



Community Resilience Toolkit

**Kansas Department of Health and Environment
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Purpose of This Resource



Kansans are no strangers to overcoming adversity and working together to rebuild and heal. Ad Astra Per Aspera: to the stars through difficulties, our state motto, expresses the belief we in Kansas have about our ability to conquer challenges together and forge a path onward. We have rebuilt stronger than ever after tornados, floods, and ice storms. However, we have never had so many communities affected at the same time by a traumatic event as we do now with the COVID-19 pandemic. This resource was created as a

tool for communities in Kansas to use as they build their community level resilience while also working to promote the resiliency of each family and individual. By supporting each other through this current period of hardship, we can buffer the effects of the pandemic and come once again to see the stars together.

Understanding the Effects of Trauma on Communities



Since the publication of the Adverse Childhood Experience Study (ACEs) in 1998, research has shown how adversity can affect the lifelong health of individuals. The ACEs study found that the more adversity one was exposed to before the age of 18, the more likely one was to have chronic physical and mental health conditions, addiction issues, and even a shorter life span.¹ Subsequent research has found that high levels of adversity and stress change how the young brain develops and how the mature brain

responds.² Safe, stable, and nurturing environments can buffer the affects stress has on both children and teens whose brains are still developing, and adults. Being connected to your community is one way to mitigate stress during trying times. Communities that foster caring relationships can help individuals navigate challenges better and thrive even in the face of hardships. Fostering caring communities also prevents forms of adversity such as violence. Understanding the vital role, the community can play in the development of its individuals can give its citizens a sense of shared purpose when confronting traumatic community events such as the COVID-19 pandemic. Trauma informed responses sensitively help individuals heal from adversity and navigate stressors. The capacity to recover quickly from adversity is known as resiliency. This guide will introduce you to strategies your community can implement that will improve the chance that each citizen will be more resilient and the population as whole will be able to work together to overcome adversity

¹ Am J Prev Med 1998 May; 14 (4) 245-58

² <https://developingchild.harvard.edu/>



The Fab 5 – 5 things that take less than 5 minutes

Resilience and healing take time. Consistently focusing on behaviors that will encourage your body and brain to reset will build resilience. These simple practices have been shown to lower stress and strengthen resilience.

Kick judgement to the curb

Practice listening and responding without judgement. Being heard is healing. Give judgement free responses to yourself too. We are all doing the best we can!

Leave the building

Taking a short break outside of your work or living space can help you calm down and recharge. A walk around the block or sitting outdoors, listening to your favorite song or podcast, surrounded by fresh air, with a few sips of fresh water can do wonders to reset your stress level.

Take a Thankfulness Break

Shifting to thoughts of thankfulness is a quick way to build resilience and lower stress. You can use “Notes” on your phone, a cheap notebook, or fancy journal to jot down things you are thankful for.

Check in with your people

Learn to recognize when your co-worker, family member or friend needs you to pick up their load for a bit. Practice asking for help rather than “powering through.”

Talk yourself into positive

Adopt a positive saying to repeat when you feel hopeless: “This too shall pass,” “We are all in this together,” “I am strong and will get through this” whatever speaks to you and gives you courage and strength! Repeat, repeat, repeat, and repeat again. This exercise is a powerful way to alleviate stress and build resilience.

Resilience at All Levels of Our Lives



The social ecological model is a framework for understanding how we experience our lives on multiple levels. Behavior and engagement are influenced not just by our individual circumstances but also the type and quality of our personal relationships, the type of communities we are engaged with and the norms and expectations of our societal culture. Solutions that help an individual build resilience in their personal life and in their private relationships are important aspects of community

resilience but not the whole picture. Characteristics of our community and society can also be structured to either promote or hinder resiliency. When we work to improve community and societal level resiliency factors, we can reach more people than just investing in efforts that affect personal attitudes and behaviors only. For example, if we work to remove societal stigmas against seeking mental health services and assure a strong public transportation system to access mental health services, an individual is much more likely to take advantage of these services.

In this guide you will find a comprehensive list of resources that provide individual and relationship level support in building resilient communities. Below are 10 strategies that involve the community or societal levels to build strong networks of support and ensure resiliency. Each strategy is a starting place, with further resources found in a resource bank at the end of the checklist.

Checklist for Resiliency Building at the Community and Societal Level

“Community resilience is the ability of a community to prepare for anticipated hazards, adapt to changing conditions, and withstand and recover rapidly from disruptions.”³

1. Engage at All Levels with a Spirit of Grace and Empathy



Building resilience in a community, a relationship or on a personal level requires that we seek to understand, not judge. Having empathy for ourselves and each other will be necessary if we want to move past the hardships we have experienced since March of 2020. Solutions will not come if we are intent on finding blame. The challenges we have before us have no easy answers, there is no play book we can look to for ready solutions. The road to healthy, equitable, and sustainable communities will

be littered with as many failed attempts as successes. Let our love, compassion and understanding for one another fuel our innovative spirit.

