

CARING CONNECTIONS  
COUNSELING (CCC)

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

*PUSD - Learning Support Services*



# Caring Connections Counseling

Counselor: [Veronica Ephraim](#)

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## Community Counseling Resources During the Covid-19 Pandemic

### **A BIG BIG THANK YOU!**

While the doors are physically closed to CCC, we are still working with families and staff to support needs during these extraordinary times. This document provides a list of resources we can share with families regarding:

[Crisis Counseling](#)

[Food & Diaper Assistance](#)

[Parenting Support](#)

[Mental Health Support](#)

[Academic Resources](#)

Thank you all for the amazing work you are providing our students, parents, and families during this pandemic. The work that you do is crucial and important as you are the first line of support to our students and parents most at need.

Please feel free to access the resources, flyers, and websites below and share as appropriate. My goal was to compile our available resources on one document to make it easier to find and use as specific needs may arise for different students and families.

Stay safe and healthy.

Sincerely,

*Veronica Ephraim*

*(Updated May 29, 2020)*

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## 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 to share with all students and families which might find them useful. Please share these fliers as needed (available in both [English](#) and [Spanish](#)).

# 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.

# Food & Diaper Assistance

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

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[Pandemic-EBT Program](#): Families with students who are eligible for free or reduced-price meals can get up to \$365 per child for groceries this summer. Please see the flyer for more information (available in both [English](#) and [Spanish](#)) or visit <https://ca.p-ebt.org/en/> to apply online.

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

The PUSD Mental Health Resource Directory, which was shared at the beginning of the 2019-20 school year, continues to provide the most comprehensive, vetted list of providers to which we refer as a district. Many of our therapists are continuing to provide therapy via telehealth and/or phone sessions. Please note that PUSD does not endorse the therapists and/or agencies and it is highly recommended for the families to contact the therapist and agency directly for further information and determine whether it is an appropriate fit for the family.

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

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[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.

Mental Health Crisis Tips by Dr. Susan Writer, 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](#)

[Stay Connected in the Chaos](#): Resource Guide by Alair Olson, MFT

[Resource List by Kim Jones, MFT](#): A useful compilation of free online resources. Plus a recommendation to read:

- [A Trauma-Informed Approach to Teaching through Coronavirus](#)
- [A Counselor's Tips for Managing COVID-19 Anxiety](#)
- [I Spent a Year in Space, and I Have Tips on Isolation to Share](#)

[Family Connections Therapy](#) is offering:

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- NEW free parent check-ins to the general public (do not need to be an existing client)
  - Fee-based mini-sessions - particularly useful for parents/families that are having a hard time finding an hour without kiddos interrupting or just can't afford a full session. The half session rate averages around \$70-75 and the mini sessions are about \$50. The full sessions are around \$140 to \$150.

# Academic Resources

This list, compiled by Erin Taylor, LMFT, from Harmonium, 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](#)

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- [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](#)
  - [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](#)

## 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](#)

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- [Fun Brain](#)
  - [Storyline Online](#)
  - [Fun Science Experiments](#)