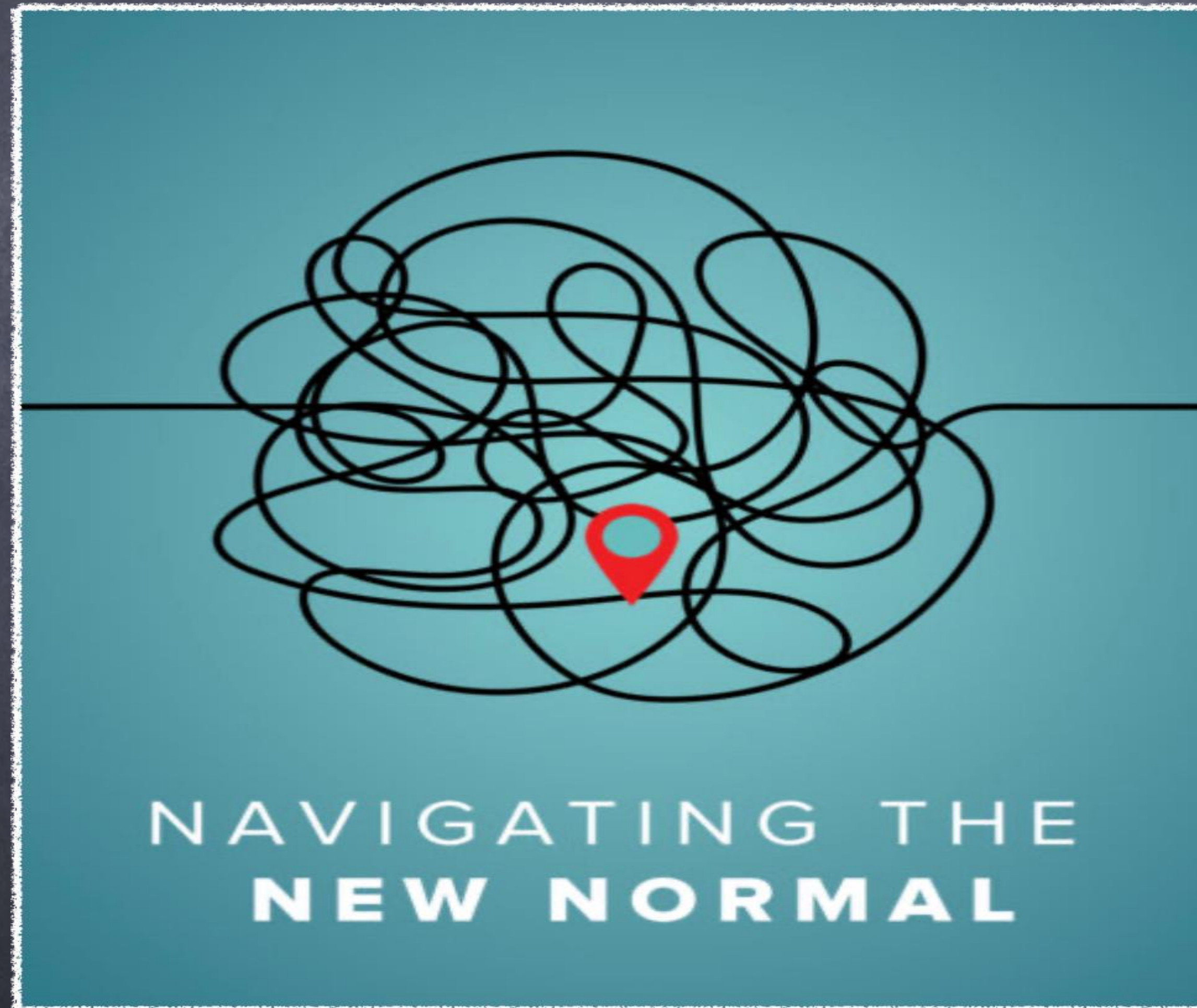


Local Community Resource Links



RIALTO UNIFIED SCHOOL
DISTRICT

SPECIAL EDUCATION
DEPARTMENT

Contributors:

