

# BUILDING BRIDGES & BHS

## GOLD MINE OF COVID-19

### DANE COUNTY RESOURCES

Basic Needs: Food, Shelter, Utilities, Finances, etc.	
Link:	Description
<a href="#">Basic Needs Resources in Dane County</a>	Food resources, shelters, eviction, WiFi, utilities, unemployment, Metro bus info, etc. (from MMSD)
<a href="#">Free Meal Sites at Dane County YMCAs</a>	Information about free meals at YMCA branches for all children and adults in Dane County.
Community Economic Relief Fund 1-866-211-9966	Help with bills, rent and food.
<a href="#">Prescriptions at Walgreen's</a>	Information on free prescription delivery.
<a href="#">Kwik Trip free delivery</a>	Kwik Trip is waiving all delivery fees through EatStreet to help people get essential items they need while at home practicing "social distancing."
<a href="#">Free and reduced-cost internet</a>	Information from the Public Service Commission of Wisconsin (PSC).
Sassy Cow	Sassy Cow has a "Kindness Cooler" and is providing free milk to the community. They set up a cooler right outside their store and anyone can stop by to grab what they need. Sassy Cow's address is W4192 Bristol Rd, Columbus, WI 53925.
<a href="#">Link to sign up for stimulus payments for the population that doesn't/isn't required to file taxes.</a>	Free online form to complete so that the IRS can identify a person and their dependents, and receive valid direct deposit and address information. This information allows the IRS to calculate a person's eligibility and send the Economic Impact Payment.
<a href="#">Help with diapers, formula and meals.</a>	Reach Dane - enrolling ages 0-5 in Early Head Start and Head Start. Offering help with diapers, formula and meals. Enrollment: (608) 577-6934

<p>Micentro.org</p> <p><a href="#">Spanish</a> <a href="#">English</a></p>	<p>Centro Hispano request for assistance. For residents of Dane County who do not have a work permit/not eligible to receive government and unemployment benefits (undocumented status OR those who are a business owner with ITIN), and have experienced income reductions or lost employment due to the COVID-19 pandemic, you are eligible for this fund. Please fill out this form and someone will be contacting you as soon as possible. If you need help to fill out this online form, please call (608)-255-3018.</p>
<p>Today Not Tomorrow.</p> <p>Basic material necessities and some financial assistance.</p>	<p>Today Not Tomorrow, Inc. has received \$18,000 from the COVID-19 Emergency Fund. This fund will support families with basic material necessities, ranging from baby wash, diapers, OTC medications to lactation supplies and overcome barriers, such as transportation issues. This funding will not be used for the relief of financial hardship through rental assistance, bill payment, etc. If you have baby needs, you can request by email: <a href="mailto:TNTEmergencyAssistance@gmail.com">TNTEmergencyAssistance@gmail.com</a> or text 608-770-9588. These funds are available from April 1 through May 31, 2020.</p>
<p><a href="#">Food Resources</a></p>	<p>Food resource information. Locations, days and times locations are open.</p>
<p>Free Laundry Service</p>	<p>Chapel Valley has a free laundry service, Laundry Love, the second Wednesday of every month. They meet at the Little Big Load at 2815 Todd Dr., across from the 7-Eleven, from 6:30pm-8:00pm. Everyone is encouraged to come. <b>Scheduled</b> dates are listed at the bottom.</p> <p>I am in communication with the owners of the Laundromat and am beginning a plan on how we can continue to serve the community, while also following the state and federal social distance guidelines.</p> <p>Another church, The Journey, host Laundry Love on the same nights. A good contact for them is Julie Haack -- <a href="mailto:info@journeymadison.com">info@journeymadison.com</a></p>

