

# **Resource Packet**

## **Belvedere Elementary**

**April 2020**



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- 1. Belvedere Mental Health Team**
  - 2. Food & Financial Assistance**
  - 3. Resources for Talking to Kids About COVID-19**
  - 4. Mental Health Crisis Resources**
  - 5. Social-Emotional Learning Resources**
  - 6. Online & Service Learning/Enrichment Resources**
  - 7. Medical Resources, Legal Aid, Child Care Resources**
  - 8. Resources for Families Living w/ Developmental Disabilities & Immigrant & Refugee Resources**

## **Belvedere's Mental Health Team:**

**Chrissy Berl**, School Counselor  
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**Ashley Redman**, School Counselor  
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**Laura Doughty**, Parent Liaison  
[IRDoughty@fcps.edu](mailto:IRDoughty@fcps.edu)

## **Food Programs & Assistance**

### **[Fairfax County/FCPS Food Distribution Information for Families](#)**

**Food for Others** If you are in need of food, you may come to one of the neighborhood site distributions. The only question that is asked is, "How many people are in your household?" Please bring your own grocery bags! 2938 Prosperity Ave, Fairfax, VA 2203 (703) 207-9173

### **Food Resources and Programs in Fairfax County** [Fairfax Food Council](#)

**Real Food for Kids: Chefs Feeding Families** will be serving grab-and-go meals to students and families affected by the school shutdown from 4 locations.

- No ID or proof of need is required.
- Family members may pick up meals on behalf of their entire family – children do not need to be present.
- Meals will be served during the below-listed timeframes, **while quantities last**.

#### **[NORTHERN VIRGINIA: ACCA Child Development Center-](#)**

7200 Columbia Pike #2, Annandale, VA 22003

Individual whole-grain crust pizzas with vegetable toppings, fresh fruit. **Saturdays, 2:30 PM while quantities last**

**John Calvin Presbyterian Church:**

6531 Columbia Pike, Annandale, VA 22003

Individual whole-grain crust pizzas with vegetable toppings, fresh fruit. **Sundays, 2:30 PM while quantities last****Bayou Bakery, Coffee Bar & Eatery**

1515 North Courthouse Road, Arlington, VA 22201

New Orleans-style Rice and Beans, fresh fruit

**Monday – Friday, 11:00 AM – 1:00 PM while quantities last****Capital Area Food Bank**

Emergency Shelter, Food &amp; Medical Needs

**FACETS****Financial Assistance Resources****Recursos de asistencia financiera****Tài nguyên hỗ trợ tài chính****Coordinated Services Planning (CSP)**

Plan de Servicios Coordinados

Kế Hoạch Hóa Các Dịch Vụ Phối Hợp

703-222-0880

Connects people to county and/or community-based resources for financial, healthcare, clothing, shelter, employment and food assistance. Press 1 for English &amp; Other Languages. Presione dos (2) para Español.

**Human Services Resource Guide (HSRG)**

A 24/7 searchable database of nonprofit and government services available to Fairfax County residents in need. Access through the internet, including from mobile devices.

**Northern VA Family Services - COVID-19 Emergency Assistance****Program/Programa de Asistencia de Emergencia COVID-19**

571-748-2599

<https://www.nvfs.org/covid-19-emergency-assistance-program/><https://www.nvfs.org/covid-19-programa-de-asistencia-de-emergencia/>**Fairfax County Department of Family Services**

Apply for public assistance programs such as SNAP (Supplemental Nutrition Assistance Program), formerly called Food Stamps, and Medicaid.

703-324-7500

**Flyers in Spanish, Vietnamese, Arabic**

**[FCPS Homeless Liaison Office \(HLO\)](#)**

A student is considered homeless when she/he lives in overcrowded, unstable or temporary settings, such as: emergency/transitional shelters, motels/hotels, trailer parks, campgrounds, cars, parks, public places, bus/train stations, abandoned buildings; doubled up with relatives/friends; or, is a migratory child/youth and living in the above conditions. If the residence is not fixed, regular and/or adequate, this is considered a homeless situation. Please call the HLO at 571-423-4332 for assistance.

