

Resources



A health emergency brings many changes and much uncertainty for young children and their families, but there are things we can do to face each day with optimism and hope. We can offer comfort, connect with, and care for others safely. And we can keep learning and growing at home through everyday routines and simple activities. The resources on this page can help families cope during challenging times.

Resources for Families and Children of all Ages

- [Mayor's Fitness Council: Fit From the Neck Up: A Mental Health Resource Guide for Schools](#)
Services they offer: The Mayor's Fitness Council of San Antonio in collaboration with members of the San Antonio Health Advisory Board, practicing psychiatrists and other mental health professionals have worked to provide a streamlined and easy to navigate mental health resource guide for the San Antonio area and surrounding counties that supports mental and behavioral health. The toolkit features twelve local mental health providers and resources in the San Antonio community with an easy to reference city map that highlights where the providers and resources are located across the city. Also listed is national crisis hotline information, as well as resources for suicide prevention and the veteran's crisis hotline. Community organizations will find that the mental resource guide is an efficient community mental health resource to share with employees through their corporate wellness team.
Contact information: For more information on the mental health resource guide, please reach out to Andrea Bottiglieri – andrea.bottiglieri@sanantonio.gov
- [The Center for Healthcare Services Foundation](#)
Services they offer: The Center for Health Care Services Foundation provides treatment programs for women, men and children who are experiencing mental illness or addiction.
Contact information: <https://chcsf.org/contact-us/> Phone: (210) 261-1114
- [San Antonio Food Bank](#)
Services they offer: Benefits Assistance; Farmers' Markets; Food Assistance and Distribution; Job Assistance; Mobile Mercado (traveling to food desserts to provide food); Nutrition, Health, and Wellness Education Programs; Programs for Children; Programs for Seniors; Programs for Pets
Contact information: (210) 337-FOOD [(210) 337-3663] info@safoodbank.org
- [ESC Region 20](#)
Services they offer: Curriculum/Instruction Services, School Services, Business Services, Technology Services, and Superintendent Resources

Resources



Contact information: Phone: (210) 370-5200; <https://www.esc20.net/>

- [Clarity Child Guidance Center](#)

Services they offer: Clarity is the only nonprofit mental health treatment center in South Texas, specializing in the treatment of children and adolescents ages 3 to 17, struggling with serious mental, emotional, or behavioral problems.

Contact information: 8535 Tom Slick Drive, 78229 (210) 593-2148 office (210) 616-0300 main

- [IDRA: Intercultural Development Research Association](#)

Services they offer: IDRA is an independent, non-profit organization whose mission is to achieve equal educational opportunity for every child through strong public schools that prepare all students to access and succeed in college. IDRA strengthens and transforms public education by providing dynamic training; useful research, evaluation, and frameworks for action; timely policy analyses; and innovative materials and programs.

Contact information: Dr. Stephanie Garcia

Special Resource to Include: IDRA EBook: Ready – Reopen – Reconnect! Proven Strategies for Re-engaging Students Who Need You the Most:

<https://idra.news/ReadyReopenReconnect>

- [Metro Health SA](#)

Services they offer:

Project Worth & Dream SA: *Senior Management Coordinator: Project Worth: Meredith Howe*

- [Let's Talk](#) Social Emotional Development parent tips and our opportunity for teens
- [Teen Ambassador Program](#) incorporates SEL

Trauma-Informed Care/ Adverse Childhood Experiences (Part of the Violence Prevention Section)

- <https://www.sanantonio.gov/Health/ViolencePrevention/ACES#291773728-trauma-informed-care>
- Violence Prevention Section:
<https://www.sanantonio.gov/Health/ViolencePrevention>

Healthy Start – one of the maternal and child health programs providing case management services, education, and depression screenings/referrals for healthy pregnancies and healthy births. *Amanda Ponton: Maternal Child Health Interventions Coordinator with the Healthy Start program*

- <https://www.sanantonio.gov/Health/HealthServices/HealthyStart>

Resources



Viva Health! – our nutrition education program. Viva Health includes information eating habits while managing stress: *Arisa Larios (Registered Dietician) and Johnathon Espinoza (Health Program Specialist)*

- <https://www.sanantonio.gov/Health/HealthyEating/VivaHealth>

Contact information: (210) 207-8780

- [Family Service Association](#)

Services they offer: Counseling services for children 0 to 8 years of age offered at home or on-site in partnership with schools, doctor offices, and child care centers. Counseling services for individuals, groups, families, teenagers, and adults offered at home or our office locations. Our behavioral health services are provided through a combination of individual, family, and group sessions and provide services for adolescents, adults, and families. All sessions are tailored to your individual needs. Our counselors are trained in evidence-based, cognitive therapy

Contact information: Call us at 210-299-2406 to schedule your appointment.

