

Barberton City Schools

In the midst of the COVID-19 pandemic, Barberton City Schools' Coalition wants families to know WE ARE STILL HERE to serve you and those in need of behavioral health services.

#BHsOpenForBusiness #InThisTogetherOhio #StayHomeOhio

Communication, Connection and Coping during COVID-19

COPING WITH ANXIETY

During this unprecedented time many of us are wondering, "What is going to happen next?" We will all experience a variety of emotions as we navigate this new way of living. Depression and anxiety symptoms may occur as we adjust to the new social distancing practices. Anxiety is distress or uneasiness of mind caused by fear of danger or misfortune.

The Barberton City Schools Student Success and Wellness Coalition has some helpful tips to help you through this difficult time. Look through the following pages for helpful activities you can do with your family during this stay at home order.

Don't hesitate to reach out to us. We are here to help!

Begin the Day With Gratitude

Get Into A Routine and
Make a Daily Schedule

Go Outside

Eat Healty



Barberton City Schools

Information To Get Your Family Through This Time

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CHC ADDICTION SERVICES



CREATE WORRY CANS

Worry Cans can help children identify and discuss their worries by providing a safe place to write and store anxious thoughts. Receptacles with lids are best—think oatmeal containers or other types of jars. You can cover the outside with construction paper and have kids personalize their Worry Jars. On the jar, they might want to write “Fears,” “Worries,” “Scary Things” or whatever best fits their situation. Kids can then write or draw what concerns them and drop the slips of paper into the jar. Depending on preference, children may want to talk with an adult about the thoughts in the can, or they may simply choose to use the Worry Can as a dumping ground for thoughts they would rather get out of their heads.

<https://txsource.com/2017/06/30/8-activities-treating-anxiety-children/>



CHILD GUIDANCE & FAMILY SOLUTIONS



GLITTER CALMING JARS

Supplies Needed:

- Mason jar or a plastic bottle
- Warm water
- Glitter
- Glitter glue
- Whisk
- Bowl



Directions:

1. Mix glitter glue with hot water and a few drops of food coloring.
2. Whisk until the glue dissolves into the hot water.
3. Add additional glitter to the mixture if desired.
4. Pour mixture into the jar or bottle and securely tighten the lid. If you are more comfortable with this, you may also use a glue gun to glue the lid shut to prevent the mixture from pouring out.
5. Shake it and breathe in through your nose, and out through your mouth while the glitter settles to the bottom of the jar.
6. Repeat as needed to help reduce anxiety.



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COLEMAN PROFESSIONAL SERVICES



Grounding Activity for families

Grounding techniques help by turning attention away from anxiety or worries, and refocusing on the present moment. To practice a grounding activity with your family, follow the directions below:

All family members come together in the same room. Next, come up with a calming place everyone can visualize, this could be a beach, a mountain, somewhere you've been or somewhere you'd love to go. While visualizing your calming place, use the 5-4-3-2-1 technique to purposefully take in the details of your surroundings using each of your senses. Strive to notice small details that your mind would usually tune out, such as distant sounds, or the texture of an ordinary object.

5 - What are 5 things you can see at the calming place? Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.

4 - What are 4 things you can feel at the calming place? Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture, and other physical qualities.

3 - What are 3 things you can hear there? Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, waves crashing, or trees blowing in the wind.

2 - What are 2 things you can smell there? Try to notice smells in the air around you, like an air freshener, the ocean, or freshly mowed grass.

1 - What is 1 thing you can taste? Carry gum, candy, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavors.

GREENLEAF FAMILY CENTER



Deep Breathing



Deep Breathing: a relaxation technique performed by purposefully taking slow, deep breaths. When practiced regularly, deep breathing provides both immediate and long-term relief from stress and anxiety.

How Deep Breathing Works

During periods of anxiety, the body triggers a set of symptoms called the **stress response**. Breathing becomes shallow and rapid, heart rate increases, and muscles become tense. In opposition to the stress response is the **relaxation response**. Breathing becomes deeper and slower, and the symptoms of anxiety fade away. Deep breathing triggers this response.

Instructions

Sit back or lie down in a comfortable position. Close your eyes, if you would like to do so. When you're learning, try placing a hand on your stomach. If you breathe deeply enough, you should notice it rising and falling with each inhalation and exhalation.



- 1 Inhale.** Breathe in slowly through your nose for 4 seconds.
- 2 Pause.** Hold the air in your lungs for 4 seconds.
- 3 Exhale.** Breathe out slowly through your mouth for 6 seconds.
Tip: Pucker your lips, as if you are blowing through a straw, to slow your exhalation.
- 4 Repeat.** Practice for at least 2 minutes, but preferably 5 to 10 minutes.