**Free/Low-Cost Internet Services**

<https://www.highspeedinternet.com/resources/are-there-government-programs-to-help-me-get-internet-service>

Financial Assistance

[Fairfax FISH](#)

Financial Assistance

[Fairfax FISH](#)

Food & Financial Assistance

[Western Fairfax Christian Ministries](#)

## **Resources for Talking to Kids About Coronavirus:**

### **Talking with Children about Corona Virus 2019 - Centers for Disease Control and Prevention (CDC)**

(in English, Spanish, Chinese, Vietnamese, Korean)

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

### **[Parents Supporting Children \(American Sign Language Video\)](#) - CDC ASL Video Series**

### **Healthy Heroes – COVID-19 Video for Kids**

[Vimeo \(2-6 grade\)](#)

[Just for Kids: Comic Exploring the New Coronavirus from NPR](#)

### **Child Mind Institute**

[How to Talk to Your Kid about Coronavirus](#)

### **Talking to Children About COVID-19**

<https://www.fcps.edu/blog/talking-children-about-coronavirus>

### **PBS Kids: How to Talk to Your Kids About Coronavirus**

[https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR26F2Tmdj3pJN3iv6yAtRyTQoC-AH0P3H1D5QgEqQneurbbPnE\\_L6Omv30#.XmqzisKG7LA.facebook](https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR26F2Tmdj3pJN3iv6yAtRyTQoC-AH0P3H1D5QgEqQneurbbPnE_L6Omv30#.XmqzisKG7LA.facebook)

### **Brain Pop Video About the Coronavirus**

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

### **Talking to Children About COVID-19 (Coronavirus): A Parent Resource**

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource?fbclid=IwAR2qPcQ9tTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77w\\_2rzqWcel\\_OdFpM](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource?fbclid=IwAR2qPcQ9tTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77w_2rzqWcel_OdFpM)

### **The Yucky Bug by Julia Cook**

<https://www.youtube.com/watch?v=ZD9KNhmOCV4>

## Coping with Stress

<https://www.samhsa.gov/coronavirus>

## Parent/Caregiver Guide to Helping Families Cope with COVID-19

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

## COVID-19 Resources from NASP

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/covid-19-resource-center>

## Mental Health Resources

[For Quick Reference – National & Local Crisis Resources, Mental Health Resources and Emergency Services Information:](#)

**NEED HELP?** **MENTAL HEALTH RESOURCES**  
**24/7 EMERGENCY NUMBERS**

**In case of a life threatening emergency, call 911**

CrisisLink Regional Hotline: **703-527-4077**  
 CrisisText: Text **NEEDHELP** to **85511**  
 Dominion Hospital Emergency Room: **703-536-2000**  
 Inova Emergency Services: **703-289-7560**  
 Mobile Crisis Unit: **1-844-627-4747**  
 National Suicide Prevention Lifeline: **1-800-273-TALK** or **1-800-SUICIDE**  
 Merrifield Center Emergency Services: **703-573-5679**  
 TTY dial **711**

### [Children's Regional Crisis Response \(CR2\)](#)

844-N-Crisis; 844-627-4747

24-hour rapid response for youth (17 & younger) facing a mental health and/or substance use crisis.

### [REACH - Crisis Stabilization for Individuals with Developmental Disabilities](#)

1-855-897-8278

24/7 Crisis & Referral Line, Mobile Response Teams

### [Domestic & Sexual Violence Hotline & Services](#)

703-360-7273 TTY 711

### [Staying Safe at Home](#)

**[Fairfax-Falls Church Community Services Board \(CSB\)](#)** - Assistance from a Distance 703/383-8500  
 Help for mental health, developmental disabilities and/or substance abuse  
 Flyers in [English](#), [Spanish](#), [Arabic](#), [Farsi](#), [Korean](#) or [Vietnamese](#).  
 Monday-Friday, 9 a.m. to 5 p.m.  
**CSB** has transitioned mainly to telehealth by phone or video.

**[Disaster Distress Helpline - SAMHSA \(Substance Abuse & Mental Health Administration\)](#)**

1-800-985-5990//TTY 1-800-846-8517, or text TalkWithUs to 66746 (English or Español )  
 24/7 national hotline providing immediate crisis counseling for people experiencing emotional distress related to a natural or human-caused disaster. <https://www.samhsa.gov/find-help/disaster-distress-helpline>

**Talk about Mental Health**

<https://www.mentalhealth.gov/talk>

**Wellness Resources - Fairfax County Government** <https://www.fairfaxcounty.gov/covid19/wellness-resources>

**COVID-19 Mental Health Resource Hub**

<https://psychhub.com/covid-19/>

**Online Workshop Series Sponsored by the GMU Center for Psychological Services**

[Mental Health and Wellness During COVID-19](#)