³ <https://nvlpubs.nist.gov/nistpubs/SpecialPublications/NIST.SP.1190GB-16.pdf> (p. 2)

2. Celebrate Shared Values and Community Resilience



A major step toward building resilience in your community and finding a renewed community spirit is to celebrate and lift the aspects of your community that generate community pride and have been important in overcoming past challenges. Remembering that the community has overcome obstacles before and identifying how those obstacles were surmounted will give your community members hope for prevailing over current circumstances and help identify the strengths that already exist within the community. Renewing a shared vision for your community can energize members for the work ahead.

- Creating a formal Asset Map can help your community identify their sources of strengths.⁴
- For ideas of how to celebrate your community safely during the pandemic check out the Community Commons <https://www.communitycommons.org/collections/Belonging-and-Civic-Muscle-During-COVID-19>

3. Establish and Encourage Ways for Citizens to Discuss Their Experiences



We have all been through so much in the past year, but each of us has had challenges that are unique to our situations. To heal from the trauma of the past months, build resiliency, and strengthen our trust in our communities it is important that space be made to share our stories. Community groups can hold online forums or have landing pages to collect stories and comments. More formal surveys can help collect experiences. Stories **MUST** be heard without judgment. Though it is hard to see our neighbors hurting, it is key that we make time and space for the sharing of our challenges. Multiple perspectives are vital for understanding where there are gaps in services and people left out of community engagement plans. Sharing our experiences can also help us come to creative solutions for how we can best support each other.⁵

⁴ <https://ctb.ku.edu/en/table-of-contents/assessment/assessing-community-needs-and-resources/identify-community-assets/main>

⁵ <https://iprc.public-health.uiowa.edu/2020/11/09/kids-families-mental-health-during-covid-19/>

4. Facilitate Connection to Support Systems



Research has shown that communities that invest in strengthening the characteristics of the social determinants of health are doing better in overcoming the obstacles posed by the COVID-19 pandemic.⁶ The social determinants of health include factors such as employment, income, housing, transportation, childcare, education, discrimination, and the quality of the places where people live, work, learn, pray, and play, including access to a quality affordable healthcare system.

- Access to these four areas are of importance right now:
 - Physical and Mental Health Care
 - Family Supports like childcare
 - Food Security
 - Stable, Safe and Affordable Housing.⁷
- To improve access consider
 - Is there means of transportation to the service?
 - Is the service affordable, can it be made affordable?
 - Is the service available? How you can availability and quality be improved?
 - Is accessing the service delivered in a way that is culturally appropriate for everyone in the population?
 - Is the service delivered in the language spoken by the user?
 - Is it delivered in a way that makes the user feel accepted, respected and valued?
 - Is it delivered at a location that the user feels safe?
 - Is it delivered at a time the user can take advantage of it?

5. Facilitate Connection to Internet Service



Internet connection is no longer a luxury. Staying connected to systems of support during the pandemic requires stable and affordable access to the internet. Resilient communities must invest in access to devices and instructions for how to use devices and programs such as zoom, as well as considering affordable internet service for all. This has proven more important than ever to support education, healthcare, and the workforce. Without the ability to be online, residents are truly isolated from the community right now.

Building a sense of togetherness and resilience means all feel like valuable members that can participate in all aspects of community life.⁸

⁶ <https://www.rwjf.org/en/blog/2020/10/covid-19-research-at-the-community-level.html>

⁷ <https://www.rwjf.org/en/library/collections/coronavirus-disease-2019--covid-19.html>

⁸ <https://healthforward.org/fixing-the-digital-divide-in-kansas-city-is-important-to-public-health/>

6. Bring Together Partners from all Areas of the Community



The COVID-19 pandemic has affected all aspects of our communities. Recovering will take a multi-sector response. The Robert Woods Johnson Foundation's research shows that communities that engage partners from multiple areas of the community can more quickly address the needs of their community and work toward solutions.⁹ Cast your net wide! The creative solutions that will build our society back stronger will include investments from hospitals, universities, community development organizations, banks, businesses, law enforcement, churches, schools, non-profits,

government offices, artists, doctors, lawyers, judges, therapists, journalists, childcare providers, and other interested community partners.

7. Engage the Community in Fulfilling Social Activities that Celebrate Shared Values



In our lives together, there must be shared joys as well as sorrows. Resilient communities find ways to continue their social lives while keeping each other safe by following best available health guidelines. Keep seeking creative ways for groups in your community to continue to engage meaningfully with each other throughout the pandemic. Churches are meeting outdoors or in their cars, families are celebrating birthdays with card showers and driveway parades, towns are sponsoring scavenger hunts for children, there are so many creative ideas to draw from!

- KU's Center for Health and Development has put together a site to collect ideas for how to keep social engagement high during these times. As you develop your own ideas, please contribute them to this site so others can benefit!
<https://ctb.ku.edu/en/coronavirus-tools#examples>
- Establish a local dashboard, Facebook Group or community page to gather ideas and collect photos of community members connecting while maintaining COVID safe guidelines.