Antoinette Bailey, LCSW

Angelica Otero, LCSW

Azita Williams, LMFT

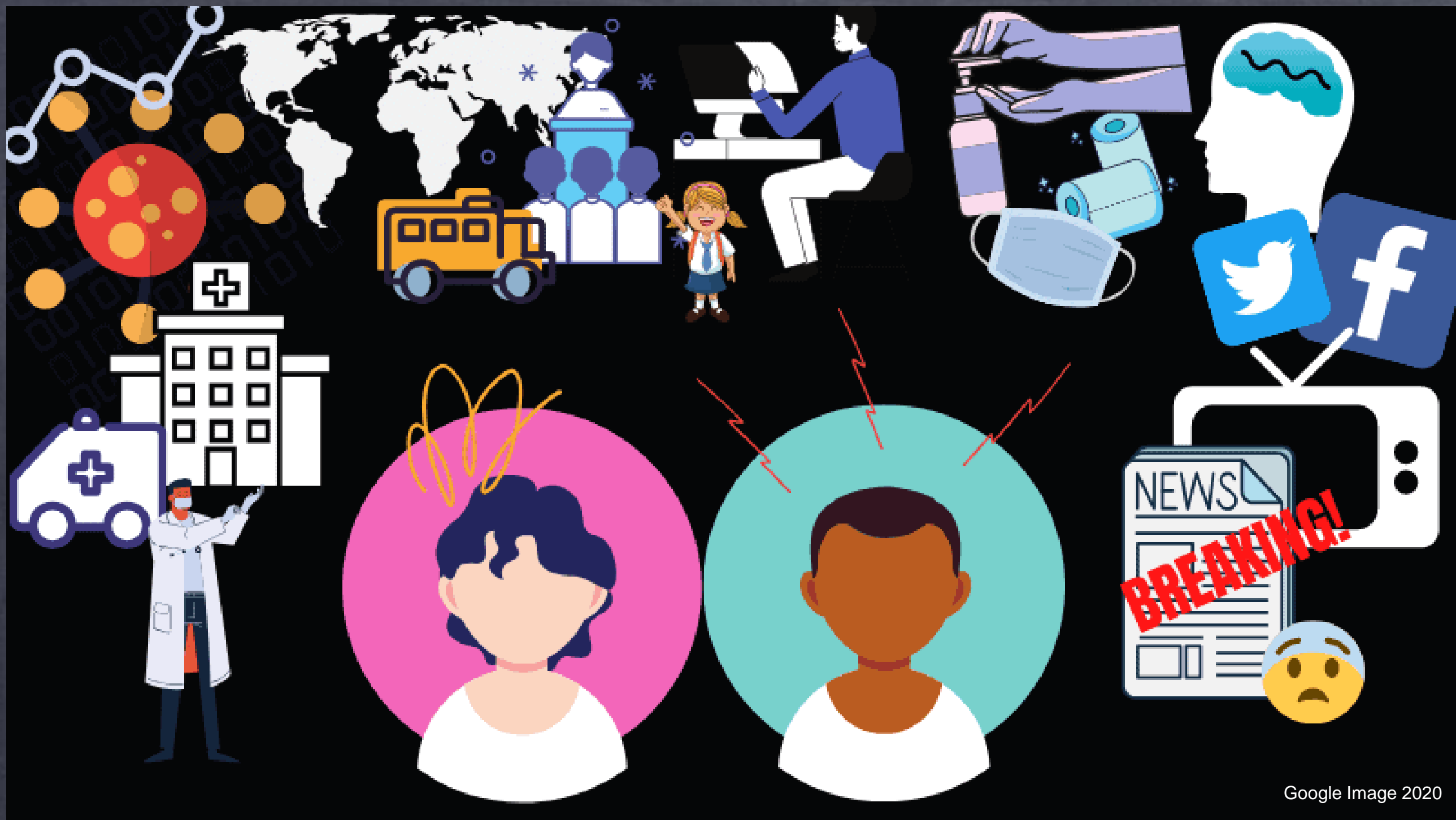
Franceen Rosales,
LCSW, PPSC

Ivonne Lizaola, LCSW

Getting help can be hard and confusing sometimes.

Individuals with health and social support needs experience “fragmentation and gaps in service delivery” (Carter, et. al, 2018, p. 1).





Google Image 2020

Warning Signs of Excessive Stress

Warning Signs of Excessive Stress

Below are symptoms you may experience if you are under excessive stress. If these symptoms last for more than 2-4 weeks and/or interfere with your relationships, work or daily functioning, you may need to [seek care](#).

Difficulty thinking clearly,
 Disorientation,
 Confusion,
 Difficulty problem-solving
 & making decisions,
 Memory issues,
 Distortion,
 Misinterpretation of
 situations & comments

Cognitive

Fear or terror,
 Perceived danger,
 Anger,
 Hostility,
 Frustration,
 Irritability,
 Deep sadness,
 Difficulty maintaining
 emotional balance

