We hope you and your family members are doing well during these challenging and unprecedented times of COVID-19. Many times we have relied on our strength and faith to get us through difficult times, and I am certain and optimistic we will get through this pandemic together. At CS-HHC, we are making it our top priority to support you during these difficult times. At the Child and Family Guidance clinic, we continue to offer services through Telemedicine. During the COVID-19 pandemic, all of our services are available using a HIPPA compliant Telemedicine platform to serve all of our clients.

Due to increased anxiety, depression and trauma during COVID-19, we continue to offer the following EVIDENCE-BASED PRACTICES:

- **TF-CBT** - Trauma Focused Cognitive Behavioral Therapy
- **PMT** - Parent Management Training
- **MATCH-ADTC** - Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems
- **CPP** - Child Parent Psychotherapy (Attachment and Trauma)

We also offer routine:

- Crisis Intervention
- Diagnostic Evaluations
- Individual Psychotherapy
- Family Therapy
- Group Therapy
- Psychiatric Consultations
- Medication Management
- Substance Abuse Screening (CRAFFT), Treatment Prevention, and Referrals

What we are doing for our clients:

- Providing psycho-educational material on their developmental level about the importance of hand-washing and social distancing.
- Encouraging clients to stay connected through social media platforms (Instagram, Snapchat, TikTok, etc.).
- Providing a platform through Telemedicine where they can talk about their thoughts, feelings, and behaviors.
- Through quarantining, discussing and giving tips on taking care of their mental health physically, academically, socially, and emotionally.

RESOURCES

**COVID-19 SYMPTOMS**

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Seek emergency medical care IMMEDIATELY if you have:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

**COVID-19 TESTING**

COVID-19 testing is available at Cornell Scott-Hill Health Center at our 226 Dixwell Avenue, New Haven location.

Monday – Friday
8:30AM to 4:30PM

Please call 203-503-3000 for an appointment.

**COVID-19 INFORMATION**

Visit the Cornell Scott-Hill Health Center website for COVID-19 information:

https://cornellscott.org/covid-19-information

You will find information about:

- Frequently Asked Question
- Prevent Getting Sick
- Schools, Workplaces and Community Locations
- Daily Life and Coping
- Cases and Latest Updates

**FOOD RESOURCES**

Visit the link above for COVID-19 testing information, local resources and more.

https://cornellscott.org/pages/food

https://covid19.newhavenct.gov/

Visit the link above for COVID-19 testing information, local resources and more.

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You will find information about:

- Frequently Asked Question
- Prevent Getting Sick
- Schools, Workplaces and Community Locations
- Daily Life and Coping
- Cases and Latest Updates

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CONTINUES >
What parents/Guardian can do for their child(ren) during COVID-19

- Advising them to set limits to their family’s exposure to news coverage, including social media. Information is changing rapidly, can be highly confusing, and is easily misinterpreted. This can be frightening if they do not understand. Have discussions about what they hear and let them know it is OK if they feel upset. Share with them the ways that you cope with your own stress so they can learn from you.
- Spend time together. Talk to your child or teen about the COVID-19 and its impact on your lives. Answer questions and share facts about COVID-19 at their developmental level. Be honest.
- Validate concerns and reassure your child that you and their healthcare team are doing everything they can to help them be safe.
- Try to keep up with regular routines. Children like to know what will happen next. While schools are closed, create a schedule to include learning as well as fun and relaxing activities.
- Help them understand areas where they have some control and things they can do to keep themselves safe. Wash hands. Follow social distancing guidelines. Stay away from restaurants or public places. Avoid touching unnecessary things. Eat healthy, well-balanced meals. Exercise regularly. Get plenty of sleep. Take all your medications as prescribed and on-time. Stay in communication with your medical team by phone or MyChart.
- Engage in your own self-care so they learn healthy habits from you. Take breaks, get plenty of sleep, exercise, and eat well. Connect VIRTUALLY with your friends and family members for support.

