



Resources for Students and Families: Dealing with the Economic Crisis Revised May 9, 2011

The current economic situation has impacted almost everyone, some much more than others. Some students and their families are struggling for basic necessities like food, clothing and shelter. Others have to find different ways to fund post-secondary education. In any case, many different types of needs are manifest in the students and families that come to the schoolhouse door. Those working in schools need resources and ideas to provide to students and families dealing with the economic crisis.

Listed below are some of the links the Texas School Health Advisory Committee has located that may assist school personnel to help those impacted by the economic downturn.

Texas-specific resources:

- The Texas Homeless Network
www.thn.org
- 2-1-1 Texas: directory information for a variety of human needs services
www.211texas.org/211
- The Salvation Army- Texas Division
www.salvationarmytexas.org/salvationarmytexas
- The American Red Cross: enter your zip code for local chapter assistance
www.redcross.org
- Texas Department of Agriculture – SquareMeals.org
www.squaremeals.org/fn/home/page/0,1248,2348_0_0_0,00.html
- Texas A&M AgriLife Extension (Cooperative Extension Agencies) – Family and Consumer Sciences
<http://fcs.tamu.edu/>
- Texas Health and Human Services Commission
www.hhs.state.tx.us/index.shtml
- Texas Department of State Health Services
www.dshs.state.tx.us

From the National Child Traumatic Stress Network at www.nctsnet.org:

- Coping in Hard Times: Facts Sheet for Youth High School and College Age
- Coping in Hard Times: Fact Sheet for School Staff

From the National Association of School Psychologists at www.nasponline.org :

- Helping Children Cope in Unsettling Times: Tips for Parents and Educators
www.nasponline.org/families/unsettlingtimes.pdf
- Coping in Unsettling Times: Tips for Students
www.nasponline.org/families/unsettlingtimes_students.pdf
- Helping Homeless Students – Article for Secondary School Principals
www.nasponline.org/resources/principals/nassp_homeless.aspx
- Homeless Students in the Schools: Information for Educators
www.nasponline.org/resources/principals/nasp_homeless.pdf
- Responding to the Mental Health Needs of Students – Article for Secondary School Principals
www.nasponline.org/resources/principals/School-Based%20Mental%20Health%20Services%20NASSP%20Sept%202006.pdf
- Supporting Children's Mental Health: Tips for Parents and Educators
www.nasponline.org/resources/mentalhealth/mhtips.aspx
- School-Wide Methods for Fostering Resiliency—Article for Secondary School Principals
www.nasponline.org/resources/principals/schoolresiliency.pdf
- Resilience: Strategies for Parents and Educators – PowerPoint for use by school mental health providers
<http://nasp.informz.net/z/cjUucD9taT00NTMwNzQmcD0xJnU9NzUxOTUyMDk3JmxpPTE1ODUyNzA/index.html>
- Building Resiliency: Helping Children Learn to Weather Tough Times – Parent Article
www.nasponline.org/communications/spawareness/spweek2005_resilho.aspx
- Positive Behavior Intervention and Supports (PBIS)
www.nasponline.org/communications/webpage/pbis.txt
- Stress in Children and Adolescents
www.nasponline.org/families/stress08.pdf
- Helping Transition to a New School: Tips for Parents in Tough Economic Times
www.nasponline.org/educators/transition_newschool.pdf
- New Schools for Students with Disabilities: Tips for Families Who Have Been Relocated
www.nasponline.org/educators/relocatedfamilies_newschools.pdf

From the Center for Mental Health in Schools at UCLA:

- School Interventions to Prevent and Respond to Affect and Mood Problems
www.smhp.psych.ucla.edu/pdfdocs/quicktraining/affectandmood.pdf
- Anxiety, Fears, Phobias and Related Problems: Intervention and Resources for School Aged Youth
<http://smhp.psych.ucla.edu/pdfdocs/Anxiety/anxiety.pdf>
- Children and Poverty
www.smhp.psych.ucla.edu/qf/p1102_01.htm
- Enhancing Classroom Approaches for Addressing Barriers to Learning: Classroom-Focused Enabling
<http://smhp.psych.ucla.edu/pdfdocs/contedu/cfe.pdf> - Especially pages 23-36
- Resilience/Protective Factors
www.smhp.psych.ucla.edu/qf/resilience.html

Other Web sites:

- American Psychological Association Help Center – The Road to Resilience
www.apa.org/helpcenter/road-resilience.aspx
- Search Institute – Developmental Assets
www.search-institute.org/assets
- Ohio State University – Fostering Resilience In Children
<http://ohioline.osu.edu/b875/index.html>
- Mental Health America of Texas
www.mhatexas.org
- SchoolMentalHealth.org
www.schoolmentalhealth.org

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