Join all three at <http://bit.ly/3aJabSL>, password CPSworkshop

**Managing Anxiety During Quarantine** - Monday, April 13, at 6 pm

**Resilience and Maintaining a Positive Mood** - Monday, April 20, at 6 pm

**Mindfulness, Monday**, April 27, at 6 p.m.

**Webinar** - [Quick Resilience: A Weekly Dose of Self-Care for Immediate Relief](#),

Every Friday from April 10 – June 26, 12:30-12:50, by the Alliance for Strong Families and Communities

**Webinar, The Alliance for Strong Families and Communities**

[Quick Resilience: A Weekly Dose of Self-Care for Immediate Relief](#),

Every Friday from April 10 – June 26, 12:30-12:50

**Mental Health Resources and Emergency Services Information (National and Local Crisis Resources)**

<https://www.fcps.edu/resources/student-safety-and-wellness/school-psychology-services/mental-health-resources-and>



## Social-Emotional Learning Resources

### **UCLA Healing and the Arts HOPE SERIES**

<https://uclartsandhealing.org/services/community-services/hope-series/>

Building healing through the arts during this time

\* Sessions include art and rhythm games, weekly Zumba, and movement and are geared toward different ages.

\* Times listed are Pacific Time so make sure you convert to Eastern Standard Time!

### **School Counselor Stephanie**

[Love in a Time of Corona: A Homebound Self-Care Guide for Parents and Students](#)

### **Active Screen Time Resource**

<https://www.gonoodle.com/for-families/>

### **Explore Brain Pop Videos and Activities**

<https://jr.brainpop.com/health/>

### **Yoga, Mindfulness and Relaxation Designed for Kids Aged 3+**

<https://www.youtube.com/user/CosmicKidsYoga>

### **Ultimate Guide to Mental Health and Education Resources for Kids**

<https://onlinecounselingprograms.com/resources/ultimate-guide-to-mental-health-and-education-resources/>

### **Videos for Sleep, Meditation and Relaxation**

<https://app.www.calm.com>

### **Progressive Muscle Relaxation for Kids**

<https://www.youtube.com/watch?v=cDKyRpW-Yuc>

### **Virginia Career VIEW - Career Information Delivery System for K-8**

<https://www.vaview.vt.edu/>

### **Howard B. Wigglebottom Animated Books, Songs, Posters and Lessons**

<https://wedolisten.org/>

### **Centervention: A program for social, emotional, and behavioral skills**

<https://www.centervention.com/>

### **Supporting your Children's Social, Emotional, and Mental Health During the COVID-19 Pandemic**

<https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/?>

[fbclid=IwAR06lgI5U3ea2sRtIGBKpEVHcLB9LDsDCkoujJKUSeCPAZfW2e2AcOYt3Kk](https://www.facebook.com/parentsconfidentkids/?fbclid=IwAR06lgI5U3ea2sRtIGBKpEVHcLB9LDsDCkoujJKUSeCPAZfW2e2AcOYt3Kk)

**A research-based tool with guided mindfulness sessions by the Committee for Children**

[www.mindyeti.com](http://www.mindyeti.com)

[Grounding Techniques Instructions](#)

[Device Free Dinner](#)

[Calm My Worry](#)

**Popular Apps:** [Calm](#), [Headspace](#), [Daylio](#)

## **Online & Service Learning/Enrichment Resources**

**Free Personalized Learning Resource**

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

**Free Online Learning Resources for Teaching Your Students Virtually**

[https://www.weareteachers.com/free-online-learning-resources/?utm\\_content=1584109337&utm\\_medium=social&utm\\_source=facebook#elementary](https://www.weareteachers.com/free-online-learning-resources/?utm_content=1584109337&utm_medium=social&utm_source=facebook#elementary)

**Library of Resources for Kids, Families, Teachers, and Librarians to Make Sure That Reading & Learning Can Happen Anywhere**

<https://www.katemessner.com/read-wonder-and-learn-favorite-authors-illustrators-share-resources-for-learning-anywhere-spring-2020/>

**Fairfax County Public Library** <https://research.fairfaxcounty.gov/unlimited/getting-started>

[TIME for Kids \(K-6\)](#)

[PBS Kids](#)

[Stuck at Home? These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch \(Video\)](#)

**Storyline:** Streams videos featuring celebrated actors reading children's books alongside creatively produced illustrations

**Code.org:** Learn computer science

**Hello Ruby:** Hello Ruby is the world's most whimsical way to learn about computers, technology and programming. The story started with a book, and now Ruby continues her adventures in exercises, activities and

videos. It's suited for kids age 5 years and older (but even adults might learn something new)

[Kodable - Programming for kids](#)

[TED-Ed Video Playlist - Sorted by categories](#)

[Unite for Literacy - free online audiobooks](#)

[11 Amazing Places Around New York That You Can Virtually Travel To Without Ever Leaving Your Home](#)

[Met to launch "Nightly Met Opera Streams"](#) A free series of encore Live in HD presentations streamed on the company website during the coronavirus closure

[Podcasts for Kids](#)

[15 Broadway Plays and Musicals You Can Watch On Stage From Home](#)

[20 Virtual Field Trips](#)

[Library of Congress digital collections](#)

[NASA has made their entire media library - images, sounds, and video - public](#)

Use [DuoLingo](#) to learn a new language or practice one you already know!

