#HeadStartHeals Campaign

Building Resilience in the Face of Trauma and Adversity

May 4, 2020
1:00- 2:00 pm EST

Promoting empathy through trauma-informed and healing focused practices
#HeadStartHeals

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Welcome

Please use the left side bar to ask questions, submit comments, or download handouts

Ask your questions and submit your comments here

Download handouts from Event Resources
Welcome

Please type in the CHAT Box:

What is your role in Head Start?

What are you hoping to learn today?
Commonly asked questions

• How do we help families prepare to re-enter programs?

• How do we talk to children about hard topics such as grief, disaster, and infectious disease?

• How can staff prepare to re-enter programs?

• What behaviors might we see from children re-entering programs and how can we tell if they need more intensive intervention services?
Resources on Self Care

• Taking Care of Ourselves: Stress and Relaxation – resource collection page - Includes Stress Posters

• Managing Stress with Mindful Moments - videos

• Mindfulness a Resilient Practice - online presentation
National Hotlines

• If you or someone you know is experiencing negative mental health effects and need more immediate assistance, please reach out to SAMHSA’s Disaster Distress Helpline (1-800-985-5990) or the National Suicide Prevention Lifeline (1-800-273-TALK). Both are available 24/7, 365 days a year.

• 24 Hour Parent Support
  National Parent Helpline for Parent Support any time
  1-855-4A PARENT • 1-855-427-2736

• Domestic Violence
  The National Domestic Violence Hotline is 1-800-799-SAFE (7233) or thehotline.org.
StrongHearts Native Helpline at 1-844-7NATIVE (762- 8483) or strongheartshelpline.org.

- **Child Abuse and Neglect**
The Childhelp National Child Abuse Hotline is 1-800-4A-CHILD (422-4453) or childhelp.org/childhelp-hotline.

- **Substance Use**
Alcoholics Anonymous Number – 1-212-870-3400
National Association for Children of Alcoholics – 1-888-554-COAS (2627)
National Institute on Drug Abuse (NIDA) – 1-301-443-1124
Resources on Grief and Loss

Sesame Street: Helping Kids Grieve
https://sesamestreetincommunities.org/topics/grief/

ZERO TO THREE: Helping Your Toddler Cope with Grief and Death

Child Mind Institute: Helping Children Deal with Grief
https://childmind.org/article/helping-children-deal-grief/
American Academy of Pediatrics: After a Loved One Dies— How children grieve and how parents and other adults can support them

American Academy of Child and Adolescent Psychiatry: Grief and Children
Resources on How to Talk to Children about Infectious Disease

Centers for Disease Control and Prevention (CDC): Talking with children about Coronavirus

https://piploproductions.com/trinka-and-sam-virus/

http://fsustress.org/ebook.html
National Center for Pyramid Model Innovations: Emergencies and National Disasters: Helping Children and Families Cope
https://challengingbehavior.cbcs.usf.edu/emergency/index.html

Tips for Families: Coronavirus
https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus

Supporting Recovery after Trauma
https://eclkc.ohs.acf.hhs.gov/mental-health/article/supporting-recovery-after-trauma
MyPeers.org offers:

- Open communities including: Mental Health, Opioid Misuse and Substance Use Disorders; Staff Wellness;
- Knowledge base - Q&A, Forums, Polling, File sharing, Calendars, Events, Tasks, Wikis
- Communication tools – Group Chat, Instant Message, and internal email
- Robust search engine
- Social Network style feeds
Office Hours coming up:
5/14, 1–2 p.m. ET – Partnering with Families to Address Domestic Violence
5/21, 1–2 p.m. ET – Supporting Families Impacted by Substance Use
5/28, 3–4 p.m. ET – Family Engagement and Child Welfare

Webinars coming up:
5/5, 3–4:45 p.m. ET – Promoting Healing and Resilience with Staff and Families
5/12, 1-2:30 p.m. ET – Addressing Trauma in Classroom Settings
6/11, 3–4 p.m. ET – Preparing for Challenging Conversations with Families
Email: trauma@eclkc.info

Website: https://eclkc.ohs.acf.hhs.gov/