



*A national campaign from the*  
**Office of Head Start**

## **#HeadStartHeals Campaign**

# **Building Resilience in the Face of Trauma and Adversity**

**May 4, 2020  
1:00- 2:00 pm EST**

*Promoting empathy through trauma-informed and  
healing focused practices*



# #HeadStartHeals



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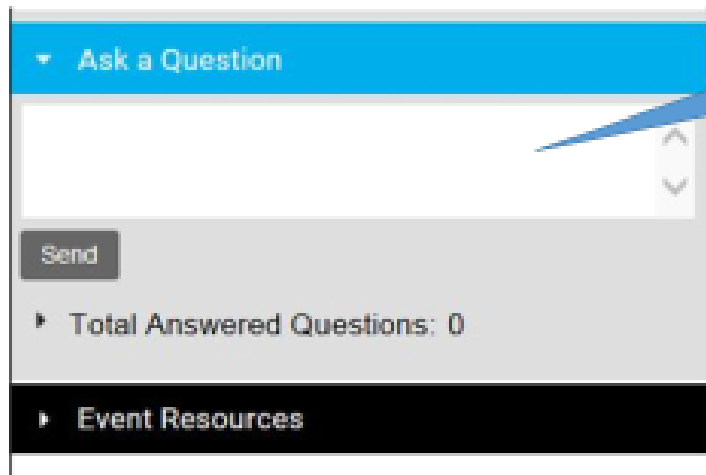


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# Welcome



Please use the left side bar to ask questions, submit comments, or download handouts



Ask your questions and submit your comments here

Download handouts from Event Resources

# Welcome



**Please type in the CHAT Box:**

**What is your role in Head Start?**

**What are you hoping to learn today?**

# Commonly asked questions



- How do we help families prepare to re-enter programs?
- How do we talk to children about hard topics such as grief, disaster, and infectious disease?
- How can staff prepare to re-enter programs?
- What behaviors might we see from children re-entering programs and how can we tell if they need more intensive intervention services?

# Resources on Self Care



- Taking Care of Ourselves: Stress and Relaxation – resource collection page -Includes Stress Posters

<https://eclkc.ohs.acf.hhs.gov/family-support-well-being/article/taking-care-ourselves-stress-relaxation>

- Managing Stress with Mindful Moments- videos

<https://eclkc.ohs.acf.hhs.gov/mental-health/article/managing-stress-mindful-moments>

- Mindfulness a Resilient Practice- online presentation

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/earlyedu-mindful-presentation.pdf>

# National Hotlines



- If you or someone you know is experiencing negative mental health effects and need more immediate assistance, please reach out to SAMHSA's [Disaster Distress Helpline](https://www.samhsa.gov/247) (1-800-985-5990) or the [National Suicide Prevention Lifeline](https://www.suicidalifeline.org/) (1-800-273-TALK). Both are available 24/7, 365 days a year.
- 24 Hour Parent Support  
National Parent Helpline for Parent Support any time  
1-855- 4A PARENT • 1-855-427-2736
- Domestic Violence  
The National Domestic Violence Hotline is 1-800-799-SAFE (7233) or thehotline.org.

# National Hotlines



StrongHearts Native Helpline at 1-844-7NATIVE  
(762- 8483) or [strongheartshelpline.org](http://strongheartshelpline.org).

- Child Abuse and Neglect

The Childhelp National Child Abuse Hotline is 1-800-4A-CHILD  
(422-4453) or [childhelp.org/childhelp-hotline](http://childhelp.org/childhelp-hotline).

- Substance Use

Alcoholics Anonymous Number – [1-212-870-3400](tel:1-212-870-3400)

National Association for Children of Alcoholics – [1-888-554-COAS  
\(2627\)](tel:1-888-554-COAS2627)

National Institute on Drug Abuse (NIDA) – [1-301-443-1124](tel:1-301-443-1124)



# Resources on Grief and Loss



Sesame Street: Helping Kids Grieve

<https://sesamestreetincommunities.org/topics/grief/>

ZERO TO THREE: Helping Your Toddler Cope with Grief and Death

<https://www.zerotothree.org/resources/3366-helping-your-toddler-cope-with-grief-and-death>

Child Mind Institute: Helping Children Deal with Grief

<https://childmind.org/article/helping-children-deal-grief/>

# Resources on Grief and Loss



American Academy of Pediatrics: After a Loved One Dies— How children grieve and how parents and other adults can support them

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Children-and-Disasters/Documents/After-a-Loved-One-Dies-English.pdf>

American Academy of Child and Adolescent Psychiatry: Grief and Children

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Children-And-Grief-008.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Grief-008.aspx)

# Resources on How to Talk to Children about Infectious Disease



Centers for Disease Control and Prevention (CDC): Talking with children about Coronavirus

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

## Trinka and Sam Fighting the Big Virus:

Trinka, Sam, and Littletown Work Together



<https://piproproductions.com/trinka-and-sam-virus/>

## THE GERM THAT WEARS A CROWN

A STORY ABOUT CORONAVIRUS



BY JAVIER ROSADO, PHD AND TATIANA FERNANDEZ, MS  
ILLUSTRATED BY JODI SLADE

<http://fsustress.org/ebook.html>

# Resources to Support Healing and Recovery



National Center for Pyramid Model Innovations: Emergencies and National Disasters: Helping Children and Families Cope

<https://challengingbehavior.cbcs.usf.edu/emergency/index.html>

Tips for Families: Coronavirus

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

Supporting Recovery after Trauma

<https://eclkc.ohs.acf.hhs.gov/mental-health/article/supporting-recovery-after-trauma>

# MyPeers Communities



## MyPeers.org offers:

- Open communities including: **Mental Health, Opioid Misuse and Substance Use Disorders; Staff Wellness;**
- Knowledge base - Q&A, Forums, Polling, File sharing, Calendars, Events, Tasks, Wikis
- Communication tools – Group Chat, Instant Message, and internal email
- Robust search engine
- Social Network style feeds



*Office of Head Start*



*U.S. Department of Health & Human Services*  
Administration for Children & Families



# Office of Head Start #HeadStartHeals campaign



## Office Hours coming up:

5/14, 1–2 p.m. ET –Partnering with Families to Address Domestic Violence

5/21, 1–2 p.m. ET –Supporting Families Impacted by Substance Use

5/28, 3–4 p.m. ET –Family Engagement and Child Welfare

## Webinars coming up:

5/5, 3–4:45 p.m. ET – Promoting Healing and Resilience with Staff and Families

5/12, 1-2:30 p.m. ET – Addressing Trauma in Classroom Settings

6/11, 3–4 p.m. ET – Preparing for Challenging Conversations with Families



# Office of Head Start #HeadStartHeals campaign



Email: [trauma@eclkc.info](mailto:trauma@eclkc.info)

Website: <https://eclkc.ohs.acf.hhs.gov/>

The screenshot shows the website's navigation bar with the Administration for Children & Families logo and a 'Contact' link. Below the navigation is a teal horizontal line, followed by an 'About' link. The main content area is titled 'Explore What's New' and features three article cards. The first card, 'Head Start Heals Campaign', includes a heart image and text about working with mental health consultants. The second card, 'Responding to COVID-19', features a globe image and text about preventing coronavirus spread. The third card, 'COVID-19 Check-In', shows a portrait of Dr. Bergeron and text about supporting families during the pandemic. Each card has an 'Explore Resources' link. At the bottom, there is a 'Locate a Head Start Program' section with a map of the United States, a location pin icon, a search input field with the placeholder text 'Enter your city, state, or zip code.', and a teal 'Search' button.