

**Coronavirus (COVID-19) Community Resource Guide**

The Division of Student Support Services will continue to serve students and families during school closures. This document was created by staff who are committed to helping students and families amid the Coronavirus (COVID-19) outbreak. We believe the resources below will help LBUSD’s students and families during this difficult time. If you or someone you know have any questions about the resources provided, please email or call the staff listed by resource.

**All In Attendance Staff Resources** [**https://www.lbschools.net/Departments/Student\_Support\_Services/all**](https://www.lbschools.net/Departments/Student_Support_Services/all-in.cfm)

**[All In Early Prevention Specialist Counselors:](https://www.lbschools.net/Departments/Student_Support_Services/all-in.cfm)**

[***Lorena Cervantes-Moran:***](https://www.lbschools.net/Departments/Student_Support_Services/all-in.cfm) [***lcervantes1@lbschools.net***](mailto:lcervantes@lbschools.net)[***, 562-275-0164* (Google Voice number)**](https://www.lbschools.net/Departments/Student_Support_Services/all-in.cfm)

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***Phone and Internet Resources***

* AT&T, For the next 60 days beginning March 14th, 2020, AT&T is pledging to
  + Not terminate the service of any wireless, home phone or broadband residential or small business customer because of their inability to pay their bill due to disruptions caused by the coronavirus pandemic
  + Waive any late payment fees that any wireless, home phone or broadband residential or small business customer may incur because of economic hardship related to the coronavirus pandemic
* [Charter Communications](https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more) – Free Wi-Fi for 60 Days - Charter will offer free Spectrum broadband and Wi-Fi access for 60 days for households with K-12 and/or college students who do not currently have Spectrum broadband subscription. To enroll call **1-844-488-8395**. Installation fees will be waived for new student households.
* SPECTRUM Internet beginning Monday, March 16, 2020 and for the following 60 days:
  + Offers [secure public wifi hotspots](https://www.spectrum.net/support/internet/spectrum-wifi)
  + Offers to continue their [Spectrum Internet Assist](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.spectrum.com%2Fbrowse%2Fcontent%2Fspectrum-internet-assist.html&data=01%7C01%7CCastro_Christina%40lacoe.edu%7C9c99d67988d94bb0038e08d7ca8cd7fb%7C9a85f50685664ae19bd3b3fba8220f09%7C0&sdata=ElZjv3Qgs%2FoUU69XcHEIbGM6RBC4fzwcZj0yCXfopEM%3D&reserved=0) program: high-speed broadband program to eligible low-income households
  + Offers two free months of internet and WiFi services for K-12 and college students affected by the current school closures, in households not already subscribed to Spectrum Internet

(For more information, click [*here*](https://www.spectrum.net/support/internet/coronavirus-covid-19-information-spectrum-customers))

* T-Mobile, for next 60 days:
  + ALL current T-Mobile and Metro by T-Mobile customers have unlimited smartphone data for the next 60 days (excluding roaming)
  + Giving all T-Mobile and Metro by T-Mobile customers 20GB of add’l mobile hotspot data
  + Are working with our Lifeline partners to provide customers extra free data up to 5GB per month over the next two months

(For more information, click [here](https://www.t-mobile.com/brand/ongoing-updates-covid-19))

***WIC Services***

* WIC clinics under **South Los Angeles Health Projects, PHFE, Watts Health Foundation, Pasadena, and Long Beach** will remain open. WIC offices will remotely be issuing participants food benefits onto their WIC cards to avoid families from going out. For those families that have not yet gotten the new WIC card and wish to locate the nearest WIC clinic to them please call or visit the following websites for further guidance and assistance:
  + South Los Angeles Health Projects: <http://www.slahp.org/wic-centers-by-city/>; (310) 661-3080
  + PHFE - <https://www.phfewic.org/>; (888) 942-2229
  + Watts Health Foundation; <https://www.wattshealth.org/wic-program/>(323) 564-4331
  + Pasadena- <https://www.cityofpasadena.net/public-health/wic/?gclid=Cj0KCQjwx7zzBRCcARIsABPRscPNVndmcMPfCt-2boLex6qoP0uvyd45EMPsy2dKITghITKPR8glwOcaAvQhEALw_wcB>; (626) 744-6520
  + Long Beach; <http://www.longbeach.gov/health/healthy-living/individual/wic/>(562) 570-4242

**Bethune Homeless Education Program Resources**

[**http://www.lbschools.net/Departments/Education\_Foundation/programs.cfm**](http://www.lbschools.net/Departments/Education_Foundation/programs.cfm)

**Homeless Education Program Staff**

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***Food***

* 211 Hotline - During COVID-19 pandemic, dialing ‘211’ will connect you to a local responder who can give assistance related to food, housing, and childcare concerns
* [AuntBertha.com](https://www.auntbertha.com/) - Visit auntbertha.com for food bank locations or food resources (along with other free or reduced cost services such as medical care, housing, financial, etc.)
* [Christian Outreach in Action (COA)](http://www.coalongbeach.org/) - 515 E. 3rd Street., Long Beach, CA 90802

(562) 432-1440; Hot Meals - Breakfast- M- F at 7:30am & Dinner M-F at 4:30pm & Saturday at 11:00am