[Explore the surface of Mars on the Curiosity Rover](#)

The Canadian site [FarmFood 360](#) offers 11 Virtual Tours of farms from minks, pigs, and cows, to apples and eggs

[The Palace of Versailles](#) is offering a free virtual tour

[Audible.com](#) - all stories are free to stream on your desktop, laptop, phone or tablet

## Service Learning

### **Distancing does not mean disengaging! Service learning examples during distance learning:**

As we find ourselves in this time of distance learning, students can still participate in service learning. **Advocacy** is one form of service learning that students can participate in while remaining at home due to distance learning. This can involve informing people about an issue or topic that is important to the student and can be a meaningful experience.

You may consider encouraging your student(s) to think of an issue important to them while guiding students through the service learning process that they can do from the safety of their home. This includes planning/researching a topic, preparing ways to share their findings, and reflecting on the overall process.

Here is an example of students virtually advocating for Autism Awareness Month: <https://twitter.com/FCPSServLearn/status/1244960687182491648>

Here are some non-advocacy service learning examples here in FCPS:

- 5<sup>th</sup> grader from Beech Tree ES helps meet the need for medical masks (<https://twitter.com/fcpsnews/status/1243240104669384704>)
- An Oakton HS senior stays connected with classmates despite school closure (<https://twitter.com/fcpsnews/status/1242914130274770950>)
- Painting positive community messages and/or sidewalk chalk positive messages (<https://twitter.com/FCPSLBSS/status/1244726690313576448>)

**\*\*You can follow @FCPSServLearn on Twitter to find out how students around the county are continuing to serve their communities even while distance learning\*\***

## Medical Resources

**Recursos medicos**

**Tài nguyên y tế**

الموارد الطبية

### **[Safety Net Medical and Dental Clinics](https://mail.google.com/mail/u/1?ui=2&ik=efb0fc9a77&attid=0.1&permmsgid=msg-a:r-8205222206406705632&th=17174385db7a5d7d&view=att&disp=inline&ealattid=f_k8yngbau0)**

[https://mail.google.com/mail/u/1?](https://mail.google.com/mail/u/1?ui=2&ik=efb0fc9a77&attid=0.1&permmsgid=msg-a:r-8205222206406705632&th=17174385db7a5d7d&view=att&disp=inline&ealattid=f_k8yngbau0)

[ui=2&ik=efb0fc9a77&attid=0.1&permmsgid=msg-](https://mail.google.com/mail/u/1?ui=2&ik=efb0fc9a77&attid=0.1&permmsgid=msg-a:r-8205222206406705632&th=17174385db7a5d7d&view=att&disp=inline&ealattid=f_k8yngbau0)

[a:r-8205222206406705632&th=17174385db7a5d7d&view=att&disp=inline&](https://mail.google.com/mail/u/1?ui=2&ik=efb0fc9a77&attid=0.1&permmsgid=msg-a:r-8205222206406705632&th=17174385db7a5d7d&view=att&disp=inline&ealattid=f_k8yngbau0)

[ealattid=f\\_k8yngbau0](https://mail.google.com/mail/u/1?ui=2&ik=efb0fc9a77&attid=0.1&permmsgid=msg-a:r-8205222206406705632&th=17174385db7a5d7d&view=att&disp=inline&ealattid=f_k8yngbau0)

**Medicaid - Covid-19 UPDATES!**

[https://mail.google.com/mail/u/1?ui=2&ik=efb0fc9a77&attid=0.1&permmsgid=msg-a:r6231201790783101395&th=171744609b86f498&view=att&disp=inline&reattid=f\\_k8ynzo760](https://mail.google.com/mail/u/1?ui=2&ik=efb0fc9a77&attid=0.1&permmsgid=msg-a:r6231201790783101395&th=171744609b86f498&view=att&disp=inline&reattid=f_k8ynzo760)

**Marketplace Health Insurance**

If you lost your job, expect to lose your job or your hours have been reduced, see if you qualify for low-cost health insurance at <https://www.healthcare.gov/coronavirus/>.