⁹ <https://www.rwjf.org/en/blog/2020/10/covid-19-research-at-the-community-level.html>

8. Promote Ways that Citizens Can Get Involved and Help One Another



Resilient communities have many opportunities for citizens to give back and be involved in the healing process. Providing support is just as healing in a community as receiving support. Volunteering can improve the quality and number of relationships residents have. Volunteering also is an important way to overcome lack of resources that some of our projects need to become established and sustainable. Promote community connections big and small. This is a terrific way for all citizens to see they have a place in the community and a part to play in building its future.¹⁰

9. Seek Meaning



Collecting data on your community efforts is an important way to ensure wise use of resources, identify and reach those most affected by current challenges, link services to users, expand efforts, and inspire others.¹¹ Look within your community for those with expertise in evaluation. Institutions of higher learning often can be tapped to provide help with evaluation. Some businesses and health care providers may already be collecting data that can help inform community projects. Work with local news outlets to make sure successes are shared widely so they can be replicated and expanded.

10. Promote Strategies that Increase Individuals' Capacity for Resilience and Healing



The quality of your community can go a long way toward building resilient citizens. On page 12, there is a list of resources that can be promoted for individuals in your community to access the specialized care they may need to overcome their personal challenges. Collectively your community can invest in:

- Robust Mental Health Services promoted in a way to eliminate stigma. Evaluate how mental health services are provided and discussed to make sure there is no lingering stigma attached to asking for professional help. Encourage leaders in the community to share their own experiences with using mental health services.
- Community Mindfulness projects that promote exercises that can help citizens relieve stress. Breathing and relaxation tips can be distributed along with other services or promoted on community media outlets.
- Community Yoga/Exercise programs as a wonderful way to encourage citizens to lower levels of stress and stay connected to one another. When weather permits, outdoor

¹⁰ <http://www.connectionsmatter.org/>

¹¹ <https://www.census.gov/data/experimental-data-products/community-resilience-estimates.html>

socially distanced classes and events offer a great opportunity for much needed socialization. Walking clubs, outdoor yoga classes, and other outdoor fitness activities can be great ways to keep residents active while also observing the necessary COVID safe precautions. Exercising regularly can also help support good mental health. Universal internet in your community will allow exercise programs to be delivered via social media platforms like YouTube or Facebook.

- Community Gratitude projects as a way to jumpstart both personal and community healing. Studies have shown that encouraging a thankful attitude can improve resiliency and help individuals heal from traumatic events.¹² Enlist established communities such as faith-based organizations, schools, and support groups to begin community wide conversations that shift perspectives toward the positive aspects of our shared lives.
- Promoting self-care within your community. Provide residents with simple ways they can take care of themselves during even the most stressful of times. Learning to appreciate small moments of self-care can help build the resiliency necessary to better weather larger challenges. Focus on activities that are free and widely available like a walk, a drink of cold water, time to watch the sunset, a snuggle with a pet, coloring with a child...start to see these everyday moments as opportunities to feel loved and taken care of.
- Promoting asking for help. We are our best supports. A culture that values independence can send the message that we should be able to supply all our own needs and reinforce the idea that needing help is a weakness. This attitude is dangerous during times of collective hardship. Learning to ask for help can be hard. Set an example by asking for help and cheerfully providing help when a neighbor, friend, family member or co-worker is struggling. Promote messaging that promotes supporting each other as a sign of strength, not weakness.
- Building an awareness and connection to community resources and supports. Compile lists of resources of which individuals can take advantage. Make sure lists of resources are updated frequently to illuminate frustration. Distribute resource lists at places that people can still go during the pandemic, like grocery stores, doctors' offices, schools, and take out restaurants.

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https://greatergood.berkeley.edu/article/item/can_giving_thanks_help_heal_from_trauma#:~:text=Their%20study%20also%20offered%20%E2%80%9Csome,effects%20in%20the%20first%20place.

Continuing the Work

These 10 tips will get your community started building sources of resiliency, the following resources give more in-depth information to move your projects along and broaden your reach.

Understanding Trauma	
<p>ACEs Connection: A collection of resources that address reducing exposure to Adverse Childhood Experiences. The daily reports, blogs, and website posts offer evidence ways trauma informed strategies can be implemented to protect children and youth from experiencing ACEs and toxic stress. ACEs Connection frequently includes resource for building resiliency and improving the social determinants of health as important elements in a community’s health plan. The organizers do a fantastic job of keeping content current and publishing new research.</p>	<p>https://www.acesconnection.com/</p>
<p>Coping in Hard Times: Fact Sheet for Community Organizations and Leaders – Discusses how challenging financial circumstances affect communities, their organizations, their members’ sense of safety and ability to calm, self- and community-efficacy, connectedness, and hope. <i>Source: The National Child Traumatic Stress Network</i></p>	<p>https://www.nctsn.org/resources/coping-hard-times-fact-sheet-community-organizations-and-leaders</p>
<p>Creating, Supporting, and Sustaining Trauma-Informed Schools: A System Framework – Presents a tiered approach to creating a trauma-informed school environment that addresses the needs of all students, staff, administrators, and families who might be at risk for experiencing the symptoms of traumatic stress. <i>Source: The National Child Traumatic Stress Network</i></p>	<p>https://www.nctsn.org/resources/creating-supporting-and-sustaining-trauma-informed-schools-system-framework</p>
<p>Trauma-Informed School Strategies During COVID-19 – Provides trauma-informed school strategies in response to COVID-19. This fact sheet offers information on the physical and emotional well-being of staff, creating a trauma-informed learning environment, identifying and assessing traumatic stress, addressing and treating traumatic stress, and more. <i>Source: The National Child Traumatic Stress Network</i></p>	<p>https://www.nctsn.org/resources/trauma-informed-school-strategies-during-covid-19</p>
<p>Coping in Hard Times: Fact Sheet for School Staff – Discusses how challenging financial circumstances may affect you, other school staff, students, and their families and provides specific ways to help. <i>Source: The National Child Traumatic Stress Network</i></p>	<p>https://www.nctsn.org/resources/coping-hard-times-fact-sheet-school-staff</p>
Leadership Skills for Community Engagement	