	<p>Chapel Valley's next three Laundry Love events as of, March 21st.</p> <p>April 8th 6:30pm-8:00pm  May 13th 6:30pm-8:00pm  June 10th 6:30pm-8:00pm</p> <p><b>Times and Dates are subject to change.</b>  Steve Smith - Outreach Coordinator  Chapel Valley Church  608-219-2250 (Personal)</p>
<a href="#">Emergency Funds</a>	Boys and Girls Club of Dane County list of Emergency Fund Grant recipients. Organizations, contact information and what the grant can be used for.
<a href="#">Child Care request</a>	WI Dept of Children and Families - online form for essential workers to request child care and get help in connecting to child care providers.
<b>Child and Adolescent Mental Health Resources and Activities</b>	
Link:	Description
<a href="#">COVIBOOK</a>	A book and other resources for communicating about the Coronavirus with kids.
Social Story: <a href="#">“WHY CAN’T I GO TO SCHOOL?”</a>	Answers the question, “Why Can’t I Go to School?” in simple and reassuring terms. Available in Burmese, Chinese, Danish, English, German, HMONG, Italian, Japanese, Korean, Polish, Punjabi, Serbian / Croatian / Bosnian, Sinhala, Spanish, Swahili, Teluga, Turkish and Urdu.

<a href="#">Stay at Home Care Package by Big Life Journal</a>	Ten (10!) pages of indoor activities for children, teens, and families.
<a href="#">WI Public Television At-Home Learning Broadcasts</a>	Article & program schedule for curriculum-related programs related to WI DPI academic standards.
<a href="#">How to Help Teens Shelter in Place</a>	Article copied into a google doc.
<a href="#">COVID-19: Five Helpful Responses for Families</a>	Free resources including routines and schedules, breathing techniques, creating safe places, social stories, and more from Conscious Discipline.
<a href="#">Home School Bundle</a>	Printables to mail home to students. Organize your day with this class schedule, keep track of all the books you've read, or design your own book covers!
<a href="#">Drawing and Writing Activities</a>	Blank comic book pages, special activities, "How to Draw..." instructions, "Finish This Comic!" comics, and drawing/writing prompts. More activities added regularly.
<a href="#">PE Daily with Mr. Joe</a>	YouTube exercise videos for kids.
<a href="#">Cosmic Kids Yoga</a>	Yoga, mindfulness and relaxation designed specially for kids aged 3+.
<a href="#">Storyline Online</a>	YouTube channel with celebrities reading children's books.
<a href="#">Video Links for Kids</a>	Google doc with links to live streaming at aquariums, National Park and museum tours, art activities, science experiments, etc.
<a href="#">DPI resources that focus on mental health and wellness during school closure</a>	<p>The WI Dept. of Public Instruction Student Services/Prevention and Wellness Team created a document with mental health and wellness resources organized by the four topic areas below:</p> <ul style="list-style-type: none"> <li>• General Mental Health and Wellness</li> <li>• Child and Adolescent Mental Health and Wellness</li> <li>• Parent, Caregiver, and Educator Mental Health and Wellness</li> <li>• Positive Parenting and Safe Home Environments</li> </ul>

Parent and Caregiver Mental Health and Wellness Resources	
Link:	Description
<a href="#">COVID-19 &amp; Your Mental Health: A Comprehensive Resource Guide</a>	A compilation of mental health resources by the Peak Resilience Team from the Greater Vancouver Area in Canada
<a href="#">Tips to Maintaining a Semblance of Normality</a>	Activities for adults and kids and for families to do together. Links to homework help, parenting strategies, mindfulness techniques, cooking classes, fitness, podcasts, etc.
<a href="#">Managing Stress in Stressful Times</a>	Tips for children and adults.
<a href="#">That Discomfort You're Feeling is Grief</a>	Article from Harvard Business Review.
<a href="#">Supporting Families During COVID-19</a>	Resources from the Child Mind Institute.
<a href="#">Alcoholic Anonymous</a>	Phone & online meetings.
<a href="#">SMART Recovery Online Resource</a>	To connect to recovery meetings remotely.
<a href="#">Parents and Caregivers Compassion Resilience Toolkit, from WISE and Rogers' InHealth Dept.</a>	The content is designed to build upon parents' and caregivers' compassion resilience, covering such topics as compassion in action, compassion fatigue, expectations, boundaries, modeling and wellness practices. Though designed for facilitators, individuals could also benefit from reviewing this content on their own and reflecting on their parenting practices.
Regional Centers for	Open for phone support.

