



MAY 13TH 2020

CCSI WEEKLY NEWSLETTER

Promoting Community Connections
& Sharing Resources

HIGHLIGHTS

- Anti-Abuse Resources
- Supporting Self & Others

HOW WILL WE STAY CONNECTED?

[CCSI Website](#)

[CCSI COVID-19 Resource Page](#)

Each **BBC** will have 1 hr virtual Zoom meetings on their originally scheduled dates through the month of May (and June) at 12 - 1 pm, register for each meeting from our [CCSI Calendar](#):

- Staten Island Re-do Mtg - May 14th ([1-2 pm](#))
- Queens - May 18th
- Manhattan - May 21st
- Brooklyn - May 22nd

Our **Youth Advisory Council (YAC)** meetings are every Monday from 5-6 pm! For youth under 30!

YAC Mtg [Website Calendar Link](#)

YAC [Zoom Meeting Registration](#)

Upcoming CCSI Virtual Trainings:

- Tuesdays 6/9, 6/16, & 6/23,
[Understanding & Unpacking Trauma](#)
Training Series

These newsletters will be delivered every **Wednesday** for the duration of the NYC Coronavirus quarantine mandates

ANTI-ABUSE RESOURCES

There have been news reports in the past couple of months reporting an uptick in domestic violence hotline use and a decline in reported child abuse cases amidst the COVID-19 crisis. Close proximity and less contact with the world outside of our homes means that some of our most vulnerable are more at risk for abuse. How do we reach out for help?

- DV Survivors can call NYC's 24-hour Domestic Violence Hotline at 1 (800) 621-4673 for help on safety planning, shelter assistance and community resources
- Survivors can reach the city's Family Justice Centers by Monday to Friday, 9 a.m. to 5 p.m. on the FJC phone lines
 - Brooklyn: (718) 250-5113
 - The Bronx: (718) 508-1220
 - Manhattan: (212) 602-2800
 - Queens: (718) 575-4545
 - Staten Island: (718) 697-4300
- Anonymously report any suspected child abuse or neglect to 311 or the Child Abuse Hotline at 1-800-342-3720 [The New York State Central Register of Child Abuse and Maltreatment (SCR)]
- [More anti-abuse concerns and resources on page 3!](#)

SUPPORTING SELF & OTHERS

This week we are highlighting tips from [Mental Health America](#) about taking care of ourselves and others during this challenging time! We are also exploring grief that may be coming up for people now.

What are normal stress reactions right now?

Fear and anxiety during a disease outbreak can be overwhelming and cause strong emotions. Symptoms can include:

- Fear and worry about your own health, your loved ones, & the people you provide support to
- Changes in sleep or eating patterns
- Difficulty in concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs
- Anger or short temper (CDC, 2019)

GRIEF IS NORMAL! A lot of us are uncomfortable, as we are experiencing collective grief. Here are some tips from NYS Office of Mental Health when supporting yourself or others through the stages of grief.

How do we to cope with intense emotions?

- Take care of our bodies
- Connect with others
- Maintain a strong support system and healthy relationships
- Take breaks, do things you enjoy
- Stay informed but avoid exposure to too much news
- Seek help for yourself when you need it

If family or friends are struggling provide them with the information and tools you have available:

- Listening and talking can be magical
- Relate to them as what they are, family and friends
- Make sure they know that you care
- Make yourself available when possible
- Be aware of the potential for empathy burnout

Awesome Home Education Links:

- [Math Game Time](#)
- [Teaching Remotely for Grades K - 12](#)
- [Science for Kids](#)
- [Unite for Literacy](#)
- [TurtleDiary e-learning for kids](#)
- [PBS KIDS](#)
- [Starfall](#)
- [All-in-One Homeschool](#)
- [Thinking Games – Easy Peasy All-in-One Homeschool](#)
- [Funbrain](#)
- [Storyline Online](#)
- [Prodigy Game](#)
- [DISCOVERY #MINDBLOWN](#)
- [AmazingSpace](#)
- [National Geographic Kids](#)
- [TIME Magazine for Kids](#)
- [Khan Academy](#)

Links to NYC DOE

Resources:

- [Free Meals](#)
- [DOE Student Accounts](#)
- [Remote Learning Device Request](#)
- [Learn At Home Main Page](#)
- [Chancellor's Message to Families](#)
- [DOE Middle School Enrollment](#)
- [High School Offer Letters & Waitlists Updates](#)
- [DOHMH COVID-19 Guidance for Colleges](#)

No one is useless in this world who lightens the burdens of another.
— Charles Dickens

ANTI-ABUSE SUPPORT CONTINUED



Domestic Violence Resources in the Tri-State Area

A large portion of Americans are hesitant to report child abuse they are absolutely sure about, even in this time of crisis.

Please speak up for the protection of the youth around you!

Common signs and symptoms of child abuse & neglect

NYC ACS Involvement Caretaker Questions & Resources

Use this site to help find Parenting Programs in NYC

A woman in a white robe looking out a window.

SOCIAL DISTANCING SHOULDN'T MEAN SOCIAL ISOLATION.

If you or someone you know is struggling, call for help.

New York State COVID-19 Emotional Support Helpline
Call: **1-844-863-9314**

NYC Well: Free, confidential mental health support
Call: **1-888-NYC-Well (692-9355)**, Text: "Well" to 65173

Domestic Violence 24 Hour Helpline
Call: **800-621-HOPE (4673)**

If you suspect a child is being abused or neglected, call the 24 hour SCR Hotline:
Call: **1(800) 342-3720 or 311**

If you're in immediate danger, call 911

NYC Children