

Coping with COVID-19

Hastings Student Services Department Contact Information

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Resources for Immediate Mental Health Needs

Barry County Community Mental Health Authority (BCCMHA)

<https://www.barrycountyrecovery.com/>

500 Barfield Dr. Hastings, MI 49058

269-948-8041

Provides individual, family and group counseling. Some clinicians have specifically been trained in trauma. Groups are for pre-teens (7-12 years) and adolescents (13-17 years). Wraparound services, Autism Services, Case Management, Psychiatric Services, Home Based Services (for those who qualify). **Emergency services are available 24 hours a day, 7 days a week, 365 days a year. Call 269-948-8041.**

Pine Rest Christian Mental Health Services

<https://www.pinerest.org/locations/hastings/>

Hastings/Caledonia location at 450 Meadow Run, Suite 300 Hastings MI

616-891-8770 or 866-457-6363

For crisis and assessment for hospitalization, call the Contact Center at **616-455-9200**. Along with inpatient and partial day program hospitalization, Pine Rest offers outpatient therapy, various types of testing, psychiatry services for most insurances including some Medicaid insurances. Locations in Caledonia, Lake Odessa, and Grand Rapids.

Forest View Hospital

<https://forestviewhospital.com/>

1055 Medical Park Drive, GR, MI 49546

For inpatient, partial, or outpatient medication management call **616-942-9610** Forest View provides inpatient, partial hospitalization, and outpatient psychiatry services. Private insurance may contact directly to inquire or engage in services. They also have programs dedicated to trauma, eating disorders, and co-occurring disorders. Call **616-942-9610 and ask for Assessment and Referral**.

Pediatrician or Family Doctor

Please contact your primary care physician with concerns about mental health. They can assess and refer you to their preferred providers or emergency services.

United Way's 2-1-1 is a FREE information and referral service hotline available 24 hours a day, 7 days a week. United Way's 2-1-1 provides a central resource for local community services and information. 2-1-1 provides a quick, easy-to-remember way to access community information.

OK2SAY: A resource to allow anyone to report tips confidentially on criminal activities or potential harm directed at students, school employees or schools. They can be contacted through 8-55OK2SAY or text: 652729 (OK2SAY) or

<https://www.michigan.gov/ok2say>.

Crisis Text/Call Line: crisistextline.org or text HOME to 741741 or call 800-622-3967

Barry-Eaton Health Connections: 350 E. Woodlawn, Hastings 1-800-553-2565

Department of Human Services of Barry County: 430 Barfield Dr. Hastings 269-948-3200

Barry County Substance Abuse: 500 Barfield Dr. Hastings 269-948-4200

Managing Stress Information from the CDC: [Mental Health and Coping](#)

YMCA: [Click here](#) to see what resources the Barry Community YMCA are offering during this time.

Navigating Money Challenge: Michigan State University Extension is offering free webinars to provide information and tools to manage your finances during COVID-19. [Click here](#) for more information.

Resource directly from the Center of Disease Control:

- CHILD ABUSE & NEGLECT HOTLINE 1-855-444-3911
- DISASTER DISTRESS HELPLINE 1-800-985-5990
- MICHIGAN SUICIDE HOTLINE 1-800-273-8255
- MICHIGAN DOMESTIC VIOLENCE HOTLINE 1-800-799-7233
- MICHIGAN CORONAVIRUS HOTLINE 1-888-535-6136
- COVID19@MICHIGAN.GOV
- MICHIGAN 2-1-1 A one-stop connection to thousands of local agencies and resources that can help—24 hours a day, 7 days a week. Call 211 or Text your ZIP Code to 898211
- SUBSTANCE ABUSE & MENTAL HEALTH SERVICES ADMINISTRATION HOTLINE 1-800-985-5990 or Text TalkWithUs to 66746
- [MI Bridges](#)- Applying for benefits, exploring resources, housing information, etc.

Self Care

Self Care for Everyone from TRAILS (Transforming Research into Action to Improve the Lives of Students- [Click here](#))

Mindfulness work:

[Guided Meditation](#)

[Mindfulness Part 1](#)

[Mindfulness Part 2](#)

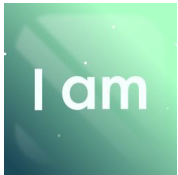
The National Child Traumatic Stress Network- Stress and symptoms of stress within children of all ages

Age Group	Reactions	How to Help
Preschool	Fear of being alone, bad dreams Speech difficulties Loss of bladder control/ constipation/bedwetting Change in appetite Increased temper tantrums, whining or clinging behaviors	Provide patience and tolerance Provide reassurance (verbally and physically) Encourage expression through play, reenactment and storytelling Allow short term changes in sleeping arrangements Plan calming and comforting activities before bedtime Maintain regular family routines