<p>Kansas Leadership Center – This organization offers an array of helpful tools to build leadership capacity. Online courses are frequently offered for free or low cost. The Center engages statewide to solve tough topics like universal broadband in rural areas, childcare, and affordable housing.</p>	<p>https://kansasleadershipcenter.org/</p>
<p>The Center for Non-Violent Communication – Central to productive discussions is the ability to listen with empathy and consider multiple perspectives without judgement. The Non-Violent Communication method can help get your community moving toward shared goals and promote healing distrust.</p>	<p>https://www.cnvc.org/</p>
<p>TOP Network – The TOP facilitation method can be used to help guide conversations, seek resolution, and ensure robust participation. The Focused Conversation method is a good way to bring together many voices and find consensus and innovative solutions to community problems.</p>	<p>https://www.top-network.org/use-focused-conversation</p>
<p>Coalition and Partnership Building</p>	
<p>Community Resilience Workplan – Many people want to know: <i>What is the difference between building preparedness and building community resilience?</i> For the third pilot year of the project, the LACCDR team has put together a list of questions, strategies and resources that can help guide organizations and communities towards building resilience efforts as they plan out their activities. <i>Source: Los Angeles County Community Disaster Resilience</i></p>	<p>http://www.laresilience.org/documents/LACCDR-Resilience-Communities-Year-3-Workplan.pdf</p>
<p>National Association of City and County Health Officials (NACCHO) – NACCHO offers an easy to follow guide for public engagement, creation of partnerships, and strategic action planning. This site is a good place to start as you get ready to coordinate and expand your resiliency building efforts.</p>	<p>https://www.naccho.org/programs/public-health-infrastructure/performance-improvement/community-health-assessment/mapp</p>
<p>National Institute of Standards and Technology – This “playbook” gives specific instruction on how the built environment (buildings, streets, infrastructure for example) can be designed to promote community resiliency. The resource gives a well-designed plan for how to engineer environmental changes to increase resiliency. There is also easy to follow guidance on how to engage partners and build community coalitions that are mission driven and effective.</p>	<p>https://www.nist.gov/news-events/news/2020/11/nist-playbook-helps-communities-resilience-planning</p>

<p>Partnerships for Recovery Across The Sectors (PRACTIS) Toolkit – The toolkit aims to strengthen community-wide disaster response and recovery by offering local health departments three tools: (1) a sample survey and steps for fielding the survey to help LHDs identify the key CBOs that contribute to disaster response and recovery, (2) a quality improvement guide and sample quality improvement report to help generate guidance about the strengths and weaknesses of the partnerships between LHDs and CBOs and between CBOs, and (3) a tabletop recovery exercise that can be used to improve the relationship between LHDs and CBOs. Focused on natural disaster recovery but principles translate for the COVID-19 pandemic. <i>Source: RAND Corporation</i></p>	<p>https://www.rand.org/pubs/tools/TL188.html</p>
<p>Partnership Road Map – Set of instructions for public health interests to engage business partners. Instructions on how to meaningfully engage emphasizing shared values, evaluate success and communicate findings.</p>	<p>https://www.safestates.org/page/StrengtheningPartnershipsRoadmap</p>
<p>Connecting to Resources</p>	
<p>Health Forward Foundation – This organization is working with other philanthropies and community groups to remedy the digital divide. They can offer ideas and framework for other communities in Kansas working to assure universal access to internet, devices, and user education.</p>	<p>https://healthforward.org/fixing-the-digital-divide-in-kansas-city-is-important-to-public-health/</p>
<p>The Robert Woods Johnson Foundation – Offers a wealth of information about building systems that increase equity, so all may live their healthiest lives. When gaps in access or services are discovered you are almost certain to find examples of solutions amongst the resources on this site. As your communities work to assure efforts are sustainable, look to the Robert Woods Johnson library for examples of policies other communities have used. There is a wealth of data available here that can help your community determine the best strategies in which to invest time and money. And speaking of money...the Robert Wood Johnson Foundation is a source for grants that is worth looking into!</p>	<p>https://www.rwjf.org/en/our-focus-areas/focus-areas/healthy-communities.html</p>
<p>Community Engagement</p>	
<p>Community Center for Health and Development Tool Box – Provides lists of community engagement activities is updated frequently; check it out for innovative ideas for keep communities engaged during the pandemic</p>	<p>https://ctb.ku.edu/en/coronavirus-tools</p>
<p>Connections Matter – Framework for engaging citizens in volunteer efforts big and small. Connections Matters promotes the idea that relationships are the bedrock of our community. Rather than waiting for a large grant, or a lead agency to solve our problems, Connections Matters puts the power to make change in the hands of all citizens. By helping connect people and resource, advancement on some of the most challenging problems facing our communities can take place, one small step at a time.</p>	<p>http://www.connectionsmatter.org/</p>

