

Making a back to school plan? Think about these things:

- Your entire family's needs
- Your child's needs
- Any physical health concerns
- Social and mental health needs
- How your school's plan fits in with those needs

(see decision guide worksheet on page 2)

Quick Tips:

- Stay calm, listen and offer reassurance.
- Be a role model and stay positive, children react to what they see.
- Explain social distancing– It may be confusing to children, but following guidelines like these helps keep friends and family healthy.
- Limit screen time– consuming information constantly, whether for adults or children, can lead to undue stress and anxiety.
- Be honest and accurate– answer questions when your children ask or share their concerns about COVID-19.

Back to School during COVID-19: Mental health resources to support families



ADM providers are open and ready to help. If you or a family member is experiencing a mental health crisis, please call 330-434-9144 or visit admboard.org.

Families across our community are adapting to the evolving changes in daily life caused by the COVID-19 pandemic. Now that the school year is upon us, it's important to help children prepare and adapt to the "new normal" at school.

Reliable local resources:

In addition to these resources, your local school district is also a good place to get updated information about returning to school.

[Akron Children's Hospital- Talking to your kids about COVID-19](#)

[Akron Children's video- Social, emotional & behavioral considerations for return to School](#)

[Child Guidance & Family Solutions](#)

[Greenleaf Family Center videos for teens](#)

Tools to help families cope:

[Tools from Ohio Department of Education](#)

[Videos, tips and information for families with school-aged children in NE Ohio](#)

[Helping children cope with changes from COVID-19](#)

[CDC school decision making tool](#)

[Connecting for Kids- Back to school guide](#)

[ADM Board- Mental Health providers](#)

Use this worksheet as a tool to help determine the pros/cons for your family's decision making.

Back to School Decision Guide

Physical Health

Includes disability, hygiene practice, health history, and family wellness.

Example:

Risks may make things harder if someone in your household does get sick.

Strengths may help your family to stay healthy.

Risks

Social Health

Includes school, employment, family, and peers. Also includes environmental factors.

Example:

Risks may make it harder to meet family needs.

Strengths may help your family meet its needs.

Risks

Mental Health

Includes coping skills, temperament, and mental health diagnoses.

Examples:

Risks make it harder for your family to cope.

Strengths improve your family's ability to respond to problems.

Risks

Strengths

Strengths

Strengths

Now that you have thought about your risks and strengths, it's time to prioritize. The most important thing to keep in mind during this step is that *your priorities are unique.*