

DONATE



Resource Guide

Dear families, friends, professionals, & community partners,

We hope this finds you and your family healthy and well. The past few weeks have been an uncertain time for many families.

This month's Insider looks a bit different. We created a resource guide to help highlight some resources that may be useful to your family during this challenging and stressful time. **This is not meant to be a comprehensive guide and we encourage you to reach out to the MN Adopt HELP Warmline to get specific supportive resources for your needs and/or your family's needs.**

If you have any questions about this resource guide or if you're looking for supportive services, please don't hesitate to reach out to the HELP Warmline by phone (612) 746-5137 or email help@mnadopt.org.

Stay Informed - National & Local Updates

- **Center for Disease Control & Prevention (CDC):**
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- **Minnesota Department of Health (MDH):**
<https://www.health.state.mn.us/diseases/coronavirus/index.html>
- **Center for the Study of Traumatic Stress (CSTS):**
<https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response>

Parenting Resources

Articles

- **Child Mind Institute:** [*Supporting Kids during the Coronavirus*](#)
- **National Child Traumatic Stress Network (NCTSN):** [*Simple activities for children and adolescents: Parenting while sheltering in place*](#)
- **NCTSN:** [*Parent/Caregiver Guide for Helping Families Cope with Coronavirus Disease \(COVID-19\)*](#)
- **McLean Hospital, Harvard Medical School Affiliate:** [*Caring for Your Mental Health Despite the Coronavirus*](#)

MN ADOPT Webinar Library

- [*From 0-60 and Back Again: De-escalation and crisis management strategies for parents*](#) with Ed Morales
- [*Defiance & Disrespect: Battles over homework and chores*](#) with Brenda Benning
- [*What's the Meaning of This? Getting a New Perspective on Your Child's Behavior*](#) by Bonnie Harris, M.S. Ed
- [*Hand in Hand Parenting: Simple Practice that Heal Children with Trauma*](#) by Maya Coleman, Ph.D. and Patty Wipfler

Health & Wellness

Telehealth / Telemedicine Coverage

Contact your medical and mental health providers to ask about their telehealth process so you can continue receiving necessary care at your residence (i.e. by phone or video conference call). Telehealth services should be covered by your insurance company according to an emergency bill Governor Walz passed in Minnesota on 3/17/20 (see the emergency bill below). The emergency bill states that health insurance companies “shall not exclude or reduce coverage for a health care service or consultation solely because the service or consultation is provided via telemedicine directly to a patient at the patient’s residence.” This includes all mental health services provided by a licensed Mental Health Professional (LICSW, LPCC, LMFT, LADC). See Article 3, page 8 of bill SF No. 4334 for more information:

https://www.revisor.mn.gov/bills/text.php?session=ls91&number=SF4334&session_number=0&session_year=2019&version=list&format=pdf

At-Home Health & Wellness Activities

- **YMCA 360** - YMCA's YouTube channel that include yoga and fitness videos all under 30 minutes to keep you moving: <https://ymca360.org/>
- **Spirit of the Lake Yoga** - Based in Minnesota, Spirit of the Lake is now offering dozens of free weekly yoga classes as often as three times a day. The virtual classes are free and accessible on computers and mobile devices. Learn more here: <https://www.spiritofthelakeyoga.com/virtual-class-info>
- **Waking Up Meditation Course** - Meditation course led by neuroscientist Sam Harris. Currently offering a free subscription for those unable to pay. Email support@samharris.org. Learn more: <https://wakingup.com/>
- **Calm Corner Feelings Check-In & Calming Strategies Choice Board** by Counselor Keri: <https://shop.counselorkeri.com/products/calm-corner-feelings-check-in-and-calming-strategies-choice-board-for-a-file-folder>
- **Mindfulness Activities for Kids** by Blissful Kids: <https://blissfulkids.com/mindfulness-and-the-brain-how-to-explain-it-to-children/>
- **GoNoodle** - Movement and mindfulness videos created by child development experts for kids: <https://www.gonoodle.com/>
- **Cosmic Kids Yoga** - <https://www.youtube.com/user/CosmicKidsYoga>

Managing Stress and Anxiety

- **Centers for Disease Control and Prevention:** [*Stress and Coping*](#)
- **Calm:** [*Free Mindfulness and Meditation Exercises*](#)
- **Headspace:** [*Free access to Headspace for both healthcare professionals and educators, as well as a free ToolKit for everyone*](#)

At-Home Learning Activities for Kids & Teens

- **20 Learning Activities to Keep Kids Busy** by Understood.org: <https://u.org/3deWGvH>
- **Top 25 Podcasts for Kids & Teens** by Common Sense Media: <https://www.common Sense Media.org/blog/the-best-podcasts-for-kids>
- **Free Audible Books** – Audible is offering free streaming of audiobooks while schools are closed: <https://stories.audible.com/start-listen>

- **Scholastic Learn at Home** – Day-by-day projects to keep kids reading, thinking, and growing:
<https://classroommagazines.scholastic.com/support/learnathome.html>
- **Starfall** – Activities and games that assist children in growing their reading capacity K-3. <https://www.starfall.com/h/>

Online Groups for Parents & Caregivers

- **NACAC Online Groups** - NACAC has several online groups hosted through private Facebook groups for adoptive, foster, and kinship caregivers. To join NACAC's online groups visit their website or complete their Online Group survey by clicking the link below.