- [Communities in Schools - San Antonio](#)

Services they offer: Communities In Schools surrounds students with a community of support, empowering them to stay in school and achieve in life. Our evidence-based approach, adapted to meet each community's unique needs, is the basis for our success.

Contact information: 210-520-8440

Resources for Families

- [Autism Community Network](#)

Services they offer: Autism Community Network (ACN) was established as a 501(c)(3) in 2008 by a consortium of health care funders concerned about the lack of development services available to vulnerable children suspected of having autism spectrum disorder (ASD). ACN addresses the diagnostic, therapeutic, interventional, and recreational needs for families affected by ASD living in Bexar, and surrounding, counties.

Autism Community Network will be providing "Coffee & Connection" session every Friday morning from 9am to 10am via Zoom teleconferencing platform. The sessions are geared toward the caregivers of individuals diagnosed with autism spectrum disorder. This series is free and open to the public.

Contact Information: To Sign up for Coffee & Connection please email Patty Vela at pattyv@acn-sa.org

Resources



- [Family Wellness Center](#)
Services they offer: Family Wellness Center provides mental health services to children, teens and families utilizing professional support services from various mental health disciplines. The clinic is affiliated with helpful referral sources for the following needs: neuropsychological assessment, speech and language issues, occupational and physical therapy, general medicine and pediatrics and pediatric neurology.
Contact information: <https://www.fwcsanantonio.com/contact.htm>
- [Stone Oak Psychiatry](#)
Services they offer: Child & Adolescent Psychiatry and Adult Psychiatry
Contact information: Please contact the office for appointment availability at (210) 403-2074.
- [DreamSA](#)
Bibliotech West will be providing FREE summer lunches to youth ages 18 and under. Curbside pick-up is available from Noon to 1 PM every Tuesday and Thursday June 22nd through August 5th, 2021. Location is the Bibliotech at 2003 S. Zarzamora Street, SA, TX 78207.
- [Teen Health - San Antonio](#)
COVID-19 Hotline Call 311, option 8 Email: COVID-19@sanantonio.gov Mon. - Fri., 8:00 AM - 5:00 PM Sat. & Sun., 8:00 AM - 12:00 PM Services See a complete listing of our Clinics & Locations.. Administrative Office (No services offered at this location) 100 W. Houston St., 8th Floor

Resources from KLRN

- [KLRN's Healthy Kids Project](#) supports health. This free program engages all types of learners: visual, auditory, and kinesthetic. Engaging bilingual videos and TEKS-aligned lessons and activities educate children between the ages of 0-9 about nutrition, activity, and emotional well-being. To learn more about how the Healthy Kids Project videos, activities, and lesson plans in English and Spanish can be used at school and at home, please contact us at education@klrn.org
- [PBS Learning Media](#) is a free site offering thousands of state standards-aligned educational resources for Pre-K through 12th grade. There are myriad resources on mental health and well-being that can be used at school and at home. For more information on this site with videos, lesson plans, interactive lessons, and more, please contact us at education@klrn.org

Resources



AMERICAN PSYCHIATRIC ASSOCIATION (APA) CORONAVIRUS RESOURCES

To provide support in the response to the Novel Coronavirus (COVID-19), APA is collecting authoritative and timely resources in this information HUB. If you are a patient or family member or friend in need of immediate assistance:

- DISASTER DISTRESS HELPLINE ([SAMHSA](#))
CALL 1-800-985-5990 OR TEXT TALKWITHUS TO 66746
- NATIONAL SUICIDE PREVENTION LIFELINE ([LINK](#))
CALL 800-273-8255 OR [CHAT WITH LIFELINE](#)
- CRISIS TEXTLINE ([LINK](#))
TEXT TALK TO 741741
- VETERANS CRISIS LINE ([VA](#))
CALL 800-273-8255 OR TEXT 838255

PBS Newshour Student Reporting Labs

PBS NewsHour Student Reporting Labs is building the next generation of informed media creators and consumers.

- Student Reporting Labs: [About Us Page](#)
- Student Reporting Labs: [Contact Us Page](#)
- [On Our Minds Podcast](#): On Our Minds is a student-led and student-produced podcast about the biggest mental health challenges young people face. In each episode, two teen reporters guide you through stories by high schoolers from PBS NewsHour Student Reporting Labs about the teenage experience that will connect, educate and inspire listeners of all ages.