Emotional

Behavioral

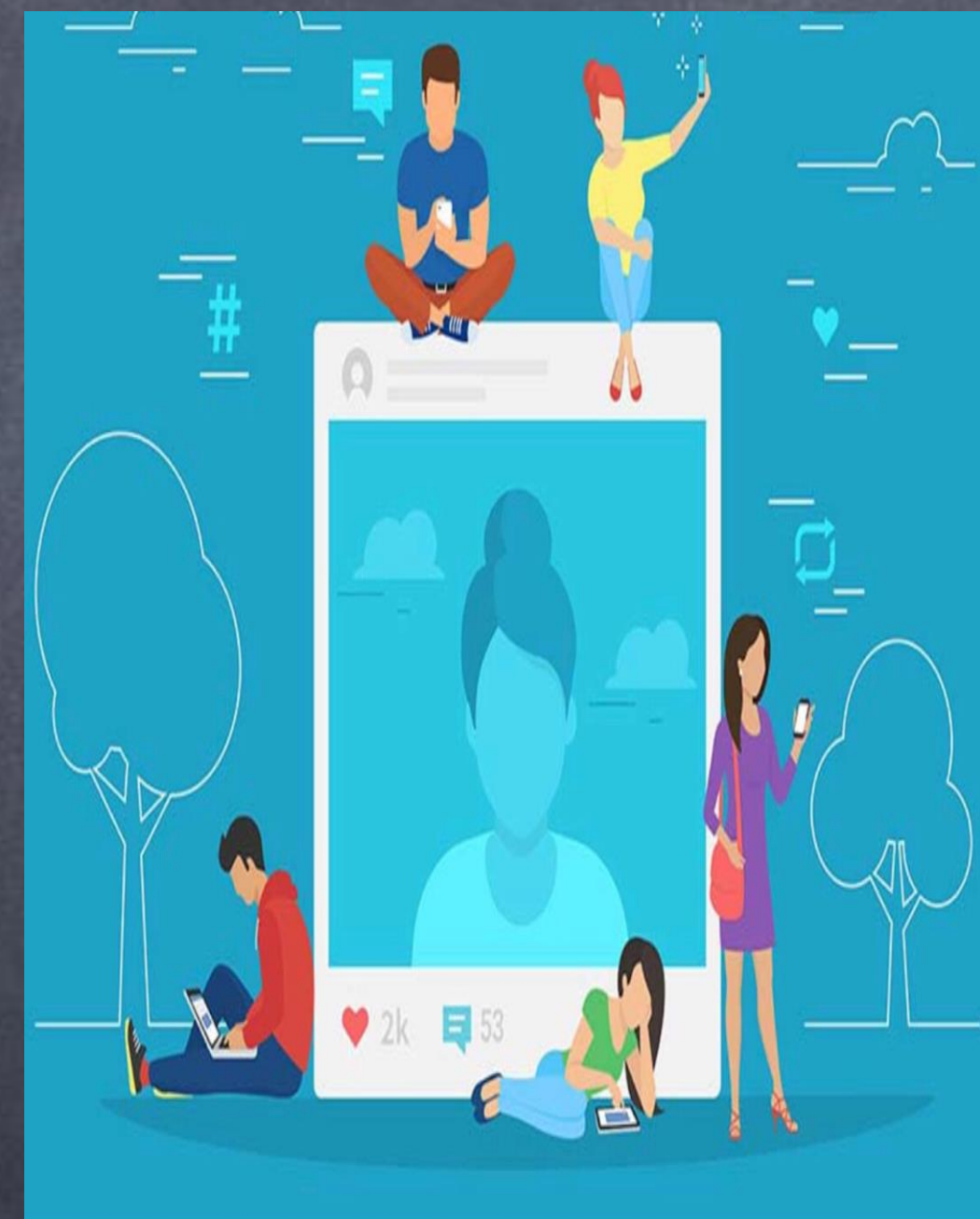
Risk-taking,
 Failure to use PPE,
 Refusal to follow orders,
 Endangerment of others,
 Increased use/misuse of
 drugs or alcohol,
 Reduced ability to support
 peers,
 Conflicts with others,
 Withdrawal,
 Isolation

Physical

Rapid heart rate,
 Palpitations,
 Muscle tension,
 Headaches,
 Tremors,
 Gastrointestinal issues,
 Nausea,
 Inability to relax,
 Trouble sleeping,
 Nightmares,
 Flashbacks,
 High adrenaline

How much time are we spending on social media & TV?

Study concluded that “frequent use of social media contributed to information overload and over concern among individuals” (Farooq, 2020, pg. 1).



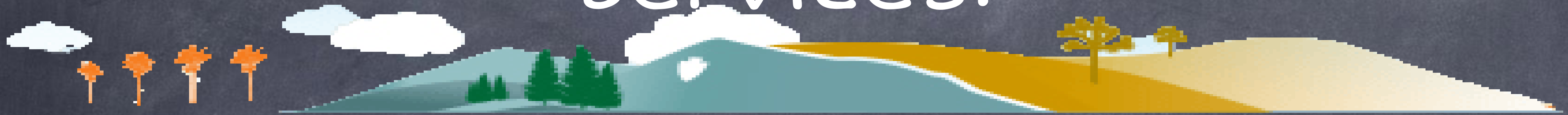
RESOURCE TOOLBOX



Google Image

Building Capacity Together—Decreasing Social Stigma—Promoting Wellness

Department of Public Social Services:



County of San Bernardino

Cash Aid for Families:

- [Calworks English Brochure](#)
- [Calworks Spanish Brochure](#)

Food Stamps for Families:

- [Calfresh English Brochure](#)
- [Calfresh Spanish Brochure](#)

Medi-Cal:

- [Medi-cal English Brochure](#)
- [Medi-Cal Spanish Brochure](#)

[Department of Public Social Services](#) <===Link

211 Services



- Food & Nutrition Programs
- Shelter & Housing Options and Utilities assistance
- Employment/Education Information
- Disaster Relief
- Health Care/Vaccinations
- Addiction Prevention/Rehabilitation Programs
- Safe & Confidential Support for Intimate Partner Violence
- Support Groups
- Services for Veterans

COVID-19 Food Resources



Rialto Child Assistance

[\(909\) 875-0141](tel:(909)875-0141)

WATER OF LIFE COMMUNITY CHURCH

Whether you're vulnerable, sick, or in need due to school or business closures, we have volunteers and resources ready to serve you. Great resource for individual/s unable to leave their home. Food delivery on Thursdays available.

[GET HELP](#)



[211 Additional Food Resources, Click Here](#)

Social Security Administration



[Social Security Administration \(SSA\)](#)

10668 Sierra Avenue
Fontana, CA 92337

Ph: (866)726-7865 • Fax: (833)571-0628

(7 Days a Week 8:00 a.m. – 4:30 p.m.)

