Presents
KY-SPIN's Update for Families during CORONAVIRUS (COVID19) – Mental Health Wellness & Other COVID-19 Updates Webinar 4/7/20

KY-SPIN
(Special Parent Involvement Network)
Parent Training & Information (PTI) Center

Funded by the U.S. Dept. of Education under IDEA since 1988 when Kentucky first received a PTI. KY-SPIN Parent Center provides training, information and support for children and youth with all types of disabilities (birth through 26 years old), their parents, families, and professionals.

KY-SPIN
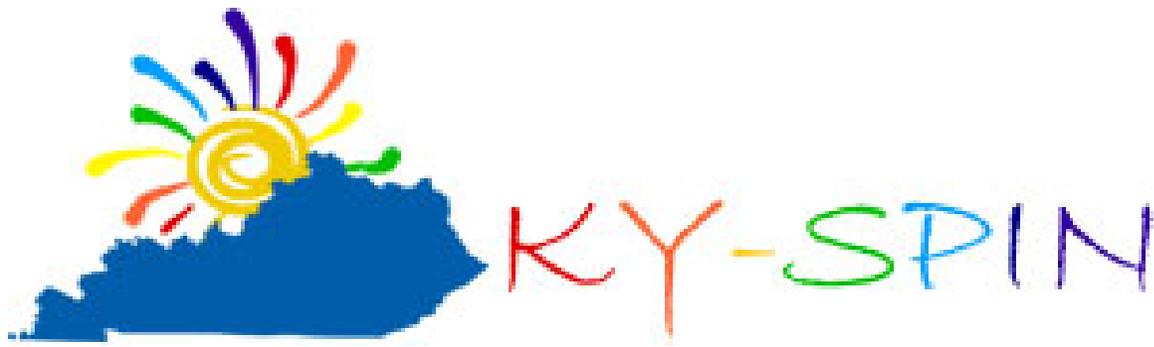
We do NOT:
Act as Attorneys

We DO:

♥ Empower Families to Effectively Advocate for their Children

♥ Provide peer support to help families access needed information and resources

♥ Lend a listening ear

"The key to success for all our children during this unprecedented time is to work in partnership as we all go down this uncharted territory together!"
Rhonda Logsdon, KY-SPIN

Our Guest Speakers Today:

► Carol Cecil, Executive Director, Kentucky Partnership for Families and Children (KPFC)

Carol W. Cecil has a master's degree in special education from Eastern Kentucky University and taught in a variety of settings for thirteen years. Over the past thirty years, she has become an advocate for families that have children with emotional, behavioral and/or mental health challenges. Carol and her husband are the proud parents of four children; their two older children were "handpicked" in 1990 from the Special Needs Adoption Program and her two younger were home-grown. Carol feels honored to work at KPFC and is passionate about helping other families that have children with behavioral health diagnoses.

► Jesse Dillow, TAYLRD State Level Youth Coordinator, KPFC

Managing Your Mind

Mental health wellness for you and your family during this chaotic time

Chaotic Times . . . . .

- Uncertainty about the future

- Loss of income

- Being STUCK at home

- Assisting your children with school work

- Loss of routine and "normal" schedule

- TOO much togetherness at home

- Social distancing affects natural supports; ie: Auntie can't come help with the kids.

. . . . can affect mental health wellness.

Possible mental health affects . . . .

- Increased agitation or irritability; more outbursts
- Increase or decrease in energy level
- Worrying excessively
- Crying frequently
- Blaming others for everything
- Having trouble relaxing or sleeping
- Negative attention-getting behaviors
- Increase in alcohol, tobacco or illegal drug use
- Difficulty asking for help
- Inability to feel pleasure or have fun
- Increase or decrease in eating
- Physical symptoms: headache or stomachache

. . . . . .for you and your children.

Strategies for calming the chaos

Be mindful of your own conversations in front of your children

Answer your children's questions honestly; it's okay to say you don't know or don't have an answer.

Monitor what your kids are watching or doing

Set a "home schedule" or routine. This is your "new normal." Include fun time, quiet time, school time, TV time, video game time, etc.

Interact with your kids: play games, read books, create art, play outside, do exercises, etc.

