COVID-19 And Social Distancing
A Checklist for Parents of Kids with Severe Mental Health Conditions

1. Review your safety/crisis plan
   - How is social distancing affecting your child’s baseline behavior?
   - What parts of your crisis plan do you need to alter?
   - What resources do you need to reconsider?
   - What other crisis mental health services are available in your area?

2. Check your child’s medication supply
   - Do you have an adequate supply of your child’s medication(s)?

3. Contact mental healthcare providers
   - What is their policy on individual therapy?
   - Do they offer telehealth resources?
   - What will your insurance cover?

4. Establish new routines
   - How can your child get regular physical activity?
   - When can you schedule learning activities? When is play time?
   - Do you have a dedicated space for studying?

5. Consider siblings’ needs
   - Are otherwise mentally healthy children struggling right now?
   - What can you do to ensure all of your kids’ emotional needs are being met?

6. Avoid power struggles
   - Are you picking your battles wisely?
   - Where can you be flexible with your kids?
   - How can you involve your child in setting appropriate limits?

7. Take care of you
   - When can you have a virtual "coffee date" with a loved one?
   - How can you maintain regular exercise and sleep schedules?
   - What’s one thing you can do today to bring yourself joy?

Read the full blog at 1in5minds.org/blog. Call 210-582-6412 for Clarity Child Guidance Center’s Crisis Services Department.