de servicios de alimentos en Dallas
- No podrá trabajar en este momento debido a mandatos relacionados con el coronavirus.
- Tener una cuenta de Venmo / tener acceso a una cuenta de Venmo a través de alguien en quien confíe (familia o empleador)



## Proceso:

- Mini-subsidios de \$150 a través de Venmo.
- Todas las transacciones serán privadas para no revelar la información personal.
- Libere fondos los viernes, ya sea semanalmente o quincenalmente, dependiendo de los esfuerzos de recaudación de fondos.



<https://immigrantsrising.org/>

## RESOURCES



<https://tinyurl.com/t3vclo6>

COLLAPSE ▾

**THEMES/TOPICS**

- Art & Empowerment
- Entrepreneurship & Freelancing
- Higher Education
- Law & Policy
- Life Outside The U.S.

**GEOGRAPHY**

- California
- National

**KEYWORD(S)**

ENTER KEYWORD(S)

Refine your search by adding specific words/phrases

**Overview: Resources**

See our complete list of resources

**Steps to Apply for DACA for the First Time**

USCIS is now accepting initial DACA applications. This handout walks you through the necessary steps to apply for DACA for the first time.

**THEMES/TOPICS:**

**Tangible Support for Immigrant Communities During COVID-19**

See this list of resources created to help undocumented immigrants navigate the crisis.

**THEMES/TOPICS:**

Entrepreneurship & Freelancing, Law & Policy



**Steps to Renew DACA**

People who have had DACA in the past may submit a DACA renewal application. This handout walks you through the steps you need to take to renew your DACA.

**THEMES/TOPICS:**

Law & Policy

**GEOGRAPHY:**

California, National

**AUDIENCE:**

Ally, Educator, Undocumented Youth

**RESOURCE TYPE:**

Post

**Undocu-Immigrant Mental Health Grounding and Self-Care Toolkit**

Use this journal to process and identify practical ways to decrease stress and anxiety in any situation.

**THEMES/TOPICS:**

Art & Empowerment

**GEOGRAPHY:**

California, National

**AUDIENCE:**

Undocumented Youth

**RESOURCE TYPE:**

Worksheet

**Guide: Returning to the U.S. After Leaving**

Read this resource to learn about the important factors to consider while planning your return/visit to the U.S. after leaving the country.

**THEMES/TOPICS:**

Life Outside The U.S.

**GEOGRAPHY:**

California, National

**AUDIENCE:**

Undocumented Youth

**RESOURCE TYPE:**

Guide

**Checklist: Preparing to Leave the U.S.**

Use this resource to prepare a timeline of tasks to accomplish before leaving the U.S.

**THEMES/TOPICS:**

Life Outside The U.S.

**GEOGRAPHY:**

California, National

**Affirmations: For Those Who Have Left the U.S.**

Consult this resource as a source of encouragement when you are feeling overwhelmed by your decision to live outside the U.S.

**THEMES/TOPICS:**

Life Outside The U.S.

**GEOGRAPHY:**

California, National

Immigrants Rising] Tangible Support for Immigrant Communities During COVID-19 ☆ 🏠 ⌚ ☁

le Edit View Tools Help

Immigrants Rising is committed to serving undocumented communities during the Coronavirus (COVID-19) pandemic. We put together this list of resources in March to help undocumented immigrants navigate the crisis. Please [contact us](#) if there are additional resources that you would like to add to this document. We have continued to update it as the situation develops.

[Recursos para inmigrantes sobre COVID-19 en español — utilice este enlace](#)

<b>Addressing Fear and Coping with Stress During Infectious Disease Outbreaks</b>	<b>2</b>
<b>Health Access &amp; Guidance Regarding Covid-19</b>	<b>2</b>
<b>Connecting To Free/Low-Cost Resources</b>	<b>3</b>
<b>Relief Funds</b>	<b>3</b>
<b>Legal Rights and Supports for Workers</b>	<b>4</b>
General	4
Workers with DACA & TPS	4
<b>Supporting Businesses &amp; Freelancers</b>	<b>5</b>
General	5
Accessing Financial Capital	5
<b>Housing</b>	<b>6</b>
<b>K-12 Resources</b>	<b>7</b>
<b>Organizing &amp; Action-Oriented</b>	<b>7</b>
<b>Other Resources for Immigrant Communities</b>	<b>7</b>
<b>Federal Government Updates</b>	<b>8</b>
<b>Social Distancing</b>	<b>8</b>
<b>Up-To-Date Tracking of COVID-19 Cases Worldwide</b>	<b>8</b>
<b>ABOUT US</b>	<b>9</b>