Model for, and teach, your children calming behaviors

Maintaining your own sanity

- ✓ Call a friend or family member to vent, laugh, cry, or all three!
- ✓ Give yourself a time-out if you are about "to lose it."
- ✓ Remember your children are just as tired of you as you are of them. They miss their routine and friends too!
- ✓ The more anxious and overwhelmed you are, the more your children will be.
- ✓ Laugh often and laugh loud; find silly, but appropriate videos on Youtube!
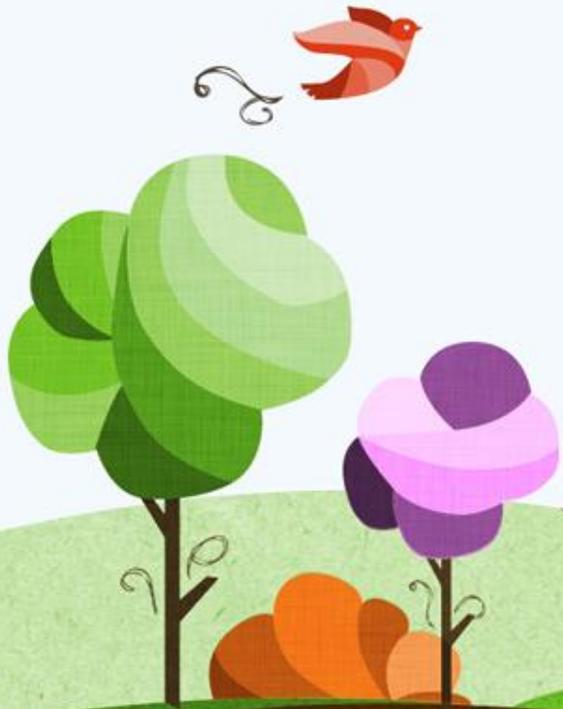
Children's Behavioral Health Matters!

Kentucky Partnership for Families and Children, Inc.

- Is a statewide, nonprofit, family organization;
- Has a board of directors that is comprised of 51%+ parents or primary caregivers raising childen with behavioral health challenges;
- Staff consists of parents and transition age youth, and adults who have lived experience;
- Empowers children and transition age youth with behavioral health challenges and their families to drive their own treatment and lives!

KPFC, 207 Holmes Street, Frankfort KY 40601
1-800-369-0533
502-875-1320
Like us on Facebook

Family organization
Child Care
Education
Courts & Justice
Physical Health
Child Welfare
Recreation Services
Behavioral Health
Court & Legal
Workforce Development

Celebrating **20** *years* *Transforming Families* **1999-2019**

KPFC

Kentucky Partnership for Families and Children, Inc

Carol Cecil

Executive Director

cwcecil@kypartnership.org

MENTAL WELLBEING FOR YOUTH

Jesse Dillow
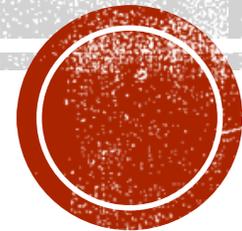
CHAOTIC TIMES.... COMMONALITIES WITH PARENTS

- Uncertainty about the future

- Loss of income (for older Youth)

