**Resources**

<https://trailstowellness.org/materials/skills-group-manuals/grades-9-12/virtual-cbt-skills-group-for-covid-19>

Skills for Psychological Recovery (SPR), is an intervention designed to follow Psychological First Aid (PFA) in the weeks and months following disasters and mass violence events. SPR aims to help survivors gain skills to manage distress and cope with post-disaster stress and adversity. The SPR Field Operations Guide was developed jointly by the National Center for PTSD and the National Child Traumatic Stress Network, with contributions from individuals involved in disaster research and response.

<https://www.ptsd.va.gov/professional/treat/type/skills_psych_recovery_manual.asp#:~:text=Skills%20for%20Psychological%20Recovery%20(SPR,post%2Ddisaster%20stress%20and%20adversity.>

<http://zerosuicide.edc.org/covid-19>

Good resources for families and children

From the AAP

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-planning-considerations-return-to-in-person-education-in-schools/>