<p>School Aged (6-12)</p>	<p>Irritability, whining and aggressive Clinging and nightmares Sleep / appetite disturbance Physical symptoms (headaches, stomachaches) Withdrawal from peers, loss of interest Competition for parents' attention Forgetfulness about chores and new information learned through educational activities</p>	<p>Provide patience and tolerance and reassurance Play sessions and staying in touch with friends using telephone and internet if available Regular exercise and stretching Engage in educational activities (workbook, reading, educational games) Participate in structured household chores Set gentle but firm limits Discuss the current outbreak and encourage questions, include what is being done in the family and community Encourage expression through play and conversation Help family create ideas for enhancing health promotion behaviors and maintaining family routines Limit media exposure, talking about what they have seen/heard including at school Address any stigma or discrimination occurring and clarify misinformation</p>
<p>Adolescent (13-18)</p>	<p>Sleep / appetite disturbance Physical symptoms (headaches, stomachaches) Agitation or decrease in energy apathy Ignoring health promotion behaviors Isolating from peers and loved ones Concerns about stigma and injustices Avoiding school work</p>	<p>Provide patience and tolerance and reassurance Encourage continuation of routines Encourage discussions of outbreak experience with peers, family (do not force) Stay in touch with friends through telephone, internet, video games Participate in family routines, including chores, supporting younger siblings, and planning strategies to enhance health promotion behaviors Limit media exposure Discuss and address stigma, prejudice and potential injustices occurring during outbreak</p>

Wellness/Connection with others:

Apps for phone, computer or another device:

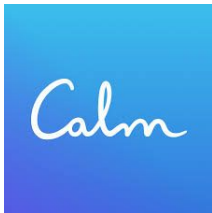


- Daily affirmations to help rewire our brains, eliminate negative thoughts, build self esteem and develop self empowerment.

The logo for the 'Houseparty' app, featuring a hand icon and the text 'Houseparty' in white on a red background.

Houseparty

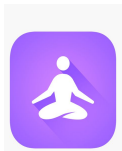
- A fun way to connect and play fun family games with friends and relatives.



- An app for meditation and calming exercises.



headspace - A guide to everyday mindfulness.



Yoga for Beginners- Videos and tutorials on beginning yoga to reduce stress and anxiety.



A great resource for emotion management lessons There are fifteen mindfulness program sessions now available for anyone to use, no experience necessary! Mind Yeti provides a great way for everyone to practice mindfulness during this difficult time.

Social Media

The HHS Counseling Department uses these platforms to communicate to students and families. Please follow!



Facebook- Hastings High School Counseling Department



Instagram- hhscollegeandcareer



Twitter- hhscollegebound

Options for Internet Access

Comcast-

In response, please be advised that Comcast has increased the speeds of its [Internet Essentials](#) home internet service from 15/2 Mbps to 25/3 Mbps. Additionally, households who enroll now will be eligible for 60 days of complimentary service.

The formal announcement is attached for your reference and is also [available here](#). As a reminder, Internet Essentials provides a \$9.95 per month home internet service exclusively to low-income households.

Update: Comcast announced on Friday, 3/13/2020 that it is suspending enforcement of its data cap and overage fees for 60 days during the coronavirus pandemic.

Comcast is also making its Xfinity Wi-Fi hotspots free for anyone to use. Millions of the hotspots are scattered throughout the country; you can find hotspot locations [here](#).

Charter-

Charter will offer free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription at any service level up to 100 Mbps. To enroll call 1-844-488-8395. Installation fees will be waived for new student households.

- Charter will partner with school districts to ensure local communities are aware of these tools to help students learn remotely.
- For eligible low-income households without school-aged children, Charter continues to offer Spectrum Internet Assist, a low-cost broadband program delivering speeds of 30 Mbps.
- Charter will open its Wi-Fi hotspots across our footprint for public use

Access from AT&T

- Up to \$10 per month (plus taxes)
- 10 Mbps
- No term commitment
- No deposit
- No installation fee
- In-home Wi-Fi modem included

Find out if Access from AT&T is in your area: [Click here](#).

Frontier Fundamental Internet Service

- \$19.99 per month (plus taxes), includes \$14.99 for service and \$5 router charge
- Speeds range depending on type of service
- No term commitment
- No installation fee

Find out if Frontier Fundamental Internet is in your area: [Click here](#).

Spectrum Internet Assist

- \$14.99 a month (plus taxes)
- \$5 more per month for in-home WiFi
- 30 Mbps
- No term commitment
- Modem included

Find out if Spectrum is in your area: [Click here.](#)

T-mobile

[T-Mobile Update on Covid-19 Response](#)

The benefits of EmpowerED 2.0.

- Participating schools can receive up to \$200 per student to put toward mobile internet devices, including hotspots, laptops, and tablets.
- 24-month service agreement required. See full terms
- Sign a two-year contract on a qualifying unlimited plan for \$20/month
- During congestion, the small fraction of customers using >50GB/mo. may notice reduced speeds until the next bill cycle due to data prioritization. Video typically streams on smartphone/tablet at 480p. Unlimited on our network.
- Reliable service and support.
- Count on planning, implementation, deployment support, and content filtering to help prevent access to inappropriate content.

Tel:877-634-0256

Sprint

[Coronavirus \(Covid-19\) News for Sprint Customers](#)

We are SAXON STRONG!

