



SANTA MONICA-MALIBU UNIFIED SCHOOL DISTRICT

Community and Mental Health Resources For Students, Parents and Staff

The SMMUSD Mental Health Services team has compiled these resources for students, families and staff during the Coronavirus pandemic and school closures:

Support resources for housing, food, and employment (call for hours):

- St. Joseph Center: 310-396-6468
- LAYN Emergency Shelter: 323-240-2253
- Westside Food Bank 310-828-6016 (Pantries can be found on website [here](#))
- SOVA Food Pantry: 818-988-7682
- Salvation Army Food Pantry: 310-451-1358
- Manna Conejo Valley Food Bank: 805-497-4959
- LA County Public Service (Calworks, Food Stamps, MediCal): 310-401-5291
- Chrysalis Santa Monica (job assistance): 310-401-9400
- JVS SoCal (job assistance): 323-761-888

SMMUSD [Meal Service Program](#) The district continues to provide breakfast and lunch grab-and-go meals for students on weekdays from 8-10 a.m., including during spring break, except for two holiday dates: April 10 and 13.

[Virginia Avenue Park](#) has partnered with the Westside Food Bank to operate an emergency food pantry on site. Open to all low-income Santa Monica residents and/or families with children enrolled in SMMUSD schools, especially those impacted by the COVID-19 pandemic. The food pantry will provide families with pre-assembled food bags – one per household. Food bags will be given by appointment only. For appointment call: (424) 410-1354, Monday—Friday, 9-5pm.

[The Salvation Army Santa Monica Corps](#) is open Monday, Wednesday, and Friday from 9 a.m. – 4 p.m. to provide food boxes for families in need. Families can obtain one food box per week until further notice. If you are unable to come during this time or for additional information, please contact us at 310 451-1358. To donate to our local disaster relief operation, please visit www.santamonica.salvationarmy.org. All donations stay local to the community we serve.

[The Boys and Girls Club of Malibu](#) is actively preparing free grab and go pantry bags, which can be picked up at the Teen Center Mon-Thur from 10am - 1pm. They are also providing free shopping services and groceries for seniors and our most vulnerable families. If you know of a family or senior in need, please have them reach out today at 310-457-2582 or emergencyrelief@bgcmalibu.org

A comprehensive compilation of school nutrition program meal sites offering free meal services to children, ages 2-18, living in communities throughout California. Broken down by counties and school districts, the drop-down menu options allow self-navigation to make identifying

nearby sites easier to find. As new information becomes available, the listings will be updated.
<https://www.healthyeating.org>

The Malibu Foundation is offering door to door delivery service (in the Malibu area) for those who are most vulnerable: the elderly, immunocompromised, immobile, or medically or self quarantined. If you are unable to leave your home and are in need of groceries, child and pet care items, medicine, or other emergency supplies, fill out a response form at <https://www.themalibufoundation.org/cv19>

Everytable is offering meals for EVERYONE as well as food distribution centers that can distribute food to a group of people. If you need 10-10,000 meals, reach out to Everytable at (323) 458 - 6487. For more info, click [here](#).

The LA Department of Public Social Services (DPSS) has announced that they are continuing to provide services through their website and call centers. New applicants can apply for the following benefits [online](#) through the Your Benefits Now website or by Calling the DPSS Customer Service Center at (866) 613-3777.

CalFresh: Food benefit program for individuals and families;

General Relief: Cash assistance program for single adults;

CalWORKS: Cash assistance program for families;

CAPI: Cash assistance program for immigrants; and

Medi-Cal: Health benefits for individuals and families.

In-Home Supportive Services (IHSS): in-home provided care for persons with a disability can be applied for by calling the IHSS Application line at (888) 944-4477 or the IHSS Helpline at (888) 822-9622.

Existing customers can upload reports, annual recertifications or renewals, or verifications [online](#) through the Your Benefits Now website or by calling the Customer Service Center at (866) 613-3777. All benefits will be automatically extended through the end of May for people who are receiving them – please see the DPSS website here for more information:
http://dpss.lacounty.gov/wps/portal/dpss?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=

If you are experiencing **employment issues**, please visit https://www.edd.ca.gov/about_edd/coronavirus-2019.htm for “Benefits for Workers Impacted by COVID-19” and also check out the EDD's Frequently Asked Questions: https://edd.ca.gov/about_edd/coronavirus-2019/faqs.htm

Covid-19 resources for undocumented families: <https://cijja.org/covid19/>

Childcare needs: Contact Connections for Children at 310-452-3325 ext 260, and leave a voicemail for Shirley Perez, who will return your call during business hours.

School-based mental health support

If your child has been receiving counseling services at school, your child's therapist should be reaching out to discuss options for continuing care in the community or through TeleHealth. If you need assistance reaching your child's therapist, contact slotan@smmusd.org or 424-261-5102.

Community-based mental health support

Family Service of Santa Monica (310) 451-9747 and **Providence St. John's Child and Family Development Services** (310) 829-8921 have both been funded by the city of Santa Monica to provide free counseling services to community members in need. Call for more information.

The **Wellness Center of the Boys and Girls Club of Malibu** is providing free 15-20 minute consultations to take care of your mental health. We encourage these sessions as a great opportunity to spend some quality family time together; weekly sessions are available Mon/Weds/Thurs from 10-3. If you would like to request and schedule a video conference therapy session with one of our clinicians, please call or email Randi Goodman, Wellness Center Director, at 818-312-7107 or wellnessinfo@bgcmalibu.org. Upon scheduling your appointment, you will receive an email with a link to Zoom conferencing and details on how to initiate your scheduled session.