Children & Youth with Special Needs Southern Regional Center 1-800-532-3321	
<a href="#">Compassion Resilience during COVID -19</a>	9 Compassion Resilience blog posts and videos specific to resilience during COVID-19.
<a href="#">DPI resources that focus on mental health and wellness during school closure</a>	The WI Dept. of Public Instruction Student Services/Prevention and Wellness Team created a document with mental health and wellness resources organized by the four topic areas below: <ul style="list-style-type: none"> <li>• General Mental Health and Wellness</li> <li>• Child and Adolescent Mental Health and Wellness</li> <li>• Parent, Caregiver, and Educator Mental Health and Wellness</li> <li>• Positive Parenting and Safe Home Environments</li> </ul>
<a href="#">St. A's, The compassion curve</a>	Caring for ourselves and others in COVID-19
<a href="#">The Center for Healthy Minds COVID-19 Wellbeing Kit</a>	Guided meditations, webinars, resources, information, discussions, interviews, and more.
<a href="https://evanss85.wixsite.com/virtualcalmingroom">https://evanss85.wixsite.com/virtualcalmingroom</a>	Virtual Calming room put out by the Social Emotional learning coach at Oregon school district.
<b>Positive Parenting and Safe Home Environments</b>	
Link:	Description
National Parent Helpline: 1-855- 4A PARENT (1-855-427-2736)	Call the National Parent Helpline to get emotional support from a trained Advocate to become an empowered and stronger parent. Available: Monday through Friday, 8am- 5pm
<a href="#">Positive Parenting &amp;</a>	The American Academy of Pediatrics provides positive

<a href="#">COVID-19: 10 Tips to Help Keep the Calm at Home</a>	parenting and healthy approaches to discipline.
<a href="#">Managing Problem Behavior at Home</a>	The Child Mind Institute provides concrete steps to manage child behavior and effectively respond to problem behavior.
<a href="#">CDC Parenting Videos and Many Parenting Resources</a>	The CDC provides videos of positive parenting skills. The second link brings you to the main parenting page that has interactive tools on how to handle common parenting challenges, articles, resources by child age, and more.
<a href="#">Parenting Handouts and Worksheets</a>	University of Washington Medicine Harborview Medical Center provides a large list of links to helpful parenting handouts and worksheets such as caregiver behavior plans, guidelines for effective discipline, and tracking behavior (Spanish versions also available).
<a href="#">Behavior Problems</a> - Article and Resources	The Child Mind Institute provides information and articles to help explore the best way to handle behavior problems in children including sibling fighting, lying, tantrums, and discipline.
<a href="#">Tips for Coping with a New Baby During COVID19</a>	The American Academy of Pediatrics provides practical suggestions and additional resource links for new parents.
<a href="#">Talking to young kids about COVID</a>	Short book to support and reassure children, under the age of 7, regarding the COVID-19. This book is an invitation for families to discuss the full range of emotions arising from the current situation.
<a href="#">Tips for families - Ways to retain some semblance of normal in very un-normal times</a>	Activities for adults and kids and for families to do together. Links to homework help, parenting strategies, mindfulness techniques, cooking classes, fitness, podcasts, etc.
<a href="#">Family Media Plan</a>	Helps families think about technology use/media & create goals & rules that are in line with their values. Also available in Spanish.
Regional Centers for Children & Youth with Special Needs Southern Regional Center 1-800-532-3321	Open for phone support.
<a href="#">DPI resources that focus on mental health and</a>	The WI Dept. of Public Instruction Student