* [Foodbank of Southern California](https://foodbankofsocal.org/services/food-distribution/) - For information, please call **(**562) 435- 3577.
* [Food Finders](http://www.foodfinders.org/food-pantry-locator/) - Before visiting make sure to call the location beforehand regarding meal distribution and food pantry hours. For any additional question regarding food or how to get some please call us at (562) 283 – 1400.
* Food pantries throughout Los Angeles County: [lafoodbank.org/find-food/pantry-locator/.](http://lafoodbank.org/find-food/pantry-locator/.)
* [Gus’s](http://gusfriedchicken.com/) locations in Mid-City, Long Beach, Burbank, and Santa Ana are providing free meals to all school-aged children from noon to 8 p.m. everyday.
* [Healthy Eating.Org](https://www.healthyeating.org) - Provides a comprehensive compilation of school nutrition program meal sites offering free meal services to children, ages 2-18, living in communities throughout California.
* [Long Beach Rescue Mission](http://lbrm.org/what-we-do/provide-meals/) - Lunch: Open to the public, served at 12:00 pm, Monday – Thursday. Please arrive before noon to be served. Sunday lunch is served following chapel service around 10:30 a.m. Location: [1430 Pacific Ave., Long Beach, CA 90813](https://goo.gl/maps/WEybKEEgi5au5GeVA); Dinner: Open to the public, served at 6:00 pm, 7 days a week. Everyone is welcome to join us for a meal here at the Mission.
* [Lutheran Social Services](https://www.lsssc.org/)- 1611 Pine Street., Long Beach, CA 90813

(562) 599-1321; Monday- Thursday, from 10:00-12:00 & 12:30-1:00 (they suggest to bring own bags)

* [Salvation Army](https://longbeach.salvationarmy.org/) Family Service - 455 East Spring Street, Long Beach, CA 90806.,

((562) 426-7637; Mon, Wed & Fri. – 9:am – 4:pm, closed from 12-1pm: Thurs 4:00pm -8:00pm.

* [WhyHunger Hotline](https://whyhunger.org/find-food/) (800-548-6479) - Refers people across U.S to food pantries, soup kitchens, and government nutrition programs
* <http://www.cafoodbanks.org/find-food-assistance> California Association of Food Banks. Online look up to locate food banks and food assistance programs in your area.

***Hand Washing Stations and Food Finders***

* <https://longbeachca.maps.arcgis.com/apps/webappviewer/index.html?id=07ee2e1b6c0d44509bd2b257d942b280&fbclid=IwAR10RxRSsDeDCXujNyHnDUHaPdasHp5uAk1jaJPO6BVId9jdVX1Z6USy2N0>

***Hygiene Best Practices***

* Printed Resources from CDE – lots of posters, flyers, handouts, and printable: [https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html](https://nam03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunication%2Ffactsheets.html&data=02%7C01%7Cletisia.alvarado%40lausd.net%7C6607d61f0e6445f6fe9b08d7c764e3e0%7C042a40a1b1284ac48648016ffa121487%7C0%7C1%7C637197108475273345&sdata=XxJhev5%2Fo6ygxYCEpJuMjYpTFRpcwGXxzF38aZtxGc4%3D&reserved=0)

***Storage/Housing***

* Casa Youth Shelter in Los Alamitos, CA - 10911 Reagan Street, Los Alamitos, CA 90720; (562) 594-6825 | 24-Hour Hotline 1-800-914-2272
* Catholic Charities - 123 E. 14th Street., Long Beach, CA; (213) 251-3432

Hours Mon. and Thurs: 9:30am -12:00pm and 1:30pm – 3:00pm

* [**Evictions**](https://dcba.lacounty.gov/)**:** Los Angeles County passed a temporary ban on all residential and commercial evictions, effective **March 4 to May 31, 2020,** for the unincorporated areas of the County. The City of Los Angeles and other cities have passed similar measures. These protections apply to all tenants, regardless of their immigration status. Contact DCBA for help: (800) 593-8222,[**dcba.lacounty.gov**](https://dcba.lacounty.gov/).
* Multi-Service Center- 1301 W. 12th Street., Long Beach, CA 90813(562) 570-4500; Hours M- Wed & Friday 8-11:30 – 1-3:30PM and Thursday 8- 11:30; Showers are from 8am-11:15am Monday-Friday. **\**Please call ahead of time, in case the hours change*.**
* [National Domestic Violence Hotline](https://www.thehotline.org/) (800-799-7233) - For survivors of domestic abuse, staying home to prevent the spread of COVID-19 may further compromise survivors’ safety. The link above provides specific tips for survivors in regards to creating safety plans and reaching out for help.
* [U-Haul](https://www.uhaul.com/Articles/About/20625/College-Students-U-Haul-Offers-30-Days-Free-Self-Storage-amid-Coronavirus-Outbreak/?utm_campaign=uhaulsm&utm_source=twitter&utm_medium=pr&utm_content=20200312-uhaulisoffering30) (1-800-GO-UHAUL) - U-Haul is offering 30 days of free storage to college students facing unforeseen moves or schedule changes.
* U.S. Veterans- Address: 1718 Hayes Ave., Long Beach 90813; Offers a Winter Shelter Program that has been extended until September 30, 2020: 125 beds, coed. For more information, click [*here*](https://www.lahsa.org/news?article=676-winter-shelter-program-update-shelter-extensions).