- Being STUCK at home

- Loss of routine and "normal" schedule
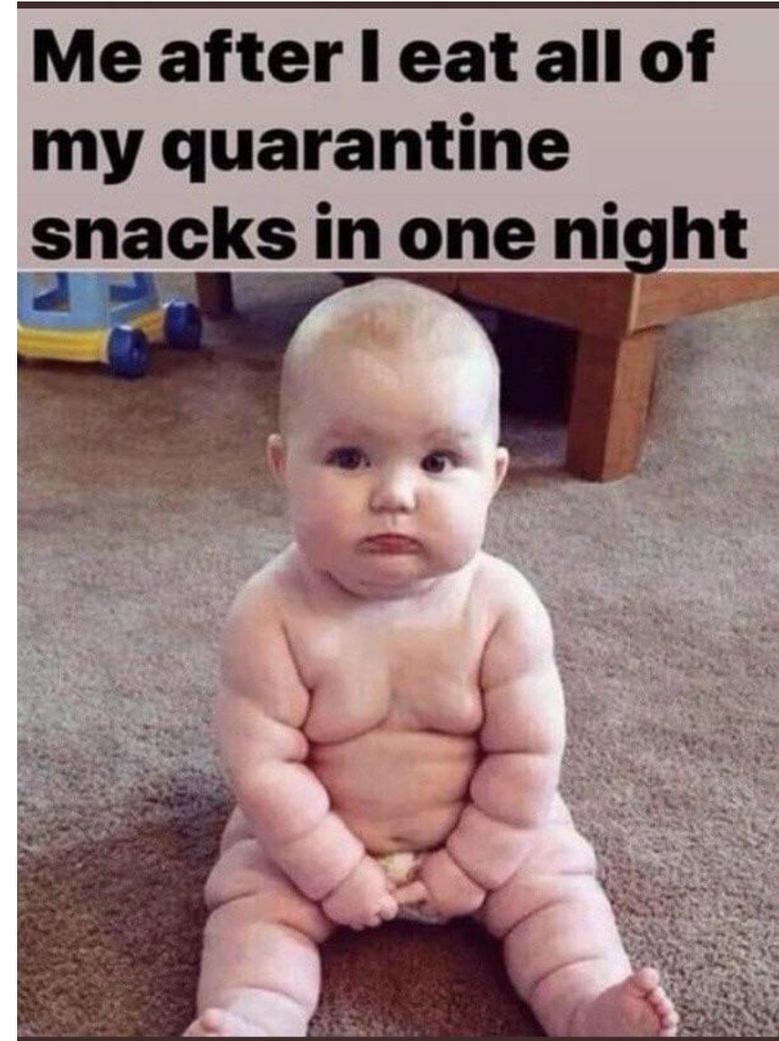
UNIQUE STRESSES TO YOUTH

- Trying to stay on top of Responsibilities
- Representation in the Media …….Which leads to judgment
- Not having peers around
- Grieving big events
- Parents stress about COVID-19

POSSIBLE MENTAL HEALTH AFFECTS..

➤ Increased irritability; more outbursts

➤ Decrease in energy level

➤ Worrying excessively

➤ Crying more frequently

➤ Blaming others for everything

➤ Having trouble relaxing or sleeping

➤ Increase or decrease in eating

➤ Physical symptoms: headache or stomachache

STRATEGIES

- Staying in contact with friends via texting and video chat
- Painting or Crafts
- Netflix
- TikTok
- Hobbies (Parents help buy supplies)
- Keeping hands clean
- Family Time
- Music
- Staying informed

STRATEGIES FOR ADULT SUPPORTS

- Sticking to the facts

- Staying calm when talking about virus

- Making sure Youth have what they need

- Trusting young people to understand what is going on

RESOURCES

- TAYLRD

- Community Mental Health Centers

- National Suicide Prevention Text line

CONTACT INFO

Jesse Dillow

TAYLRD State Level Youth Coordinator

jesse@kypartnership.org

Important COVID-19 Education Updates related to Education

COVID-19 SCHOOL CLOSURE EXTENSION

All Kentucky schools to stay closed at least through May 1.

Families should be prepared for further extension.

