

**Back to School Resource Links**

**On Our Sleeves**  
[On Our Sleeves Back to School Guide](https://onoursleeves.org/find-help/tools-for-you/back-to-school-guide)  
[On Our Sleeves Coronavirus Behavioral Health Resource Page](https://onoursleeves.org/find-help/tools-for-you/coronavirus)  
[How To Prepare for a Return for an Abnormal School Year Video](https://youtu.be/EnM15-iWorw)  
[Schedules and Routines](https://onoursleeves.org/find-help/tools-for-you/coronavirus/schedules) Downloadable Sample Schedules  
[How To Help Kids Develop Health Habits](https://onoursleeves.org/find-help/tools-for-you/healthy-habits)  Checklists for At Home or In School Learning

**Child Mind Institute**  
[Preparing for Back-to-School Success – How to Help Kids Thrive, Despite the Uncertainties](https://childmind.org/article/preparing-for-back-to-school-success/)  
[Back to School Anxiety During Covid-19 How To Help Kids Handle Fears & Gain Independence](https://childmind.org/article/back-to-school-anxiety-during-covid/?utm_source=newsletter&utm_medium=email&utm_content=Back-to-School%20Anxiety%20During%20COVID&utm_campaign=Public-Ed-Newsletter)  
[K-2: Tips for Supporting Learning at Home – How to help young children get the most out of remote education](https://childmind.org/article/k-2-tips-for-supporting-learning-at-home/)  
[Supporting Families With Positive Behavioral Interventions & Supports (PBIS) At Home](https://assets-global.website-files.com/5d3725188825e071f1670246/5e83b41b7df0210d47588d12_Supporting%20Families%20with%20PBIS%20at%20Home%20FINAL.pdf)  
[Managing Your Own Anxiety During School Re-Opening](https://childmind.org/article/managing-anxiety-during-school-reopening/)  
[Tips for Partnering With Teachers in the New School Year](https://childmind.org/article/tips-for-partnering-with-teachers-in-the-new-school-year/)  
[How to Set Priorities This School Year – What to Do When You Can’t Do It All](https://childmind.org/article/how-to-set-priorities-this-school-year/)

**Children’s Mental Health Ontario**[Back to School Mental Health Kit](https://cmho.org/back-to-school/)  
[Six Tips to Support Your Child’s Mental Wellness and Prepare for the Start of the School Year](https://cmho.org/six-tips-to-support-your-childs-mental-wellness/)  
[Navigating the School System: Laying the Groundwork for a Successful Return to School for Children with Mental Illness](https://cmho.org/navigating-school-system/)  
[Back-to-School Tips for Parents](https://cmho.org/back-to-school-tips-for-parents/)  
[Tips for Encouraging and Supporting Friendships During the School Year](https://cmho.org/peer-support-and-school-relationships/)

**Understood.Org**  
[Back-to-School Anxiety in Kids: What to Watch Out For This Year](https://www.understood.org/en/school-learning/choosing-starting-school/back-to-school/managing-back-to-school-anxiety?_ul=1*19ywp2w*domain_userid*YW1wLWEyS29mUkNWSkFwX1drUmQ1MU1Fd2c.)  
[Social Anxiety During Social Distancing: How to Help Your Child Cope](https://www.understood.org/en/friends-feelings/managing-feelings/stress-anxiety/social-anxiety-during-social-distancing-how-to-help-your-child-cope?_ul=1*8vcflb*domain_userid*YW1wLWEyS29mUkNWSkFwX1drUmQ1MU1Fd2c.)  
[Helping Students Cope With Change and Disruption](https://www.understood.org/en/school-learning/for-educators/empathy/helping-students-cope-with-change-and-disruption?_ul=1*1ogwd59*domain_userid*YW1wLWEyS29mUkNWSkFwX1drUmQ1MU1Fd2c.) for Teachers

**Mental Health America**   
[Back to SchoolMental Health  Toolkit](https://mhanational.org/back-school-2020-toolkit-download)

M[ichigan Alliance for Families](https://www.michiganallianceforfamilies.org/covid-return-to-school/) –provides information, training and support, to help families prepare for the return to school while ensuring their child’s special education needs are met.

**Additional Resources to Support You and Your Kids As They Return to School**

[Preparing Kids for an Unconventional School Year](https://onoursleeves.org/find-help/tools-for-you/back-to-school-guide/preparing-kids-for-an-unconventional-school-year)  
[Back to School Concerns About Your Child – How to Act On Them](https://www.understood.org/en/school-learning/choosing-starting-school/back-to-school/back-to-school-2020-prepare-child?_ul=1*1qvuy21*domain_userid*YW1wLWEyS29mUkNWSkFwX1drUmQ1MU1Fd2c.)  
[Distance Learning Meet ADHD Again: How to Learn Remotely With ADD](https://www.additudemag.com/distance-learning-adhd/?utm_source=eletter&utm_medium=email&utm_campaign=parent_august_2020&utm_content=082920&goal=0_d9446392d6-a4040c5a45-300263353)  
[Back to School Anxiety During Covid-19](https://www.childrens.com/health-wellness/back-to-school-anxiety-during-covid-19)  
[Missing How Things Used to Be](https://www.mhanational.org/sites/default/files/6%20FACT%20SHEET%20Missing%20How%20Things%20Used%20To%20Be_0.pdf) – Tip-sheet for Youth to Understand and Manage Their Feelings of Loss  
[Teenagers and Re-opening -Tips for Keeping Kids Safe During a Confusing Time](https://childmind.org/article/teenagers-and-reopening/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-05-26-20)  
[Getting Kids to Work with You During the Coronavirus Crisis – Increasing Cooperation in Kids With Autism](https://childmind.org/article/increasing-cooperation-in-kids-with-autism/?utm_source=newsletter&utm_medium=email&utm_content=Incfreasing%20Cooperation%20in%20Kids%20With%20Autism&utm_campaign=Weekly-05-26-20)  
[10 Ideas for Keeping Students with Diverse Learning Needs Engaged at Home](https://www.theabilitychallenge.org/ten-ideas-for-keeping-students-with-diverse-learning-needs-engaged-at-home/)  
[Distance Learning Meets ADHD – How to Learn Remotely with ADD](https://www.additudemag.com/distance-learning-adhd/)  Attitude Magazine