CA Employment Development Department



[Jobs: Find job services and training available to you.](#)

[Claims: File a claim for unemployment, disability, or paid family leave benefits.](#)

[Locate An EDD Office Near You](#)


City Of Rialto CARES Act Program

Rental, Utility Bill &
Small Business
Financial Assistance



<http://www.yourrialto.com/>

CALIFORNIA COVID-19 RENT RELIEF



**CA COVID-19
RENT RELIEF**

**COVID-19 RENT RELIEF AND
EVICTION PROTECTIONS**

COVID-19 has affected us all. Whether you're a renter or a landlord, the State has protections and financial assistance to help!

Does NOT require you to show proof of US citizenship.

Utility Services

- Emergency Utility Bill Assistance
- Non Emergency Utility Bill Assistance
- Wood or Propane Purchase Assistance

Families may apply for only one of the above services annually.

Homeowners or renters may qualify for utility assistance if they meet the following requirements:

- They reside in San Bernardino County
- Total gross monthly income falls within the guidelines listed in the table.

[HEAP Utility Assistance](#)

<https://www.capsbc.org>

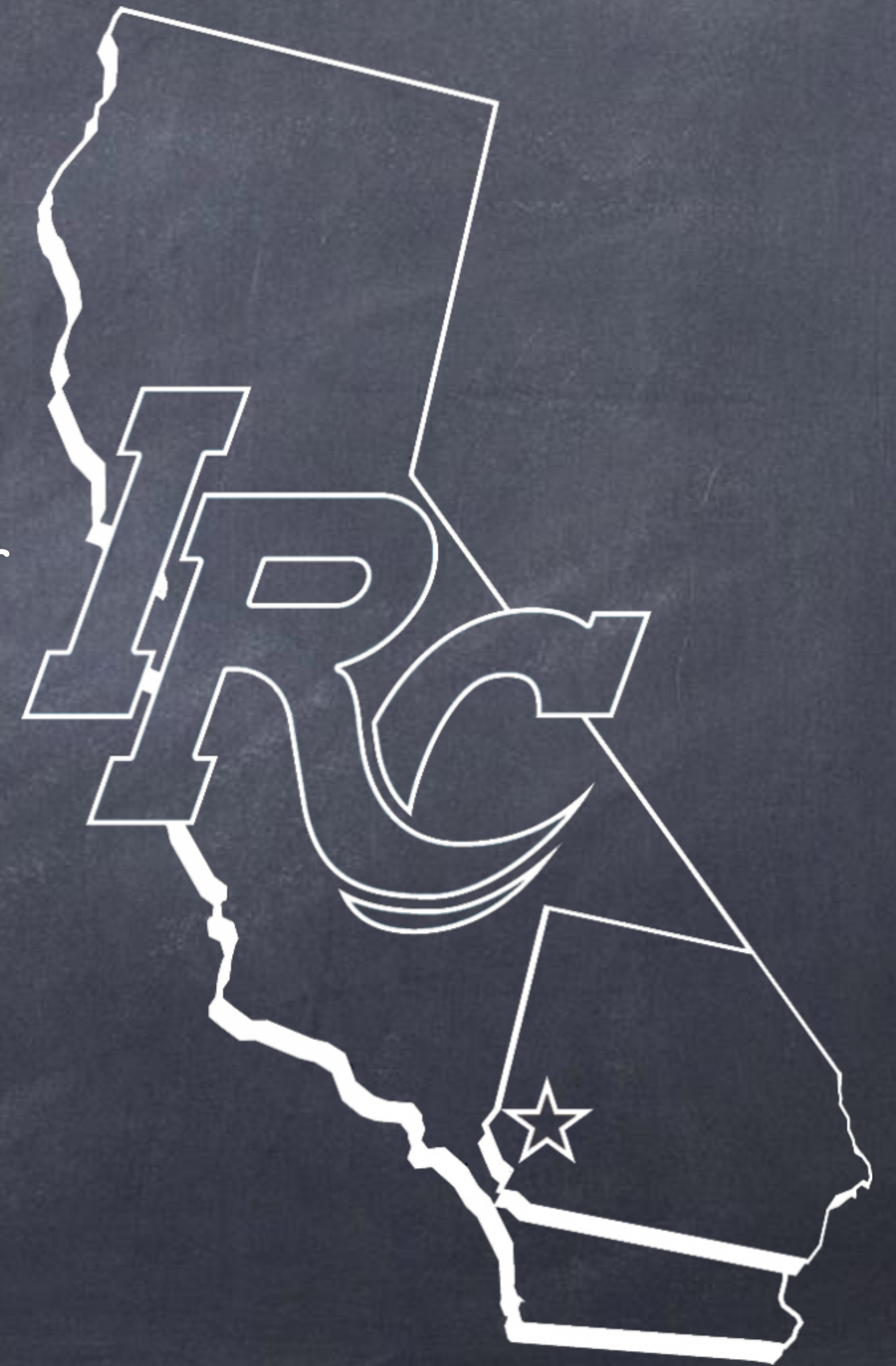


Inland Regional Center (IRC)

Provides case management and service coordination for more than 39,800 Consumers in Riverside and San Bernardino counties.

Diagnoses that could qualify a person for Regional Center services include Autism, Cerebral Palsy, Intellectual Disability, and Epilepsy.

[Is your child eligible? Click Here.](#)



Inland Empire Autism Assessment Center of Excellence

Services

comprehensive Diagnostic Evaluation (CDE)

The comprehensive diagnostic evaluation is developmentally tailored to identify the specific strengths and needs of each child.

