

## A Conversation on Youth & Young Adults Experiencing Housing Instability & Homelessness During COVID-19

April 24, 2020

### The Institute for Innovation & Implementation Resources:

- [HIPAA-Compliant Technology During COVID-19](#)
- [Communicating with Your Audience During COVID-19: Five Essential Tips](#)
- [A State-by-State Guide to COVID-19 Telehealth Medicaid Expansions](#)
- [Telebehavioral Health: Tech to Connect with Youth & Families TA Network](#)
- [Register for the TA Telegram](#)

### Presenter Resources:

- [The National Center for Housing and Child Welfare](#)
- [Homeless Person's Representation Project](#)
- [National Low Income Housing Coalition Advocates' Guide](#)
- [Youth Empowered Society YES Drop-in Center](#)
- [PACT at Kennedy Krieger](#)
- [Circle of Care: Early Intervention Programs for Parents & Children](#)
- [Resources that Help Young Children and Families Recover and Heal After Stressful and Traumatic Events](#)
- [PROMOTING FIRST RELATIONSHIPS: a training program at Parent-Child Relationship Programs at the Barnard Center at the University of Washington](#)
- [Facilitating Attuned Interactions \(FANI\) Training - Strengthening the Provider-Parent Relationship](#)
- [Attachment and Bio-behavioral Catch-up \(ABC\) Intervention Resource](#)
- [An Equitable Systems Transformation Framework for COVID-19](#)

### Community Resources Shared in Conversation Chat:

#### Federal Resources

- [SAMHSA COVID-19 Information for Discretionary Grant Recipients](#)
- [CDC Guide to Stress and Coping During COVID-19](#)
- In Spanish: [SAMHSA Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#)
- In Spanish: [SAMHSA Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)
- [Latest HIPAA Guidance](#)
- [CDC Infographics on Caring for Yourself or Others Who Have Been Infected](#)
- [National Guidance on Emergency Homeless Services for Youth & Young Adults](#)
- [HUD's Resources Around COVID-19 for Homeless Providers](#)

- [HUD Guidance on Purchasing Cell Phones Using HUD Dollars](#)
- [Foster Youth to Independence Initiative from HUD](#)
- [Mega Waivers and CARES](#)
- [Guidance from the Children's Bureau on Use of IV-B and IV-E for Cell Phones and PPE](#)
- [Link to Run Away and Homeless Youth Providers](#)
- [Information About the Current Stimulus Bills](#)
- [Letter to Governors Regarding PPE for Child Welfare Workers](#)
- [Letter to State & Tribal Welfare Leaders on Kinship Navigation & Transition Grant Flexibilities](#)
- [Letter on the Use of Federal Funds for Cell Phones & PPE](#)
- [Letter to Chief Justices and State Court Administrators to Engage CIPs](#)
- [USICH COVID-19 Funding, Flexibilities, and Waivers](#)

#### Structural Racism & Disproportionate Impact of COVID-19

- [It's about racism, not race, when coronavirus hits communities of color hard](#)
- [Community Catalyst Structural Racism & COVID-19](#)
- [Racism Impact of Health on Children and Teens](#)
- [Embrace Race Disproportionate Impacts of COVID-19](#)
- [National Minority Health Month Toolkit National Institute for Children's Health Quality](#)
- [Why African-Americans may be especially vulnerable to COVID-19](#)
- [It's a Racial Justice Issue: Black Americans are Dying in Greater Numbers from COVID-19](#)

#### Telehealth

- [National Center for School Mental Health, UMB, Telehealth 101 Video](#)
- [Zero to Three Five Tips to Make the Most of Video Chats](#)
- [OCR Announces Notification of Enforcement Discretion for Telehealth Remote Communication During the COVID-19 Nationwide Public Health Emergency](#)
- [Cultural and Linguistic Responsiveness in Telehealth](#)
- [OCR Telemental Health Laws App](#)
- [Oregon's Telehealth Tips for Working with Clients with Suicide Risk](#)

#### Food Assistance & Immediate Needs Funding

- [Most States are Using New Flexibility in SNAP to Respond to COVID-19](#)
- [During COVID-19, States Should Continue Waiving TANF Work Requirements & Time Limits](#)
- [National Diaper Bank Network](#)
- [Catholic Charities](#)

#### Foster Youth

- [Letter to the National Governors Association with Foster Care Alumni of America](#)
- [Information on Housing & Economic Security for Former Foster Youth in College](#)

- [Resource for Responding to Emergency Housing Needs of Current and Former Foster Youth](#)

#### Self-Care

- [Zero to Three's Guide on Self Care](#)
- [That Discomfort You're Feeling is Grief](#)
- [Great Free Yoga Online Here](#)
- [45 Mr. Rogers Quotes That We All Need Today](#)
- [University of Maryland Free Fitness](#)
- [Resource for Deep Breathing and Meditation](#)

#### Other

- [Annie E. Casey Guidelines for Supporting Older Youth During COVID-19](#)
- [NLIHC Advocates' Guide](#)
- [The National Institute for Children's Health Quality Toolkit](#)
- [Resource for Family and Youth Peer Support from Federation of Families of South Carolina](#)
- [Virginia Dept. of Health Outreach Programs](#)
- [Independent Living Worker Contact List for Ohio](#)
- [Johnson City Housing Authority - Housing for Youth Resources](#)

### **Comments from the Chat Box. Thank you for sharing!**

What are some of the strategies you've found for addressing the needs of youth and young adults who are parenting and pregnancy and housing instability?

- Some churches have ministries that specifically have resources they collect for mothers and babies
- I'm unsure if healthy families through the health department are still doing home visits. But I know they help with ALOT of things such as diapers wipes pack and plays even deodorant for moms, laundry detergent and many more! You have to be a part of their program and gain points to receive items but I feel like it's a win, win. You can learn more about you child and parenting skills as well as receive resources!
- Catholic Charities offers housing for those that are pregnant. After the baby is born, mothers can stay there for 6 months. I would encourage reaching out to your local diocese. Mothers do NOT need to identify as Catholic to receive the services.
- You can also search to see if your area has a "Birth Right" or "Caret" program they help with free clothes, formula, diapers and wipes up to the size 2t I believe
- Foodshare was increased for people to have the maximum benefits for the months of March and April
- SC and NY snap benefits have been increased for the month of March and April

- Our TAY team hosts weekly Zoom “hangouts” for peer support. It’s a safe space and each week has a theme, and its youth serving youth.
- A lot of the Medicaid plans are offering information to get cell phones to their clients so the client or the worker could look into getting those
- Don't forget to refer your youth to Unemployment Services through CARES Program. Even occasional, gig workers, limited employment services will be eligible.
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#### How are you taking care of yourself right now?

- Headspace is great for deep breathing and meditation. It could be a great resource if you can't go take a walk to de-stress.
- My executive director sends a weekly reflections email to all staff; reflecting on struggles amongst our staff and families we work with but also highlighting the positives that happened that week, inspirational quotes, helpful tips and her appreciation and support of our work. This has been great for our organization (Maryland coalition of Families).
- All of the staff emailed our ED self-care tips that have been working for us and she compiled a list and sent it out - also great
- We love to channel Mr. Rogers