Child Safe Resources

- [National Center for Missing and Exploited Children](#)
- [CyberTipline](#)
- [The National Child Traumatic Stress Network Learning Center](#)
- [Darkness 2 Light End Sexual Abuse](#)
- [TDFPS Reporting Child Abuse, Neglect or Exploitation](#)
- [National Human Trafficking Resource Center](#):
- ["Keep Connected" by The Search Institute](#)

Resources



Bilingual Resources from Sesame Street

- Sesame Street in Communities- [Social Emotional Development](#)
- *Sesame Street en las Comunidades*- [Desarrollar habilidades socioemocionales](#)
- Sesame Street in Communities- [Offering Comfort](#)
- *Sesame Street en las Comunidades*- [Dar cariño](#)
- Sesame Street in Communities- [Self Care](#)
- *Sesame Street en las Comunidades*- [Cuidándose](#)

Bilingual Resources from Sesame Street- COVID 19 (Health Emergencies)

- Sesame Street in Communities- [Health Emergencies](#)
- *Sesame Street en las Comunidades*- [Emergencias de Salud](#)
- Elmo's Dad Gets COVID-19 Vaccine - [COVID-19 Vaccine Spot :30](#)
- Elmo- [COVID-19 Vaccine Spot :60](#)
- El papá de Elmo se vacuna :60 [Spot in Spanish](#)

Resources



Back to School Emotional Wellness Summit Presentations

In the first portion of the summit, we heard from psychiatrist and San Antonio Mayor's Fitness Council Executive Committee Member Dr. Mrudula Rao. She discusses signs to look out for and how we as caring adults can help children.

- [Opening Session Presentation with Dr. Rao](#)

Early Childhood Break Out Session

During this session we explored topics from self-compassion for caregivers, effects of grief on children and tips on handling tantrums effectively. We will hear from experts from Autism Community Network, Children's Bereavement Center of South Texas and BCFS Health and Human Services.

- [Tantrums! What's a Parent to do?! \(canva.com\)](#)
- [SELF-COMPASSION for CAREGIVERS \(canva.com\)](#)
- [Grief Presentation](#)

Elementary Break Out Session

This session focused on Children and Parent's Well-Being and how play affects student's mental wellness. We will hear from experts from Family Service Association and Communities in Schools.

- [Self-Care for Parents- Family Service](#)

Middle/High School Break Out Session

In this breakout session, we focused on community resources geared toward middle school and high school age groups. We will hear from experts from City of San Antonio: Metro Health: Project Worth & Dream SA, Medina Valley ISD, Mental Health First Aid, and Student Reporting Labs.

- [Session Presentation](#)

In the closing session the focus was on self-care. Experts shared tips on how to de-stress, practice healthy habits, and plan nutritious meals. We will also have a Q&A panel of experts available to answer your questions.

- [Closing Session Presentation](#)

Resources



**BACK-TO-SCHOOL
EMOTIONAL WELLNESS
— SUMMIT —**



**AUGUST 7
9AM - NOON | VIRTUAL EVENT**

PARENTS | TEACHERS | CAREGIVERS

Special Thank you to all of our Community Partners & Speakers for their collaboration in making today's Back to School Emotional Wellness Summit possible.

PRESENTED BY



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Autism
Community
Network

BCFHS
Health and Human Services • Est. 1944

Children's
Bereavement
Center
OF SOUTH TEXAS

**THE CENTER
FOR HEALTH CARE SERVICES
FOUNDATION**

Communities
In Schools®
San Antonio

Fit City SA
Mayor's Fitness Council

DREAMSA
BELIEVE IT. ACHIEVE IT.

SCHOOL
COUNSELING
EDUCATION SERVICE CENTER, BEXAR CO.

Family Service
LUPPORT. STRENGTHEN. LIVE!

UNITED WAY OF SAN ANTONIO AND BEXAR COUNTY
HOPES
Healthy Outcomes Through Prevention and Early Support

Children First
IDRA
— Transforming Education

MV
MEDINA VALLEY
INDEPENDENT SCHOOL DISTRICT

CITY OF SAN ANTONIO
METROPOLITAN HEALTH DISTRICT



READYKIDSA
Happy. Healthy. Ready.

SAN ANTONIO CHAPTER
txaeyc
Texas Association for the
Education of Young Children

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MEDICAL FOUNDATION**



The Steven A. Odum
Military Family Clinic
at Entreprenuers, San Antonio

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Foundation
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South Texas