

# 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](https://1in5minds.org/blog). Call 210-582-6412 for Clarity Child Guidance Center's Crisis Services Department.