<a href="#">wellness during school closure</a>	<p>Services/Prevention and Wellness Team created a document with mental health and wellness resources organized by the four topic areas below:</p> <ul style="list-style-type: none"> <li>• General Mental Health and Wellness</li> <li>• Child and Adolescent Mental Health and Wellness</li> <li>• Parent, Caregiver, and Educator Mental Health and Wellness</li> <li>• Positive Parenting and Safe Home Environments</li> </ul>
<a href="#">Resources to provide learning at home</a>	<p>Online teaching resources from Common Sense Media, Wide Open School.</p>
<b>Educator Mental Health and Wellness</b>	
<a href="#">Teaching Through a Pandemic: A Mindset for This Moment</a>	<p>Article from Edutopia.</p>
<a href="#">Free Headspace app for Educators</a>	<p>Meditation and mindfulness practices for Educators.</p>
<a href="#">DPI resources that focus on mental health and wellness during school closure</a>	<p>The WI Dept. of Public Instruction Student Services/Prevention and Wellness Team created a document with mental health and wellness resources organized by the four topic areas below:</p> <ul style="list-style-type: none"> <li>• General Mental Health and Wellness</li> <li>• Child and Adolescent Mental Health and Wellness</li> <li>• Parent, Caregiver, and Educator Mental Health and Wellness</li> <li>• Positive Parenting and Safe Home Environments</li> </ul>



<b>Madison/Dane County/Wisconsin-specific COVID Information</b>	
<a href="#">Madison Resources for Impacts of COVID-19</a>	This document was created to collect resources for alleviating <i>primarily non-medical problems</i> caused by the public emergency surrounding COVID-19. These issues include financial, emotional, logistical, and childcare challenges. Resources have been collected from news articles, local Facebook groups, grassroots organizations, etc.
<a href="#">United Way COVID-19 Response</a>	From United Way Dane County. Call 211 for financial assistance, food resources, housing search, addiction treatment, health care, mental health, or heating and utilities assistance. Specialists will talk to you to find out what you need and walk you through all the options to find the right service or program to fit your needs. We use <a href="#">Language Line</a> services and are able to use interpreters fluent in over 240 languages.
<a href="#">COVID-19 Request/Referral for help from Greater Madison Resource Center</a>	Complete the Google doc and the organization will do their best to meet needs of individuals and families.
From NAMI Dane County: <a href="#">Mental Health Resources Available to Help Cope with the COVID-19 Pandemic</a>	Online support groups, support lines and emails, virtual Family-to-Family course, and OnDemand NAMIBasics course options.
<a href="#">Extended School Closure for Students with IEPs due to COVID-19</a>	From the Wisconsin Department of Public Instruction.
WI “Safer at Home” Order <a href="#">ENGLISH</a> <a href="#">SPANISH</a>	In plain language (just 3 pages!) from the Literacy Network.
Restorative Justice Hotline	Available to facilitate restorative conversations and help connect

(Dane County TimeBank) 1-866-758-7887	people with community resources. If you are having difficulties with friends, family members, neighbors or anyone else, we can help talk you through the situation to reach an understanding. With a focus on healing and understanding we hope this service can be used as an alternative to police interaction.
<a href="#">Madison Public Library Virtual Library Card</a>	Access 71,000 digital books, audiobooks, videos and more by filling out an online form.
<a href="#">Dane County Homelessness COVID-19 Resource Guide</a>	This guide is intended for homeless services providers to find resources and information on cancellations and closures in one place. It will be updated as new information comes available Please go to <a href="#">Public Health Madison &amp; Dane County</a> for the most recent information on what is happening in our community.

**CRISIS PHONE NUMBERS**

Dane County 24 Hr Crisis Line	(608) 280-2600
National Suicide Prevention Lifeline	(800) 273-TALK (8255)
National Hopeline Network	(800) SUICIDE (784-2433)
National Youth Crisis Hotline	(800) 442-HOPE (4673)
National Helpline for Substance Abuse	(800) 262-2463
Alcohol Hotline	(800) 331-2900
Al-Anon for Families of Alcoholics	(800) 344-2666
Alcohol and Drug Helpline	(800) 821-4357

Alcohol and Treatment Referral Hotline	(800) 252-6465
National Domestic Violence Hotline	(800) 799-7233
National US Child Abuse Hotline	(800) 422-4453