

COVID-19 Resource List

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BAY AREA COVID-19 MASS RESOURCE LIST

<https://docs.google.com/document/d/1R9y8KLbU-oZTJheoqobmqg6TJxkwSjTkJvm6WywHURk/edit?usp=sharing> (English)

https://docs.google.com/document/d/10P9y_fr7sbtgWyzrpunPO3euCPxNJqydgVg3idnzksQ/edit (Spanish)

EPA/BH FOOD, HOUSING, FINANCIAL RESOURCES

This Google document was started to support service providers in sharing information with each other and families served across the community.

English: <https://docs.google.com/document/d/1wtog7bcjsBCU-O5IW4p3dalJ661WHeoEu48GdPnYS34/edit#>

Spanish: https://docs.google.com/document/d/1sjd5xSn-TrD_ptWwQfbTQNOzLfcFxZMe4SnMRJS_-5s/edit#

TELEHEALTH AND HIPAA LIMITED WAIVER:

Free Online Training for Telehealth

1) Simple Practice Learning- free 1-hour training.

<https://www.simplepracticelearning.com/courses/telehealth-legal-ethical?fbclid=IwAR1u53Z4naKPa5oCYW3xVs5hwZRWhYKR40MAh10HxsWI5KJxqyOqZNIKXRI>

2) Telehealth training available for free with code TELEFREE

https://catalog.pesi.com/item/52191/?utm_source=featuredad&utm_medium=banner&utm_campaign=BH_telehealth_POS055645

I believe that CEUs still need to be paid for.

3) Telehealth 101 trainings - WAITLIST ONLY

Please follow the link below to sign-up for our waiting list should space become available:

<https://lp.constantcontactpages.com/su/IMrwDJB/Telehealth101>

Sessions will be recorded and made available to all participants as well as those on the wait lists.

Recorded sessions will also be eligible for APA CE credit.

Telehealth Checklist

<https://www.apa.org/practice/programs/dmhi/research-information/telepsychological-services-checklist>

HIPAA Limited Waiver

<https://www.hhs.gov/sites/default/files/hipaa-and-covid-19-limited-hipaa-waiver-bulletin-508.pdf>

INTERNET AND TECHNOLOGY:

Low-Cost Internet

Comcast is offering a low-cost Internet Essentials package that will give low income families (may qualify if eligible for public assistance programs such as the National School Lunch Program, Housing Assistance, Medicaid, SNAP, SSI, etc.) free internet for 2 months, increased the bandwidth for this package (it's still not *super* fast so they won't be able to stream HD video, but will be able to video chat and access web pages), and waved data caps. After 2 months the package costs \$9.95/month. Note that it takes 5-7 days to receive their self-installation kit by mail. They can also apply for a low cost computer through this site.

This webpage is available in multiple languages, including Spanish, if you click on the Languages button.

<https://www.internetessentials.com/covid19> (English)

<https://es.internetessentials.com/covid19> (Spanish)

Also, they are providing **free access to WiFi to all** at any of their hotspots.

<https://www.fox13now.com/comcast-offers-free-xfinity-wifi-nationwide-amid-covid-19-pandemic>

Internet gratis para familias / Free Internet for Families

"Comcast está proporcionando servicios **gratuitos** de Internet durante 60 días y solo \$ 9.99 / mes más tarde, a las familias de bajos ingresos durante este tiempo de cierre de las escuelas. Para inscribirse, los solicitantes pueden simplemente visitar

www.internetessentials.com. El sitio web accesible también incluye la opción de video chat con agentes de servicio al cliente en lenguaje de señas americano. También hay dos números de teléfono dedicados [1-855-846-8376](tel:1-855-846-8376) para inglés y [1-855-765-6995](tel:1-855-765-6995) para español".

