PARENT AND FAMILY SUPPORT TOOLKIT

Contributors:

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Community Action for Capable Youth

MH&RS
Mental Health & Recovery Services
Board of Richland County

Family Life Counseling and Psychiatric Services

Provided By:

Ohio ACBHA
Association of County Behavioral Health Authorities

Great Lakes (HHS Region 5)
Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration
The Parent and Family Support Toolkit was prepared to assist with prevention, early intervention, and treatment of substance abuse and mental health during the COVID-19 pandemic. During these uncertain times, it can be difficult to transition our day to day operations to an online or physically distanced format. Substance misuse and mental health services cannot stop during this time of great need. The following toolkit provides resources and suggestions on ways to continue to meet the needs of your community during unprecedented times.

**How to Use this Toolkit**

This toolkit was designed to be a guide for mental health professionals to gain ideas for shifting your work to virtual platforms. The following activities may be replicated to fit the needs of parents and families in your county.

Toolkit includes the following sections:
- **Page 3**: Youth Prevention Education
- **Page 4**: Alternatives/ Youth Mentoring, Parent Education
- **Page 5**: Early Intervention Mental Health Support
- **Page 6**: Community Involvement, Environmental Prevention, Professional Staff Development

We hope this resource will guide your efforts to provide effective mental health services to your community.

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- Family Life Counseling and Psychiatric Services
- Mental Health & Recovery Services Board of Richland County

**Sponsors**

- Great Lakes Mental Health Technology Transfer Center
- Ohio Association of County Behavioral Health Authorities
Prevention Education for Youth

In order to continue school based prevention education, lessons were created on Google Slides and shared with local school districts. Districts shared the lessons on their portals. Lessons included videos, songs, games, quizzes using Quizizz and Kahoot, and tips for parents (K-2). Embedded participant completion, lesson feedback and post-test evaluation via Google Forms.

For additional information on how the lessons were created or to access the below topics, contact marquetteb@cacyohio.com.

Topic Examples:
- **Decision Making**: (Grades K-2) Discuss the benefits of stopping to think before making a decision, define consequence, demonstrate how to make good decisions.
- **Medication Safety**: (Grades K-2) Differentiate the safe and unsafe use of medicine, learn ways to be safe when taking medicine.
- **Identifying Harmful Substances**: (Grades K-2) Identify safe vs. unsafe substances, describe the harmful effects of substances on the brain/body, what to do if you find a harmful substance.
- **Vaping Prevention**: (Grades 6-12) Understand the dangers of vaping, marketing tactics, ways to refuse peer pressure, quit help resources.
- **Depression Awareness & Suicide Prevention**: (Grades 7-12) Identifying symptoms of depression, warning signs of suicide, healthy ways to cope in stressful situations, resources for help/support.
- **Healthy Relationships**: (Grades 6-12) Differentiate between unhealthy and healthy relationships, identify benefits of positive influence and associating with pro-social others, provide ways to connect with others.
- **Staying Focused During Home Based Learning**: (Grades 4-12) Learn ways to manage and improve mind, body and environment in order to be successful during home based learning.
- **Managing Emotions**: (Grades 4-12) Identify stressors that trigger emotions, identify signs of stress, 
- **Substance Use Prevention Jeopardy for National Drug Facts Week**: (Grades 4-12) National Drug Facts Week (March 30–April 5, 2020) trivia game for students to play with their families at home in order to learn myths vs. facts about drugs.

Helpful Links:
- **Animoto** - Make great videos from your photos and video clips
- **elearninginfographics** - Free educational infographics
- **Goanimate** - Make professional animated videos in minutes
- **IgniteShow** - Short, enlightening videos on a variety of topics
- **Powtoon** - Free animated video maker and PowerPoint replacement
- **Screencast-o-matic** - Free screen recording software
- **Thinglink** - Make your images interactive
- **Vecteezy** - Free vector artwork and graphics
- **Voki** - Create speaking avatars

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Alternatives/Youth Mentoring
In difficult times, it's important to have support, especially for youth. Here are some suggestions on ways to continue mentoring and alternative activities so youth to still feel connected and receive positive opportunities.

- Yoga sessions via video conferencing could be offered to youth to encourage exercise, mindfulness and stress relief.
- Deliver weekly themed activity kits to provide positive activities while at home. Click here for ideas of themes, items and objectives.
- Offer outdoor day camps to provide respite for families as well as positive learning opportunities for children. Provide youth with masks and physically distance for an on site day of learning and activities. Click here to see flyer and sample schedule. Click here for registration form examples.
- Arrange “Art to Go” bags for youth. Activities could include painting, print making, modeling clay, mobile making, no sew face masks, etc. Click here for examples.