**Legal Aid****Legal Services of Northern VA - 703/778-6800**

[http://www.lsnv.org/wp-content/uploads/2020/03/COVID-19.Flyer\\_.pdf](http://www.lsnv.org/wp-content/uploads/2020/03/COVID-19.Flyer_.pdf)

*Resource Documents (English and Spanish) - each one is a link*

[COVID-19 Tenant Rights Final](#)

[Scam Alert](#)

[How to Avoid being Scammed](#)

[Cares Act Student Loans](#)

[Economic Impact Payment](#)

[Derechos como Inquilino](#)

[Alerta de Estafas](#)

[Como Protegerse de las Estafas](#)

[Prestamos Estudiantiles](#)

[IRS – Pagos de Impacto Economico](#)

**Eviction Legal Helpline**

[www.evictionhelpline.org](http://www.evictionhelpline.org)

Virginia Poverty Law Center - Richmond, VA (National Organization)

833-663-8428 (Intake)

Call and leave a message If you are being threatened of eviction or utilities are cut off. Someone will call back from a different number to offer legal advice.

**Virginia Partnership for Equal Justice Website Project** [https://](https://www.valegalaid.org/issues/crisiscovid-19-civil-legal-resources-and-information)

[www.valegalaid.org/issues/crisiscovid-19-civil-legal-resources-and-information](https://www.valegalaid.org/issues/crisiscovid-19-civil-legal-resources-and-information)

Know your rights - especially during COVID-19

**Good Samaritan Advocates (GSA)**

Faith-based legal aid ministry. Serves low income families/individuals. Currently, working on providing virtual clinics. Still accepting intake forms online. <https://www.goodsamaritanadvocates.org/help>

## **Child Care Resource**

**Fairfax County Child Care Subsidy** <https://www.fairfaxcounty.gov/office-for-children/ccar/applying-for-child-care-assistance>

## **Resources for Families Living with Developmental Disabilities**

### **Arc of Northern VA - 703-208-1119**

Provides family support and information to Virginians with developmental disabilities

<https://thearcofnova.org/coronavirus-covid-19-crisis-resources/>

### **Fairfax-Falls Church Community Services Board (CSB) - Assistance from a Distance - 703/383-8500**

Provides services for people of all ages who have developmental disabilities

**Flyers** in [English](#), [Spanish](#), [Arabic](#), [Farsi](#), [Korean](#) or [Vietnamese](#).

### **REACH - Crisis Stabilization for Individuals with Developmental Disabilities**

1-855-897-8278

24/7 Crisis & Referral Line, Mobile Response Teams

### **FCPS Parent Resource Center (PRC) - 703-204-3941**

Available by phone or email during the FCPS shutdown. Provides consultations, resources.

### **Parent Educational Advocacy Training Center - 703-923-0010**

Empowers families and individuals with disabilities through education and training

[http://www.peatc.org/peatc.cgim?template=how\\_peatc\\_helps](http://www.peatc.org/peatc.cgim?template=how_peatc_helps)

Virtual Trainings - [http://www.peatc.org/newsmanager/news\\_article.cgi?news\\_id=993&no\\_popup=0](http://www.peatc.org/newsmanager/news_article.cgi?news_id=993&no_popup=0)

## **Immigrant and Refugee Resources**

**Lutheran Social Services** - 703-698-5026, Ext. 110; [tikvinan@lssnca.org](mailto:tikvinan@lssnca.org)  
Immigration legal assistance - consultation, citizenship, counseling, family reunification, TPS application. Hablamos Español.  
<https://lssnca.org/programs/immigration-citizenship/>

**Inmigrante Informado/Informed Immigrant - Resources** <https://www.inmigranteinformado.com/guides/coronavirus/#>

### **Hogar Immigrant Services and Migration and Refugee Services**

703-534-9805

New consultations accepted on a case-by-case basis and prioritized for individuals who have deadlines or timeframes for urgent needs. <https://www.cdda.net/need-help/immigrants-and-refugees/citizenship-and-legal-services/>

### **Northern VA Family Services Legal Services Hotline** - 571-748-2806

for Immigrants, Refugees and Asylum Seekers

Due to high volume, may take one week for return call. <https://www.nvfs.org/our-services/immigration-legal-services/>

### **Tahirih Justice Center Legal Services** - 571-282-6161 TTY 711

For women/girls who have legitimate claim to legal status under US immigration law as survivors of gender-based violence <https://www.tahirih.org/what-we-do/direct-services/legal-services/>