ACCESS TO SERVICES DURING COVID-19

To make a referral please call (203) 503-3055.

You will be connected to the on-call provider who will complete the referral form with you over the phone.

24 HOUR ON-CALL ACCESSIBILITY AFTER 5:00PM:
Call (203) 503-3055 and you will be routed to our on-call after hours service that will connect you to a provider.

Best,
Sandra L. Gibson-Goffe
MS, MSW, LCSW
Program Director

NEW HIRES

ALEXIS LAROWE
LCSW

NATALIE CLAUDE
LMSW

CLINICIAN’S CORNER

Oyebusola Oja, MS, Clinician

Oyebusola Oja attended Southern Connecticut State University, graduating with a Bachelor of Arts in Psychology. She went on to further her education and attended the University of Bridgeport where she earned her Master of Science in Counseling. From there, she completed the exam and post graduate hours in order to become a Licensed Professional Counselor.

Oyebusola has been practicing professionally for 5 years. She has been trained in several evidence-based practices, including TF-CBT (Trauma Focused-Cognitive Behavioral Therapy) and Circle of Security. She is currently in training for MATCH-ADTC (Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems).

In addition to these services, Oyebusola has volunteered at health fairs the Cornell Scott-Hill Health Center has been involved with at schools within the New Haven community. She has found attending those events fulfilling. She enjoys working in a supportive, diverse and resilient community.

She is honored to work with the children and families that the Cornell Scott-Hill Health Center serves.

In her spare time, Oyebusola enjoys traveling and exploring the world. A few countries she has been to in the last few years include United Arab Emirates, Egypt, Mexico, Jamaica, the United Kingdom, Thailand, South Korea and her home country Nigeria. Oyebusola also enjoys cooking and trying new recipes from all over the world.

VIRTUAL TOWN HALL: COVID-19 and the Impact on the Greater New Haven Community

More than 100 community leaders - including Congresswoman Rosa DeLauro - participated in the town hall. Sandra’s presentation covered how the Cornell Scott-Hill Health Center’s Child and Family Guidance program has responded to COVID-19. Sandra talked about the specific problems clients are facing during these challenging times, and the ways in which the Child and Family Guidance program is helping them handle these challenges. She also discussed the accessibility to services, and how the Health Center is offering services through Telehealth in order to safely provide treatment to clients.

Sandra’s presentation was praised by the coordinator who felt her delivery was clear and passionate, and that the viewers were educated. The following is a list of fun, educational and safe websites children can visit and explore. We hope you will find these helpful.

10 FREE LEARNING WEBSITES FOR KIDS

- www.switcheroozoo.com
- www.kids.nationalgeographic.com
- www.reading.ecb.org
- www.seussville.com
- www.abcya.com
- www.funbrain.com
- www.pbs.org
- www.starfall.com
- www.storylineonline.net
- www.highlightskids.com

We will get through this together.

HOPE IS BEING ABLE TO SEE THAT THERE IS LIGHT DESPITE ALL OF THE DARKNESS.
– DESMOND TUTU

INSPIRATION STATION

THE GREATER NEW HAVEN BRANCH OF THE NAACP

COVID-19 and the Impact on the Greater New Haven Community

VIRTUAL TOWN HALL THURSDAY, APRIL 23, 2020 | 5PM

Sandra Gibson-Goffe, Child & Family Guidance Program Director presented during a New Haven NAACP COVID-19 Virtual Town Hall.

With the unexpected onset of children attending school from home and online, it can be challenging to find resources to keep children engaged and educated. The following is a list of fun, educational and safe websites children can visit and explore. We hope you will find these helpful.

- www.switcheroozoo.com
- www.kids.nationalgeographic.com
- www.reading.ecb.org
- www.seussville.com
- www.abcya.com
- www.funbrain.com
- www.pbs.org
- www.starfall.com
- www.storylineonline.net
- www.highlightskids.com