A full list of low-cost counseling and social service resources in both English and Spanish can be found at the bottom of this page (note that some locations may be closed or providing TeleHealth only services at this point):
<https://www.smmusd.org/Page/4056>

The city of Santa Monica's **Cradle to Career Website** has a "program finder" to locate more counseling and social service resources
<https://www.santamonicacradletocareer.org/>

Staff or families who need further help connecting to counseling, contact Shuli Lotan, SMMUSD Mental Health Counseling Coordinator, at slotan@smmusd.org or 424-261-5102.

Parents of middle and high school students can access information about how to best manage a mental health crisis of their own child or another student on their school webpage under "Parents" and click on "After Hours Crisis Support."

The **LA County Disaster Distress Helpline** for emotional support and resources is available at 1-800-985-5990 or text "TalkWithUs" to 66746

National Domestic Violence Hotline

1-800-799-7233 and TTY 1-800-787-3224

The **California Peer-Run Warm Line** is a highly accessible, low-threshold mental health resource that people can use to seek support before they've reached the crisis point, in the

hope that support now will prevent a crisis later. They are also able to help link you to local emergency, mental health, or social services. All calls are free and confidential.

Toll-Free Number: 1-855-845-7415

Web Chat: <https://www.mentalhealthsf.org/peer-run-warmline/>

Talking with children about COVID-19

Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019
https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

Talking With Children: Tips for Caregivers, Parents and Teachers during infectious disease outbreaks

https://store.samhsa.gov/system/files/pep20-01-01-006_508_0.pdf

<https://store.samhsa.gov/system/files/sma14-4886spanish.pdf>

Child Mind Institute: Talking to Kids About the Coronavirus (English & Spanish)

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

National Association of School Psychologists – Talking to Children About COVID-19: A Parent Resource:

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Just for kids: a comic exploring coronavirus

https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?utm_source=npr_newsletter&utm_medium=email&utm_content=20200301&utm_term=4433720&utm_campaign=ed&utm_id=40488839&orgid=

Cómo hablar con los niños sobre el coronavirus

<https://www.chla.org/blog/health-and-safety-tips/how-talk-kids-about-coronavirus-spanish>

Helping children cope through the coronavirus

How to Reduce Stress During School Closures

<https://www.psychologytoday.com/us/blog/worry-free-kids/202003/how-reduce-stress-during-school-closures>

World Health Organization: Helping children cope with stress during the 2019-nCoV outbreak:

https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

Families need support navigating social distancing and school closures. Common Sense Media put together this resource hub with quality media picks and at-home learning opportunities for kids.

<https://www.common Sense Media.org/resources-for-families-during-the-coronavirus-pandemic>

Cultivating Empathy in the Coronavirus Crisis:

<https://www.gse.harvard.edu/news/uk/20/03/cultivating-empathy-coronavirus-crisis>

Ideas to Act for the Common Good During Coronavirus Crisis: <https://ysa.org/covid/>

Mental health, coping with stress

Coping with stress during infectious disease outbreaks

<https://store.samhsa.gov/system/files/sma14-4885.pdf>

<https://store.samhsa.gov/system/files/sma14-4885spanish.pdf>

Mental Health and Coping During COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>

6 Mental Health Tips for Parents During the Coronavirus Outbreak

<https://www.talkspace.com/blog/coronavirus-parenting-talking-to-children/>

Care for your Coronavirus Anxiety

https://www.virusanxiety.com/?fbclid=IwAR2-eY5Qxc_4bGDF9ENgBkjOcoWk4bD6w_wSxcSSosrvpX0m53woZmgLcH4

Hygiene best practices

Printed Resources from CDE – lots of posters, flyers, handouts, and printables:

<https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>

Health information on COVID-19

Social distancing and quarantine

Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine and Isolation during an Infectious Disease Outbreak

<https://store.samhsa.gov/system/files/sma14-4894.pdf>

<https://store.samhsa.gov/system/files/sma14-4894spanish.pdf>

SMMUSD STAFF RESOURCES:

Support for Teachers during the COVID-19 Outbreak:

<https://www.facinghistory.org/resource-library/support-teachers-coronavirus-covid-19-outbreak>

Coronavirus: Multilingual Resources for Schools

<https://www.colorincolorado.org/coronavirus>

EASE (Employee Assistance Service for Education) Free counseling for staff:

Call 1-800-882-1341

Free mindfulness resources for teachers

<https://www.stopbreathethink.com/educators/>

Free yoga and other fitness classes for educators

<https://www.prnewswire.com/news-releases/down-dog-is-offering-free-access-to-all-its-health-and-fitness-apps-to-students-and-teachers-until-july-1-2020-301027329.html>

General information and resources on Coronavirus from local cities and the State of California:

<https://www.santamonica.gov/coronavirus>

From the City of Santa Monica: The City launched a new customer service experience for the Santa Monica community to get questions answered on the local response to the novel coronavirus (COVID-19) public health emergency. The new hotline number is 310-458-8400 and the email is info@santamonica.gov. We care about our community in this challenging moment and look forward to connecting 8 a.m. – 8 p.m., M – F.

State of California Coronavirus Response:

<https://covid19.ca.gov/>

City of Malibu Coronavirus Updates

<https://www.malibucity.org/coronavirus>

Internet Plans

<https://www.cde.ca.gov/ls/he/hn/availableinternetplans.asp>

Wander Internet: Santa Monica families with school-age-children (K-12) that are within Wander's coverage area are eligible to receive free high-speed internet service through the end of the scheduled school year, June 10, 2020. To see if your home is covered by Wander, visit Wander.net/service. If you qualify for service, visit Wander.net to subscribe and use code -- SCHOOL2020 -- to receive free internet.

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