

## Key Resources and Links

### 1. Resource Documents (May 8<sup>th</sup>, 2020 Superintendent's Bulletin):

BC's Restart Plan: Next Steps to Safely Moving BC through the Pandemic

[https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/bcs\\_restart\\_plan\\_web.pdf](https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/bcs_restart_plan_web.pdf)

Key Steps to Safely Operating your Business or Organization and Reducing COVID-19 Transmission

[https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/go\\_forward\\_strategy\\_checklist\\_web.pdf](https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/go_forward_strategy_checklist_web.pdf)

### 2. Work Safe BC Resources: Protecting mental health

Workers in the workplace may also be affected by the anxiety and uncertainty created by the COVID-19 outbreak. It's important to remember that mental health is just as important as physical health, and to take measures to support mental well-being. Here are some resources that can assist with maintaining mental health in the workplace during this time.

- [COVID-19 Psychological First Aid Service: Information and Signup](#) (British Columbia Psychological Association) – Free virtual counselling provided by registered psychologists.
- [COVID-19: Staying Well In Uncertain Times](#) (Canadian Mental Health Association – B.C.) – Tips and information on how to reduce and manage anxiety in the workplace due to the COVID-19 outbreak.
- [Managing COVID-19 Stress, Anxiety and Depression](#) (Ministry of Mental Health and Addictions) - Tips and resources on things we can do as individuals and collectively to deal with stress and support one another during these challenging times.
- [Mental Health and Psychosocial Considerations During COVID-19 Outbreak](#) (World Health Organization) – These mental health considerations were developed by the WHO's Department of Mental Health and Substance Use as messages targeting different groups to support for mental and psychosocial well-being during COVID-19 outbreak.
- [Mental Health and COVID-10](#) (Conference Board of Canada) – Videos on different aspects of mental health, including coping with anxiety, job loss, and dealing with isolation.
- [Taking Care of Your Mental Health \(COVID-19\)](#) (Public Health Agency of Canada) – Tips and resources for taking care of your mental health during the COVID-19 outbreak.

### 3. Integrated Planning Framework and Continuity of Learning planning Guide for Teachers

- [COVID-19 Integrated Planning Framework for School Districts and Independent School Authorities \(PDF\)](#) (Updated May 1, 2020)\* **Note: Updated version of these documents pending**
- [Continuity of Learning Planning Guide for Teachers \(PDF\)](#) (Updated May 1, 2020)

The provincial Health Officer maintains that onsite childcare and education can be delivered safely provided that prescribed public health protocols are followed. The new COVID-19 Health and Safety Guidelines for K-12 provide information on the recommended hygiene practices, cleaning, disinfecting procedures and physical distancing strategies.

## Key Resources and Links

### 3.a. MCFD Supports for Families: MCFD Children with Special Needs Supports

- Emergency Relief Support fund available to families who were deemed eligible to receive Children and Youth with Special Needs (CYSN) Family Support Services prior to March 30, 2020
- fund provides \$225/month to eligible families to pay for services such as caregiver relief, counselling, homemaking services, as well as meal preparation and grocery shopping assistance.
- fund is a short-term relief fund available during the period of April 1, 2020 to June 30, 2020.
- Families are encouraged to reach out to their CYSN worker or their local MCFD office to see if they are eligible to access the funding. More information on this fund, and additional family and social supports in response to COVID-19, is available on the [MCFD website](#).

<https://www2.gov.bc.ca/gov/content/family-social-supports/covid-19-information/child-youth-with-special-needs-response-to-covid-19>

#### Autism Funding and Access to Respite

- funding for autism services and respite falls under MCFD's area of responsibility
- more information on additional resources for parents and caregivers can be found in the following section
- families are encouraged to seek support from agencies they are familiar with and that they have accessed prior to the pandemic. More information is available in this list of [resources for parents/caregivers of children with disabilities and diverse abilities](#).

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/child-behaviour-development/special-needs/complex-health-needs/at-home-program>

(Family Support Institute and Inclusion BC)

<https://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/safe-caring-orderly/resources-parents-caregivers-of-children-with-disabilities-diverse-abilities.pdf>