Seek meaning and share stories	
Community Resilience: Learn and Tell Toolkit – This toolkit is intended to teach people about community resilience so that they can then educate others about resilience and resilience building. <i>Source: RAND Corporation</i>	https://www.rand.org/pubs/tools/TL163.html
Sense of Community Index (SCI) – SCI is the measure most frequently used in the social sciences to gauge a sense of community. Indices are shared free of charge but must be formally requested via the website. <i>Source: Community Science</i>	https://www.senseofcommunity.com/soc-index/

Resources for Building Individual Resilience and Recovery

For communities to heal and increase their resilience, individuals within the community must have access to services that will support their personal journeys toward recovery and resilience as well. Below is a list of resources that communities can use to help their residents get services they need to build their personal capacity for reliance and heal from the trauma of the COVID pandemic hardships as well as previous trauma that has been acerbated by the COVID pandemic.

Mental Health	
Behavior Health Treatment Services Locator – This tool will help you find mental health services providers in your area or who are participating in telehealth programs.	https://findtreatment.samhsa.gov/
Coping with Stress – This is a guide to coping strategies that will help individuals during the COVID-19 pandemic and other stressful times.	https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html
Directory of Mental Health Services in Kansas – Listing of agencies and individuals who provide mental health services.	https://www.kdads.ks.gov/docs/default-source/csp/bhs-documents/mental-health-resource-directory.pdf?sfvrsn=95ab29ee_116
Substance Abuse and Mental Health Services Administration Disaster Distress Helpline – provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.	https://www.samhsa.gov/find-help/disaster-distress-helpline

<p>A Roadmap to Behavioral Health – This comprehensive guide helps consumers figure out how to work with their insurance to get the care they need. The guide also gives good advice on how to find a provider you feel comfortable with and how to prepare for your first appointment.</p>	<p>https://www.cms.gov/files/document/roadmap-behavioral-health-updated-2019pdf</p>
<p>Taking Care of Your Emotional Health – This tip sheet from the CDC explains the importance of self-care and stress reduction.</p>	<p>https://emergency.cdc.gov/coping/selfcare.asp</p>
<p>Maintaining Positive Mental Health During COVID-19 – This powerful infographic provides tips for maintaining good mental health during times of crisis.</p>	<p>https://www.coronavirus.kdheks.gov/DocumentCenter/View/118/Maintaining-Positive-Mental-Health-During-COVID-19-PDF---4-1-20?bidId=</p>
<p>Kansas Maternal and Child Health Council – designed an awareness series based on the #BeThe1To’s 5 Action Steps for Helping Someone in Crisis</p>	<p>http://www.kansasmch.org/adolescent_mental_wellness.asp</p>
<p>Kansas Prevention Collaborative (KPC) – focuses on innovative behavioral health prevention efforts. KPC offers a Resource Library that includes COVID-19 Pandemic and Get Help resources. They started “KPCConnections,” an online conversation for individuals to connect and find social support during COVID-19. Discussions will focus on how the pandemic has affected their work lives. Participants can share their experiences and offer support to peers.</p>	<p>https://kansaspreventioncollaborative.org/resources/get-help</p>
<p>Mental Health America (MHA) – is the nation’s leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all Americans. To aid individuals and communities during this time, MHA created Mental Health and COVID-19 – Information and Resources.</p>	<p>https://mhanational.org/covid19</p>
<p>Mental Health First Aid – offers resources and ideas for maintaining mental wellbeing during COVID-19, including Accessing Online Therapy While Physical Distancing</p>	<p>https://www.mentalhealthfirstaid.org/news-and-updates/?searched=1&post_month&post_year&key_search=COVID&btn_key_search=Search</p>

<p>National Alliance on Mental Illness (NAMI) – is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI offers support groups, warmline directory, and a NAMI Helpline. Mental health resources can be obtained by calling the NAMI Helpline at 1800-950-NAMI (6264) on weekdays between 9:00 am and 5:00 pm (CT). NAMI created a COVID-19 Resource and Information Guide for the NAMI community and the greater public for use during the COVID-19 pandemic.</p>	<p>https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US</p>
<p>Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS) – SPARCS is a manually-guided and empirically-supported group treatment designed to improve the emotional, social, academic, and behavioral functioning of adolescents exposed to chronic interpersonal trauma and/or separate types of trauma. <i>Source: The National Child Traumatic Stress Network</i></p>	<p>https://www.nctsn.org/interventions/structured-psychotherapy-adolescents-responding-chronic-stress</p>
<p>Boxed in with Everyday Health: COVID-19 and Your Mental Health – Series of ## videos about a wide range of emotional health topics.</p>	<p>https://www.everydayhealth.com/videos/</p>
<p>Trauma-focused Cognitive Behavioral Therapy (TF-CBT) – TF-CBT is an evidence-based treatment for children and adolescents impacted by trauma and their parents or caregivers. <i>Source: The National Child Traumatic Stress Network</i></p>	<p>https://www.nctsn.org/interventions/trauma-focused-cognitive-behavioral-therapy</p>
<p>Child Adult Relationship Enhancement (CARE) – CARE is a trauma-informed set of skills that can be used by any adult in any setting who interacts with children and teens who have experienced trauma. It is based on several evidence-based parenting programs. <i>Source: The National Child Traumatic Stress Network</i></p>	<p>https://www.nctsn.org/interventions/child-adult-relationship-enhancement</p>
<p>Parent-Child Interaction Therapy (PCIT) – PCIT is an evidence-based treatment model with highly specified, step-by-step, live coached sessions with both the parent/caregiver and the child. Parents learn skills through PCIT didactic sessions. <i>Source: The National Child Traumatic Stress Network</i></p>	<p>https://www.nctsn.org/interventions/parent-child-interaction-therapy</p>
<p>Substance Use Resources</p>	

