Navigating Resources During School Closure
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WEBINAR 7: Anxiety and Grief
Introductions

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The handout provides an overview of what anxiety is and how children at different developmental levels may express different symptoms and benefit from different treatment approaches.

Also reviews

- Strategies for home and school
- Strategies specifically for home
- Resources
  - Websites
  - Books
    - Including books teachers and psychologists could use to implement supports in schools.

-Malone, et al. 2018
PREPaRE Model: COVID 19

**Prevent** psychological and physical injury.

**Reaffirm** welfare by providing crisis relevant facts and providing directions to minimize risk.

**Evaluate** evaluate and monitor stress reactions considering risk and protective factors.

**Provide and Respond**
- Promote social support systems.
- Provide psychological education.
- Offer psychological intervention.

**Examine** the effectiveness of your response to this specific situation.
Additional Anxiety Resources

American Psychological Association
- Information for Psychologists
- Bibliotherapy for parents and children
  - Consider books from Magination Press
  - https://www.dawnhuebnerphd.com/

Childmind Institute
- Wide variety of topics and information for different audiences

American Academy of Pediatrics
- https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Anxiety-Disorders.aspx (McCarthy, 2019).
NASP Grief

Brief Facts and Tips

- Best summary page so far for grief not related to death.
  - Loss of experiences, loss of routine, loss of contact with friends and family.
- No right way to grieve.
- Grief is a normal response that can benefit from support of others.
- Review of what not to say.
  - overidentifying
  - using euphemisms
  - minimizing

NASP Handouts

- **When Grief/Loss Hits Close to Home: Tips for Caregivers**
- **Addressing Grief Tips for Teachers and Administrators**
- **One resource in Spanish**
  - [Cómo sobrellevar un duelo: Consejos y datos breves](#)
- **Recommended books for children coping with loss.**
- **PREPaRE links**
  - Addresses topics like memorials that may arise.
NASP: Death Related to COVID

NASP document for crisis teams and administration.

- Wording is accordingly updated to reference both in-person and virtual responses.
- Highlights the need to documenting communication and a sample log is provided.
- Integrated many other NASP resources related to grief and crisis response.
- Highlights the need to address Care for the Caregiver, both in the context of parents and teachers directly caring for children and mental health providers and administrators caring for all.
Resources and References


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