Depending on the specific needs of the child, additional evaluation's by the transdisciplinary specialty provider team may be warranted.



In-Home ABA Providers



[Creative Solutions for Hope](http://www.cs4hope.com)



[Behavior Frontiers](http://www.behaviorfrontiers.com)



[Center for Autism and Related Disorders](http://www.cardcenter.org)

Mental Health Services



[Victor Community Support Services](#)



[South Coast Community Services](#)



[Department of Behavioral Health](#)



[National Alliance on Mental Illness](#)



[Substance Abuse and Mental Health Services Administration](#)



[Community Mental Health Services](#)

Crisis Intervention Services



Promoting Wellness,
Recovery and Resilience

Community Crisis Response Team (CCRT)

Rialto, CA 92376

Ph: (909) 421-9233 • Fax: (909) 421-9411

*Pager number (909) 420-0560

(7 Days a Week 7:00 a.m. – 10:00 p.m.)

[San Bernardino County Crisis Intervention Services](#)

[Brochure](#)

Suicide Prevention Resources

[National Suicide Prevention Lifeline](https://www.suicidepreventionlifeline.org/) (1-800-273-8255)

[American Foundation for Suicide Prevention](https://www.afsp.org/)

(1-800)273-8255 or text "TALK" to 741741

[Trevor Suicide Prevention Lifeline](https://www.trevorproject.org/) (1-866-488-7386 LGBTQ unique resources)

[Crisis Text Line](https://www.crisistextline.org/)

Text "HOME" to 741741 to text with a trained counselor for free

Suicide Warning Signs



TALK

- Experiencing unbearable pain
- Being a burden to others
- Killing themselves
- Feeling trapped
- Having no reason to live



BEHAVIOR

- Increased use of alcohol or drugs
- Withdrawing from activities
- Giving away prized possessions
- Isolating from friends & family
- Looking for a way to kill themselves, such as searching online for materials or means
- Sleeping too little or too much
- Visiting or calling people to say goodbye
- Acting recklessly
- Aggression



MOOD

- Depression
- Loss of interest
- Irritability
- Anxiety
- Humiliation
- Rage

afsp.org/signs



American
Foundation
for Suicide
Prevention

Grief and Loss



[The National Alliance for Grieving Children](#)

Find a Support Group Near You: [Click Here](#)

Psychoeducation for Families:

[Responding to Change and Loss](#)

[Respondiendo al Cambio y Perdido](#)

[Further Resources: Webinars & Psychoeducation](#)



Further Psychoeducation

[Our House Grief Support Center](#)

- [Explaining Death To Kids & Teens When Someone Dies Of Covid-19](#)
- [Grief Support Resources for Every Griever](#)

[Literatura en Espanol](#)

- [Ocho Maneras De Ayudar A Su Niño Después De La Muerte De Un Ser Querido](#)
- [Reacciones Típicas De Duelo En Los Niños](#)
- [Reacciones Típicas Del Duelo En Los Adolescentes](#)



Grief and Loss- The Compassionate Friends



GRIEVING THE LOSS OF A CHILD

TIME HAS PROVEN THAT IN CARING AND SHARING COMES HEALING

The Compassionate Friends exists to provide friendship, understanding, and hope to those going through the natural grieving process.

WWW.COMPASSIONATEFRIENDS.ORG

(This site is also accessible in Spanish)

Request a Free Bereavement Packet: [Click Here](#)

Our online support supplies encouragement and friendships.

[To access online support and private groups, click here.](#)

Find a Local Chapter: [Click Here to Find Local Support](#)

Phone: 630.990.0010

/

Toll Free: 877.969.0010



Funeral Arrangements Assistance

COVID-19 FUNERAL ASSISTANCE HELPLINE



Call the
Hotline



Confirm
Eligibility



Gather
Documents



Receive
Financial
Assistance

Apply Today by calling:
844-684-6333 | TTY: 800-462-7585
Monday - Friday from 6 a.m. to 6 p.m. PST

Child Care Resource Center (CCRC)



SAN BERNARDINO

CCRC Lobbies are closed.