***Tutoring for students***

* [School on Wheels](https://dochub.com/mpotentier/gzdnE7NwJdYYWjgKQyW3BJ/sow-onlinetutoringflyer-highres-may2020-orgwide-pdf?dt=YraPNKmgykBq__zqgZxs) school on wheels is providing free year-round, one-on-one online tutoring. Interested in connecting your child to an online tutor? Email students@schoolonwheels.org or call/text 213-905-2775.

***Unaccompanied Youth Housing Resources***

* The Good Seed - 1230 Pine Ave., Long Beach, CA (323) 758-5433 \* option #3 for the LB office Hours 8:30am – 6:30pm; Youth ages 16-25 Drop-In Center – (offers Showers, meals and Laundry) **\**Please call ahead of time, in case the hours & services change***

**Family Resource Centers - Mental Health Resources**

[**http://www.lbschools.net/Departments/Student\_Support\_Services/frc.cfm**](http://www.lbschools.net/Departments/Student_Support_Services/frc.cfm)

**Family Resource Centers Staff:**

1. ***Teresa Mora:*** [*tmora@lbschools.net*](mailto:tmora@lbschools.net)*; (562) 304-9140* **(Google Voice number)**
2. ***Georgia DuVernet:*** [*gduvernet@lbschools.net*](mailto:gduvernet@lbschools.net)*; (562) 270-2011* **(Google Voice number)**
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***Mental Health, Grief Counseling, and COVID-19 – Information and Resources***

* [Crisis Text Line](https://www.crisistextline.org/) - Text MHA to 741741 and you’ll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.
* [Disaster Distress Helpline](https://www.samhsa.gov/find-help/disaster-distress-helpline) - Call 1-800-985-5990 or text TalkWithUs to 66746.The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.
* [Jewish Family & Children's Service](https://jfcslongbeach.org/counseling/) (562) 427-7916 - Individual, family, couples and group counseling is available depending on your particular situation and needs. Our intake specialists will speak with you and pair you with a counselor who can respond with compassion to your specific needs. The fees for JFCS’ services are based on a sliding scale. We accept many PPO plans and Health Net.
* Los Angeles County Department of Mental Health

Access Center 24/7 Helpline; (800) 854-7771; (562) 651-2549 TDD/TTY

<https://dmh.lacounty.gov>

* [National Alliance on Mental Illness (NAMI)](https://nami.org/Find-Support/NAMI-HelpLine#crisis): (800) 950-6264; Monday-Friday, 10 am to 6 pm ET; Text NAMI TO 741741
* [National Domestic Violence Hotline](https://www.thehotline.org/) (800-799-7233) - For survivors of domestic abuse, staying home to prevent the spread of COVID-19 may further compromise survivors’ safety. The link above provides specific tips for survivors in regards to creating safety plans and reaching out for help.
* Substance Abuse and Mental Health Services Administration’s (SAMHSA) Disaster Distress Helpline at 800-985-5990
* [National Suicide Prevention Lifeline](https://suicidepreventionlifeline.org/) (800-273-8255) or text MHFA to 741741 to talk to a Crisis Text Line counselor.
* [Pathways Volunteer Hospice](https://www.pathwayshospice.org/family-support-group) (562) 531-3031 - Offers a unique grief support program designed specifically for children, teens, their families, and education professionals. If you are in need of grief counseling, please call staff to schedule an intake by phone.
* [Teen Line](https://teenlineonline.org/about-us/): (310) 855-4673 or Text TEEN to 839863. Teen Line was created in 1980 by a group of mental health professionals who, through their personal work with teenagers, realized that a more inclusive approach to adolescent mental health was needed. After extensive research and consultation, TEEN LINE – a teen-to-teen hotline with community outreach services – was born.
* [Trevor Project](https://www.thetrevorproject.org/get-help-now/) (866) 488 -7386 or text START to 678678. A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.
* [Substance Abuse and Mental Health Services Administration’s (SAMHSA)](https://www.samhsa.gov/) Disaster Distress Helpline: (800) 985-5990
* [The LGBTQ Center - Long Beach](https://www.centerlb.org/): **(**562) 434-4455. The Center is committed to providing services to the LGBTQ community and approach treatment with an emphasis on trauma, anxiety, and/or depression informed by experiences of external and internalized homo-bi-trans-phobia.

