



## COVID-19 News Articles and Resources

Updated October 15, 2020

The KCN will be in communication with local CASA programs about COVID-19 guidance, including with staff, board members, and volunteers. Refer to the page [posted on our website](#) for programmatic information. We will be sharing additional news articles and resources that may be useful. If you would like to see resources about specific topics, please [contact us](#).

### News Articles & General Information

- [\\*UK Social Work study measures COVID-19 distress among child welfare workers](#)
- [\\*The majority of children who die from COVID-19 are children of color](#)
- [Beshear announces Healthy at Home Eviction Relief Fund website](#)
- [Kentucky announces revised rules for struggling child care centers, to increase class size](#)
- [Beshear Recommends Quarantine After Travel to COVID-19 Hot Spots](#)
- Home internet assistance options designed to make communication services affordable for low-income families. The following programs are designed to offer robust internet access to underserved rural areas ensuring affordability: (shared by KY Lt. Gov)
  - [Lifeline Program](#): A program funded by the [FCC](#) to expand subsidized broadband options for low-income families by allowing households to have two connections over mobile and fixed broadband; full list of providers available [here](#).
  - [Broadband Now](#): A system collecting and analyzing internet provider's coverage and availability to make the most accurate search available. Results are specific to your area and help consumers find and compare [local internet options](#).
- [Coronavirus Could Cost Parents Custody of Kids in Foster Care](#) (Talk Poverty)
- [10 Ways to Respond to Fear and Scapegoating During the Coronavirus Epidemic](#) (Search Institute)
- [Substance Use Disorder Resources](#) (Kentucky Opioid Response Effort and Team Kentucky)
- [Coronavirus Is Isolating Some Kids in Protective Care from Parents and Services](#) (NPR)
- [Our COVID-19 Tracker Gives You County-Level Data on the Coronavirus](#) (Kentucky Center for Investigative Reporting)
- [Why Child Welfare Experts Fear a Spike of Abuse During COVID-19](#) (PBS News Hour)

### Self-Care Guidance for CASA Staff, Board Members, and Volunteers

- [Act Now to Get Ahead of a Mental Health Crisis, Specialists Advise US](#) (NPR)
- [Mental Health and COVID-19 – Information and Resources](#) (Mental Health America)

\*New resource as of last update

- [Taking Care of Your Mental Health in the Face of Uncertainty](#) (American Foundation for Suicide Prevention)
- [COVID-19 Pandemic is Causing Kentuckians to Make Many Lifestyle Changes; Simple Tips to Get Active](#) (UK Healthcare)
- [Coping with Coronavirus: Managing Stress, Fear, and Anxiety](#) (National Institute of Mental Health)

## **Working with Children & Families Guidance for CASA Volunteers**

- [\\*The isolation and anxiety is real' | Free mental health resources for Kentucky students during pandemic](#) (WDRB)
- [\\*The pandemic has researchers worried about teen suicide](#) (NPR)
- [Virtual Family Time: Tips for Families](#) (Children's Bureau)
- [5 Ways to get your kids to wear masks](#) (CNN)
- [How CASA/GAL volunteers can connect with children in the new school year](#) (National CASA/GAL)
- [Resources for managing stress and enhancing protective factors](#) (Children's Bureau)
- [Recommended Therapeutic Books for Children](#) (Regional Interagency Council)
- [Tools for Virtually Interacting with Infants & Young Children](#) (Texas CASA)
- [Fostering Inequity: How COVID-19 Amplifies Dangers for LGBTQ+ Youth in Care](#) (Children's Rights)
- [Sesame Street's Grover Helps Kids Adapt to Life During Pandemic](#) (NPR)
- [With School Buildings Closed, Children's Mental Health is Suffering](#) (NPR)
- [Childhood and Coronavirus: How Times of Crisis Shape Kids](#) (NPR's On Point)
- [My Name is Coronavirus](#)
  - This book is a resource shared by the Dept. for Behavioral Health, Developmental and Intellectual Disabilities for a friendly way to discuss COVID-19 with children.
- [Talking with Children about Coronavirus Disease 2019: Messages for Parents, School Staff, and Others Working with Children](#) (CDC)
- [Coronavirus Disease-2019 \(COVID-19\) and Children](#) (CDC)
- [How to Talk to Kids and Teens About the Coronavirus](#) (Spark & Stitch Institute)
- [5 Best Kid Friendly Video Chat Apps to Keep Them Safe](#) (Techwiser.com)
- [Just For Kids: A Comic Exploring the New Coronavirus](#) (NPR)
- [Resources for the LGBTQ Community Around COVID-19](#) (HRC)
- [Coronavirus Precautions for Foster Youth](#) (NPR)
- [Kids Around the World Are Reading NPR's Coronavirus Comic](#) (NPR)
- [Coping with Coronavirus: Support for the Autism Community](#) (National Institute of Mental Health)

## **Learning from Home – Education Resources**

- [\\*Remote learning's distractions put extra pressure on students with ADHD](#) (NPR)

\*New resource as of last update

- [Is your child stressed out by school? Here's how to help](#) (KVC Kentucky)
- [Podcast: Back to school with COVID?](#) (Parentology)
- [KY-SPIN Special Education Process \(Ages 3-21\)](#) (KY-SPIN)
- [With Schools Closed, Kids with Disabilities Are More Vulnerable Than Ever](#) (NPR)