

Resources for Providers & Families During COVID-19

**Carroll County
Health Department**



Public Health
Prevent. Promote. Protect.

Adapted from Center of Excellence for Infant and Early Childhood Mental Health, Division of Child and Adolescent Psychiatry, University of Maryland School of Medicine

- *Resources will be updated throughout the pandemic. Last update: June 2020*

Read & Share Reliable Information

International: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

National: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

State: <https://coronavirus.maryland.gov/>

Local: <https://cchd.maryland.gov/covid-19/>



Carroll County COVID-19 Call Center: **410-876-4848***

***Available Mon-Fri 8AM-5PM; afterhours leave a message**



National Resources

Child Mind Institute:

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

<https://childmind.org/guide/helping-children-cope-traumatic-event/>

Prevent Child Abuse America:

<https://preventchildabuse.org/coronavirus-resources/>

National Child Traumatic Stress Network:

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

<https://www.nctsn.org/sites/default/files/resources/fact-sheet/supportingchildren-covid-factsheet.pdf>



Basic Needs

Childcare: <https://www.marylandfamilynetwork.org/for-parents/locate-child-care> or call: 877.261.0060

WIC: 410-876-2152 or email: Carroll.wic@maryland.gov

Food: <https://www.carrollcountymd.gov/residents/county-spotlight/covid-19-information/volunteer-opportunities-and-aid-during-covid-19-crisis/confirmed-food-meal-services/>

CCPS Distribution sites: <https://www.carrollk12.org/admin/financeservices/foodserves>



Basic Needs (cont.)

Shelter/Housing: <https://hspinc.org/shelter/>

Diapers/Wipes: <http://www.carrollbaby.org/>

Electricity: <https://hspinc.org/homeenergy/>

Or call 211



Behavioral Health Crisis



Carroll County Mobile Crisis: **410-952-9552**

<https://www.thesantegroup.org/carroll-county-crisis>

National Suicide Prevention Hotline: **1-800-273-8255**

Crisis Text Line: **741-741**

Or call 211

****Always call 911 in the event of a behavioral health emergency.****



Grief Resources

- Carroll Hospice: 410-871-8000 (Westminster, MD)

Services include home-based and inpatient hospice care, bereavement support and counseling, as well as financial assistance.

<http://www.lifebridgehealth.org/carrollhospice/carrollhospice.aspx>

- Olivia's House: 717-699-1133 (York, PA & Hanover, PA)

A grief and loss center for children.

<http://www.oliviashouse.org/>

- Roberta's House: 410-235-6633 (Baltimore, MD)

A family grief support center.

<https://robertashouse.org/>



Domestic violence

Family and Children's Services-Carroll County Office:

410-876-1233

https://www.fcsmd.org/featured_item/carroll-county-office/

Carroll County Hotline 24/7:

443-865-8031

<https://www.fcsmd.org/domestic-violence/>



Child Abuse

To report suspected child abuse or neglect or to request assistance in an overwhelming situation where children may be at risk, call:

410-386-3434



Self-Care

→ What is self-care?

Activities that help us to reduce stress and increase our overall well-being. Self-care should be individual; what helps one person may not help another. Some ideas are:

- ✓ Workout (Running, Yoga, Kickboxing, etc.)
- ✓ Spend time outdoors
- ✓ Attend a virtual support group
- ✓ Stay in touch with others use apps to keep you connected (Facetime, Google Hangouts, etc.)
- ✓ Read a book
- ✓ Cooking or Baking

Create your [self-care plan](#) today

Grounding: Manage Stress & Anxiety

Use the 5,4,3,2,1 Technique:

Name:

- 5 Things you can **SEE**
- 4 Things you can **FEEL**
- 3 Things you can **HEAR**
- 2 Things you can **SMELL**
- 1 Thing you can **TASTE** OR 1 positive thing about yourself



Take a break

It's ok to take a break from:

- The news
- Social media
- Work
- Homeschooling
- Household chores
- "The schedule"



Utilize Telehealth



- Some providers in the county are starting to accept new clients and are utilizing Telehealth
- Taking care of your mental health and your feelings about COVID-19 and social distancing help you be better prepared to assist others
- To access a provider:
 - ◆ Call the number on the back of your insurance card or check the online portal.
 - ◆ Make sure to check that the provider accepts your specific plan prior to starting services.

State & Local Resources

Children's Mental Health Matters:

<https://www.childrensmentalhealthmatters.org/resources/coronavirus/>

Carroll County Behavioral Health Resources and Services Directory:

<https://healthycarroll.org/behavioral-health-directory/>

E-SMART:

<https://www.esmartcarroll.net/covid19>



Sesame Street

Caring for each other: <https://www.sesamestreet.org/caring>

Health Emergencies: <https://sesamestreetincommunities.org/topics/health-emergencies/>

“For Now Normal” : <https://autism.sesamestreet.org/coping-with-covid/>



Watch this video for 10 Tips to Support Young Children



<https://youtu.be/6XO9pN5EQw4>