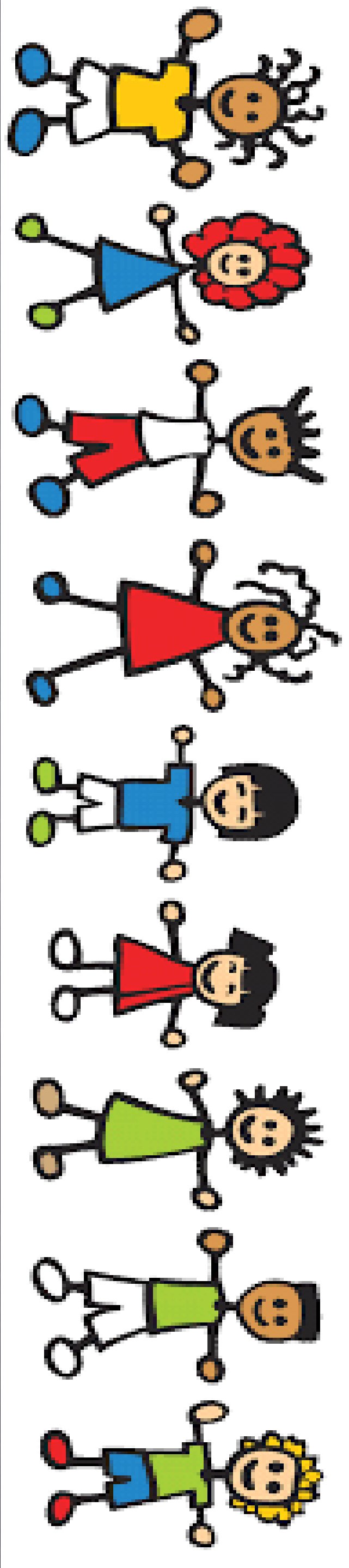
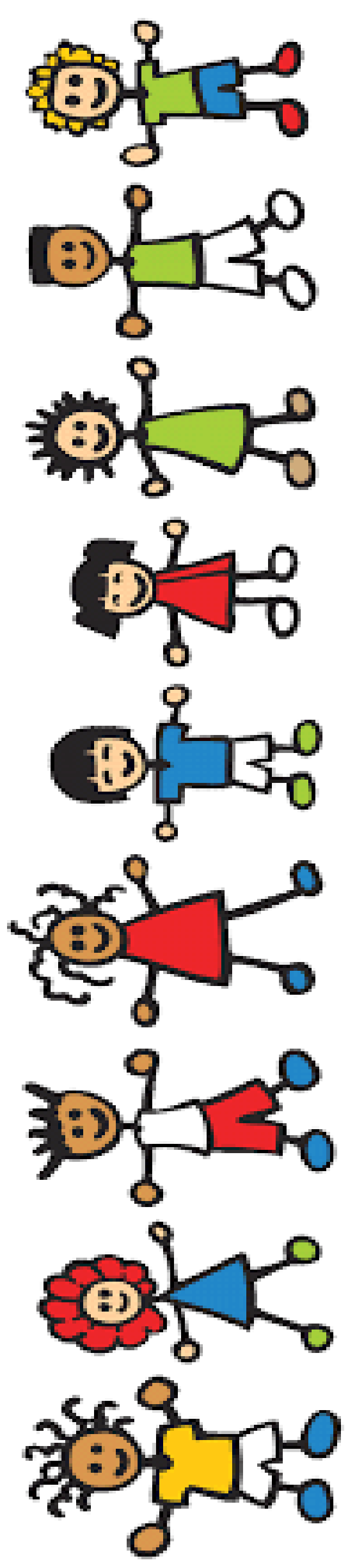
1111 East Mill Street, Suite 100

San Bernardino, CA 92408

909.384.8000

Monday - Friday: 8:00 am - 5:00 pm

[Funded Child Care and Development Options](#)



Domestic Violence Supports

[National Domestic Violence Hotline](#) (800) 799-7233

24/7, confidential and free of cost, the National Domestic Violence Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse.

[Option House, Inc.](#) Urgent Help Needed? Call (909) 381-3471

- 24-hour emergency crisis intervention, temporary emergency shelter, food, clothing and support services to victims of family violence.
- Transitional housing to promote an independent and productive lifestyle to victims of domestic violence and their children.

[Time For Change Foundation](#) (909) 886-2994

Since 2002, Time for Change Foundation (TFCF) has been assisting homeless women and children achieve self-sufficiency by providing housing and necessary supportive services.

[Veronica's House Of Mercy](#) (909) 888-9064

Veronica's Home of Mercy I and Veronica's Home of Mercy II, long-term Catholic/Christian residential homes, are committed to providing a home for adult pregnant women and their children as a healthy alternative to abortion, domestic violence, substance abuse and/or homelessness.



Sexual Assault Supports

[San Bernardino Sexual Assault Services](#)

444 North Arrowhead Avenue
Suite 101
San Bernardino, CA 92401

Services include:

- 24 hour crisis hotline
- Counseling services
- Advocacy services
- Community education services

All services are offered in Spanish and accommodations can be made for other languages and supports needed

Ph: (909)885-8884

Office hours:
M-Th 8am-5pm
F 8am-2pm



Abuse Reporting Supports

Reporting suspected child abuse or neglect

San Bernardino County

Children and Family Services (CFS)

Hotline: 1(800)827-8724

Hotline (local): (909)384-9233

Dial 211 or call your local police department

*If the situation is urgent dial 911

Reporting suspected elder/dependent adult abuse or neglect

San Bernardino County

Adult Protective Services (APS)

24 hour toll free hotline

1(877)565-2020

What information should be reported?

- The nature of specific incident(s) you are reporting and
- Date(s) and descriptions(s) of the injuries or dangers
- Identities of perpetrator(s) and their relationship/s to the child
- Witnesses to the incident(s) and how they may be reached
- Details of any physical evidence available
- The perpetrator's current access to the child
- Present condition/status of the child (for example: in need of medical attention)
- The location of the child
- Statements from the child(ren) when possible

Transitional Age Youth Resources

One Stop TAY Services

Youth ages 16 to 26 Services include:

- Outpatient Mental Health Services (Full Service Partnership (FSP))
- Case Management
- Advocacy services
- Placement Services

San Bernardino County
Department of Behavioral
Health

780 East Gilbert Street
San Bernardino, CA 92415

Ph: (909) 387-7194
Fax: (909) 387-7100



Foster Youth Resources

[Department of Children and Family Services](#)

- Crisis Hotlines
- Records
- Employment
- Diversity (LGBTQ)
- Online Resources
- Education
- Housing
- Food
- Substance Abuse

child  family
placement happiness
heart court case worker plan
Foster care
support healing trama
home hope 
 loved 
safe




Substance Related Resources

[DBH Substance Use Disorder & Recovery Resources](#)

[National Institute on Drug Abuse \(NIDA\)](#)

SAMHSA's National Helpline: (800)662-4357

Confidential, free help 24/7, 365 days a week to find treatment referral and information service for individuals facing mental and/ or substance use disorders.

