

Resources for Families with Children with ADHD

For Parents/Caregivers, About Kids

ADHD-Specific

- CHADD: Guidance for Uncertain Times
 - <https://chadd.org/guidance-for-uncertain-times/>
 - Tips for Creating an ADHD-Friendly Home Environment
 - <https://youtu.be/sgbAfoyKVcY>
 - Creating Structure and Routines for Children with ADHD
 - <https://youtu.be/hOGG42njdrU>
- Child Mind Institute: Support for Kids With ADHD During the Coronavirus Crisis
 - Caroline Miller
 - <https://childmind.org/article/giving-kids-with-adhd-support-and-structure-during-the-coronavirus-crisis/>

General

- Child Trends: Ways to Promote Children's Resilience to the COVID-19 Pandemic
 - <https://www.childtrends.org/publications/ways-to-promote-childrens-resilience-to-the-covid-19-pandemic>
- National Association of School Psychologists: Helping Children Cope With Changes Resulting From COVID-19
 - <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>
- Leon Hoffman, MD: COVID-19 Pandemic, Social Distancing, and Adolescence
 - <https://www.psychologytoday.com/us/blog/beyond-freud/202003/covid-19-pandemic-social-distancing-and-adolescence>
- Vermont Family Network COVID-19 Resources
 - <https://www.vermontfamilynetwork.org/what-we-do/resources/topics/covid-19-resources/>
 - Wealth of resources (education, support, legislative)
 - Continuing to offer SibShop's via Zoom
 - Vermont Family Network's Puppets in Education Anxiety short for COVID-19
 - <https://youtu.be/Dwu6jbf09Wg>
- Vermont Center for Children, Youth and Families: Resources for Families
 - http://med.uvm.edu/vccyf/resources_group/resources_for_families
- Vermont Department of Health: Coping with Family Stress During COVID-19
 - <https://www.healthvermont.gov/sites/default/files/documents/pdf/COVID19-Family-Coping-Fact-Sheet.pdf>
- Vermont Agency of Education: Responding to Challenging Behaviors of School-Aged Children at Home and/or Childcare Settings
 - <https://education.vermont.gov/documents/responding-to-challenging-behaviors-of-school-aged-children-at-home-and-childcare-settings>

For Parents/Caregivers, About Parents/Caregivers:

Mental Health Crisis Resources

- National Suicide Prevention Lifeline
 - The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.
 - **1-800-273-8255**
- Veterans Crisis Text Line
 - The Veterans Crisis Line is a free, anonymous, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care.
 - **Text 838255**
- Crisis Text Line
 - The 24-hour Crisis Text Line provides round-the-clock support, seven days a week by providing access to the counselors via text messaging. Within five minutes, a return text will be sent followed by a response from a trained crisis counselor.
 - **text VT to 741741**
- Designated Agency Crisis Lines
 - Each DA has capacity to respond to requests for mental health services, including crisis services. A map of the DA's, and their phone numbers (including crisis lines), is here:
 - <https://vermontcarepartners.org/crisis-lines/>

Domestic Violence

- Steps To End Domestic Violence
 - *"We are still offering advocacy services and safety planning by phone. Our hotline will remain open 24/7."*
 - **Hotline: 802-658-1996**

Substance Use

Alcoholics Anonymous (AA)

- information on local meetings (Zoom, telephone), including local crisis phone numbers
- <https://aavt.org/>

Narcotics Anonymous (NA)

- Information on local meetings (Zoom, telephone)
- Champlain Valley Area:
 - <http://cvana.org/>
- Green Mountain Area (WRJ; Central & Southern VT)
 - <https://gmana.org/>
- Northern New England Region
 - <https://nnerna.org/>

Tobacco Cessation: 802 Quits

- <https://802quits.org/>

Legal and Benefits Updates for Vermonters

- <https://vtlawhelp.org/coronavirus-updates>
 - [Online “town halls” about legal issues](#)
 - [COVID-19 economic impact payments / stimulus checks](#)
 - [Courts and hearings](#)
 - [Rent and evictions](#)
 - [Housing](#)
 - [Landlord visits](#)
 - [Foreclosures](#)
 - [Utilities](#)
 - [Food](#)
 - [Health care](#)
 - [Unemployment and paid leave](#)
 - [Unsafe workplace](#)
 - [Small businesses](#)
 - [Social Security](#)
 - [Taxes](#)
 - [Debt, student loans and bankruptcy](#)
 - [Scams](#)
 - [Child custody and visitation](#)
 - [Education](#)
 - [Long-term care and nursing homes](#)

From VT Agency of Education re: Special Education:

Remote Education Resources for Special Education (03/30/2020)

- <https://education.vermont.gov/documents/remote-education-resources-for-special-education>
- *“Maintaining Communication and Routines*
 - **Connect with every student every day**; evaluate and track the best modes by which to communicate with students.
 - Develop communication plans/routines for student to teacher, teacher to student, staff to staff, and staff to family/community
 - Consider how students will get help (academic, social/emotional, or technology/material needs) in real-time and develop a school-wide process.
 - Investigate and establish mechanisms to provide support to, and get feedback from, students, families, and the community.”

Memo: IDEA Requirements for Educational Placement and Amendments to IEPs in the Context of COVID-19 (03/27/2020)

- <https://education.vermont.gov/documents/memo-idea-requirements-for-educational-placement-and-amendments-to-ieps>
- *“Amendments to IEPs*
 - In accordance with 34 C.F.R. §300.324(a)(4), **the LEA and the parent may agree not to hold an IEP Team meeting for the purpose of making changes, and may instead develop a written document to amend or modify the child’s current IEP.”**

Special Education During School Closure due to a Novel Coronavirus Outbreak (03/21/2020)

- <https://education.vermont.gov/documents/special-education-during-school-closure-due-to-a-novel-coronavirus-outbreak>
- Very specific guidance around how placement and related services may be affected/transitioned during school closure
- ***“As long as instruction is being provided to the general education student population, students who qualify for IEP services are entitled to receive the services outlined in their IEP.”***

Questions and Answers Regarding Addressing the Needs of Students with Disabilities During School Closure Due to a Novel Coronavirus Outbreak (03/19/2020)

- <https://education.vermont.gov/documents/q-and-a-regarding-addressing-the-needs-of-students-with-disabilities-during-school-closure-due-to-a-novel-coronavirus-outbreak>
 - Will COVID-19 be an acceptable reason for an INITIAL evaluation delay? **Yes**
 - Will COVID-19 be an acceptable reason for a REEVALUATION delay? **No**
 - Will we be expected to hold annual meetings during this time? **Yes**

Free Appropriate Public Education for Students with Disabilities During School Closure Called for in Governor Scott's Order (03/17/2020)

- <https://education.vermont.gov/documents/free-appropriate-public-education-for-students-with-disabilities-during-school-closure-called-for-in-governor-scotts-order>
 - ***“During the closure period, because schools are closed and there are no academic or extracurricular services offered to general education students, then there are no services required for students with disabilities.”***