Tips

- If it isn't working, **slow down!** The most common mistake is breathing too fast. Time each step in your head, counting slowly as you do so.
- Counting out your breaths serves a second purpose. It takes your mind off the source of your anxiety. Whenever you catch your mind wandering, simply return your focus to counting.
- The times we use for each step are suggestions, and can be lengthened or decreased. Lengthen the time if it feels natural to do so, or decrease the time if you feel discomfort.

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RED OAK BEHAVIORAL HEALTH

How to Deal With Stress During The COVID-19 Pandemic



Fears about COVID-19 can be extremely stressful for all of us, and Red Oak Behavioral Health is here to help! Below are a few tips to help to ease your worries during this difficult time. If you need to connect with your behavioral health team please call us at 330.996.4600. **WE ARE OPEN DURING THIS CRISIS AND WE'RE HERE TO HELP!**

STEP 1:
Stay Informed, but Don't "News Obsess"



It's important to know what's happening, especially in your community. But there's also a LOT of misinformation going around that will only inflate your anxieties. Limit your exposure to the news, and make sure you stick to trustworthy sites.

STEP 2:
Focus on What You Can Control



When you feel yourself getting swept up in the fear of what "might" happen, try to shift your focus to things you can control. For example, you can't control what's happening in the community-at-large, but you can do your part and wash your hands often.

STEP 3:
Plan For What You Can



It's natural to have concerns over the "what-ifs" of the situation. Try to focus instead on the concrete things you have control over within your own household. Make your daily schedule as close to your normal routine as possible for your family.

STEP 4:
Make Time to (Safely) Play & Rest



Make time to be active and exercise at home - both alone and as a family. Allocating time to engage in physical activity and getting enough sleep is key to your overall health & well being.

STEP 5:
Stay Connected to Friends & Family



Practicing social distancing can take its toll on us, leading to increased feelings of depression and anxiety, and impacting your physical health. Make it a priority to stay connected with friends and family remotely.

STEP 6:
Help Others - It's Good For the Soul!



It's easy to get caught up in our own concerns and worries, but it's important to take a breath and remember we're all in this together. Helping others can alleviate some of your own fears and anxieties.

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AXESSPOINTE COMMUNITY HEALTH CENTERS



AxessPointe Community Health Centers provides a full range of medical services. Our integrated behavioral health team is on-site and works closely with our medical team. They are skilled with issues such as depression, anxiety, grief, trauma, guilt, anger, stress, coping skills and managing chronic health issues. Our team also helps individuals work through crisis intervention and performs diagnostic assessments.

Contact: Admissions at 888-975-9188, or visit our website at axesspointe.org



CHC ADDICTION SERVICES



CHC Addiction Services is a comprehensive prevention, addiction and mental health treatment provider. CHC prevention programs empower young people to make healthy decisions regarding substance use, gambling, mental health and violence. Our programs include Summit County Youth to Youth, a youth led, adult guided program for grades 5-12.

Contact: Lauren Munk at 330-608-7634, or visit us at www.summit2y.org



CHILD GUIDANCE & FAMILY SOLUTIONS



Child Guidance & Family Solutions is a Summit County non-profit that provides prevention and treatment services to children, teens, families, and adults who are struggling with mental health, behavioral health, and/or substance abuse concerns.

Contact: CG&FS is currently providing telehealth services - by telephone and virtual platforms - to continue to provide access to care. Contact Admissions at 330-762-0591 or visit our website at www.cgfs.org



COLEMAN PROFESSIONAL SERVICES



Coleman is a non-profit agency in Summit County that provides counseling, case management, employment, and psychiatry services to children, adults, and families who are struggling with mental health and/or substance use issues.

Contact: 330-379-0667 to set up a telehealth visit; www.colemanservices.org



GREENLEAF FAMILY CENTER



Greenleaf Family Center provides mental health counseling for children and adults, drug & alcohol counseling, family counseling, prevention services, pregnancy support services, and interpreting/case management for the deaf and hard of hearing. All services are being provided via telehealth services during this time.

Contact: Audio Phone: 330-376-9494, Video Phone: 234-525-6176 (for the deaf and hard of hearing) or visit our website at www.greenleafctr.org



RED OAK BEHAVIORAL HEALTH



Red Oak Behavioral Health provides diagnostic assessment, counseling/therapy, psychiatric services, prevention and intervention services, and case management. Known for our embedded school-based model of care that meets kids where they are, we also coordinate the efforts of the Barberton City Schools' Coalition.

Contact: 330-996-4600 to set up a telehealth visit; <https://redoakbh.org>