***Mental Health Information For Disease Outbreaks***

* [Living With Mental Illness During COVID-19 Outbreak– Preparing For Your Wellness](https://mhanational.org/living-mental-illness-during-covid-19-outbreak-preparing-your-wellness). This webpage provides information and wellness tips for individuals living with mental health conditions during the COVID-19 outbreak.
* [Medication Access During COVID-19](https://mhanational.org/medication-access-during-covid-19) - Changes and uncertainty surrounding COVID-19 can make it difficult to know what to do to make sure you have access to needed medications. Here are some tips and pieces of information to help you prepare and care for yourself or your loved ones
* [Managing Stress and Anxiety related to COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html)
* [Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak](https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf)
* [COVID-19: Potential Implications for Individuals with Substance Use Disorders](https://www.drugabuse.gov/about-nida/noras-blog/2020/03/covid-19-potential-implications-individuals-substance-use-disorders)
* [Coronavirus and Emerging Infectious Disease Outbreak Response](https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response) - These fact sheets provide information and recommendations for healthcare personnel, families, leaders, and businesses to address the psychological and behavioral health impacts of the novel Coronavirus (COVID-19) pandemic.
* [Mental Health Considerations during COVID-19 Outbreak](https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2) - These mental health considerations were developed by the WHO Mental Health Department as support for mental and psychological well-being during COVID-19 outbreak.
* [Frequently Asked Questions on Mental Health, Mental Illness, and COVID-19](https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US)- The National Alliance on Mental Illness (NAMI) created a document to help guide individuals that have specific questions about their mental health situations.
* [Mental health and wellness during a public health crisis](https://soundcloud.com/dbsalliance/mental-health-and-wellness-during-a-public-health-crisis?utm_medium=email&utm_source=dbsa&utm_content=1+-+Listen+to+the+podcast&utm_campaign=COVID-19&source=COVID-19)- Dr. LaGenia Bailey, former DBSA board member, discusses tips on how to stay well during this public health crisis. In this podcast, she addresses benefits of mindfulness practice, lifestyle habits, and ways to stay connected with others to avoid isolation.
* [A Trauma Informed Approach to Teaching Through the Coronavirus](https://www.tolerance.org/magazine/a-trauma-informed-approach-to-teaching-through-coronavirus)
* [When Home Becomes The Workplace: Mental Health And Remote Work](https://www.forbes.com/sites/onemind/2020/03/17/when-home-becomes-the-workplace-mental-health-and-remote-work/#7d4939ff1760)
* [Protecting Your Mental Health During the COVID-19 Pandemic](https://onemind.org/news/pandemic-mental-health/)
* [COVID-19: Mental health in the age of coronavirus](https://news.un.org/en/story/2020/03/1059542)
* [Impact of Novel Coronavirus Pandemic on Mental Health (Webinar)](https://www.psychu.org/events/impact-of-novel-coronavirus-pandemic-on-mental-health/)
* [Q&A on Mental Health during COVID-19 with WHO expert Aiysha Malik](https://mhanational.org/www.facebook.com/WHO/videos/819204905251053/)
* [Shrink Speak: COVID-19 Crisis](https://shrinkspeak.podbean.com/e/part-1-fallon/) -In this special three-part COVID-19 Crisis series, Dr. Lieberman of Columbia University speaks with renowned experts who have expertise in relevant disciplines that pertain to this COVID-19 pandemic.

1. [Part 1](https://shrinkspeak.podbean.com/e/part-1-fallon/)
2. [Part 2](https://shrinkspeak.podbean.com/e/part-2-sid/)
3. [Part 3](https://shrinkspeak.podbean.com/e/part-3-lipkin/)

***Relaxation/meditation/mindfulness activities for students by school level***

**Elementary School**

* [Meditation Apps for Kids](https://www.commonsensemedia.org/lists/meditation-apps-for-kids) (Meditation apps for kids starting at age 3+ by Common Sense Media)
* [Free: Online Mindfulness Class for Kids!](https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/) (Information about a free online mindfulness class for kids by Mindful Schools)
* [Guided Imagery for Kids](https://www.choc.org/programs-services/integrative-health/guided-imagery/)(Guided imagery by Children’s Hospital of Orange County)
* [Good Energy at Home with GoNoodle](https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/)
* [Resilience](https://www.sesamestreet.org/toolkits/challenges) (Video about Resilience from Sesame Street) [How You and Your Kids Can De-Stress During…](https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus) (De-stressing activities from PBS)
* [How to Talk to Your Kids About Coronavirus](https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus)

**Middle School**

* [Caramella Girls - Corona Virus Tips](https://youtu.be/-jEHCuKh2Ic)

# [Coronavirus: 20 Comic Tips to Stay Safe - Fight the Virus! - What Should I Do?](https://www.youtube.com/watch?v=-jEHCuKh2Ic&feature=youtu.be)

* [Grounding Exercises](https://www.therapistaid.com/worksheets/grounding-techniques.pdf)
* [Meditation Apps for Kids](https://www.commonsensemedia.org/lists/meditation-apps-for-kids) (Meditation apps for kids starting at age 3+ by Common Sense Media)
* [Free: Online Mindfulness Class for Kids!](https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/) (Information about a free online mindfulness class for kids by Mindful Schools)

**High School**

* [GritX](https://gritx.org/)
* [Blog What to do if you're anxious about coronavirus If the current news on coronavirus](https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/)

**Foster Youth Unit Resources**

[**http://www.lbschools.net/Departments/Student\_Support\_Services/foster\_youth.cfm**](http://www.lbschools.net/Departments/Student_Support_Services/foster_youth.cfm)

**LBUSD Foster Youth Unit**

***Susana A. Cortes, LCSW: School Social Worker***

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***DCFS Information***

* DCFS Child Protection Hotline: (800) 540-4000. For DCFS County Social Worker information and/or assistance by the DCFS Duty Worker of the day, contact: (562) 497-3646
* DCFS Updates for youth, families and caregivers: [Coronavirus (COVID-19) Updates](https://dcfs.lacounty.gov/coronavirus-covid-19-updates/)
* DCFS Foster Youth Rights Fact Sheet: As a foster youth, you have rights. If you have questions or you feel like your rights have been violated, contact your CA Ombudsman Office at: 1-877-846-1602