[Al-anon](#): Help and hope for friends and family of alcoholics

[Find an Al-non Meeting](#)

[Alateen](#): A place just for teens affected by someone else's alcoholism

[Find an Alateen Meeting](#)

Substance Related Resources

Adolescents Residential Services

Tarzana Treatment Center
44447 10th St W
Lancaster, CA 93534
(661)726-2630 Ph
(661)940-3412 Fax

a. Youth ages 13-17

b. Requires a SCAR assessment

San Bernardino Screening Assessment & Referral Center (SARC)

(909)421-4601 Ph



MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

When You Feel STRESSED OUT



...a to-do list for young people



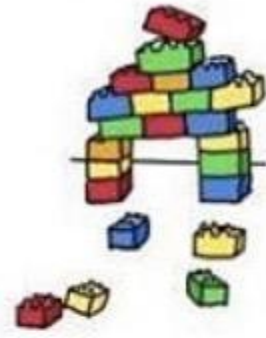
DRAW OR COLOR



UNPLUG + GO OUTDOORS



READ



BUILD SOMETHING



LISTEN TO YOUR FAVORITE MUSIC



HYDRATE



HANG OUT WITH YOUR FURRY FRIEND



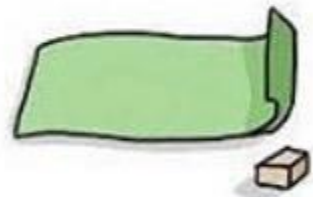
ASK FOR HELP



THINK OF HAPPY MEMORIES



USE POSITIVE SELF-TALK



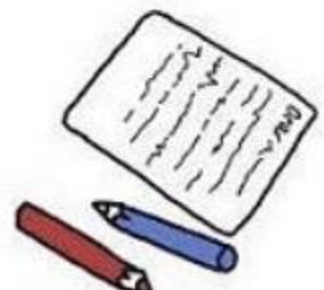
STRETCH OR DO YOGA



CLEAN + DE-CLUTTER



EXERCISE



JOURNAL OR WRITE A LETTER

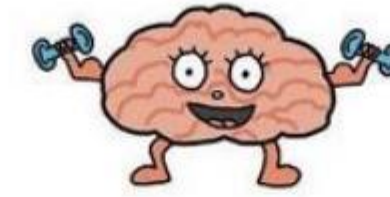


EXPRESS GRATITUDE



FOCUS ON THE GOOD

Sends a message to your brain that everything will be okay ...and, that you can get through hard things



