

CARING CONNECTIONS
COUNSELING (CCC)

PROVIDING FREE
SOCIAL/EMOTIONAL,
ACADEMIC, &
BEHAVIORAL
SUPPORT FOR PUSD
FAMILIES.



PUSD - Learning Support Services

Caring Connections Counseling

Counselor: [Veronica Ephraim](#)

Community Counseling Resources During the COVID-19 Pandemic

As we start our 20-21 school year through virtual learning, the Caring Connections Counseling program will continue to work with families and staff to support the needs of our students and families during these extraordinary times. This document provides a list of resources for sharing with families regarding:

[Crisis Counseling](#)

[Food & Diaper Assistance](#)

[Parenting Support](#)

[Mental Health Support](#)

[Academic Resources](#)

Dear Parents and Families,

I hope that during the summer break you were able to spend quality time with your children and loved ones. As we start our school year virtually, please know that we value the continued support and dedication that you provide your children daily. I cannot imagine how challenging it is to wear different hats while continuing to instill grace and gratitude to our future leaders.

Thank you all for the amazing work you are doing to support your children during these extraordinary times. We look forward to seeing you and your children in person soon! Stay safe and healthy!

Sincerely,

Veronica Ephraim
Counselor, Caring Connections Center

(Updated Aug 19, 2020)

PUSD Youth in Transition

Our Youth in Transition is actively serving our most at need families during these extraordinary times. Staff have compiled a list of resources, in [English](#) and [Spanish](#), to share with all students and families who might find them useful.

Crisis Counseling

[How to Manage your Mental Health and Cope during COVID-19 \(English and Spanish\)](#): County of San Diego Behavioral Health Services provides resources, information, and self-care tools for our mental health and wellbeing during this difficult time.

[Guidance for Teachers and Counselors during COVID-19 and other Crisis](#): Resources shared from Child Welfare Services regarding support of student's well-being during COVID-19.

[San Diego Access and Crisis Line](#): If you need support or are actively seeking services, please call the ACL at 1 (888) 724-7240, and an experienced counselor will provide you with a referral to meet your needs and help determine eligibility. Help is available 24 hours a day, 7 days per week.

[Crisis Text Line](#): Text Home to 741741 to connect with a Crisis Counselor via text 24/7 for free.

[San Diego 211](#): Dial 2-1-1, or visit their website for access to community, health, social, and disaster services. The call is free, confidential, and available in more than 200 languages with access to 6,000+ services, resources and programs through our online database.

[Live Well @ Home San Diego](#): Free resource to help community residents find tips and strategies to stay healthy in both mind and body while staying home. Resources and activities are organized by age group and topic to match your specific needs.

[National Alliance on Mental Illness \(NAMI\)](#), with a specific COVID-19 Resource Guide.

Food & Diaper Assistance

For your local distribution site, contact 1-866-350-FOOD(3663) or 2-1-1. Also check out [SanDiegoFoodBank.org](https://www.sandiegofoodbank.org), [Poway Food Distribution Sites](#), and the [San Diego Food Bank](#)

For families requiring diapers, check out [Diaper Distribution in San Marcos](#) and [San Diego County for Diaper Distribution](#)

Parenting Support

[Jewish Family Services FREE Online Parenting Support English](#) and [Spanish](#): Jewish Family Services is offering the Positive Parenting Program online for our English and Spanish Speaking elementary parents and families. Interested parents can contact a representative to discuss the program and determine if it's a good fit. Parents can go through the program at their own pace (through a phone, tablet or laptop). Each week, a parent educator will check in with the parent by phone to see how they are doing and answer any questions.

[California Parent and Youth Helpline](#): The California Parent and Youth Helpline provides support and resource referrals to parents and youth during the current COVID-19 pandemic. Open 7 days per week, 8:00 am to 8:00 pm, contact them via phone or text at 1-855-4APARENT (855-427-2736) for services in English, Spanish, and other languages.

Mental Health Support

Below are a few resources on mental health support, clinics, mental health tips, and suggested articles for reading. Please refer to your primary insurance if you are in need of a referral to a mental health therapist and/or contact the Access and Crisis Line if you have an emergency (1 (888) 724-7240). Please feel free to contact your school counselor if you are interested in referrals to therapists in the community.

Please note that this is not a comprehensive list of resources; nor are they endorsed by PUSD.

[San Diego County Suicide Prevention Council COVID-19 Resources](#)

[Mental Health Teen Guide in English](#) and [Spanish](#): Includes resources, hotline numbers, and teen applications for self-care, mental health, and wellness.

[Neighborhood Healthcare Gold Family Center in Poway](#): Provides medical and behavioral mental health services for families that have medical and/or no insurance with a sliding fee scale. The Gold Family Center also supports families in applying for medical insurance for uninsured students and families.

