

PORTSMOUTH PUBLIC SCHOOLS

Resources from School Social Workers



EDUCATIONAL RESOURCES



The following websites have additional resources for all grades and classifications:

Amazing Educational Resources

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

Newschools Learning from Home Resources

https://docs.google.com/spreadsheets/d/1eCKYRQAr52eodFVXv_f3oJjEIzm8qROmBxQcoPQo1DY/edit#gid=0

FINANCIAL RESOURCES



Dominion energy is providing short-term and long-term assistance.

<https://www.dominionenergy.com/company/coronavirus>

Virginia Natural Gas is providing budgeting assistance.

<https://www.virginianaturalgas.com/covid-19.html>

The Regional Housing Crisis Hotline is the starting point for anyone who is experiencing a housing crisis throughout Greater Hampton Roads and in need of shelter, case management, and related services and/or community resources.

757-587-4202

Hours of Operation:

Monday-Friday 8:00 a.m. – 7:00 p.m.

The Virginia Rent and Mortgage Relief Program (RMRP) is designed to support and ensure housing stability across the commonwealth during the coronavirus pandemic.

<https://www.dhcd.virginia.gov/rmrp>

Community-based organizations may also provide assistance with paying your bills.

The STOP Organization:

757-858-1360

Hours of Operation:

Monday-Friday 8:30 a.m. – 5:30 p.m.

Utilize the **Food Bank** website to locate the nearest food bank agency:

<https://vafoodbanks.org/covid-19-response/>

HOTLINE NUMBERS



Help lines for anyone living with domestic violence contact **HER Shelter** in Portsmouth 757-485-3384 or 757-251-0144 or the **National Domestic Violence Hotline** at 1-800-799-7233 or live chat is available at <https://www.thehotline.org>. For emergencies, please call **911**.

To report concerns regarding any child who may not be receiving adequate care call **Portsmouth Department of Social Services** at 757-405-1800 during business hours or 1-800-552-7096 after hours.

To report concerns regarding any adult who needs additional care call **Portsmouth Department of Social Services** at 757-405-1800 during business hours or 1-888-832-3858 after hours.

Help line for anyone having suicidal thoughts or feelings may call the **National Suicide Prevention Lifeline** at 1-800-273-8255 (TALK) or live chat is available at suicidepreventionlifeline.org. Resources are available for all ages and groups.

COUNSELING SERVICES



Portsmouth Department of Behavioral Healthcare Services CHILDREN'S MOBILE CRISIS UNIT provides short-term emergency face to face mental health intervention. For more information, contact 757-393-8618 or visit www.portsmouthva.gov/149/

You may also contact your insurance provider for agencies that accept your insurance.

SOCIAL EMOTIONAL LEARNING RESOURCES FOR FAMILIES



Confident Parents Confident Kids: A Blog by Jennifer Miller that offers information and activities for families: <https://confidentparentsconfidentkids.org/>

Single Parenting During the Coronavirus Crisis: <https://childmind.org/article/single-parenting-during-the-cornovirus-crisis/>

Building Parent -Teacher Relationships: <https://www.readingrockets.org/article/building-parent-teacher-relationships>

Strategies for Parent and Teachers Grappling with COVID-19: https://www.carnegie.org/topics/topic-articles/family-community-engagement/strategies-parents-and-teachers-grappling-covid-19-stress/?utm_source=aft.org&utm_medium=referral&utm_campaign=aft_pta_tleta#fce

Social and Emotional Learning Activities for Families and Educators: <https://www.k12.wa.us/sites/default/files/public/studentssupport/sel/pubdocs/SEL%20Parent%20and%20Educator%20Activities.pdf>

Social Emotional Apps for Special Education: <https://www.edutopia.org/blog/social-emotional-apps-special-ed-jayne-clare>

Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

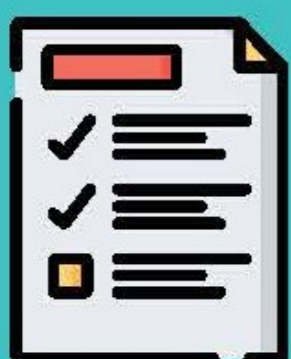
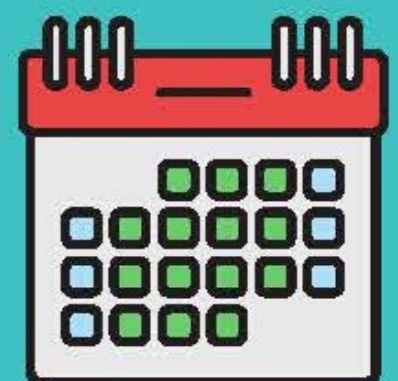
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).