<p>Kansas Substance Use Treatment Referral Line – at 866-645-8216 and select option 2. Referral Line staff can help identify substance use treatment providers in your area as well as complete assessments for treatment.</p>	<p>https://www.kdads.ks.gov/commissions/behavioral-health/services-and-programs/substance-use-disorder-treatment-services</p>
<p>Kansas Department for Aging and Disability Services (KDADS) – partners with local substance use treatment providers to ensure Kansans with behavioral health needs, including substance use, have access to treatment and recovery support services. KDADS offers information about substance use treatment services offered in Kansas, including a listing of the Kansas Designated Women’s Substance Use Disorder Treatment and Methadone Maintenance Treatment programs</p>	<p>https://www.kdads.ks.gov/commissions/behavioral-health/services-and-programs/substance-use-disorder-treatment-services</p>
<p>Substance Abuse and Mental Health Services Administration – recognizes continued social connectedness is critical to maintaining recovery during times of social distancing and self-quarantine. They created a Virtual Recovery Resources tip sheet to be used for recovery support, including guidance to local programs for creating virtual meetings.</p>	<p>https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf</p>
<p>Intimate Partner Violence/Domestic Violence/Child Abuse</p>	
<p>1in6 – offers support for men and boys experiencing sexual abuse or assault. They offer information, resources, 24/7 chat, online support groups, trainings and webinars.</p>	<p>https://1in6.org/</p>
<p>Department of Defense (DoD) – Safe Helpline provides anonymous and confidential support 24/7 to members of the DoD community affected by sexual assault. Call 877995-5247 or chat online.</p>	<p>https://safehelpline.org/live-chat</p>
<p>Intimate Partner Violence (IPV) Interventions – There are a wide variety of counseling and mental health interventions available to families affected by IPV. <i>Source: The National Child Traumatic Stress Network</i></p>	<p>https://www.nctsn.org/what-is-child-trauma/trauma-types/intimate-partner-violence/interventions</p>
<p>Cómo Escuchar y Hablar con Su Hijo Sobre Violencia Doméstica – Ofrece información para los padres sobre cómo hablar con los niños sobre violencia doméstica. <i>Source: The National Child Traumatic Stress Network</i></p>	<p>https://www.nctsn.org/resources/children-and-domestic-violence-listening-and-talking-your-child-about-domestic-violence-sp</p>
<p>Kansas Crisis Hotline – 1-888-END-ABUSE, provides confidential support 24/7 to victims of domestic violence, sexual assault and stalking.</p>	<p>https://www.kcsdv.org/</p>

<p>Kansas Protection Report Center – If you suspect a child is being abused or neglected or if you suspect a vulnerable adult in the community is being abused, neglected, or exploited, call 1-800-922-5330. In the event of an emergency, please contact your local law enforcement or call 911.</p>	
<p>Kansas Sexual and Domestic Violence Service Providers – Find a service provider in your county. <i>Source: Kansas Coalition Against Sexual and Domestic Violence</i></p>	<p>https://www.kcsdv.org/find-help/in-kansas/dv-sa-services-map/</p>
<p>National Domestic Violence Hotline – advocates are available 24/7 to provide confidential support with anyone experiencing domestic violence, seeking resource or information, or questioning unhealthy aspects of their relationship. Call 800-799-7233. If you are unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.</p>	<p>www.thehotline.org</p>
<p>Prevent Child Abuse America – is dedicated to helping children and families thrive. They offer a Resource Center that includes parenting tips and activity toolkits.</p>	<p>https://preventchildabuse.org/resources/</p>
<p>RAINN (Rape, Abuse, and Incest National Network) – operates the National Sexual Assault Hotline which offers confidential, anonymous support 24/7 to individuals who are experiencing or have experienced sexual assault. Call 800-656-HOPE or chat online</p>	<p>https://www.rainn.org/about-national-sexual-assault-telephone-hotline</p>
<p>Parenting and Family</p>	
<p>Helping Children Cope with Emergencies – This article gives tips on how to help children cope with emergencies. Strategies to lower children’s stress during crisis can help them be more resilient.</p>	<p>https://www.cdc.gov/childrenindisasters/helping-children-cope.html</p>
<p>Kansas Children’s Cabinet and Trust Fund – focusing on improving the well-being of Kansas children and youth. The Children’s Cabinet and Trust Fund prepared information and guidance to help both families and child care providers navigate these times.</p>	<p>https://kschildrenscabinet.org/#families</p>
<p>Kansas Children’s Service League Parent Helpline – 800-CHILDREN, is a free, anonymous information and referral service for Kansans. Helpline staff can provide support with parenting skills, child development, behavior management, mental health, legal concerns, and provide information about available programs and services for free.</p>	<p>https://www.kcsl.org/ParentHelpLine.aspx</p>

