

	A	B	C
1	<b>RSVP YOUTH MENTORING RESOURCES</b>		
2	Updated on:	4/2/2020	
3			
4	<b>TOPIC</b>	<b>LINK</b>	<b>NOTES</b>
5	<b>ACKNOWLEDGEMENTS</b>		
6	<b>are listed underneath</b>		
7	<b>Family Resource Guide: "Quarantine Family Tool Kit"</b>	<a href="https://drive.google.com/file/d/1-UyiyRJm3ifZe44St-tiAf9jIf7XrpAJ/view?fbclid=IwAR24FjY6Axqsql2wP3a8ZnnNTxvI7QeizrOidm1XBaHTJ7Hmx973f94vI7A">https://drive.google.com/file/d/1-UyiyRJm3ifZe44St-tiAf9jIf7XrpAJ/view?fbclid=IwAR24FjY6Axqsql2wP3a8ZnnNTxvI7QeizrOidm1XBaHTJ7Hmx973f94vI7A</a>	Information from the American Art Therapy Association, developed by a licensed art therapist
8	Shared by Barnstone Art for Kids, Phoenixville Quarantine Tool Kit developed by Kristin Ramsey, ATR-BC, LPC; for more information, visit <a href="https://arttherapy.org">https://arttherapy.org</a>		
9	<b>Youth Anxiety in the Wake of COVID-19</b>	<a href="https://www.nami.org/Blogs/NAMI-Blog/March-2020/How-to-Ease-Children-s-Anxiety-About-COVID-19">https://www.nami.org/Blogs/NAMI-Blog/March-2020/How-to-Ease-Children-s-Anxiety-About-COVID-19</a>	Information from the National Alliance on Mental Illness (NAMI)

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10	Resource shared by Mentor Independence Region (www.mentorir.org), a program of Big Brothers Big Sisters Independence Region (Philadelphia); for more information on NAMI, visit www.nami.org		
11	<b>Mental Health Coping Strategies in the Wake of COVID-19</b>	<a href="https://www.nami.org/Blogs/NAMI-Blog/March-2020/Coronavirus-Mental-Health-Coping-Strategies">https://www.nami.org/Blogs/NAMI-Blog/March-2020/Coronavirus-Mental-Health-Coping-Strategies</a>	Information from NAMI applicable to all ages regarding how to reduce anxiety in the wake of a crisis
12	Resource shared by Mentor Independence Region (www.mentorir.org), a program of Big Brothers Big Sisters Independence Region; for more information on NAMI, visit www.nami.org		
13	<b>Responsible Mentoring (Handling Tough Situations)</b>	<a href="https://mentorir.org/wp-content/uploads/Responsible-Mentoring-Difficult-Issues.pdf">https://mentorir.org/wp-content/uploads/Responsible-Mentoring-Difficult-Issues.pdf</a>	Publication property of The EMT Group (www.emt.org/publications.html). By Dustianne North, M.S.W.

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14	Distributed courtesy of The Mentoring Partnership of New York's manual, "Mentoring in the Faith Community: An Operations Manual for Program Coordinators"		
15	<b>About Child Trauma</b>	<a href="https://www.nctsn.org/what-is-child-trauma/about-child-trauma">https://www.nctsn.org/what-is-child-trauma/about-child-trauma</a>	Guide to trauma symptoms/manifestations in children
16	For more information, visit the National Child Traumatic Stress Network at <a href="http://www.nctsn.org">www.nctsn.org</a>		
17	<b>Montgomery County Peer Support and Teen Talk Lines/Access Services</b>	<a href="https://www.accessservices.org/services/peer-teen-line/">https://www.accessservices.org/services/peer-teen-line/</a>	Peer Support and Teen Talk Lines are warm lines where teens and adults can speak or text anonymously with a peer about any issues or problems they are facing without fear of judgment. The talk/text lines are available seven days a week from 1:00 p.m. - 9:00 p.m.

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18	Access Services.org in Fort Washington. Teen Text line: 215-703-8411 Teen Talk: 866-825-5856		