

The OCAP buzz



Keeping you in the loop with recent news & latest developments from the Office of Child Abuse Prevention (OCAP) | April 2020

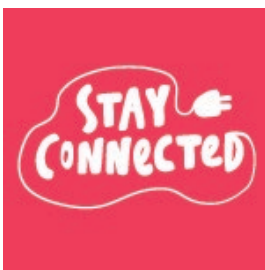
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This week, in honor of Child Abuse Prevention Month, the OCAP would like to share resources for service providers, families and individuals about mental health and the importance of maintaining social connections during this time of isolation and stress.

Social Connections



We all need connection - with our friends, families and communities. So how do we stay connected even when we are social distancing?

1. Use your phone, of course! Thanks to **FaceTime**, **Skype**, **Google Hangouts**, and **Zoom**, we can check in with family and friends whether they are 10 minutes away or 1,000 miles away! You can virtually share a meal, watch the same movie, play a game or just talk.
2. See what **virtual groups** are out there for folks who share the same hobbies as you. Support groups for parents, book clubs, cooking groups, and many others are searchable on Facebook.

Why not reconnect to a hobby you love while connecting with a new community at the same time? If nothing sparks your interest, why not create your own group?

3. **Chalk art** is a great way for kids to share and connect with their neighborhood and friends, even without school or play dates. Since many folks are still going for walks, there are lots of opportunities for neighbors to see their artwork and messages!
4. Remember **snail mail**? Send homemade cards, letters, and artwork to family and friends to brighten their day.
5. Keep up with your **workout buddy**. It can be hard to stay motivated on your own so try working out together over videoconferencing. Not only is a great way to stay connected but exercise is also a great mood booster!

Stress Playbooks



During this time of change and uncertainty, many families are dealing with more stress than normal. It's so important to help families find ways to cope to not only improve their emotional health but physical health too.

These [Stress Playbooks](#) provide some best practices on minimizing stress:

- [California Surgeon General's Playbook: Stress Relief during COVID-19.](#) (PDF)
- [California Surgeon General's Playbook: Stress Relief for Caregivers and Kids during COVID-19.](#) (PDF)

Anxiety Management from the MIND Institute



The MIND Institute has articles in both Spanish and English for parents. Topics include ways to support your young children and teenagers during this time, managing your child's anxiety as well as your own anxiety and how mindfulness can help. <https://childmind.org/coping-during-covid-19-resources-for-parents/>

Art Therapy from A Window Between Worlds



Art can be a powerful therapeutic tool for adults and children alike. [A Window Between Worlds](#) is offering guided art activities via webinar, as well as complimentary worksheets in both Spanish and English. Providers offering essential services may consider printing worksheets for families to take with them as many families do not have access to the internet or a printer at home.

ACEs Aware Stress Management



ACEs Aware has created stress management resources for providers, patients, families and children. They include strategies for mental health and psychosocial support, maintaining workforce resilience, and resources providers can share with patients. Visit the [ACEs Aware website](#) to learn more.

Supporting the Virtual Workforce: Physical, Emotional, and Psychological Safety



The **National Child Welfare Workforce Institute** recognizes the importance of supporting our child welfare workers, especially in times like this. During the COVID-19 crisis, child welfare professionals provide critical services to their communities and now more than ever, it is important to have systems in place to ensure their safety during home visits and while working in the field. This webinar will discuss how child welfare programs can protect their frontline workers' physical, emotional, and psychological safety. [Register for the webinar here.](#)

Telehealth Practices for Mental Healthcare Providers



Many mental health providers are suddenly tasked with offering telehealth to patients experiencing increased stress and anxiety. Professional associations are offering supportive resources to providers, including webinars, handouts and telephone or online guidance. Associations offering support include: [The American Psychiatric Association](#), [National Association of Social Workers](#), and [California Association of Marriage and Family Therapists](#). [ACEs Aware](#) is also offering resources for health care providers.

More Resources



If you're feeling overwhelmed with stress, worry or anxiety and need someone to talk to, you can call any of these [hotlines](#) for help and resources related to behavioral health, child welfare, and intimate partner violence.

