



BHIPP Resilience Breaks: Supporting Adolescents during COVID-19

### Links to Resources

#### Healthy Children: *Teens and COVID-19: Challenges and Opportunities During the Outbreak*

- <https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Teens-and-COVID-19.aspx>

#### Johns Hopkins Center for Adolescent Health: *The Impact of the COVID-19 Pandemic on Adolescents*

- <https://hub.jhu.edu/2020/05/11/covid-19-and-adolescents/>

#### Child Mind Institute: *Teenagers and Reopening*

- [https://childmind.org/article/teenagers-and-reopening/?utm\\_source=newsletter&utm\\_medium=email&utm\\_content=Teenagers%20and%20Reopening&utm\\_campaign=Weekly-06-23-20](https://childmind.org/article/teenagers-and-reopening/?utm_source=newsletter&utm_medium=email&utm_content=Teenagers%20and%20Reopening&utm_campaign=Weekly-06-23-20)

#### Children's Hospital of Philadelphia: *Missing Milestones Can Affect Mental Health in Teens*

- <https://www.chop.edu/news/health-tip/missing-milestones-can-affect-mental-health-in-teens>

#### #CopingWithCOVID: a webinar series on young people and mental health

- <https://www.un.org/youthenvoy/2020/04/copingwithcovid-a-webinar-series-on-young-people-and-mental-health/>

#### New York University Langone Health: *Checking in on Your Teenager's Mood During the COVID-19 Pandemic*

- <https://nyulangone.org/news/checking-your-teenagers-mood-during-covid-19-pandemic>

#### ACT For Youth: Adolescent Development Toolkit

- <http://www.actforyouth.net/adolescence/toolkit/>

#### American Academy of Child and Adolescent Psychiatry: *Your Adolescent – Avoidant and Anxiety Disorders*

- [https://www.aacap.org/AACAP/Families\\_and\\_Youth/Resource\\_Centers/Anxiety\\_Disorder\\_Resource\\_Center/Your\\_Adolescent\\_Anxiety\\_and\\_Avoidant\\_Disorders.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Anxiety_Disorder_Resource_Center/Your_Adolescent_Anxiety_and_Avoidant_Disorders.aspx)

#### Child Mind Institute: *Substance Use Disorder Basics*

- <https://childmind.org/guide/substance-use-disorder/>

#### Partnership for Drug-Free Kids:

*In a Time of Disruption, Protecting Your Child from the Risks of Substance Use*

- <https://drugfree.org/parent-blog/in-a-time-of-disrupted-routines-protecting-your-child-from-the-risks-of-substance-use/>

***Drug Prevention Tips For Every Age***

- <https://drugfree.org/article/prevention-tips-for-every-age/#tips4>

**Text Messaging Support Program for Parents and Caregivers Concerned about a Loved One's Substance Use**

- <https://drugfree.org/article/covid-19-we-are-here-for-you/>  
\*specialists also available by email and phone

**Center for Disease Control and Prevention: *Information on Risk Behaviors for Parents with Teens (ages 12-19)***

- [https://www.cdc.gov/parents/teens/risk\\_behaviors.html](https://www.cdc.gov/parents/teens/risk_behaviors.html)

**Teens Health: *Yoga: Meditation and Breathing***

- <https://kidshealth.org/en/teens/meditation.html>

**Mindfulness for Teens: *Guided Meditations***

- <http://mindfulnessforteens.com/guided-meditations/>