



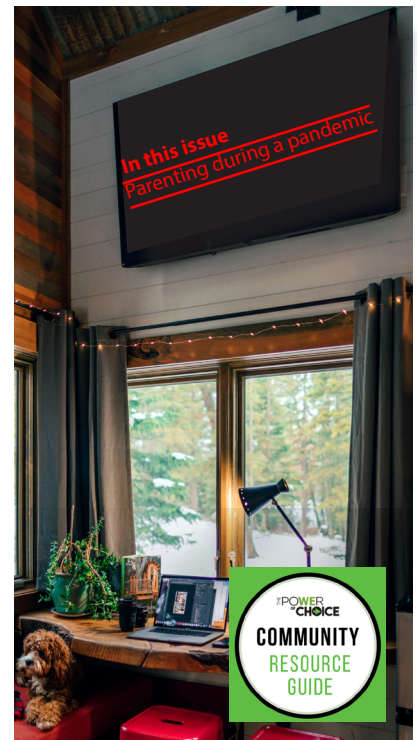
## HUNKERING DOWN HEALTHY RESILIENCE IN TRYING TIMES

March 9, 2020, JB Pritzker, Governor of Illinois, declared all counties as a disaster area from a new, rapidly spreading, acute respiratory illness. Beginning March 17, 2020, all public and nonpublic school buildings were mandatorily closed by the Illinois State Board of Education to prevent the spread of the novel coronavirus 2019 (COVID-19). E-learning plan flexibility was granted to keep students and teachers healthy during the statewide shelter-in-place order. The Illinois Department of Public Health asked school administrators to identify strategies to continue education and services. To that end, social service organizations, including 360 Youth Services, continue delivery of critical services to youth such as shelter, meals, counseling and prevention.

The Power of Choice recognizes teens at home are trying to adjust to missing their routines with their friends, family and teachers during these unprecedented times. Parents can echo the routines at home. To that end, below are tips shared by local educators and social workers to create new routines. Parts of the day can be dedicated to what reduces stress for you and for your family. Building in time to focus on ourselves is crucial for resiliency. Mental health is important to staying well. When possible, plan to make some fun whether it's cooking together or watching movies. Simple activities can be very powerful in managing these trying times.

### IDEAS FOR PARENTS THAT COMMUNICATE SAFETY DURING SHELTER-IN-PLACE

**1. People thrive on a schedule so establish a home routine while staying accessible; your teen may decide to study or read nearby.** Limit yourself to 30 minutes of morning news to start the day with lower stress. If you are able to work in a common area such as the kitchen, it may feel like a cafe if not a classroom. Your student may soon plug in the tablet or laptop, gather snacks, and check-in with their favorite teachers about assignments. Of course, it's not all work. Getting up to flip through a magazine or take a call from a friend signals that they too are expected to take breaks. (Continued)



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Resilience in trying times
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- 3 MANAGING COVID-19 FREAKOUTS  
Simple graphic for sheltering-in-place

### RESOURCES FOR YOU

- Surgeon General
- National Institute on Alcohol Abuse and Alcoholism
- Substance Abuse and Mental Health Services Administration
- Centers for Disease Control and Prevention
- National Institute on Drug Abuse

### IN PARTNERSHIP WITH

The Power of Choice is a project of 360 Youth Services, Naperville School District 203, Indian Prairie School District 204, Naperville Police Department, KidsMatter and District 203 and 204 Parents. Survey and data analysis provided by Center for Prevention Research and Development (CPRD) at the University of Illinois.

### POWER OF CHOICE CONTACT

HIGH SCHOOL CAMPAIGN COORDINATOR  
Janyce Hamilton  
E-mail: [jhamilton@360youthservices.org](mailto:jhamilton@360youthservices.org)



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The Spring poster for our local District 203 & 204 high school students



**IN PARTNERSHIP WITH** 82% of our students choose to be alcohol-free (past 30-day time frame). Source: 2018 Winnetka Youth Survey District 203 & 204 High Schools Additional Questions Report, N=11,127 District 203 & 204 high school students. Survey and data analysis provided by CPOD at the University of Illinois.

