

## **Tips and Resources from Lindsey Noble, LSCW**

1. Hierarchy of Needs: Are there basic needs met?
  1. Indiana(polis) COVID Food, Childcare, Play Activities and online play w/others, and Internet Resources (attached)
  2. Apps for anxiety (attached)
  3. Resources for social narrative and talking to kids about virus (attached)
  4. National Child Traumatic Stress Network (selected COVID or Disasters in “All NCTSN Resources” search)
    1. Simple activities for children, \*Self-care, how to explain COVID-19 (attached)
  
2. Routine, Routine, Routine: Maintaining a schedule to minimize the chaos.
  1. Daily Schedule, checklists (benefits children and caregivers)
  2. ADDitude Webinar (free replay about maintaining schedules and tons of resources on site)
    1. On website: tips about time out, how to get them out of bed in the morning, how to better understand their experience with ADHD, etc.
    2. CDC Positive Parenting Tips
    3. Positive Parenting Program

**ADDitude Webinar** (explore this site for more disruptive behavior tips/tricks for parents):

[https://www.additudemag.com/webinar/coronavirus-homeschooling-parent-strategies/?utm\\_source=eletter&utm\\_medium=email&utm\\_campaign=webinar\\_march\\_2020&utm\\_content=031720&goal=0\\_d9446392d6-afc70875df-295754985&mc\\_cid=afc70875df&mc\\_eid=eb861d258c](https://www.additudemag.com/webinar/coronavirus-homeschooling-parent-strategies/?utm_source=eletter&utm_medium=email&utm_campaign=webinar_march_2020&utm_content=031720&goal=0_d9446392d6-afc70875df-295754985&mc_cid=afc70875df&mc_eid=eb861d258c)

**Positive Parenting Program** (Online-\$80)

<https://www.triplep-parenting.com/us/triple-p/>

TripleP Online: (0-12 yrs) includes:8 interactive modules, 17 proven strategies,12 months’ unlimited access, andCertificate of completion(10-16 yrs) includes:6 interactive modules, 15 proven strategies, 12 months’ unlimited access, and Certificate of completion

1. Reinforcing consequences and rewards is critical and consistency is key.
  1. First try building off of school reward program
  2. If not try another reward program to consistently, immediately, and specifically reward behaviors
  3. Catch Them Being Good Jar (easier and builds confidence)  
<http://frogsandsnailsandpuppydogtail.com/i-caught-you-being-good-jar-positive-reinforcement/>

### **Tips and Resources from the Session Chat Box**

It may be beneficial to have more frequent contacts with less intensity with patients

Keep in mind the 3 Ms – Movement, Mindfulness and Meaningful Engagement

Implementing the buddy system with colleagues can help to ensure wellness during difficult times

For everybody (including guiding parents on how to help their kids) CDC & CSTS website, some common themes/recommendations: 1. Plan/prepare (i.e. food, necessities, understanding supplemental assistance from the govt), 2. Structure (chores, school, sleep, exercise, healthy meals), 3. Schedule fun activities that improve mood, 4. Keep an atmosphere where people can express questions and concerns and feelings about what is happening, 5. Make time to connect. 6. Be informed - get your news updates, then TURN IT OFF. Too much is negatively damaging for all of us.

[https://drive.google.com/file/d/1VtXKfT4mMuWPVg3i5iWh\\_PUAGEbn-7yX/view?fbclid=IwAR2InfI3TuddG6EAtw5p52PPjKRt7vE7HMv01V6c-OO0Bqws79YWFqzldk](https://drive.google.com/file/d/1VtXKfT4mMuWPVg3i5iWh_PUAGEbn-7yX/view?fbclid=IwAR2InfI3TuddG6EAtw5p52PPjKRt7vE7HMv01V6c-OO0Bqws79YWFqzldk)

FDA message for REMS, still looking for specific clozapine REMS

Example of what Eskenazi Health Outpatient Pharmacies are doing:

Therefore, Eskenazi Health is implementing changes in the process for clozapine monitoring protocols for the duration of national and state emergencies;

1. Phase 1: Maintain all weekly blood draws

Even if a phase 1 patient is a few days late or missing a weekly blood draw during this time, as long as the previous CBC/ANC have been WNL and steady, Clozapine should be dispensed and continued, and the next blood draw obtained as quickly as possible--

2. For patients in Phase 2 (months 7 through 12) AND Phase 3: holding monitoring unless there is a specific immune-compromising condition or concern also in place (eg chronically taking prednisone or other immunosuppressant, cancer survivor on maintenance medication, etc.). Physicians will review their case loads to identify these cases.

### **Be Happy**

CALL (317) 278-7700 M-F 8-6 ET - [www.medicine.iu.edu/behavioral-health](http://www.medicine.iu.edu/behavioral-health)

### **COVID-19 ECHO**

<https://fsph.iupui.edu/research-centers/centers/public-health-practice/ECHO/join.html>

### **United Way – COVID-19 Resources**

<https://www.uwlafayette.org/covid19-help>

### **Facebook Groups**

"private practice clinicians in central Indiana" and "online therapist group"

**Hoosier COVID-19 Assistance Guide**

[https://coronavirus.in.gov/files/IN\\_COVID-19%20Resource%20Guide%203.23.20.pdf](https://coronavirus.in.gov/files/IN_COVID-19%20Resource%20Guide%203.23.20.pdf)

**US Det. Of Labor - Families First Coronavirus Response Act: Employee Paid Leave Rights**

<https://www.dol.gov/agencies/whd/pandemic/ffcra-employee-paid-leave>

**Purdue University – Pharmacy Social Distancing Options**

[https://drive.google.com/file/d/1VtXKfT4mMuWPVg3i5iWh\\_PUAGEbn-7yX/view?fbclid=IwAR2Infl3TuddG6EAtw5p52PPjKRt7vE7HMv01V6c-OO0Bqws79YWFqzldk](https://drive.google.com/file/d/1VtXKfT4mMuWPVg3i5iWh_PUAGEbn-7yX/view?fbclid=IwAR2Infl3TuddG6EAtw5p52PPjKRt7vE7HMv01V6c-OO0Bqws79YWFqzldk)

**Indiana Dept. of Workforce Development COVID-19**

<https://www.in.gov/dwd/19.htm>

**AAP - Telehealth Compendium**

<https://www.aap.org/en-us/professional-resources/practice-transformation/managing-patients/telehealth-care/Pages/default.aspx>

**INAAP link - Scroll down and you will see the info on the webinar tomorrow**

<https://www.inaap.org>

**Online Psychotherapy Resource**

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

**Guidelines from the Governor's Office**

<https://www.in.gov/gov/3232.htm>

**American Psychological Assn guidance on tele-mental health services**

<https://www.apa.org/members/your-growth/practice-management/telepsychology>

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**The National Child Traumatic Stress Network – Parent / Caregiver Guide to Helping Families Cope**

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

