**Covid-19 Resources**

**COVID-19 Articles**

During this pandemic having mixed emotions is normal. As adult’s it is important that we take care of our own mental and physical health in order to help support our children and youth. The following articles offer guidance for self-care along with strategies for talking about COVID-19 with young people.

-**Feeling Stressed About Coronavirus (COVID-19)? Managing Anxiety in an Anxiety-Provoking Situation. Article by NYS Office of Mental Health**

<https://omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf>

This article discusses tips on how to cope with your anxiety:

* Reduce anxiety by reducing risk-practice good hygiene
* Manage your information by choosing reliable sources and establish boundaries on checking for updates
* Monitor your anxiety levels-learn the difference between a typical stress reaction and an atypical stress reaction.
* Practice good self-care- exercise, eat healthy and sleeping an adequate amount
* Virtually reach out to your support networks
* Find or create a space that is not focused on COVID-19

This article shares information for parents and caregivers with children and youth with a Pre-Existing Anxiety Disorder. Some tips to talking with your child include:

* Think about and rehearse scripts for talking with your kids about COVID-19
* Talk about the situation openly
* Don’t give more information than is requested
* Help your child set boundaries on their social media/searching information regarding COVID-19
* Keep as many routines intact as possible
* Virtually have your child reach out to their support network
* Encourage physical activity and time outside
* Help teach coping skills to your child

-**Talking with Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks. Article by U.S Department of Health & Human Services-Substance Abuse and Mental Health Services Administration (SAMHSA)**

Children and youth watch news on TV, see information on social media and often overhear conversations regarding the COVID-19 outbreak. This can make children and youth have mixed emotions just as adults. This fact sheet will help parents, caregivers, and teachers learn some common reactions, respond in a helpful way, and know when to seek support. The fact sheet is broken down by ages and explains how children and youth are comprehending the information they are seeing and hearing regarding COVID-19.

<https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006>

-**Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19). Article by The National Child Traumatic Stress Network.**

This article can help you think about how an infectious disease outbreak might affect your family (physically/emotionally) and how you can help your family cope.

The article discusses:

* What you should know about COVID-19
* Preparing a conversation with your family regarding COVID-19
* Reducing your family’s risk: hygiene, medical care and supplies
* Coping with stress of the COVID-19 outbreak
* Helping children cope: table-broken down by age

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

**Allegany County Services Updates:**

**Catholic Charities-** 585-296-3757

Counseling services are available via telephone and telehealth. Intakes and referrals continue to be accepted. Allegany County residents can call to apply for the Emergency Financial Assistance Program. Food pantry is open Monday, Thursday, Fridays from 10:00-1:00. Please call ahead to arrange for a food box and pick up outside of the food pantry.

**ACCESS Allegany-** 585-593-1738

Public transportation routes remain open and buses are running. Buses are being disinfected and cleaned following every route.

 **ACCORD-** 585-268-7605

The Child Care Resource and Referral program can help people find childcare. They are also helping essential emergency employees connect with childcare services.

Housing services continue to be available.

Mobile Food Pantry using a drive through service. The next planned Mobile Food Pantry will be in Rushford at the Fire Hall, April 9th from 4-5:30pm.

**ACASA-** (585) 593-6738

Using telemedicine for counseling sessions with clients.

Accepting new clients via telephone contact.

**Allegany County Office of the Aging-** 585-268-9390

Meals on Wheels Program is continuing to operate throughout the county. Meals are delivered Monday-Friday. Frozen meals are delivered Thursdays and Fridays with food for the weekend. Accepting applications for new volunteers.

Continuing to provide transportation for some medical appointments. Residents should call the Office of the Aging for more information.

Shopping assistance for elderly residents is also available.

Residents can call the office for Medicare Insurance Counseling services.

Home visiting program has been cancelled.

**Allegany County Department of Social Services-** 585-268-9622

DSS Commissioner released statement to the public regarding Medicaid benefits, SNAP and Heap. <https://www.alleganyco.com/news/no-category/social-services-in-allegany-county-update-3-25-2020/>

**Allegany County Employment and Training-** 585-268-9237

Employees are available to answer questions related to unemployment and employment opportunities.

NYS is waiving the 7 day waiting period to apply for Unemployment Insurance Benefits.

**Fillmore Community Food Pantry:** 585-567-2293

23 Mindard St. Fillmore, NY 14735

April 8th and 22nd 1-5pm

One family is allowed into the pantry at a time.

Curbside pick-up is available.

**Mental Health Services**

**Clarity Wellness Community**-

\*Warsaw: 39 Duncan St. (585)786-0190

\*Arcade: 1 Liberty St. (585)492-2601

\*Wellsville: 4220 State Rt. 417 W (585)593-7071

Clarity accepting referrals for clients with Medicaid.

24 hour Crisis Hotline continues to be staffed 7 days a week. 1-888-448-3367

Counseling sessions are being held via telephone or telehealth.

Crisis counseling sessions continue to be offered.

Medication management services continue.

**Spectrum Human Services-**Warsaw: 34 N. Main Street 585-786-0220

Individuals in need of mental health assistance should call the clinic to speak with a therapist available. If you are enrolled as a client, the clinician will be contacting you regarding your session. All groups are cancelled at this time.

**Noyes Mental Health and Wellness Services-** 585-335-4316

If you are enrolled as a client, your therapist will be contacting you regarding your session. Therapist are conducting sessions via phone, zoom, etc. For mental health assistance call the above number to speak to a therapist on call. Individuals should call before coming into the clinic.

If you have any questions regarding community services, please contact Miss Bailey at kbailey@fillmorecsd.org or (716)244-7705.