# Signs of Anxiety

- Restlessness
- Fatigue
- **Trouble concentrating**
- Irritability
- Muscle tension
- **Trouble sleeping (insomnia)/Nightmares**
- Bedwetting
- **Decreased academic performance**
- Difficulty, fear, or avoidance of interacting with peers
- Extreme shyness or nervousness that is out of proportion with actual situations
- Fear of being away from home, parents or other family members
- Frequent crying spells
- Irritability or frequent temper tantrums
- Not wanting to sleep alone or fear of darkness
- Odd rituals, such as excessive hand washing, counting, or arranging objects
- **Ongoing physical complaints that may include headaches, upset stomach, muscle aches or fatigue**
- Refusal or reluctance to go to school
- Palpitations or a fast heart rate
- Sweating
- Shaking
- Feeling short of breath
- Feeling choked
- Chest pain
- Nausea or abdominal pain
- Dizziness
- Numbness or tingling (paresthesias)
- Chills or hot flashes

# Signos de ansiedad

- Inquietud
- Fatiga
- **Dificultad para concentrarse**
- Irritabilidad
- Tension muscular
- **Dificultad para dormir (insomnio) / Pesadillas**
- Enuresis
- **Disminución del rendimiento académico.**
- Dificultad, miedo o evitación de interactuar con compañeros
- Timidez extrema o nerviosismo desproporcionado con situaciones reales
- Miedo a estar lejos de casa, padres u otros miembros de la familia.
- Hechizos frecuentes de llanto
- Irritabilidad o rabietas frecuentes
- No querer dormir solo o miedo a la oscuridad
- Rituales extraños, como lavarse las manos en exceso, contar u organizar objetos
- **Quejas físicas continuas que pueden incluir dolores de cabeza, malestar estomacal, dolores musculares o fatiga**
- Rechazo o renuencia a ir a la escuela
- Palpitaciones o frecuencia cardíaca rápida.
- Transpiración
- Sacudida
- Sensación de falta de aire
- Sentirse ahogado
- Dolor en el pecho
- Náuseas o dolor abdominal
- Mareo
- Entumecimiento u hormigueo (parestesias)
- Escalofríos o sofocos

# Signs of Depression

- Feeling sad, hopeless, or irritable a lot of the time
- Not wanting to do or enjoy doing fun things
- Showing changes in eating patterns – eating a lot more or a lot less than usual
- Showing changes in sleep patterns – sleeping a lot more or a lot less than normal
- Showing changes in energy – being tired and sluggish or tense and restless a lot of the time
- Having a hard time paying attention
- Feeling worthless, useless, or guilty
- Showing self-injury and self-destructive behavior

# Signos de depresión

- Sentirse triste, desesperanzado o irritable la mayor parte del tiempo
- No querer hacer o disfrutar haciendo cosas divertidas
- Mostrar cambios en los patrones de alimentación: comer mucho más o mucho menos de lo habitual
- Mostrar cambios en los patrones de sueño: dormir mucho más o mucho menos de lo normal
- Mostrar cambios en la energía: estar cansado y lento o tenso e inquieto la mayor parte del tiempo
- Tener dificultades para prestar atención
- Sentirse inútil o culpable
- Mostrar comportamiento autolesivo y autodestructivo

# Social Emotional Health

Depression	Anxiety	Grief
<p>A sad or irritable mood most of the day</p> <p>Not enjoying the things they used to</p> <p>Sleeping too little at night or too much during the day</p> <p>A marked change in weight or eating (goes up or down)</p> <p>Lack of energy or feeling unable to perform simple tasks</p> <p>Trouble focusing or making decisions</p> <p>Not worrying about what happens in the future</p> <p>Aches and pains when nothing is really wrong</p>	<p>Recurring fears and worries about routine parts of everyday life</p> <p>Changes in behavior, such as irritability</p> <p>Trouble sleeping or concentrating, frequent nightmares</p> <p>Avoiding activities, school, or social interactions</p> <p>Dropping grades or school avoidance</p> <p>Substance use or other risky behaviors</p> <p>Chronic physical complaints, such as fatigue, headaches, or stomachaches.</p> <p>nervousness, restlessness, or extreme stress</p>	<p>Crying at unexpected times &amp; irritability</p> <p>Having strong feelings about seemingly small things</p> <p>Sleeping a lot or not sleeping at all</p> <p>Inability to concentrate or focus</p> <p>Noncompliance with adults</p> <p>Lowered self esteem</p> <p>Eating a lot or not eating much</p> <p>Pains in the stomach and other areas unexplained by physician</p> <p>Wanting to rip and destroy things</p> <p>Clowning around</p>