[**https://dcfs.lacounty.gov/wp-content/uploads/2019/10/Youth-Fact-Sheet.pdf**](https://dcfs.lacounty.gov/wp-content/uploads/2019/10/Youth-Fact-Sheet.pdf)

* **DCFS Child Abuse Referrals:** DCFS social workers will continue to complete in-person visits when responding to child abuse referrals to assess for child safety. Social workers will complete a pre-screening before starting the in-person visit and proceed accordingly for the protection of all engaged in the visit.
* **DCFS Monthly CSW Home Visit Plan:**The Administration for Children and Families and the California Department of Social Services is permitting monthly social worker visits for children already receiving services from DCFS to be accomplished through videoconferencing. Based on the circumstances of the case, visits can be in person or through videoconferencing (e.g. Skype, FaceTime, Zoom, Facebook Messenger, WhatsApp). If someone in your home is feeling ill or has flu-like symptoms, please contact your social worker. Social workers will complete a pre-screening by telephone or in-person before starting the in-person visit.
* **Dependency Courts:**  Courts will open for the limited purpose of hearing or handing essential or emergency matters, this includes Detention Hearings, restraining orders, and emergencies concerning needs of children. Contact your attorney to confirm if you are required to attend your next court hearing and if you have any questions. Visit [**www.lacourt.org**](http://www.lacourt.org) for latest updates.
* **DCFS Family Visitation Plan:** The Juvenile Court issued a temporary order Temporarily Suspending Dependency Court Ordered InPerson Visitation. Effective immediately, all court ordered in-person visits between parents/legal guardians, children, siblings, and anyone else are temporarily suspended until April 16, 2020. As instructed in the Court Order, in-person court ordered family visits are to take place remotely by using videoconferencing (e.g. Skype, FaceTime, Zoom, Facebook Messenger, WhatsApp) to promote and maintain family bonds.

***Free phones and laptops***

* **iFoster and Boost Mobile Phones for Foster Youth:** FREE Smartphone for foster youth ages 13-26. [UNLIMITED TALK TEXT DATA](https://www.jbaforyouth.org/wp-content/uploads/2020/03/iFoster-Phones-for-Foster-Youth.pdf)
* **Free Laptops for Foster Youth:** [One Simple Wish](https://www.onesimplewish.org/covid19)

***Tutoring***

* In collaboration with LACOE, the Foster Youth Unit continues to offer private (online) tutoring for foster youth in our district. Tutors are now providing academic support online. Please utilize the link below to refer students for tutoring services.

[**https://www.lacoe.edu/Student-Services/Foster-Youth-Services/Tutoring**](https://www.lacoe.edu/Student-Services/Foster-Youth-Services/Tutoring)

**Health Services Resources** [**http://www.lbschools.net/Departments/Student\_Support\_Services/student\_health\_services.cfm**](http://www.lbschools.net/Departments/Student_Support_Services/student_health_services.cfm)

**Program Specialist Student Health Services**

***Lucy Carbajal, BSN, RN, Program Specialist for Student Health Services, 562-986-6870 x248 or*** [**lcarbajal@lbschools.net**](mailto:lcarbajal@lbschools.net)

**Lead Nurse Student Health Services**

***Rose Van Meeveren, MEd, BSN, RN*, Lead Nurse for Student Health Services,**

**562-986-6870 x286 or** [**rvanmeeveren@lbschools.net**](mailto:rvanmeeveren@lbschools.net)

***California Department of Public Health COVID-19, What You Need to Know***

* [**https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx**](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx)

***CDC COVID-19 Symptom Checker***

* [**https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html**](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html)

***Long Beach Department of Health and Human Services, COVID-19 Daily Updates***

* [**http://www.longbeach.gov/health/diseases-and-condition/information-on/coronavirus/**](http://www.longbeach.gov/health/diseases-and-condition/information-on/coronavirus/)

***Coronavirus Testing for the Uninsured***

* [**Coronavirus Testing and Treatment for the Uninsured**](http://oia.lacounty.gov)**: (800) 593- 8222.** To sign up for care, please contact: Health Services Department (844) 804- 0555 or My Health LA (844) 744-6452.

***Immigrants and Coronavirus Testing***

* **Immigrants in Los Angeles County,** like all Angelinos, are worried about the coronavirus outbreak. Moreover, some immigrants are afraid that getting tested or treated will affect their immigration status. Please **contact your Office of Immigrant Affairs for help: 800-593-8222, oia.lacounty.gov.**

***Welcome to 211 LA County***

* **211 LA** is the central source for providing information and referrals for all health and human services in LA County. Our 2-1-1 phone line is open 24 hours, 7 days a week, with trained Community Resource Advisors prepared to offer help with any situation, any time.
* [Tips for Keeping Children Healthy While School’s Out](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html)