"Comcast is providing **free** internet services for 60 days and only \$9.99/month afterwards, to low income families during this time of school closures. To sign up, applicants can simply visit www.internetessentials.com. The accessible website also includes the option to video chat with customer service agents in American Sign Language. There are also two dedicated phone numbers [1-855-846-8376](tel:1-855-846-8376) for English and [1-855-765-6995](tel:1-855-765-6995) for Spanish."

LINKS FOR YOUNG CHILDREN + PARENTS:

Tips for Families from the early childhood world:

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

Charming workbook, available in multiple languages: <https://www.mindheart.co/descargables>

Talking points for parents and teachers:

<https://www.tinabryson.com/news/coronavirus-talking-points-for-parents-amp-teachers-with-the-whole-brain-child-approach>

Parenting during COVID:

<https://www.psychologytoday.com/us/blog/little-house-calls/202003/parenting-during-covid-19>

Mindfulness

<https://www.mindful.org/audio-resources-for-mindfulness-meditation/>

Monterey Bay Aquarium live cams and meditation

<https://www.youtube.com/watch?v=5J2llsogT5Q>

Free Educational Resources for Kids

<https://www.buzzfeed.com/melissaharrison/educational-resources-activities-kids-coronavirus>

Scholastic Learn at Home Website

<https://classroommagazines.scholastic.com/support/learnathome.html>

Coronavirus Social Stories for kids on the spectrum are also available here to print out:

<https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-1-1.pdf>

Guide to Talk to Kids about the virus

<https://www.mindheart.co/descargables>

RESOURCES FOR FAMILIES

CMI: Supporting Families during COVID-19

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

CHC: COVID-19 Information & Resource Center

<https://www.chconline.org/resourcelibrary/category/covid-19-information-resources/>

CALMING RESOURCES

Guided Meditation

Link to a daily guided meditation led by Dr. John Rettger held Monday-Friday from 1:00PM - 1:30PM

<https://stanford.zoom.us/j/755370337>

Dr. Carrions OpEd piece - "Opinion: Staying connected is crucial for our mental health. How we can ward off coronavirus fears, anxiety, anger and feelings of frustration"

<https://www.mercurynews.com/2020/03/18/opinion-mental-health/>

Pure Edge Resources

<https://www.dropbox.com/sh/dw5h9gr4nubw1xs/AACQl2JI4O9e2JscN27-h48Pa?dl=0>

Guides and videos for mindfulness, meditation and yoga activities in both English and Spanish. DropBox folder contains the following:

Brain Breaks:

- Grades K-5 (English folder and Spanish folder); "Materials" folder with a K-5 Brain Breaks training manual; "Videos" folder with 4 Brain Breaks videos: Starfish Breathing, Breathing Ball, Chair Twist, and Sunrise Sunset.
- Grades 6-12 (English folder and Spanish folder); "Materials" folder with a 6-12 Brain Breaks training manual; "Videos" folder with 4 Brain Breaks videos: Anchor Breathing, Even In-Even Out, Chair Twist, and Sunrise Sunset.

A Peek Inside the Amazing Brain:

- Grades K-2 (English folder and Spanish folder); "Videos" folder with 8 short sequence movement videos; "Materials" folder with a K-2 Mini Unit, Pure Power Curriculum Resource Booklet, and Reflection Journal
- Grades 3-5 (English folder and Spanish folder); "Videos" folder with 8 short sequence movement videos; "Materials" folder with a 3-5 Mini Unit, Pure Power Curriculum Resource Booklet, and Reflection Journal
- Grades 6-12 (English folder and Spanish folder); Grades 6-12 Mini Unit.

K-5 Resources:

- English K-5 card deck and Spanish K-5 card deck

VOLUNTEER OPPORTUNITIES

Food Distribution

Anyone interested in volunteering for food distribution should reach out to the Volunteer Director at BGCP, Remi Sobomehin. Email: remi@bgcp.org

LEGAL SERVICES

Community Legal Services in East Palo Alto

Did you lose income due to COVID-19? Protect yourself from eviction. Things you can do now...

<https://www.youarecommunity.org/>