<p>Kansas Department of Health and Environment (KDHE) – support continuity of operations for licensed child care facilities during COVID-19. KDHE offers a Notice for Child Care Operations Related to COVID-19, Frequency Asked Questions (FAQs) on Child Care and Foster Care During COVID-19, and Child Care Provider and Parent Resource Links.</p>	<p>https://www.kdheks.gov/bcclr/index.html</p>
<p>ParentResourcesKS.org – offers information to parents of children ages 0-5 with the aim of reducing possible gaps in instruction or in developmental experiences due to the COVID-19 pandemic</p>	<p>www.ParentResourcesKS.org</p>
<p>The Power of Parenting During the COVID-19 Pandemic: Addressing Fears and Feelings from Prior Losses – Provides caregivers guidance about how to address fears and feelings of prior losses that are coming up during COVID-19. <i>Source: The National Child Traumatic Stress Network</i></p>	<p>https://www.nctsn.org/resources/power-of-parenting-during-the-covid-19-pandemic-addressing-fears-and-feelings-from-prior-losses</p>
<p>The Power of Parenting During the COVID-19 Pandemic: Helping Children Cope with the Impending Death of a Loved One – Provides caregivers guidance about how to address the impending death of a loved one due to COVID-19. <i>Source: The National Child Traumatic Stress Network</i></p>	<p>https://www.nctsn.org/resources/power-of-parenting-during-the-covid-19-pandemic-helping-children-cope-with-the-impending-death-of-a-loved-one</p>
<p>The Power of Parenting During the COVID-19 Pandemic: Helping Children Cope with the Impending Death of a Loved One – Provides caregivers guidance about how to address the impending death of a loved one due to COVID-19. <i>Source: The National Child Traumatic Stress Network</i></p>	<p>https://www.nctsn.org/resources/power-of-parenting-during-the-covid-19-pandemic-helping-children-cope-with-the-impending-death-of-a-loved-one</p>
<p>The Power of Parenting During the COVID-19 Pandemic: Mourning the Death of a Loved One – Provides caregivers guidance on mourning the death of a loved one due to COVID-19. <i>Source: The National Child Traumatic Stress Network</i></p>	<p>https://www.nctsn.org/resources/power-of-parenting-during-the-covid-19-pandemic-mourning-the-death-of-a-loved-one</p>
<p>The Representation Project – offers resources for parents and trusted adults to help keep children safe during the COVID-19 pandemic and always.</p>	<p>http://therepresentationproject.org/sexual-assault-awareness-10-tips-for-protecting-kids/?utm_source=newsletter&utm_medium=email&utm_content=Read+More+Here%3E%3E&utm_campaign=Weekly-Action-4%2F14%2F2020&fbclid=IwAR35HozcvkKyOyZWOpSmK_eeenjsq861_kRyzYNemblRxOwoUs7TCfXQ9aGg</p>

<p>Helping Children Cope with the COVID-19 Pandemic – Helps parents and caregivers address their children’s concerns and worries arising from the COVID-19 pandemic and the disruptions of normal life that we are experiencing. <i>Source: The National Child Traumatic Stress Network</i></p>	<p>https://www.nctsn.org/resources/helping-children-cope-with-the-COVID-19-pandemic</p>
<p>Helping Children with Traumatic Separation or Traumatic Grief Related to COVID-19 – Offers information on how to talk to children about traumatic separation or traumatic grief as it relates to the COVID-19 pandemic. <i>Source: The National Child Traumatic Stress Network</i></p>	<p>https://www.nctsn.org/resources/helping-children-with-traumatic-separation-or-traumatic-grief-related-to-covid-19</p>
<p>Coping in Hard Times: Fact Sheet for Parents – Helps parents understand how economic difficulties can affect their families, in terms of their sense of safety, connectedness, and hope. <i>Source: The National Child Traumatic Stress Network</i></p>	<p>https://www.nctsn.org/resources/coping-hard-times-fact-sheet-parents</p>
<p>After a Crisis: Helping Young Children Heal – Offers tips to parents on how to help young children, toddlers, and preschoolers heal after a traumatic event. <i>Source: The National Child Traumatic Stress Network</i></p>	<p>https://www.nctsn.org/resources/after-crisis-helping-young-children-heal</p>
<p>Family Resources (COVID-19 Response) – This website shares information for parents and families navigating the COVID-19 pandemic including mental health, food access, child care, learning tools and activities, and more. <i>Source: Kansas Health Foundation</i></p>	<p>https://kansashealth.org/family-covid-19/</p>
<p>Recursos en Español – Puesto que la pandemia del COVID-19 (coronavirus) continúa transformando nuestro panorama nacional, estatal y de la comunidad, la Fundación “Kansas Health Foundation” (KHF) se siente extremadamente comprometida en mejorar la salud de todos los habitantes de Kansas. <i>Source: Kansas Health Foundation</i></p>	<p>https://kansashealth.org/recursos-en-espanol/</p>
<p>Parenting When Life is Tough – This website details parenting resources during difficult times including support and taking care of yourself. There are also resources for providers. <i>Source: Kansas Children’s Cabinet and Trust Fund</i></p>	<p>https://kschildrenscabinet.org/#families</p>
<p>Kids, families, and mental health during COVID-19 Blog – The UI Injury Prevention Research Center connected with Jenifer Maze, a clinical psychologist at the UCLA Semel Institute and National Child Traumatic Stress Network for a question/answer session about how these challenging times are affecting the mental health of children and families, and what we can do to help.</p>	

