



Continuous Quality Improvement Division

Special Youth Edition

JULY 2020

**Social
Distancing
DOES NOT
mean social
isolation.**

#Reachout!

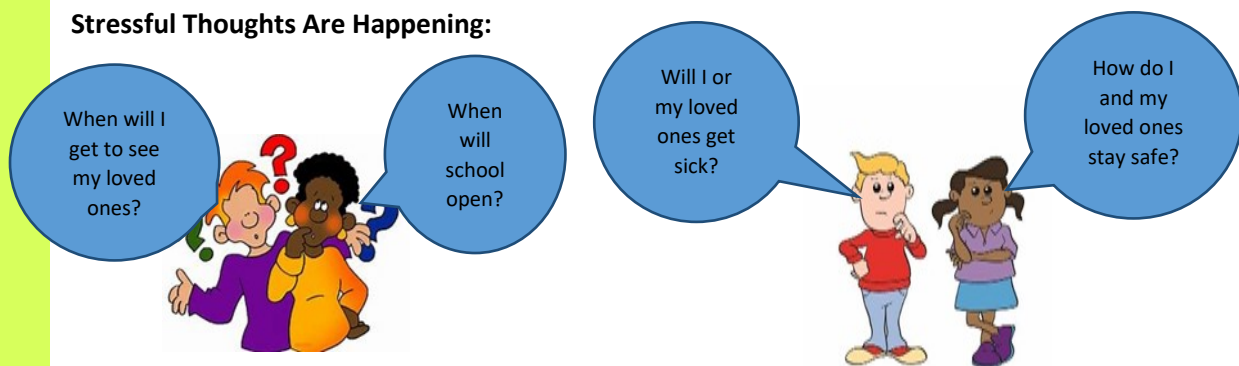
**Child Protection
Hotline
1-800-540-4000**

In This Moment

The Facts:

- ◆ Everyone is talking about the Coronavirus or COVID-19
- ◆ School is online
- ◆ Parks, beaches, malls, and coffee shops are closed
- ◆ People are staying home
- ◆ Masks have become a fashion accessory

Stressful Thoughts Are Happening:



Ask Yourself:



Remember that you are strong and you can get through this hard time. This newsletter has some tips and resources for staying healthy, happy, and safe during this time.



“Your current circumstances don’t determine where you can go;

they merely determine where you start.”

-Nido Qubein

Online Learning Tips

- ◆ Stay Positive. A good attitude will help.
- ◆ Stick to a routine. Shower, get dressed, eat healthy, take breaks, and stay active.
- ◆ Be organized. Set up a space to learn and to keep all your books, pens, and school supplies.
- ◆ You or your caregiver can check with your school for additional resources and support during this time.
- ◆ Get enough sleep.

Self Love

- ◆ Color, paint, sew, make jewelry, sing, or journal.
- ◆ Stay active. Create a Tik Tok dance video. Act out your favorite movie and record it. Walk or workout.
- ◆ Talk with friends or loved ones. Set up weekly zoom meetings. Reach out to a trusted adult (like a relative, CSW, therapist, or mentor) for guidance if you feel sad or worried.
- ◆ Play board games or cook with someone.
- ◆ Watch a movie or read a book.
- ◆ Start a new hobby or learn a language.
- ◆ Come up with your own ideas by asking yourself what makes you feel happy, healthy, and safe.

Resources

Ifoster online: <https://www.ifoster.org>: Can support Youth with obtaining smartphones/hotspots. Complete online application <https://www.tfaforms.com/4811639>

Think of us: <https://www.thinkof-us.org/>; (click covid-19 command center) provides direct linkages for foster youth regarding accessing mental health, housing and technology.

LGBTQ National Youth talk line: Youth seeking free and confidential peer support by phone call 1-800-246-7743. Online: <http://glbthotline.org>

LAUSD Grab & Go Food Centers: <https://achieve.lausd.net/resources> provide up to two nutritious meals to any youth who needs them while schools are closed.
Hours: weekdays from 8 am to 11 am.

ILP: online <http://ilponline.org/> : LA County resources for teen clubs, housing resources

Emergency services for displaced college youth: <https://www.togetherwise.org/help-displaced-students/>

Foster club: online: www.Fosterclub.com/c19 is a national group for youth in out-of-home care. They offer support and inspire strength and connectedness through virtual knowledge.

Casa Youth Shelter: online; <http://casayouthshelter.org> is accepting homeless youth through the COVID -19 crisis

CASA (Court Appointed Special Advocates): <https://casala.org/> CASAs continue to be available by phone, e-mail, Skype, and Zoom.