**Resources for Parents**

***Talking to kids and supporting kids during COVID-19***

* [Parenting during Coronavirus](https://mhanational.org/blog/parenting-during-coronavirus)
* [Talking to Kids about COVID-19](https://childmind.org/article/talking-to-kids-about-the-coronavirus/)
* [Cómo hablar con los niños sobre el coronavirus](https://childmind.org/article/como-hablar-con-los-ninos-sobre-el-coronavirus/)
* [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)
* [Parent Caregiver guide to Helping Families Cope with Covid 19](https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019)
* [Guia de ayuda para padres y cuidadores para ayudar a las familias a enfrentar la enfermedad COVID-19](https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019-sp)
* [Supporting Kids During the COVID-19 Crisis](https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20)
* [How to Avoid Passing Anxiety on to Your Kids](https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20)
* [Talking to Kids about Fear and Violence](https://mhanational.org/talking-kids-about-fear-and-violence)
* [The Parent Guide to Resilience](https://resilienceguide.org/)
* [List of Live Webcams, Virtual Tours, and Virtual Field Trips](https://docs.google.com/spreadsheets/u/1/d/1NGi3CzD0gY7Dq83dtX_Oa4LDVdU0qkew251N6LQk-Fw/htmlview?usp=sharing&sle=true)
* [Scholastic Learn at Home Free Resources](https://classroommagazines.scholastic.com/support/learnathome.html)
* [Smithsonian Distance Learning Resources](https://learninglab.si.edu/distancelearning)
* [Virtual Field Trips from Discovery Education](https://www.discoveryeducation.com/community/virtual-field-trips/)
* [Free Learning Resources from Lakeshore Learning Materials](https://www.lakeshorelearning.com/resources/free-resources?ref=hpS2)
* [List of Education Companies Offering Free Subscriptions due to School Closings](https://docs.google.com/spreadsheets/d/1RRv9cENXMp1frTxMmGv3HrNkag6e2RqRZirpHSRzy44/htmlview?fbclid=IwAR2MZ-TSoBtsMKjDXdjAcYmPfOhbx6x8cn62FXDBh4xrDVvSqhdz1IfGXz0&sle=true#gid=0)

***Employment***

* [JOB PORTAL Resource:](https://lajobportal.com/) For those whose jobs have been impacted by COVID-19, this website enables unemployed or underemployed Angelenos to find and apply to job opportunities across all industries, so they can start working right now.
* [Pacific Gateway](https://www.pacific-gateway.org/): For those who are seeking a list of businesses who are hiring now and childcare information.

***Legal Assistance***

* Legal Aid Foundation of Los Angeles - **Legal Aid Foundation of Los Angeles**

Legal Aid Foundation of Los Angeles is a nonprofit law firm that protects and advances the rights of the most underserved – leveling the playing field and ensuring that everyone can have access to the justice system. Every year, LAFLA provides free, high-quality legal services to more than 100,000 people living in poverty across Greater Los Angeles. We help people with civil legal issues related to housing (including eviction defense), domestic violence, immigration, government benefits, employment, student loan issues, and more.

To apply for help, call LAFLA at 800-399-4529 or visit our website: [LAFLA.org](https://www.lafla.org/). We also have COVID-19 resources for community members available on our website: <https://lafla.org/stories-events/lafla-coronavirus-response/>.

[***Pandemic EBT Card***](https://cdss.ca.gov/home/pandemic-ebt)

* Due to Coronavirus (COVID-19), children who are eligible for free or reduced-price meals at school will get extra food benefits. These food benefits are called [Pandemic EBT or P-EBT benefits](https://cdss.ca.gov/home/pandemic-ebt). P-EBT benefits help families in California buy food when schools are closed because of the coronavirus emergency.

Families will get up to $365 per eligible child on their P-EBT card to use on food and groceries.

Families with children who get CalFresh, Medi-Cal or Foster Care benefits do not need to apply. Most will get their P-EBT card in the mail during the month of May. P-EBT cards will begin arriving around May 12, 2020.

### **Resources for Caregivers**

* [Caregiving for a Person with a Mental Illness](https://www.mhanational.org/caregiving-person-mental-illness)
* [Care for Caregivers: Tips for Families and Educators](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/care-for-caregivers-tips-for-families-and-educators)
* [Caregiver Action Network](https://www.caregiveraction.org/)
* [National Alliance for Caregiving](https://www.caregiving.org/)
* <https://covid19k12counseling.org/caregiver-resources>

**Suicide Prevention Resources**

**LBUSD Social Worker**

***Sheri Koller, LCSW, PPSC: School Social Worker***

[***skoller@lbschools.net***](mailto:skoller@lbschools.net)***; (657)204-4024* (Google Voice number)**

**\*\* Refer to the FRC section of this resource guide for crisis phone numbers and mental health supports.**

**Undocumented Community Resources**

* Resource guide created by California Immigrant Youth Justice Alliance available at<https://ciyja.org/covid19/>
* CHIRLA (Coalition for Humane Immigrant Rights Los Angeles) has a free hotline you can call if you think you have the Coronavirus at 888-624-4752. In California, immigrants have access to emergency care regardless of immigration status. More information here: [Community Education](https://www.chirla.org/avada_portfolio/community-education/).
* <https://legalaidatwork.org/blog/relief-funds/> A list of relief funds for undocumented workers in California.