Grows the thoughtful pre-frontal cortex part of your brain

Helps you to solve problems and find solutions



Decreases tension, stress, and anxiety

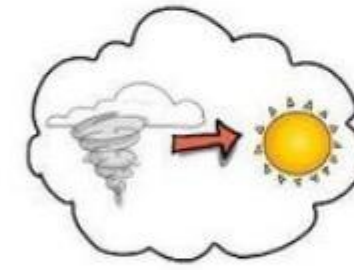


Helps you to feel more calm and capable

10 Reasons to TAKE A DEEP BREATH



Clears up foggy thinking and improves memory, attention, focus and concentration

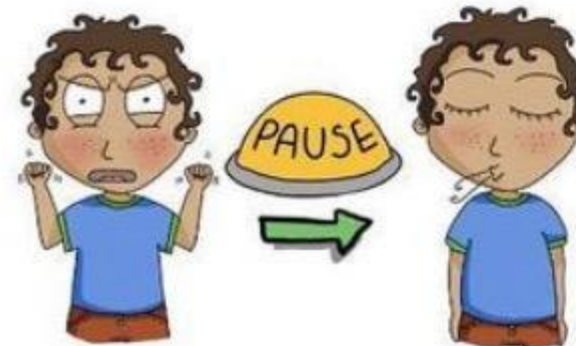


Decreases blood pressure and slows down your heart rate

Improves your immune response, keeping you stronger and healthier



Improves self-control

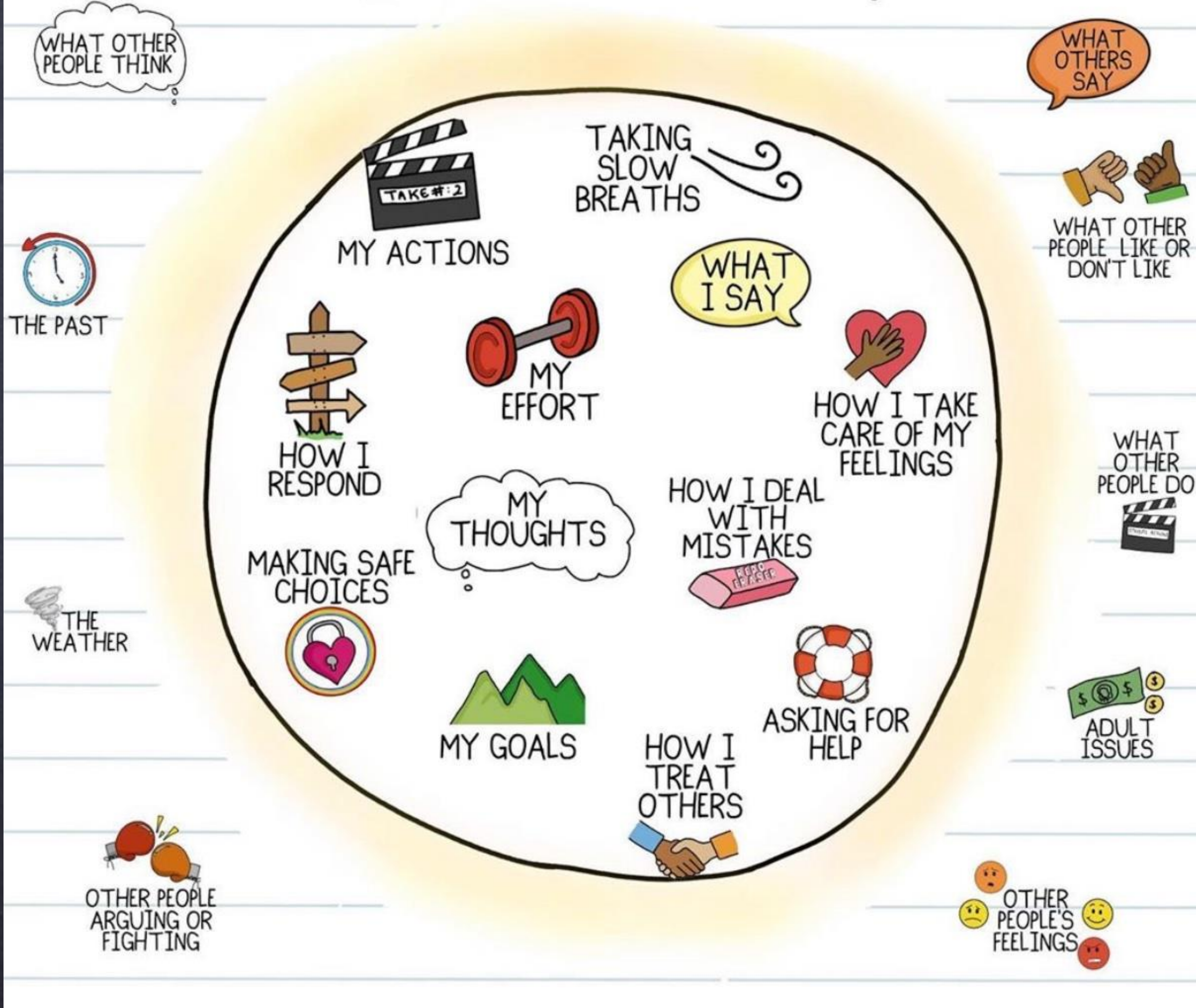


Acts like a "Pause" or "Reset" button, moving you out of a Fight-Flight-Freeze state into a Relaxed & Responsive state



FOCUS ON THE THINGS YOU CAN CONTROL for kids!

by WholeHearted School Counseling



WHOLEHearted SCHOOL COUNSELING 50 THINGS YOU CAN CONTROL

1. How you **respond** to challenges.
2. **Who** you ask for help.
3. **When** you ask for help.
4. Saying you need a **break**.
5. How you **act**.
6. How much **effort** you put forth.
7. Getting enough **sleep**.
8. Completing your **responsibilities**.
9. Using I-Statements.
10. Saying what **you need**.
11. How much **exercise** you do.
12. Setting your **boundaries**.
13. **Respecting** other people's boundaries.
14. When and if you **forgive** others.
15. How often you **smile**.
16. **Owning up** to your mistakes.
17. When you show **empathy**.
18. Whether or not you **accept yourself**.
19. What you **focus** on in this very moment.
20. Focusing on the **negatives or positives**.
21. What **goals** you create for yourself.
22. The kind of **attitude** you have.
23. **How you relate** to your feelings.
24. Whether you **help someone** out or not.
25. How you take care of **yourself** & **treat your body**.
26. Treating others the way **you want to be treated**.
27. When you **listen** to others.
28. How **truthful** and honest you are.
29. When you talk about your **feelings**.
30. Expressing what you **hope for**.
31. How you **interpret** events.
32. When you **ignore** behavior that annoys you.
33. **Apologizing** when you make a mistake.
34. How you "talk" to yourself.
35. If and when you **try again**.
36. Treating others with **kindness**.
37. Treating yourself with kindness.
38. Saying please and thank you.
39. **Going outside** and enjoying the fresh air.
40. How **organized** or clean you are.
41. How you hold your body (like your **posture**).
42. **Reminding yourself that you are lovable**.
43. How you **show others you care** about them.
44. Whether you "**get back up**" after you "fall down."
45. When you practice **gratitude**.
46. Whether or not you **keep your word**.
47. What **coping strategies** you use.
48. Whether or not you **accept the situation**.
49. Using **mistakes as opportunities for learning**.
50. When you take **mindful breaths**.

Resilience

“The process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress; such as family and relationship problems, serious health problems or workplace and financial stressors.” (American Psychological Association, 2020).

Resilience

We delight in the beauty of the butterfly,
but rarely admit the changes
it has gone through
to achieve that
beauty.

Maya Angelou

