Improving Well Child Care: Mental Health: Review of Resources

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| **Age** | **Concern Addressed** | **Medium Used** | **Comment** |
| General | Social Distancing  Hand Washing  When to seek Medical Care  Importance of Well Visits  Staying Well Mentally | <https://www.youtube.com/watch?v=KXUT62G-IcU&feature=emb_logo>  <https://www.youtube.com/watch?v=JD85FDlxqCs>  <https://youtu.be/ms0ygWMJpH4> (called health emergency)  <https://www.youtube.com/watch?v=1Yn0pk22pVM&feature=emb_logo>  <https://www.youtube.com/watch?v=dlR214h8Hqk&feature=emb_logo>  <https://www.youtube.com/watch?v=O-1ACFTthdE&feature=emb_logo>  NASP and NAST: parent handout “Helping children cope with changes resulting from COVID-19 <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>  Mental Health Took kit for kids <https://www.cincinnatichildrens.org/-/media/cincinnati%20childrens/home/patients/family-support-resources/mental-emotional-health/page-media/mental%20health%20toolkit_cchmc.pdf?la=en>  MCG : How to talk with your kids about Coronavirus  Interview NBC Barbara Harrison and Psychologist Pandemic Parenting: COVID 19 and your child’s mental health needs <https://childrensnational.org/news-and-events/video-gallery/pandemic-parenting-covid-19-your-childs-mental-health>  Lifespan resources : information for parents  <https://www.lifespan.org/centers-services/infectious-diseases/novel-coronavirus-information/covid-19-parent-resources>  <https://www.lifespan.org/lifespan-living/coping-coronavirus-tips-parents-and-caregivers>  Boston Children’s Hospital<https://www.childrenshospital.org/conditions-and-treatments/conditions/c/coronavirus/parenting-resources>  Child’s Mind  <https://childmind.org/coping-during-covid-19-resources-for-parents/>  Seattle u tube videos with panel of people including education  <https://www.seattlechildrens.org/health-safety/keeping-kids-healthy/development/supporting-mental-wellness-and-family-life-during-covid-19/>  CDC Parental Guide Book <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/childhood.html> | 1-minute u-tube using figures; good to add; all ages (younger age 3-7)  1-minute u-tube using figures; good to add; all ages (younger age 3-7)  Sesame Street : 30 seconds character and song (younger age 3-7)  1 minute; geared to parent; includes info on getting in touch with Cincinnati system; might need editing  30 seconds; geared to parent; all ages  1-minute u-tube using figures; good to add; all ages (younger age 3-7)  4 pages available in English and Spanish; provides information on how to talk with children across different ages.  Infographic looks at Distraction tool, Relaxation Tool Action tool and Thinking tool; pictures are for kids of younger ages  U-tube 2Min directed to parents for all ages. Very good  13 minutes: includes kids in beginning of all ages; what to look out for; how to help; Geared toward parents  Mental health tips that also includes Lifespan /RI resources  Has two videos by a pediatrician “Back to School” “Managing Screen time (1:38 minutes; 1:52 minutes;’  Also has information: Tips for Divorces Parents and Tips for IEP  Checklist for managing stress and other resources  Zoom presentation with a number of resources where they talk about tips with handling anxiety, isolation, structure, routine, where to put your attention. Directed at parents. Has good information but both videos are long (18-20 minutes)  Broken down by age group; provides documents and resources for parents |
| 0-3 |  | Importance of routine for kids : zero to thrive <https://zerotothrive.org/routines-for-kids/>  Parent Guide for Coping with Coronavirus  https://zerotothrive.org/covid-19-parents/ | Infographic handout for parents  Infographic for parent on helping parents cope |
| 4-12 |  | Fight, flight Freeze: <https://www.youtube.com/watch?v=FfSbWc3O_5M&feature=emb_title> | U tube with characters 2 minutes on what is anxiety; not specifically related to COVID-199 |
| Adolescent |  | Supporting Teens and young adults during COVID 19 <https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>  Tips for coping with common stressors for teems <https://www.cincinnatichildrens.org/service/a/suicide-awareness/coping>  Mindfulness tips for dealing with COVID 19 Stress <https://mindfulnessexercises.com/dealing-with-covid-19/>  Seattle U tube videos  Parenting Teens During COVID-19 Video Series   * [Exercise](https://youtu.be/UBJPNWko4dY) (video, :34) * [Maintaining Medical Care](https://youtu.be/3dkyEDYHmpc) (video, 1:07) * [Mental Health](https://youtu.be/pwkJqMo4Jrw) (video, 2:36) * [Safe Sex](https://youtu.be/JiEk2aUAMTs) (video, 2:22) * [Safe Socializing](https://youtu.be/rdw03Uf5QiE) (video, 2:41) * [Sleep](https://youtu.be/kcBb0TEe0Qg) (video, 3:21) * [Structure](https://youtu.be/Rryivs3qf9w) (video, 2:54) * [Substance Abuse](https://youtu.be/qUjxDqg-BY0) (video, 2:00) | Article  One pager directed to teens  Includes videos for practicing meditation, relaxation  Done by an Adolescent Pediatrician. They cover different topics and are short and focused |
| Kids |  | Mindful.org  Positivepsychology.com | Resources shared by Liz Cantor |
| Provider Resources |  | Ohio Chapter AAP: Resources for Providers and Organizations to Promote Pediatric Wellness and Preventive Care  http://ohioaap.org/wp-content/uploads/2020/05/SafePedsHealthyKids-Toolkit.pdf | 12 pages with sample templates provider office can use to send to parents; scripts for staff, social media messages; messages for providers on what to tell parents to look out for |
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