Kentucky Department of Education — Our Children, Our Commonwealth
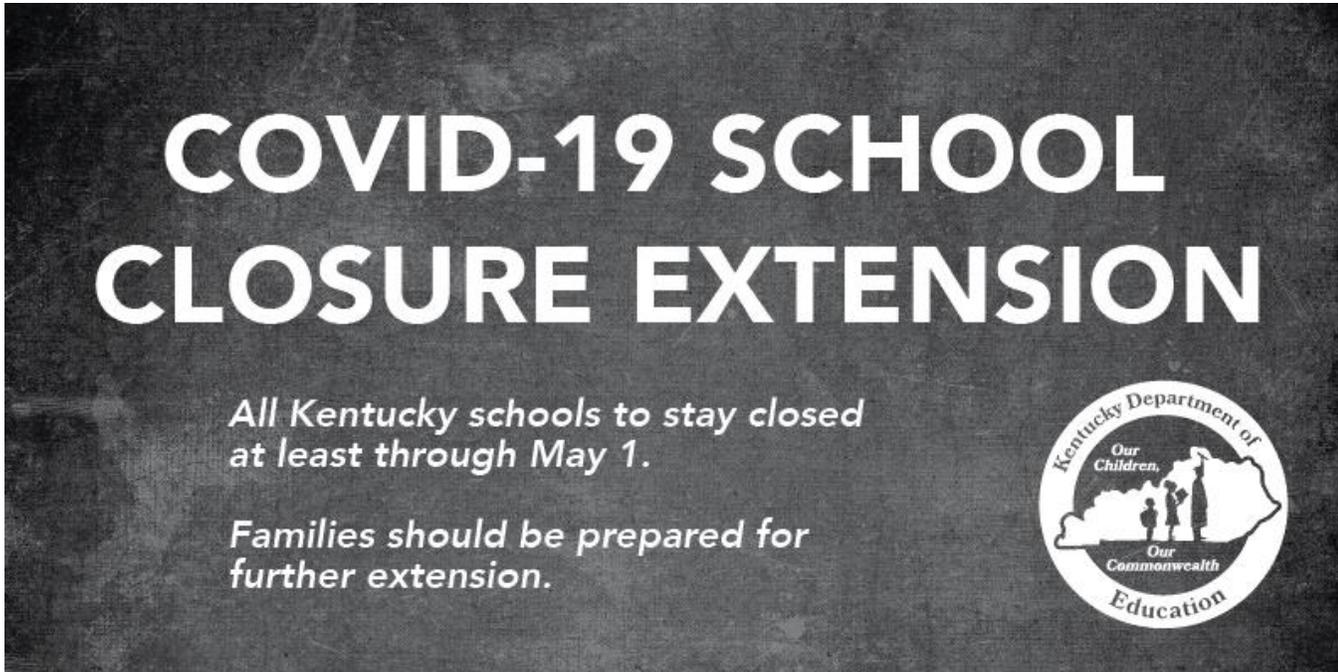
4/2/20: Govener Andy Beshear recommends school closure period be extended through May 1. More info from the call to public/private superintendents today: Full recap/story

Continued Education:

► **KY Dept of Education** (@KyDeptofEd) tweeted Tue, Mar 31, 2020: 2pm ET #COVID19 Special Superintendent's Webcast on Special Education has begun. KDE Associate Commissioner Gretta Hylton is leading the discussion here: https://t.co/oPnk6JZPmj

► **OSERS (**@ED_Sped_Rehab): @TheNCSI created #COVID19 resource dashboards with: Federal and state resources and guidance & Educator resources to support remote learning

► **KDE:** COVID-19 Resources for Special Education and Early Learning webpage

► **KDE: OSEEL** Resources and Tools for Remotely Teaching Students with Significant Cognitive Disabilities March 11, 2020

► The Centers for Disease Control and Prevention (CDC) has provided guidance for school settings.

► **KDE:** KDE helps schools through challenges of providing special education during NTI – April 1, 2020

► **OSERS** (@ED_Sped_Rehab) tweeted on Fri, Apr 03, 2020: This webinar from @ECTACenter looks at early intervention through video-based tele-intervention and areas for states to consider when providing services during the[21] #COVID19 pandemic. (IDEA Part-C: Birth-3 years old, in Kentucky that is First Steps)

Continued Education:

Federal Laws: Individuals with Disabilities Education Act (IDEA), Section 504 and Title II of the ADA
& State Law Kentucky Administrative Regulations (KAR) laws/regulations, which includes timelines they set in place, have not changed, **but**……….

Continued Education:

"….The IDEA, Section 504, and Title II of the ADA do not specifically address a situation in which elementary and secondary schools are closed for an extended period of time (generally more than 10 consecutive days) because of exceptional circumstances, such as an outbreak of a particular disease….."
U.S. Department of Education: Questions and Answers on Providing Services to Children with Disabilities During the COVID-19 Outbreak (March 12, 2020)

"….The Individuals with Disabilities Education Act (IDEA) does not specifically address a situation in which elementary and secondary schools are closed for an extended period due to exceptional circumstances, including a pandemic…." **Kentucky Department of Education** (KDE) Non-Regulatory Guidance Regarding the Implementation of the Non-Traditional Instruction Program (NTI) for Students with Individual Education Programs (IEPs) During Novel Coronavirus Pandemic

Continued Education:

"......Additionally, IEP Teams are not required to meet in person while schools are closed. If an evaluation of a student with a disability requires a face-to-face assessment or observation, the evaluation would need to be delayed until school reopens. Evaluations and re-evaluations that do not require face-to-face assessments or observations may take place while schools are closed, so long as a student's parent or legal guardian consents. These same principles apply to similar activities conducted by appropriate personnel for a student with a disability who has a plan developed under Section 504, or who is being evaluated under Section 504....."

