



# COVID-19 (Coronavirus)



## Trauma-Informed Support for Foster Youth

Foster youth have a complex set of needs. New fears surrounding the coronavirus could add to some of the anxiety they experience as a result of being in foster care. At this time, it is important to reach out to those youth to let them know they have additional support in the form of school counselors, teachers, administrators, or someone they have a connection with. We want to work together to ensure they are not home feeling isolated and cut off from social experiences they participated in during school. This is a great time to extend social emotional support to some of our most vulnerable youth. Below are a few trauma-informed strategies that could be implemented during this time of e-learning and social distancing for youth in foster care.

- Check-in with students via phone or face-time using zoom, or other e-learning and videoconferencing platforms.
  - [Free Access to Zoom for Schools Affected by the Coronavirus](#)
- Set up virtual connections for students to provide an opportunity for them to maintain relationships with peers and others.
- Make a personal call to caregivers who may be in need of assistance to help students feel safe and supported.
  - [CA Youth Connection COVID-19 Support for Foster Youth](#)
  - [Parent/Caregiver Guide to Helping Families Cope With Coronavirus Disease \(COVID-19\)](#)
  - [Talking to Children About COVID-19 \(Coronavirus\)](#)
- Limit media exposure to ease anxiety, fears, and prevent possible re-traumatization.
- Help Students Avoid Emotional Eating
  - [What is Emotional Eating?](#)
- Provide an opportunity for youth to express their fears and concerns.
  - Connect with youth's social worker to continue wraparound and other mental health services.
  - [Free Psychotherapy for Foster Youth](#)
  - [Therapy with Talkspace](#)
  - [Connect With Caring Listeners for Free Emotional Support via 7Cups](#)
  - [Build Resilience During Difficult Times with SuperBetter](#)
  - [50-minute On-Demand Therapy Sessions via Livestream Video with LARKR](#)
- Help students identify and build strengths during this time. (Example, courage, creativity, humor, kindness, leadership, humility, empathy, etc.).
  - [Strengths Chain: Hands-On Activity to Help Kids Identify Their Strengths](#)
  - [What Are Youth Strengths Printable Activity](#)
  - [The VIA Character Strengths Survey for Ages 10-17](#)
  - [CA Career Zone Quick Assessment](#)
  - [CA Career Zone Interest Profiler](#)
  - [For Parents & Caregivers: Play to Your Child's Passions](#)
- Provide students an opportunity for journaling and meditation.
  - [Self-Compassion Journal](#)
  - [10 Guided Meditation Resources for Kids](#)
  - [Journal Apps, Online Diaries, and Digital Scrapbooks](#)
  - [Moodnotes Online Journaling](#)
  - [How Journaling Can Improve Your Resiliency](#)
- Play games with students to build executive functioning skills.
  - [Games to Improve Executive Functioning Skills](#)
  - [25 Activities to Improve Youth Child's Executive Functioning](#)
  - [10 Activities That Teach Executive Functioning to Kids and Teens](#)

### **Additional COVID-19 Resources for Educators, Parents, Caregivers, & Students**

[California Department of Education](#)

[American School Counselor Association](#)

[Together We Rise: Housing Resource for Foster Youth Affected by Coronavirus](#)