# Salud socioemocional

Depression	Anxiety	Grief
<p>Un estado de ánimo triste o irritable la mayor parte del día</p> <p>no disfrutar de las cosas que solían</p> <p>dormir muy poco por la noche o demasiado durante el día</p> <p>Un marcado cambio de peso o comer, (sube o baja)</p> <p>falta de energía o sensación de incapacidad para realizar tareas sencillas</p> <p>problemas para centrarse o tomar decisiones</p> <p>no preocuparse por lo que sucede en el futuro</p> <p>molestias y dolores cuando nada está realmente mal</p>	<p>Temores y preocupaciones recurrentes sobre las partes rutinarias de la vida cotidiana</p> <p>cambios en el comportamiento, como irritable</p> <p>problemas para dormir o concentrarse, pesadillas frecuentes</p> <p>evitar actividades, escuela, O interacciones sociales</p> <p>disminución de grados o evitación escolar</p> <p>uso de sustancias u otros comportamientos de riesgo</p> <p>quejas físicas crónicas, como fatiga, dolores de cabeza o dolores de estómago.</p> <p>nerviosismo, inquietud o estrés extremo</p>	<p>Llanto en momentos inesperados e irritable</p> <p>tener fuerte Sentimientos acerca de cosas aparentemente pequeñas</p> <p>dormir mucho O no dormir</p> <p>incapacidad para concentrarse O enfoque</p> <p>incumplimiento con adultos</p> <p>reducido Autoestima</p> <p>comer mucho o no comer Mucho</p> <p>dolor en el estómago y otras áreas Inexplicable por el médico</p> <p>queriendo rasgar y destruir Cosas</p> <p>Bromeando demasiado</p>

# Coping Skills (Primary)

1. Play with bubbles because all ages can participate!
2. Cook together to enjoy time together and make memories.
  3. Walk and talk as a family.
  4. Read through every book in the house.
  5. Knead some homemade playdough.
  6. Laundry!
7. Get digital - utilize online learning resources.
  8. Dance party!
  9. Feelings scavenger hunt.
  10. Washing toys.
11. TV - sit WITH your child and engage them with questions and reflections.
  12. Create a ROUTINE!



## Habilidades de afrontamiento (primaria)

1. ¡Juega con burbujas porque pueden participar todas las edades!
2. Cocinemos juntos para disfrutar del tiempo juntos y crear recuerdos.
  3. Camine y hable en familia.
  4. Lea todos los libros de la casa.
  5. Amasa un poco de plastilina casera.
  6. ¡Lavandería!
7. Conviértase en digital: utilice los recursos de aprendizaje en línea.
  8. ¡Fiesta de baile!
  9. Búsqueda del tesoro de sentimientos.
  10. Lavado de juguetes.
11. TV: siéntese CON su hijo y hágale preguntas y reflexiones.
  12. ¡Crea una RUTINA!

# Secondary Social Emotional Health

## Depression & Anxiety

### [Teen Mental Health.org](https://www.teenmentalhealth.org)

- mental health literacy information, research, education and resources (videos, animations, brochures, e-books)

### [5 Apps That Help Teens With Mental Health](#)

- **Calm** (Mindfulness)
- **Pacifica** (Stress, Mood, Thoughts)
- **MoodPath** (Emotional Wellbeing)
- **Calm Harm** (Self-Harm)
- **My 3** (Suicidal Ideation)



## Grief

### [GriefWorks](#)

- Free grief support program for children ages 5-18 and their adult family members. Currently offering telephone/virtual sessions.

1 (800) 375-2229

5440 Harvest Hill Rd #140, Dallas

2214 Hemphill Street, Fort Worth

# Salud socioemocional secundaria

## Depression & Anxiety

### Teen Mental Health.org

- Información y recursos sobre el salud mental (videos, animaciones, folletos, libros electrónicos)

### 5 aplicaciones que ayudan a los adolescentes con la salud mental

- **Calm** (atención plena)
- **Pacifica** (estrés, estado de ánimo, pensamientos)
- **MoodPath** (bienestar emocional)
- **Calm Harm** (autolesión)
- **My 3** (ideación suicida)



## Grief

### GriefWorks

- Programa gratuito de apoyo para el duelo para niños de 5 a 18 años y sus familiares adultos. Actualmente ofreciendo sesiones telefónicas / virtuales.

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# Talking with my Child about their Feelings

## DO

**Actively Listen** and welcome their questions

- Choose a time when they're ready to talk

**Ask** if they've thought about what they might need to get better. Ask about their symptoms/how they've been feeling.

**Normalize.** Assure your child that having a mental health challenges is common.

**Don't avoid questions you can't answer.** It's okay to say, "I don't know. Maybe we can find out together"

**Empathize:** As much as your teen wants to be independent, they also want to be understood and validated.

- Instead of giving advice, you can say, "It seems like you are really feeling \_\_\_\_."