***Disaster Relief Assistance for Immigrants***

The California Department of Social Services (CDSS) is administering the Disaster Relief Assistance for Immigrants Project (“Project”). The project provides one-time disaster relief assistance to undocumented adult immigrants impacted by COVID-19, who are ineligible for most other forms of pandemic assistance, including direct assistance under the CARES Act and unemployment insurance.1 CDSS-funded nonprofit organizations will distribute $75 million2 in disaster relief assistance to an estimated 150,000 undocumented adult immigrants. Nonprofit organizations will begin providing these disaster assistance services in May.

**Direct Assistance:** Eligible undocumented adult immigrants may receive one-time COVID-19 disaster relief assistance at a value of $500. A limit of two undocumented adults per household can receive this assistance (maximum assistance of $1,000 per household).

**Eligibility Criteria:** Nonprofit organizations will assess individuals for assistance eligibility based on further guidance from the Department. At a minimum, an eligible individual must provide information that (1) they are an undocumented adult (person over the age of 18); (2) not eligible for federal COVID-19 related assistance, including CARES Act tax stimulus payments or pandemic unemployment benefits; and, (3) has experienced a hardship as a result of COVID-19.

**Assistance Delivery:** CDSS will select immigrant-serving community-based nonprofit organizations to conduct targeted outreach, application assistance, and delivery of the disaster relief assistance to eligible individuals. The list of the selected nonprofit organizations will be available in May. The identified organizations have existing agreements with CDSS to provide immigration services and have the expertise and experience to assist immigrants with other wrap around supports including direct delivery or referrals to legal, social, health and mental health services.

These nonprofit organizations will prioritize reaching low-income undocumented adults across the numerous ethnic and language immigrant groups in California.

Nonprofit staff will assist applicants in filling out an online form located on a centralized web portal developed by a nonprofit organization with CDSS funding. The selected organizations will deliver the assistance directly to qualified individuals. Based on their organizational capacity, nonprofit staff may use a variety of methods to provide outreach, application assistance, document verification, and assistance delivery. Staff may communicate with applicants telephonically, online (e.g. video conferencing), or in-person with proper physical distancing to ensure the health and safety of staff and applicants.

**Privacy Protections:** The information provided to the nonprofit organizations, including the operator of the web portal, will only be used to confirm eligibility. The organizations will not provide any personal information (e.g. name, address, etc.) to any government agency as part of this project. The organizations will provide general demographic information (e.g. age, gender, preferred language, etc.) to the CDSS.

**Philanthropic Partnership:** The Project is designed as part of a public-private collaboration with Grantmakers Concerned with Immigrants and Refugees (GCIR). GCIR’s **California Immigrant Resilience Fund** will work alongside the state investment to support regions of California with less nonprofit infrastructure and capacity that may require more administrative flexibility.

**Regional Funding Distribution:** Below is the proposed regional distribution of the direct assistance funding based on regional estimates of the undocumented population of California and a minimum allocation of $5 million per region:3

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Region** | **Counties** | **% of State Undocumented Population** | **Funding by Region** | **# of individuals served**  **(@$500/pp)** |
| **Northern California** | Alpine, Amador, Butte, Calaveras, Colusa, Del Norte, El Dorado, Glenn, Humboldt, Lake, Lassen, Mendocino, Modoc, Napa, Nevada, Placer, Plumas, Shasta, Sierra, Siskiyou, Sonoma Tehama, Trinity | 3% | $5,000,000 | 10,000 |
| **Central Valley** | Fresno, Kern, Kings, Madera, Mariposa, Merced, Mono, Sacramento, San Joaquin, Stanislaus, Sutter, Tulare, Tuolumne, Yolo, Yuba | 13% | $10,000,000 | 20,000 |
| **Central Coast** | Monterey, San Benito, San Luis Obispo, Santa Barbara, Santa Cruz, Ventura | 8% | $5,000,000 | 10,000 |
| **Bay Area** | Alameda,Co ntra Costa, Marin, San Francisco, San Mateo, Santa Clara, Solano | 20% | $15,000,000 | 30,000 |
| **Inland Empire** | Inyo, Riverside, San Bernardino | 9% | $7,500,000 | 15,000 |
| **San**  **Diego** | Imperial, San Diego | 7% | $5,000,000 | 10,000 |
| **Orange** | Orange | 9% | $7,500,000 | 15,000 |
| **Los Angeles** | Los Angeles | 31% | $20,000,000 | 40,000 |

***Asistencia para inmigrantes afectados por un desastre***

El Departamento de Servicios Sociales de California (CDSS) está administrando el Disaster Relief Assistance for Immigrants Project (Proyecto de Asistencia para Inmigrantes Afectados por la Pandemia de la COVID-19, o “Proyecto”). Aunque los adultos inmigrantes indocumentados no califican para la mayoría de las otras formas de asistencia por desastre, incluyendo la asistencia directa bajo la Ley CARES y el programa de Seguro del Desempleo1, el Proyecto les brinda asistencia por medio de un pago único si han sido afectados por la COVID-19. Ciertas organizaciones sin fines de lucro financiadas por el CDSS distribuirán $75 millones2 en asistencia por desastre a unos 150,000 inmigrantes adultos indocumentados.

Estas organizaciones comenzarán a brindar estos servicios de asistencia por desastre en mayo.

