BHIPP Resilience Breaks: Supporting Adolescents during COVID-19

Links to Resources

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


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/](https://hub.jhu.edu/2020/05/11/covid-19-and-adolescents/)

Child Mind Institute: Teenagers and Reopening


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


#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


ACT For Youth: Adolescent Development Toolkit

• [http://www.actforyouth.net/adolescence/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/](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_

*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

*Teens Health: Yoga: Meditation and Breathing*

•  https://kidshealth.org/en/teens/meditation.html

*Mindfulness for Teens: Guided Meditations*

•  http://mindfulnessforteens.com/guided-meditations/