



Hello,

I hope this email finds you well and that you're staying healthy!

We wanted to send a quick note to say that we at the Child Mind Institute have been working to adapt our services and continue to help our partners and the community in the midst of the challenges we are collectively facing. We know this has been a very difficult time for many of us, and we want to make sure to provide support in any way possible. See below for the ways that we have modified our services in order to better serve both our current patients and the community as a whole.

Services being provided to patients currently in treatment:

- * Individual phone sessions for patients, focused initially on coping and stabilization
- * Phone consultation with the parents of our students to ensure stability and to triage needs
- * Phone consultation with school mental health providers for our students

Services available for the community (as clinician bandwidth allows):

- * Educator consultation on supporting students' mental health needs via online learning
- * Parent consultation for community parents about the stress of coronavirus lockdown and social distancing
- * Regular communication about recommendations for parents in supporting their

children and coping with stress

- * Live or recorded versions of our resilience-building workshop modules for students with coping points adapted for coronavirus

- * Continued availability of our free professional development webinars for educators at

training.childmind.org <<https://nam01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.childmind.org%2Ftraining&data=02%7C01%7CSBlum3%40schools.nyc.gov%7Cbd5522c016f47bb6ae908d7cd20370f%7C18492cb7ef45456185710c42e5f7ac07%7C0%7C0%7C637203410562296324&sdata=lgcTsSxKkqyDAjZmmT7uWGT%2BjmAgvVAO8BW88Sjle80%3D&reserved=0>>, spanning a variety of mental health topics

- * Availability of a range of written resources for parents in both English and Spanish

Resources available from the Child Mind Institute:

- * Daily coronavirus parenting tips via email – sign up

here! <<https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Ft.e2ma.net%2Fclick%2Fj9u3wf%2Fb7r9av%2Fjl4u55c&data=02%7C01%7CSBlum3%40schools.nyc.gov%7Cbd5522c016f47bb6ae908d7cd20370f%7C18492cb7ef45456185710c42e5f7ac07%7C0%7C0%7C637203410562296324&sdata=0GsufIW922NtHbPtDIJCul8id57h1yFX3MuNmAf2BRM%3D&reserved=0>>

- * Twice daily Facebook Live videochats featuring our expert

clinicians <<https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Ft.e2ma.net%2Fclick%2Fj9u3wf%2Fb7r9av%2Fzd5u55c&data=02%7C01%7CSBlum3%40schools.nyc.gov%7Cbd5522c016f47bb6ae908d7cd20370f%7C18492cb7ef45456185710c42e5f7ac07%7C0%7C0%7C637203410562296324&sdata=lry7E7NGq1ABCIGRy6%2BXa073VThI9CNc0KP2i8SkDJc%3D&reserved=0>>

- * Daily parent tips on childmind.org, Facebook and

Instagram <<https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Ft.e2ma.net%2Fclick%2Fj9u3wf%2Fb7r9av%2Fbr7u55c&data=02%7C01%7CSBlum3%40schools.nyc.gov%7Cbd5522c016f47bb6ae908d7cd20370f%7C18492cb7ef45>>

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* Comprehensive coronavirus resources for parents on childmind.org <<https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Ft.e2ma.net%2Fclick%2Fj9u3wf%2Fb7r9av%2F7b9u55c&data=02%7C01%7C5Blum3%40schools.nyc.gov%7Cbdf5522c016f47bb6ae908d7cd20370f%7C18492cb7ef45456185710c42e5f7ac07%7C0%7C0%7C637203410562296324&sdata=8fEMbVRLuziqlo9RToNDXqOKJfWwPzpY2oHXBzNA2L4%3D&reserved=0>>

Please let me know if you have thoughts or questions about how we could best partner with you to serve our communities at this time. I will continue to share our resources and information that can be shared widely with our families.

Best,

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