**Asistencia directa:** Los inmigrantes adultos indocumentados elegibles pueden recibir un pago único de $500 por la pandemia de la COVID-19. Un máximo de dos adultos indocumentados por hogar puede recibir esta asistencia (asistencia máxima de $1,000 por hogar).

**Criterios de elegibilidad:** Las organizaciones sin fines de lucro evaluarán a las personas para determinar su elegibilidad de acuerdo con las directrices adicionales del Departamento. Como mínimo, una persona elegible debe proporcionar información de que (1) es un adulto indocumentado (persona mayor de 18 años); (2) no es elegible para la asistencia federal relacionada con la COVID-19, incluyendo los pagos de estímulo de la Ley CARES o los beneficios de desempleo debido a la pandemia; y (3) ha tenido dificultades como resultado de la COVID-19.

**Entrega de la asistencia:** El CDSS seleccionará organizaciones sin fines de lucro que estén basadas en la comunidad y que sirvan a inmigrantes para realizar actividades específicas de alcance comunitario, ayudar con las solicitudes y entregar los pagos a personas elegibles. La lista de organizaciones sin fines de lucro seleccionadas estará disponible en mayo. Las organizaciones identificadas tienen acuerdos existentes con el CDSS para proporcionar servicios de inmigración y tienen los conocimientos y la experiencia para ayudar a los inmigrantes con otros apoyos que incluyen la entrega directa o derivaciones a servicios legales, sociales, de salud y de salud mental.

Estas organizaciones priorizarán a los adultos indocumentados de bajos ingresos de los numerosos grupos de etnias e idiomas inmigrantes en California.

El personal de estas organizaciones ayudará a los solicitantes a completar un formulario en línea ubicado en un portal web centralizado, que fue desarrollado por otra organización sin fines de lucro con fondos del CDSS. Las organizaciones seleccionadas proporcionarán la asistencia directamente a las personas que califican. Basándose en su capacidad organizativa, el personal puede usar una variedad de métodos para realizar actividades de alcance comunitario, ayudar con las solicitudes, verificar documentos y entregar la asistencia. El personal puede comunicarse con los solicitantes por teléfono, en línea (por ejemplo, por videoconferencia) o en persona con una distancia física adecuada para proteger la salud y seguridad del personal y los solicitantes.

**Protecciones de privacidad:** La información proporcionada a las organizaciones sin fines de lucro, incluyendo al operador del portal web, solamente se utilizará para confirmar la elegibilidad. Las organizaciones no proporcionarán ninguna información personal (por ejemplo, nombres, direcciones, etc.) a ninguna agencia gubernamental como parte de este proyecto. Las organizaciones proporcionarán información demográfica general (por ejemplo, edad, género, idioma preferido, etc.) al CDSS.

**Asociación filantrópica:** El Proyecto está diseñado como parte de una colaboración pública- privada con Donantes Interesados en los Inmigrantes y Refugiados (Grantmakers Concerned with Immigrants and Refugees, o GCIR). El **Fondo de Resiliencia de Inmigrantes de California (California Immigrant Resilience Fund)** de los GCIR trabajará junto con la inversión estatal para apoyar a las regiones de California con menos infraestructura y capacidad sin fines de lucro que pueden requerir de más flexibilidad administrativa.

**Distribución regional de fondos:** A continuación se muestra la distribución regional propuesta de la financiación de asistencia directa basada en estimaciones regionales de la población indocumentada de California y una asignación mínima de $5 millones por región:3

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Región** | **Condados** | **% de la población indocumentada del estado** | **Financiación por región** | **# de personas atendidas ($500/pp)** |
| **Norte de California** | Alpine, Amador, Butte, Calaveras, Colusa, Del Norte, El Dorado, Glenn, Humboldt, Lake, Lassen, Mendocino, Modoc, Napa, Nevada, Placer, Plumas, Shasta, Sierra, Siskiyou, Sonoma Tehama, Trinity | 3% | $5,000,000 | 10,000 |
| **Valle Central** | Fresno, Kern, Kings, Madera, Mariposa, Merced, Mono, Sacramento, San Joaquin, Stanislaus, Sutter, Tulare, Tuolumne, Yolo, Yuba | 13% | $10,000,000 | 20,000 |
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| **Área de la Bahía** | Alameda, Contra Costa, Marin, San Francisco, San Mateo, Santa Clara, Solano | 20% | $15,000,000 | 30,000 |
| **Imperio Interior** | Inyo, Riverside, San Bernardino | 9% | $7,500,000 | 15,000 |
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| **Orange** | Orange | 9% | $7,500,000 | 15,000 |
| **Los Angeles** | Los Angeles | 31% | $20,000,000 | 40,000 |

**The Long Beach Unified School District wishes you and your family the very best during this difficult time. The division of student support services team will continue to work tirelessly to continue to serve students and families. Please continue to follow the Centers for Disease Control and Prevention (CDC) COVID-19 guidelines to help slow transmission of the virus and in particular to protect yourself and others.**

**Respectfully,**

**Tiffany Brown, Ed.D. │Assistant Superintendent │Office of School Support Services │TMBrown@lbschools.net**

**Erin M. Simon, Ed.D. │Director │Division of Student Support Services │ESimon@lbschools.net│(949) 436-9812 (Google Voice number)**