**Technology Resources**

[Institute Zoom Tutorial Video For Computers](https://youtu.be/15phwiPrR5M)  
[Institute Zoom Tutorial Video For Tablets](https://www.youtube.com/watch?v=eR-bAGTIhhY&feature=emb_logo)

**Resources to Support Kids to Wear Masks**

[Masks and New Routines: Helping Children with Special Needs During COVID-19](https://onoursleeves.org/find-help/tools-for-you/coronavirus/helping-children-with-special-needs-during-covid-19)  
[7 Tips to Help Your Child Wear a Face Mask](https://www.childrens.com/health-wellness/7-tips-to-help-your-child-wear-a-face-mask)

**Michigan Back to School State Information, Resources and Guidelines**

[MI Safe Schools Roadmap](http://www.acmh-mi.org/wp-content/uploads/2020/03/MI-Safe-Schools-Roadmap-.pdf)  
[Michigan Alliance for Families Education Covid-19 Resource Page](https://www.michiganallianceforfamilies.org/covid19/)  
[Michigan Department of Education Covid-19 Information and Resource Page](https://www.michigan.gov/mde/0,4615,7-140-37818_53456---,00.html)  
[Michigan Virtual Michigan Cares Free Online Learning Portal for Michigan Families](https://michiganvirtual.org/sel/michigan-cares/?utm_campaign=Michigan%20Cares%20Portal&utm_source=Press&utm_medium=press): A portal offering **Free**digital lessons designed to help students in grades K-12 develop the skills required for social, emotional, and mental well-being will be available to parents, teachers and youth until the end of the 2020-21 school year

**CDC Resources & Family Checklists**

[CDC- Back to School Planning: Checklists to Guide Parents, Guardians, and Caregivers](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/parent-checklist.html)  
[CDC Checklist for In-Person Classes](https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/Back-to-School-Planning-for-In-Person-Classes.pdf?fbclid=IwAR2QaXHndAM1X2OIO1Au_1ufVdASti3l2N0TX2NHkoQwqhPllrWA9kgjw_8)  
[CDC Checklist and Planning for Virtual or At-Home Learn](https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/Back-to-School-Planning-for-Virtual-or-At-Home-Learning.pdf?fbclid=IwAR1dujVA16_n3IIbbtejANILJM0m3jDQE13KX493ZSqP00gr7DooV_ds8sI)

**Resources for Students Who Receive Special Education Services**

[Michigan Alliance for Families Education Covid-19 Resource Page](https://www.michiganallianceforfamilies.org/covid19/)  
[Michigan Department of Education Guidance for Return to School For Students With IEPS](https://www.michigan.gov/documents/mde/ReturntoSchool_699307_7.pdf)  
[Modifying an IEP or 504 for Distance or Hybrid Learning – How to help kids get essential school supports](https://childmind.org/article/modifying-an-iep-or-504-for-distance-or-hybrid-learning/?utm_source=newsletter&utm_medium=email&utm_content=Modifying%20an%20IEP%20or%20504%20for%20Distance%20or%20Hybrid%20Learning&utm_campaign=Public-Ed-Newsletter)

**Resources for College Age Students/Young Adults**

[Should I Attend College in the Fall\_ Questions for Students with Mental Health Conditions to Consider](http://www.acmh-mi.org/wp-content/uploads/2020/10/Should-I-Attend-College-in-the-Fall_-Questions-for-Students-with-Mental-Health-Conditions-to-Consider1.pdf)  
[Finishing College Classes During COVID-19](http://www.acmh-mi.org/wp-content/uploads/2020/10/Finishing-College-Classes-During-COVID-19.pdf)  
[Working from Home During the COVID-19 Pandemic](http://www.acmh-mi.org/wp-content/uploads/2020/10/Working-from-Home-During-the-COVID-19-Pandemic2.pdf)  
[How Young Adults Can Manage Loss of Income During the COVID-19 Pandemic](http://www.acmh-mi.org/wp-content/uploads/2020/10/How-Young-Adults-Can-Manage-Loss-of-Income-During-the-COVID-19-Pandemic.pdf)

All of the above resources are shared on the [ACMH Back to School Resource Page](http://www.acmh-mi.org/back-to-school-2020/).

For other Covid-19 resources for families click [here](http://www.acmh-mi.org/we-at-acmh-hope-you-and-your-family-stay-safe-well-and-supported-during-this-time-of-crisis/).

Or you can contact Terri at [thenrizi@acmh-mi.org](mailto:thenrizi@acmh-mi.org) for additional information.