Adolescents and Young Adults	
<p>Coping in Hard Times: Fact Sheet for Youth High School and College Age – Helps high school students and young adults understand how economic difficulties may affect them and provides suggestions on how they can cope during uncertain times. <i>Source: The National Child Traumatic Stress Network</i></p>	<p>https://www.nctsn.org/resources/coping-hard-times-fact-sheet-youth-high-school-and-college-age</p>
<p>The Hungrier Games: Disaster Resilience Skills for Youth –This guide contains an introduction to the key principles of community resilience. It is intended for high school youth (ages 14-18). <i>Source: RAND Corporation</i></p>	<p>https://www.rand.org/pubs/tools/TL164.html</p>

State Agencies Are Here to Help General COVID Resources

The state of Kansas has many resources that can be tapped to help individuals, businesses, community organizations, and schools in your community overcome challenges they have identified in their community building efforts. Below is a list of agencies that are eager to help with your recovery efforts.

<p>Kansas Department of Health and Environment (KDHE) – Kansas Department of Health and Environment (KDHE) established a hotline to help answer general questions about COVID-19. Call 866-534-3463, Monday through Friday from 8:30 to 5 p.m. For more information on COVID-19 in Kansas</p>	<p>https://www.coronavirus.kdheks.gov/</p>
<p>United Way’s 2-1-1 of Kansas – can help residents locate local resources they need. You can use their searchable database available on their website or call 2-1-1 or 888413-4327. The most common searches include food assistance, utility assistance, rent assistance, health insurance information/counseling, and homeless shelters.</p>	<p>https://211kansas.myresourcedirectory.com/index.php</p>
<p>Federal Communications Commission (FCC) – offers COVID-19 Consumer Warnings and Safety Tips. Review the information to help keep you and your family members safe from phone and text message scams.</p>	<p>https://www.fcc.gov/covid-scams</p>
<p>Federal Trade Commission (FTC) – offers Tips to Avoid Coronavirus Scams, which includes ignoring offers for vaccinations and home test kits.</p>	<p>https://www.ftc.gov/coronavirus/scams-consumer-advice</p>
<p>Kansas Attorney General – handles complaints and investigation requests regarding several issues, including price gouging and coronavirus scams. To file a complaint, submit an Investigate Request</p>	<p>https://www.ag.ks.gov/complaint-center/price-gouging-and-coronavirus-scams-investigative-request</p>
<p>Kansas Corporation Commission (KCC) – establishes and regulates rates for public utilities, including electricity, natural gas, liquid pipeline, and telecommunications. KCC offers Important Notices Related to COVID-19.</p>	<p>https://kcc.ks.gov/public-affairs-and-consumer-protection/important-notices-related-to-covid-19</p>

<p>Kansas Department for Aging and Disability Services (KDADS) – offers COVID-19 Guidance for behavioral health service providers and community services and program, including Home and Community Based Services (HCBS) programs</p>	<p>https://kdads.ks.gov/covid-19</p>
<p>Kansas Department for Children and Families (DCF) – offers COVID-19 Guidance for DCF programs, including information about emergency food and child care assistance. DCF oversees the Low-Income Energy Assistance Program (LIEAP) in Kansas. LIEAP is a federally funded program that helps eligible households pay a portion of their home energy costs by providing a one-time per year benefit</p>	<p>http://www.dcf.ks.gov/Pages/default.aspx</p>
<p>Kansas Department of Commerce (KDC) – offers COVID-19 Guidance for businesses, include information about incentives assistance.</p>	<p>https://www.kansascommerce.gov/</p>
<p>Kansas Department of Labor (KDOL) – offers COVID-19 Guidance for employers and employees, including an Unemployment Filing and Unemployment Insurance Benefits tip sheets</p>	<p>https://www.dol.ks.gov/covid19response</p>
<p>Kansas Department of Revenue (KDOR) – offers COVID-19 Guidance on tax filing deadlines and driver’s license and vehicle renewals.</p>	<p>https://www.ksrevenue.org/press/2020/pr03242020.html</p>
<p>Kansas Insurance Department – offers Information related to insurance policies during COVID-19.</p>	<p>https://insurance.ks.gov/documents/department/COVID19-FAQ.pdf</p>
<p>Kansas Legal Services – offers Legal Questions and Answers about COVID-19: What You Need to Know Now. They also offer legal information for health issues, including Do Not Resuscitate Request Form, Living Will, and Power of Attorney for Healthcare</p>	<p>https://www.kansaslegalservices.org/node/2319</p>