



# OFFICE OF THE SUPERINTENDENT OF SCHOOLS

## ARCHDIOCESE OF NEW YORK

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MR. MICHAEL J. DEEGAN, SUPERINTENDENT

March 25, 2020

The Feast of the Annunciation

Dear Catholic School Families,

Catholic Schools in the Archdiocese of New York have the most dedicated principals, teachers and staff in education today. By now you and your child(ren) have been introduced to the faith home-based learning program that our educators have created and will continue to deliver until our students return on April 20<sup>th</sup>.

In providing a faith based academically superior education, we are committed to teaching the *whole* child; addressing the spiritual, intellectual, physical and emotional needs of our students. Never in recent history has our mission been more critical! We are blessed to be your partners in this work; most especially, we rely on the guidance counselors, social workers, and mental health professionals at the Archdiocese of New York Drug Abuse Prevention Program (ADAPP).

During this stressful and uncertain time, while many are struggling with how to manage day to day activities and adjust to a new “normal”, ADAPP will provide supports in a variety of ways. These include the attached resources for parents/teachers and caregivers to use with their families, and direct access for parents and students to our qualified staff.

During this time, ADAPP will be offering **brief mental health phone consultations** and support to parents who have concerns about their child(ren) and refer them, as appropriate, to additional resources. To participate in this program, please email [MentalHealthSupport@adapp.org](mailto:MentalHealthSupport@adapp.org).

We also know that there are other challenges that face our families, which is why we have partnered with Catholic Charities of NY as well as ADAPP to provide you information on community benefit and social justice programs. Many of these programs are available for all, regardless of income so we encourage you to be screened for these services. You can download the FIND HELP- NEW YORK catholic charities app on your iPhone or android or visit <https://catholiccharitiesny.org/find-help>. You can also send an email to [FamilySupport@adapp.org](mailto:FamilySupport@adapp.org).

For all emails please type in the subject section the name of the school your child attends, their grade and the city in which the school is located. In the email, please describe your concern so the counselor can be prepared to respond and leave a phone number if you would like a call back. *Every attempt will be made to respond within 24 hours during the hours of 8 am to 4 pm.* **\*\*If you have a mental health emergency, please call 911\*\***

Please continue to check our website [www.CatholicSchoolsNY.org](http://www.CatholicSchoolsNY.org) as we update it with additional resources on a regular basis. We will continue to lift each other up, be a stronger, more resilient community of faith in the days and months ahead.

Sincerely yours,

[WWW.CATHOLICSCHOOLSNY.ORG](http://WWW.CATHOLICSCHOOLSNY.ORG)

A handwritten signature in black ink, reading "Michael J. Deegan". The signature is written in a cursive style with a long horizontal flourish extending to the right.

Michael J. Deegan  
Superintendent of Schools  
Archdiocese of New York

# Teacher, Caregiver and Other Adult Resources During COVID-19

*Below are multiple resources for adults to access during the Coronavirus Pandemic.  
Click on a link below to take you to the website!*



## Mental Health Related Resources

- [SAMHSA Self Care recommendations during Quarantine](#)
- [CDC: Mental Health and Coping During COVID-19](#)
- [Taking Care of Your Mental Health in the Face of Uncertainty](#)
- [World Health Organization: Helping Children Cope With Stress During the COVID](#)
- [NYS Office of Mental Health: Feeling Stressed About Coronavirus \(COVID-19\)- Managing Anxiety in an Anxiety-Provoking Situation](#)
- [Child Mind Institute: Coping During COVID-19, Resources for Parents](#)
- [Resources for the OCD and related disorders community during the COVID-19 outbreak](#)



## Mindfulness Practice Resources

- [Mindful; Healthy Mind Healthy Life: Getting Started with Mindfulness](#)
- [6 Mindfulness and Meditation Apps for Kids](#)
- [Building Resilience in Stressed Kids Using Simple Mindfulness Techniques](#)
- [15 Mindfulness and Relaxation Apps for Kids with Anxiety](#)



## Article Resources

- [Psychology Today: Are You Worried About Coronavirus?](#)
- [The Family Lockdown Guide: How to Emotionally Prepare for Coronavirus Quarantine](#)
- [The New York Times: Mindfulness for Children](#)
- [BBC News: Coronavirus: How to Protect Your Mental Health](#)
- [The Secret to Keeping Your Kids Happy, Busy and Learning if Their School Closes Due to Coronavirus](#)
- [The Atlantic: How Parents Can Keep Kids Busy \(and Learning\) in Quarantine](#)
- [Talking to Kids About the Coronavirus](#)



## Activity Resources

- [Home-Schooling Tweens and Teens During Coronavirus Closings](#)
- [Healthline; The Best Anxiety Apps of 2019](#)
- [BrainPop: Coronavirus Explaining to Kids](#)
- [Common Sense Media: Educational Games for Kids](#)
- [Scholastic Learn at Home: Day-by-Day Projects](#)
- [Teaching Our World: The Coronavirus: Articles and resources for hard-to-teach topics, chosen by the editors of Scholastic Classroom Magazines](#)
- [Stuck at Home? These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch \(Video\)](#)
- [Cincinnati Zoo to start 'Home Safari Facebook Live' to keep kids learning during their time off](#)
- [Boredom Busters: 110 Fun At-Home Activities for Families & Kids](#)
- [49 Montessori-Inspired Ideas for Indoor Activities With Your Kids](#)
- [33 National Parks You Can Take a Virtual Tour](#)
- [Lakeshore Learning: Free Lessons & Activities for Kids](#)
- [11 Ways to Keep Kids Occupied During Break](#)