**Relate:** Sharing your own challenges with insecurity and anxiety in school (and even today) can make your teen feel that these feelings are normal.

## DON'T

**Minimize** how they are feeling or tell them "you shouldn't think that way."

- *"Everything is going to be fine."*
- *"I'm stressed out too."*

**Let your emotions rule your response** – especially if you're angry. Negative words ("You're never gonna get it together, are you?") can set someone back for a long time and adds to stress and problems.

Use the word "**crazy**".

**Tell your child what they SHOULD do;** instead, ask what they want you to help them with.

**Make excuses or blame others.** "This is \_\_\_ fault, they should have given you more attention"

**Compare your child to their siblings.** "Your brother/sister doesn't have these problems. Why can't you be more like them?"

# Hablando con mi hijo/a acerca de sus

## HACER

**Escucha Atentamente** y recibe sus preguntas

- Elige un momento cuando estén listos para hablar

**Pregunta** si ha pensado en lo que necesitan para sentirse mejor. Pregunta acerca de sus síntomas/ cómo ha sentido.

**Normalizar.** Asegure a su hijo qué tener problemas de salud mental es común.

**No evite** las preguntas que no pueda responder. Está bien decir, "no lo sé. Tal vez podamos averiguarlo juntos"

**Empatizar:** Tanto como su hijo quiere ser independiente, también quieren ser entendidos y validados. En lugar de dar consejos, puede decir, "parece que realmente te sientes."

**Relacionar:** Compartir sus propios desafíos con la inseguridad y la ansiedad en la escuela (e incluso hoy) puede hacer que su hijo se sienta así

## NO HACER

**Minimice** cómo se sienten o dígales que "no debe pensar de esa manera".

- "todo va a estar bien".
- "también estoy estresado".

**Deje que sus emociones gobiernen su respuesta,** especialmente si está enojado. Palabras negativas ("nunca mejorarás, ¿verdad?") puede retrasar a alguien y añadir estrés y problemas.

**Utilice** la palabra "loco".

**Dígale a su hijo lo QUE DEBE hacer;** en su lugar, pregunte con qué quiere que le ayude.

**Hacer excusas o culpar a otros.** "Esto es la culpa de \_\_\_\_.  
Deberían haber prestado más atención"

**Compare a su hijo con sus hermanos.** "Tu hermano/hermana no tiene estos problemas. ¿por qué no puedes ser más como ellos?"

# Talking with my Child about their Feelings

## Hablando con mi hijo/a acerca de sus sentimientos

- “I noticed that...”
- “Sometimes you need to talk to an adult about your feelings. I'm here to listen. How can I help you feel better?”
- “Can you tell me more about what is happening? How you are feeling?”
- “Have you had feelings like this in the past?:
- “I’m wondering if you would be open to talking with someone else about what you’re going through...”
- “I'm worried about your safety. Do you have thoughts about harming yourself or others?”
- “Noté que...”
- “A veces necesitas hablar con un adulto acerca de sus emociones. Estoy aquí para hablar. Cómo puedo ayudarte a sentir mejor?”
- “Puedes decirme más sobre lo que está pasando? Cómo te sientes?”
- “Has tenido estos sentimientos en el pasado?”
- “Me pregunto si te gustaría hablar con alguien mas acerca de lo que estás experimentando...”
- “Siento preocupado/a por tu seguridad. Tienes pensamientos de dañarse o alguien más?”

# Upcoming Events & Important Information

## *Próximos eventos e información importante*

1. **Current Scholar Re-Enrollment** is now open! Computer assistance is available on-campus by appointment only. Call the front office to schedule an appointment.
2. **New Student Applications** close on Monday, February 1<sup>st</sup>! Refer your family and friends to join our Peak family!  
<http://ow.ly/WTzN50D2ysy>
3. **Community Events**
  - a. Food Distribution at The MINT Foundation (1604 Falcon Dr., DeSoto, TX 75115) from 9 to 11 am. Saturday, February 6<sup>th</sup> & Saturday, February 20<sup>th</sup>

1. ¡La reinscripción académica actual ya está abierta! La asistencia informática está disponible en el campus solo con cita previa. Llame a la oficina principal para programar una cita.
2. ¡Las solicitudes para nuevos estudiantes cierran el lunes 1 de febrero! ¡Recomiende a su familia y amigos para que se unan a nuestra familia Peak! <http://ow.ly/WTzN50D2ysy>
3. Eventos comunitarios
  - a. Distribución de alimentos en The MINT Foundation (1604 Falcon Dr., DeSoto, TX 75115) de 9 a 11 am. Sábado 6 y sábado 20 de febrero