**Resources related to children's mental health, Covid-19 and school mental health.**
National Association of State Mental Health Program Directors
June 2020

Covid-19 Specific

Mental HealthTechnology Transfer Center Supplemental Funding for School Mental Health. Each Region's MHTTC has received supplemental funding from SAMHSA to support states in implementing successful school based mental health programming. In addition to the general resources available from your MHTTC, special resources relative to Covid-19 have also been developed and can be found at https://mhttcnetwork.org/centers/global-mhttc/responding-covid-19-school-mental-health-resources
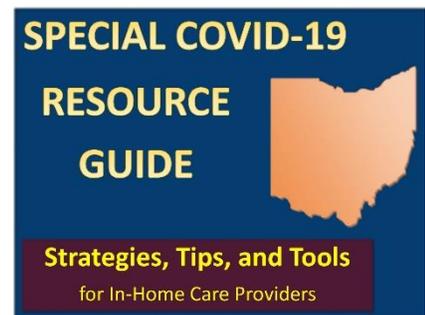
The UCLA Center for Mental Health in Schools has prepared document advising how best to plan ahead to support the transition back to school for students, families, and staff. When schools reopen, the transition-back will be challenging. The following highlights essential transition supports and futher provides additional links to additional resources. http://smhp.psych.ucla.edu/pdfdocs/newsletter/spring20.pdf

Strategies to address issues of Covid-19 and social/emotional health among both children and adults from the nation's premier purveyor of social emotional learning strategies and supports. https://casel.org/resources-covid/

The American Academy of Pediatrics has developed a tip sheet to help anticipate the needs of students returning to school following school closure. https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-planning-considerations-return-to-in-person-education-in-schools/

The National Center for School Mental Health at the University of Maryland has developed and curated an extensive library of materials related to mental health and Covid-19. http://www.schoolmentalhealth.org/COVID-19/

Harvard's Center for the Developing Child has developed an infographic that relates to the effects of traumatic exposure on child development with tips that may be helpful to parents, teachers and/or clinicians. https://developingchild.harvard.edu/resources/what-is-covid-19-and-how-does-it-relate-to-child-development/

Resources from the American Academy of Child and Adolescent Psychiatry on Covid-19 including tips for kids sheltering in place, management of screen time, psychopharmacology, among several other areas relative to the health of youth during the Covid-19 infection. https://www.aacap.org/coronavirus

A Self Directed Course on Covid-19 for Adolescents Tips were developed by faculty at Boston University and are drawn from evidence-based strategies and best practices to address stress and anxiety (from the American Academy of Pediatrics, National Association of School Psychologists, and CDC, among other sources). They were vetted experts in child anxiety (including at the BU Center for Anxiety and Related Disorders). The tips generally address stress and stress reduction, but not trauma, specifically. http://www.jenniferggreen.com/stress/#/

Important General Resources

Fostering Healthy Mental, Emotional and Behavioral Development in Children and Youth. This 2019 publication from the National Academy of Medicine updates the 2009 report and summarizes the state of the science in prevention and promotion of healthy development from a population perspective. Despite ample evidence of effective approaches to reduce risk and increase resilience, population level efforts have not materialized. https://www.nap.edu/read/25201/chapter/1

The Aspen Institute National Commission on Social, Emotional, and Academic Development
This report summarizes the need for and method for promoting strategies that schools can use to fully integrate social, emotional, and academic development to support the whole student. https://www.aspeninstitute.org/programs/national-commission-on-social-emotional-and-academic-development/