U.S. Department of Education : Fact Sheet: Addressing the Risk of COVID-19 in Schools While Protecting the Civil Rights of Students (March 16, 2020)

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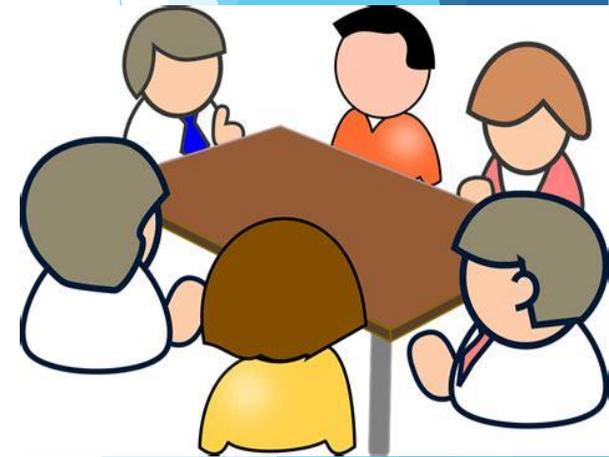
Continued Education:

KDE's Non-Traditional Instruction (NTI) Program is not an IEP placement change, it is a location change for all students due to COVID-19 pandemic

KY Dept of Education (@KyDeptofEd) tweeted Tue, Mar 31, 2020: 2pm ET #COVID19 Special Superintendent's Webcast on Special Education has begun. KDE Associate Commissioner Gretta Hylton is leading the discussion here: https://t.co/oPnk6JZPmj

Continued Education Updates:

Waiver suspends requirements
for civics, early graduation exams

TEAM KENTUCKY

KY Dept of Education (@KyDeptofEd) tweeted on Fri, Apr 03, 2020: @kycommissioner issues, @LtGovColeman grants waiver that suspends requirements for civics test, early graduation exams amid #COVID19 crisis.

Continued Education Updates:

FROM THE DESK OF THE COMMISSIONER
KEVIN C. BROWN

An Update for Kentucky's
Families about the COVID-19
Crisis and Our Schools

APRIL 3, 2020

KY Dept of Education: Kevin C. Brown, Interim Education Commissioner (@kycommissioner) tweeted on Fri, Apr 03, 2020: My **04/03/20 letter to families**: We need your help w/ #socialdistancing, particularly with our middle & high school students. The best way to prevent #COVID19 is to avoid being exposed to it in the first place.

Continued Education Updates:

BEST PRACTICES
EMERGENCY NON-TRADTIONAL INSTRUCTION (NTI) PROGRAMS

TEACHER LED	Instruction during NTI days should continue to be teacher led. Using a digital platform like Google Classroom or other learning management system shouldn't replace the teacher. The teacher should continue to interact with students through video conferencing when possible and by telephone when the student doesn't have digital access. NTI provides and excellent opportunity to reduce equity issues by giving more one v. one time to struggling students.
STUDENT CENTERED	Best practices in NTI result in personalized, student-centered opportunities for students. In ideal situations students are given choice in many aspects of how they complete assignments.
TECHNOLOGY SUPPORTED	The digital platforms should assist the teacher in the delivery of content. If technology platforms are used, they shouldn't be only to delivery assignments and collect work. Digital platforms should also be used for interactions with students and even in assessment.
PROJECT BASED	Best practices in NTI recognize that the ideal method of delivery of lessons is in a project-based form. Don't create individual assignments, but rather create projects that build on previous knowledge and skills and can be completed over time, not in a day. Project-based learning is a better fit in a situation where the end is unknown. You could complete the project if schools stay closed or use it when you return to school.
PERFORMANCE BASED	NTI is a performance-based program. In best practice, teachers and administrators recognize that the goal is not collecting seat time, as it normally is, but is rather in determining a student's mastery of content and skills.
AUTHENTIC ASSESSMENT	Best practices in NTI assessment focus on more authentic assessment than collecting test or quiz grades. The simple 10-15 phone conversation with a student with no digital access that asks questions about the assignments gives as strong an assessment of progress as the submission of a paper. Video Conferencing can accomplish the same thing with digital access.
PARTICIPATION	NTI is a performance-based program. It has no time-based element to it. Everything about the concept of participation is about the progress the student is making, not how many hours and minutes they spent on an assignment.