[Rady Children's Outpatient Clinic](#) (760) 294-9270/(858) 966-5832: Provides telehealth services; triaging cases and prioritizing hospital discharges and urgent cases over the waitlist as clinically indicated. Accepts only Medical, does not take cash pay or sliding scale fee.

[North County Health Services Call-in Clinic](#): Provides medical and behavioral mental health services for families that have medical and/or no insurance with a sliding fee scale. They have several locations with the closest location being San Marcos.

[Elizabeth Hospice](#) (760) 737-2054: Specializes in supporting students and families that have experienced the loss of a loved one. Provides individual counseling sessions and support groups via phone or zoom conferencing during this pandemic. Fees are determined upon consultation with the organization.

Mental Health Crisis Tips from Aurora Behavioral Healthcare

- [Boost Your Immunity with Better Sleep](#)
- [Reducing Anxiety and Fighting Fear](#)
- [Recognizing Signs of Depression and Suicide](#)
- [Finding Purpose and Making Life Meaningful](#)
- [Controlling the Flow of Information and Contextualizing It](#)
- [Staying Connected when in Isolation or Quarantine](#)

Additional Suggested Articles:

- [A Trauma-Informed Approach to Teaching through Coronavirus](#)
- [A Counselor's Tips for Managing COVID-19 Anxiety](#)
- [7 Things Mindful Families Do Differently](#)
- [I Spent a Year in Space, and I Have Tips on Isolation to Share](#)
- [Ten Tips from Scientists Who Have Spent Months in Isolation](#)
- [COVID-19 Lockdown Advice from Astronauts and Submariners](#)

Enrichment Resources

This list, compiled by a local therapist, provides links to resources for Virtual Tours, Live Cams, Museums, and more. Please be sure to verify links before sharing.

Virtual Tours

- [San Diego Zoo](#)
- [Yellowstone National Park](#)
- [Mars](#)
- [Great Wall of China](#)
- [Appalachian Trail](#)
- [National Parks Virtual Tours](#)

Live Cameras

- [San Diego Zoo Live Cameras](#)
- [Monterey Bay Aquarium](#)
- [Atlanta Zoo Panda Cam](#)
- [Houston Zoo](#)
- [Georgia Aquarium](#)

Museums

- [British Museum, London](#)
- [Solomon R. Guggenheim Museum, Storylines: Contemporary Art at the Guggenheim, New York, United States](#)
- [National Gallery of Art, Washington DC, Washington, DC, United States](#)
- [Musée d'Orsay, Paris, Paris, France — Google Arts & Culture](#)
- [National Museum of Modern and Contemporary Art, Korea, Seoul, South Korea](#)
- [Pergamon Museum, Berlin](#)
- [Rijksmuseum, Amsterdam, Netherlands Arts & Culture](#)
- [Van Gogh Museum, Amsterdam, Netherlands](#)
- [The J. Paul Getty Museum, Los Angeles, United States — Google Arts & Culture](#)
- [Uffizi Gallery, Florence, Italy](#)
- [MASP - Museu de Arte de São Paulo Assis Chateaubriand, São Paulo, Brazil](#)

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- [Open Heritage](#) sites from around the world
 - [Blarney Castle and Gardens](#)

Other Entertainment

- [15 Broadway Plays and Musicals You Can Watch On Stage From Home](#)
- [BalletNova Center for Dance](#)

Home Exercise: *(Important: only exercise according to your ability level).*

- [50 Exercises for a Bodyweight Workout You Can Do Anywhere](#)
- [The best bodyweight workout for beginners—no gym needed](#)
- [Just Dance 3](#)
- [YMCA San Diego Virtual Classes and Resources](#)

Yoga/Meditation

- [Free Yoga Programs](#)
- Guided Imagery:
 - [10 Minute Guided Imagery Meditation | City of Hope](#)
 - [15 Minute Guided Imagery Meditation Exercise | City of Hope](#)
 - [Guided-Imagery Meditation | Memorial Sloan Kettering](#)
- How to Meditate: [How to Meditate - Well Guides](#)
- Meditation for Anxiety: [Meditation for Anxiety - Yoga With Adriene](#)

Free Online Courses

- [450 Ivy League courses you can take online right now for free](#)
- [Coursera](#)
- One month free trial with [The Great Courses](#)

Reading & Other Resources for Kids

- [New York City Library, free digital books](#)
- [Free Audio Books](#)
- [Free Public Domain Books](#)
- Don't forget - Your local library has digital books and audiobooks to check out
- [Seussville](#)
- [Fun Brain](#)
- [Storyline Online](#)

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- [Fun Science Experiments](#)

Disclaimer:

Your use of the resources listed in this document is not intended to be, and should not be relied on, as a substitute for professional medical advice, diagnosis, or treatment. If you are suffering from any mental health issues we recommend that you seek formal medical advice before using these resources.