The Power of Choice is a project of 380 Youth Services, Naperville School District 203, Indian Prairie School District 204, Naperville Police Department, KidsMatter and District 203 & 204 parents. For additional resources visit: [thepowerofchoice.info](http://thepowerofchoice.info)

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Connect with us on social media



## RESILIENCE IDEAS (continued)

2. Keep connected using video chats, phone calls, messages, and social media tags with "this reminded me of you" in the message. Parents and teens are finding texting falls short during this period of social distancing. Explore technology together to talk with relatives especially grandparents. Embrace the awkwardness of checking in with those not usually contacted with a phone call or a video chat. Reaching out to others and staying in touch is a family activity that brings a little sunshine to all. Little things will be the big things that get you through this.

3. Take time for fresh air and movement for distance from the chaos. Try seeking out a bit of morning positivity or stretches courtesy of YouTube. Add a midday walk, some yoga or a bike ride to burn off angst and channel excess energy.

4. Reassure the family that things are going to be OK. Big stuff is happening in our world. Teens are looking to parents for signs of safety when they get a bit shaky. Put yourself in their shoes. It's hard processing what it means for them. Allow them to have a range of emotions. Let them know that you get it that this is difficult for them. It's OK to admit that you feel concern too. Honesty is a sign of strength. Reassure them that the family will get through this, and that they are safe. Tell them washing hands, covering coughs protects us and those not as strong and healthy.



## RESOURCES TO COPE FOR PARENTS AND KIDS

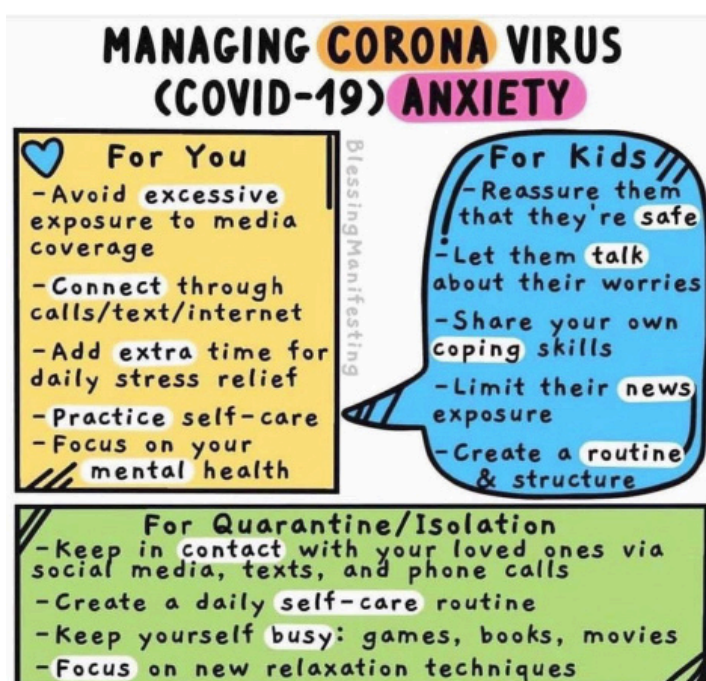
When parents and caregivers manage the COVID-19 outbreak relatively calm and confident, coping without relying on alcohol and other addictive substances, they can provide the best support for their children. In addition, parents can be more reassuring if they are better prepared. Here are relevant resources and activities.

- **Learn about a social cause together that can be supported remotely:** <https://www.dosomething.org/us>
- **30 days of free ebooks adults and students enjoy:** [https://www.scribd.com/readfree?utm\\_source=readfree](https://www.scribd.com/readfree?utm_source=readfree)
- **Free eyoga classes:** CorePower Yoga On Demand.
- **Stress management from CDC:** <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- **More help needed?** The National Alliance on Mental Illness hosts online communities exchanging support and encouragement. Discussion Groups can easily be joined by visiting [www.nami.org](http://www.nami.org) or call 800.950.6264, 8 am-4 pm.

Teens react to how the adults around them handle challenging situations. COVID-19 can create secondary traumatic stress, calling for calm over dramatic. Those with a history of self-medicating or other unhealthy coping can reach out to friends and family for distraction and support, or engage in activities usually enjoyed for alleviating stress.

**THE POWER OF CHOICE**

To be a role model may not be at the top of your mind during a pandemic. Yet, your kids are watching for insight about what is happening. Remember to take breaks, get plenty of sleep, exercise, and eat well. Connect with others. Avoid alcohol, marijuana, tobacco and other drugs. Parents who share family expectations will help establish clear guidelines for staying safe and healthy during this global crisis. Keep in mind that in the worst times, some of the best times emerge.



Graphic for preventing and managing COVID-19 freakouts.