Parent Education
COVID-19 brings unique challenges for parents, families, and caregivers. Families are under more pressure and experiencing new challenges. In effort to prevent long term mental health impacts, parent education and support is very important. Ways to continue parent education during the pandemic include:

- Create online Parenting Support Facebook group to provide guidance to parents. (For an example, check out CACY-Parenting Support).
  - Include live videos with activities for families. Examples: science experiment, recipes, book readings, crafts, outdoor activities
  - Share local activity opportunities for youth
  - Posts including: self- care tools for parents/ caregivers, conflict resolution strategies, tips for keeping a healthy routine, positive family communication, household safety tips
- Encourage families to complete Triple P sessions. As an incentive, provide family game kits upon completion. Kits can include games and crafts for families to complete together. If interested in Triple P Parenting Classes in your area, click here for further information.
- With youth being home more, video gaming has increased. To educate parents on video games, gambling and how to protect teens, start a Zoom series with tips for parents. Click here for an example flyer. Check out CACY’s series by visiting, Youth Gaming and Gambling Zoom Information Sessions (YouTube link).
- Create virtual opportunities for parents to learn about managing stress and anxiety, developing coping skills, and keeping their families happy and safe from local experts. Visit FRC’s Let’s Talk About It, Thriving Families Blog, and Occupational Therapy page for more information.
- Share activities to help families engage in a healthy, productive way, like those from FRC’s Small Ideas, Big Impact.

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FAMILY RESOURCE CENTER
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Allen, Auglaize, Hancock, Hardin, & Shelby Counties
The following includes behaviors or diagnoses that parents/caregivers may encounter. Click each topic for a link to tip sheets and tools for caregivers of children with mental health symptoms.

- **ADHD**: How to help your child focus, understanding the diagnosis, how education is different for children with ADHD, etc.
- **Anxiety**: How to help your child cope with anxiety, ways to increase your child’s sense of security, education on anxiety and how it can develop, interventions to ease your child’s feelings of worry and panic.
- **Depression**: Education on depression causes and symptoms, what to look for if you are worried your child is depressed, coping skills and self-harm/suicide prevention.
- **Disruptive Behaviors**: How to calm your child down, what to do when your child has a meltdown in public, how to decrease disruptive behaviors.
- **Family Violence and Tense Home Lives**: How to keep your home safe, how to keep yourself and your child safe, how to diffuse tension in the home.
- **Suicide and Self-Harm**: Warning signs for children who are at risk, intervention strategies and resources, ways to increase your child’s safety and get help.
- **Trauma**: How to talk to your child about their trauma, how to parent a child who has experienced trauma, education about how trauma affects children, what to do when your child is triggered.
Community Involvement
Although going out into the community doesn’t look the same as it has in the past, community prevention can still take place. Here are ways to keep your community connected to your services during the pandemic.

- Keep the community up to date on trending topics by sending e-newsletters which can include resources, tips and suggestions. For an example, click here to see an issue of the CACY Communicator.
- Use social media to inform the public. Post based on monthly themes or current trends. Examples: Alcohol Awareness Month (April), No Menthol Sunday (May 17th), National Prevention Week, DEA’s “Secure Your Meds” campaign.
- Some resources for social media information: Prevention Action Alliance, Ohio Suicide Prevention Foundation, National African American Tobacco Prevention Network (NAATPN), Campaign for Tobacco Free Kids, Substance Abuse and Mental Health Services Administration (SAMHSA), National Council on Problem Gambling, Change the Game Ohio, Partnership for Drug Free Kids, takebackday.dea.gov
- Develop and distribute a Tobacco Cessation Community Resource List to provide community members with free tobacco quit help.
- In an effort to reduce medication misuse and abuse, hand out medicine disposal packets. Deterra pouches can be given out at food distribution sites in your community. Also include your county’s mental health resources, tobacco cessation help and suicide prevention warning signs & resources.

Environmental Protection
Substance Environmental Scan: Environmental audit to identify advertising and pro-use attitudes, behaviors, products. Recruit local middle and high school students to participate from drug free clubs, school counselors, teachers, etc. (Can use gift cards as participation incentive). Have students chart what they see for a 24 hour period (stores/ people around them, internet, social media, etc). This scan will provide community awareness on the local exposure of substances to youth and effects of early exposure. Can be completed online, on site or a combination of both. Click for sample permission forms and participant evaluation.

Development Resources for Professional Staff
As trauma-informed professionals, we recognize the impact of trauma on mental health and wellbeing. Self-care check-ins and self-care tips for professionals can be given during staff meetings. Some self-care resources include:

- GoZen.com (Printables and activities for youth)
- Free apps for download: Calm, Headspace, Insight Timer, Mindfulness Bell

To increase knowledge and skills, staff can participate in online trainings. Examples include:

- Training on Mindfulness and the Art of Letting Go.
- Ohio Prevention Conference: Virtual trainings every Thursday through September 1.
- E-Based Academy online training. Topics include: Trauma Informed Approaches, Cultural Competence.

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