Online Group Survey: <https://www.surveymonkey.com/r/PCGCJ72>

NACAC Group Webpage: <https://www.nacac.org/connect/support-for-minnesota-adoptive-families/>

- **Adoption.com** - This online forum option has been identified from numerous adoptive, foster, kinship and birth parents to be a helpful way to be connected with, and learn from, other parents around the country (and world). People can read and share their experiences in whatever way feels right for them.

Website: <https://adoption.com/forums>

- **Family Voices of Minnesota** (not adoption-specific) - Family Voices provides virtual support groups for parents with a child who has special health care needs or disabilities. They also have a parent-to-parent peer support program where you will get connected with another parent who has a child with similar needs or experiences.

Phone: (612) 440-1609

Email: connected@familyvoicesmn.org

Website: <http://familyvoicesofminnesota.org/parent-groups>

- **NAMI Online Parent Resource Support** (not adoption-specific) - NAMI Minnesota's online Parent Resource group is the perfect solution for parents who cannot attend a group in person. You can talk live to real people from the comfort of our home by using a computer, tablet, or smartphone to connect to your peers. These groups are help parents discover resources to meet the challenges of raising a child with a mental illness, learn coping skills, and develop problem-solving skills.

Contact: Jennie at jenniebrinkworth@gmail.com

Website: <https://namimn.org/support/resource-groups-parents-children/>

- **NAMI Parent Warmline** (not adoption-specific) - Feeling isolated and overwhelmed by your child's behaviors or mental illnesses? Not sure

where to start or who to talk to? No time to attend support groups or classes? Even phone calls a challenge? Connect with a Certified Peer Specialist through NAMI's parent email warmline.

Phone Warmline: (651) 288-0400 or text "Support" to 85511

Email Warmline: parent.resources@namimn.org

- **Attachment Trauma Network** (not adoption-specific) - ATN hosts private, online peer-to-peer support groups that are moderated 24/7 by experienced therapeutic parents. These groups are for families providing primary care to a child with attachment and trauma issues. ATN will place you in a group that best meets your needs based on the information you provide. Membership is FREE for parents and caregivers.

Website: <https://www.attachmenttraumanetwork.org/needhelp/#supportgroups>

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*Excludes Beyond Consequences:
8-part series

Podcasts & Blogs to Follow

- **AdoptUSKids Blog** - Stories from adoptees, adoptive families, and adoption caseworkers. Blog: <https://blog.adoptuskids.org/category/family-life/>
- **Harlow's Monkey Blog** – Discusses transracial and transnational adoption. Blog: <https://harlows-monkey.com/>
- **April Dinwoodie Podcast** – Candid interviews that discuss & unravel all matters surrounding adoption. Podcast: <https://aprildinwoodie.com/the-podcast>
- **Out of the Fog Podcast**– Aims to break the shame and isolation surrounding the lives of those affected by family separation through frank and open conversation. Podcast: <http://www.outofthefog.news/>

- **EmbraceRace Blog**– Community of support for raising kids in a world where race matters

Blog: <https://www.embracerace.org/resources/articles>

Webinars: <https://www.embracerace.org/resources/webinars>

Action Guides: <https://www.embracerace.org/resources/action-guides>

Book & Film Lists

- **Tapestry Books** – Specializes in adoption related books and resources for adoptive families, birth families, adoptees, and adoption professionals. Website: <https://tapestrybooks.com/>
- **Center for Adoption Support & Education (C.A.S.E.)** – Adoption-focused book lists, film lists, and factsheets. Website: <https://adoptionssupport.org/education-resources/for-parents-families/free-resources-links/>
- **Jessica Kinglsey Publishers, Adoption List** – Lists reviews by professionals and families on books related to adoption, trauma and parenting. Website: <https://www.jkp.com/usa/parenting/adoption.html>
- **EmbraceRace** – Lists of multicultural and diverse books from around the web. Website: <https://www.embracerace.org/resources/childrens-books>

Stay Connected

Stay connected to loved ones, colleagues, and even medical providers with video conferencing. There are several free options to choose from accessible by phone, computer, and tablet:

- **Zoom** – First 40 minutes of a call is free. Learn more: <https://zoom.us/>
- **Google Hangouts** – Free up to 10 participants, need a Gmail account. Learn more: <https://hangouts.google.com/>
- **Skype** – Free up to 50 participants, unlimited amount of time. Learn more: <https://www.skype.com/en/>

Online Safety

Zero Abuse Project

The Zero Abuse Project provides useful tips and resources to help promote online safety for kids and teens.

Check out their Online Safety Tips, Social Media Tips for Parents, Cyberbullying Prevention, and more on the Zero Abuse Project website:

<https://www.zeroabuseproject.org/victim-assistance/jwrc/keep-kids-safe/online-safety/>

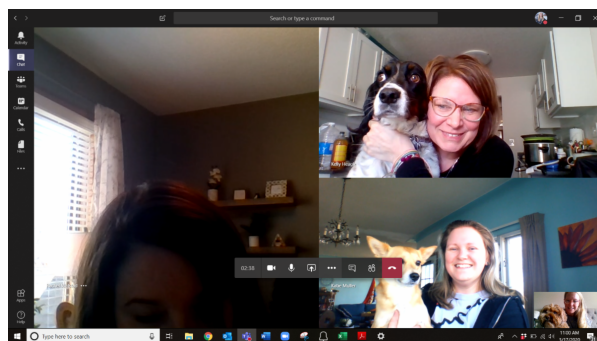
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