Best Practices for NTI

Other COVID-19 Updates:

TEAM KENTUCKY™

COMMONWEALTH CALL TO ACTION

Can you donate or manufacture Personal Protective Equipment (PPE)?

The Commonwealth needs your support!

PPE donations are being accepted at all 16 Kentucky State Police posts and at Transportation Cabinet offices in Louisville and Lexington.

- **Fill out this form to donate PPE: https://GivePPE.ky.gov**
- **Call the PPE Hotline: 1-833-GIVE PPE or 1-833-448-3773**

KYCOVID19.KY.GOV

#TeamKentucky   #TogetherKy   #HealthyAtHome   #Patriot

Other COVID-19 Updates:

Governor Andy Beshear (@GovAndyBeshear) tweeted on Wed, Apr 01, 2020: I am the first to admit we have issues we need to fix on #unemployment. Stick with us. I promise we will get it fixed and we will get you support during #COVID19. We are adding 50-100 people each day to help. Visit https://kcc.ky.gov/Pages/default.aspx

Unemployment Insurance: Expanded Eligibility for Unemployment Insurance Visit https://kcc.ky.gov/Pages/default.aspx for unemployment insurance

Unemployment Insurance
Expanded Eligibility for Unemployment Insurance

Effective Immediately

Unemployment Insurance Benefits Expanded Due to COVID-19 to Include:

Individuals Typically Not Covered by UI
(list includes but is not limited to these groups)
- Self-employed
- Independent contractors
- Freelance workers
- Substitute teachers
- Childcare workers employed by religious affiliated organizations and non-profits

Leaving Employment because of COVID-19
- Reasonable risk of exposure (self-quarantine)
- Caring for a family member affected by COVID-19

Note: If you have already applied for UI benefits since March 6 do not reapply. Your claim will be processed.

To file your UI claim, visit kcc.ky.gov

Kentucky Education & Workforce Development Cabinet

TEAM KENTUCKY

Kentucky Career Center Unemployment Insurance

Other COVID-19 Updates:

Governor Andy Beshear (@GovAndyBeshear) tweeted on Tue, Mar 31, 2020: We must flatten the curve to beat #COVID19. Follow these 10 steps to protect yourself and #TeamKentucky.

10 STEPS TO FIGHT COVID-19

TEAM KENTUCKY

KYCOVID19.KY.GOV
#TEAMKENTUCKY
#TOGETHERKY
#HEALTHYATHOME

Stay Healthy at Home
Leave only for essential items such as groceries once a week.

Avoid Crowds & Gatherings
Avoid crowds of any size, including home visits, recreational areas or crowded shopping.

Practice Social Distancing
Maintain 6 feet between you and others at all times.

Know When to Seek Care
Follow the 'When to Seek Care' guidelines available at KYCOVID19.KY.GOV.

KYCOVID19.KY.GOV
Stay up-to-date through reliable sources such as KYCOVID19.KY.GOV.

Wash Hands & Surfaces
Use soap and warm water and wash hands for 20+ seconds. Frequently disinfect regularly used surfaces.

Apply for Benefits
Kentucky has expanded unemployment benefits. If you have not applied, visit KCC.KY.GOV.

Prioritize Mental Health
Seek out virtual social opportunities and maintain a routine. Other practices can be found at KYCOVID19.KY.GOV.

Do Not Travel
The safest place for you and others is at home. Do not travel by car or plane.

Report Non-Compliance
If you see individuals or businesses not complying with COVID-19 guidelines, report to the KYSAFER hotline at 1-833-KYSAFER.

Other COVID-19 Updates:

We need all Kentuckians to have health coverage now more than ever. If you do not have coverage apply now at kycovid19.ky.gov

Scroll down to Services, then click on services to open a menu, click on **Healthcare Coverage Application**

During the COVID-19 State of Emergency, individuals who need special healthcare coverage should click here Healthcare Coverage Application. This coverage is temporary and ends on 6/30/2020 unless you submit an application for regular Medicaid. For application help, contact an application assister through the Application Assister Web Page or call the Kentucky Healthcare Customer Service line toll-free at (855) 459-6328. For a listing of participating medical providers please access the Kentucky Medicaid Provider Directory. If you have questions or need more information about a participating provider, you can call 1-800-635-2570.

Questions??

Questions are the path to learning

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www.kyspin.com

Please complete our evaluation at the end of the webinar.

Thank you!