



## ACEs Aware Stress Management Resource List

April 27, 2020

These resources on managing stress related to COVID-19 and mitigating the impact of stress on physical and mental health are for health care providers, their teams, and their patients.

Check out California's [one-stop shop of resources for managing stress for health](#), which includes [hotlines](#) if you or your patients need to talk to someone.

### 1. Latest COVID-19 Information

For the latest information in California, visit [COVID19.CA.gov](https://www.covid19.ca.gov).

For the latest clinical information on COVID-19 for health care providers, contact your local Department of Public Health website or visit the [California Department of Public Health COVID-19 web page](#).

For additional information, including interim guidance and resources on caring for patients with COVID-19, visit the [Centers for Disease Control and Prevention COVID-19 Information for Healthcare Professionals](#) web page.

### 2. ACEs Aware Information for Providers and Health Plans

Read a [message to California Health Care Providers About COVID-19 and Toxic Stress](#) from Dr. Nadine Burke Harris and Dr. Karen Mark.

California Department of Health Care Services released an All Plan Letter (APL) – [APL# 20-008 Mitigating Secondary Health Effects - Managed Care](#) and [Mitigating Secondary Health Effects - Fee-For-Service Providers](#). These documents provide recommendations for Medi-Cal providers to mitigate the secondary negative health outcomes of the COVID-19 emergency.

[Question/answer on billing Medi-Cal for ACE screenings conducted via telehealth](#)

[California Surgeon General Interview with Trauma Informed Parent](#)

Interview (20 minutes) with Dr. Nadine Burke Harris on why children and adults who have experienced adversity may be particularly sensitive to COVID-19 anxiety and frustration, and offers practical tools to help our children, ourselves, and others cope with stress and anxiety.



[Watch the ACEs Aware webinars](#) on providing trauma-informed care, including via telehealth, during COVID-19.

### **3. Resources on Supporting Vulnerable Populations**

#### [CDC Recommendations for COVID-19 in Racial and Ethnic Minority Groups](#)

Describes why people in racial and ethnic minority groups are more likely to become seriously ill or die due to COVID-19, and what health care systems and providers, public health professionals, community organizations, and others can do to help.

#### [CDC Recommendations for COVID-19 for People Experiencing Homelessness](#)

Describes why people experiencing homelessness are more vulnerable during the COVID-19 pandemic. Includes handouts that providers can give to patient experiencing homelessness.

#### [Combating Bias and Stigma Related to COVID-19](#)

American Psychological Association article on how to stop the spread of biases and stereotypes that are happening due to the coronavirus.

#### [Caring for Children with Complex Medical Conditions During COVID-19](#)

American Academy of Pediatrics webinar (18 minutes) helping clinicians understand special considerations for children with complex needs, how to prepare clinics/practices, and how to partner with and support families.

### **4. Resources for the Health Care Workforce and Clinics**

#### [Managing Mental Health During COVID-19](#)

American Medical Association fact sheet with strategies and resources to manage physicians' and other frontline health care workers' mental health while caring for patients during the pandemic.

#### [Center for the Study of Traumatic Stress Website – Coronavirus and Emerging Infectious Disease Outbreak Response](#)

Uniformed Services University. Includes the following resources:

- [Sustaining the Well-Being of Healthcare Personnel during Coronavirus and other Infectious Disease Outbreaks](#)  
List of strategies for health care professionals to employ in support of self- and team-care. Center for the Study of Traumatic Stress, Uniformed Services University.



- [Psychosocial Effects of Quarantine or Isolation During the Coronavirus Outbreak: What Healthcare Providers Need to Know](#)  
The psychological effects of quarantine or isolation, as well as strategies for how health care providers can care for their patients' and their own mental well-being during periods of quarantine.
- [Supporting Families of Health Care Workers Exposed to COVID-19](#)  
Strategies for helping families of health care workers handle family distress due to physical separation or infrequent communication.

#### [COVID-19 Considerations for a Trauma Informed Response for Work Settings](#)

Trauma-informed considerations for work settings where services are provided, in light of COVID-19. Trauma Informed Oregon, Portland State University, Oregon Health Authority.

#### [Building Organizational Resilience in the Face of a Ubiquitous Challenge](#)

How organizational leaders can use trauma-informed care approaches to support their workforce in addressing the COVID-19 pandemic. Karen Johnson, Trauma-Informed Lens Consulting.

## **5. Resources for Adult Patients**

#### [COVID-19 Emotional Health and Well-Being Resources](#)

California COVID-19 website with hotlines for people who need to talk to someone, including for: parents; youth and teens; veterans; first responders and law enforcement; older Californians; deaf and hard of hearing individuals; and LGBTQ+ individuals. Includes hotlines for crisis, suicide, domestic violence, child abuse and neglect, and for food assistance and other social service resources.

#### [California Surgeon General's Playbook: Stress Relief during COVID-19](#)

A simple guide with things you can do every day, at home, to help support your mental and physical health.

#### [ACEs Aware Self-Care Tool for Adults](#)

An ACEs Aware-developed tool for adult patients to use in developing a self-care plan to enhance well-being and decrease stress — for adults.

#### [UCLA Mindful App](#)

Learn to practice mindfulness meditation anywhere with the UCLA Mindful Awareness Research Center's app.



[Mental Health Support for COVID-19 from the National Alliance on Mental Illness](#)

Information from the National Alliance on Mental Illness (NAMI) and extensive on-line resources for individuals experiencing anxiety related to COVID-19, as well as specific information for individuals living with a mental illness.

[Staying Safe During COVID-19 for People Experiencing Domestic Violence – Spanish version](#)

Suggestions for staying safe for people who are experiencing domestic violence. National Domestic Violence Hotline.

[Alzheimer’s Association Guidance on COVID-19](#)

Tips for dementia caregivers during COVID-19.

## **6. Resources for Families**

[California Surgeon General’s Playbook: Stress Relief for Caregivers and Kids during COVID-19](#)

A stress relief playbook to help you understand what to look out for and what you can do to protect your family’s health.

[ACEs Aware Self-Care Tool for Pediatrics](#)

An ACEs Aware-developed tool for patients to use in creating a self-care plan to enhance well-being and decrease stress — for children and families.

[Positive Parenting & COVID-19: 10 Tips to Help Keep the Calm at Home - English version – Spanish version](#)

American Academy of Pediatrics article with tips for families facing longer periods of time isolated at home, including positive parenting and healthy approaches to discipline.

[Young Children at Home during the COVID-19 Outbreak: The Importance of Self-Care](#)

Information from ZERO TO THREE about why self-care is not selfish or indulgent—it’s how we keep ourselves well to ensure we are physically, emotionally, and mentally capable of being there for our young children.

[Getting Children Outside While Social Distancing - English version – Spanish version](#)

American Academy of Pediatrics article with tips to help parents and children explore outside while practicing good physical distancing.

[Teens & COVID-19: Challenges and Opportunities During the Outbreak - English version – Spanish version](#)

American Academy of Pediatrics article highlighting ways for parents to help teenagers cope during COVID-19.



**General Patient Handouts on Buffering Toxic Stress from the Center for Youth Wellness and ZERO TO THREE.**

- [The Benefit of Supportive Relationships - English version](#) – [Spanish version](#) – [Portuguese version](#)  
Patient handout for families about maintaining supportive relationships.
- [Good Sleep Habits - English version](#) – [Spanish version](#) – [Portuguese version](#)  
Patient handout on children’s sleeping habits.
- [Using Mindfulness - English version](#) – [Spanish version](#) – [Portuguese version](#)  
Patient handout about using mindfulness as a tool to reduce toxic stress.