



The WHALE Study Family Newsletter

May | 1st | 2020

Short-term to Long-term Coping:

Your family might have gotten news last Friday that school in North Carolina is officially closed through the end of the school year. Realizing that Fall may be the earliest that your kids have regular outside-of-home care is hard. Your kids might have a strong reaction to this news, and so might you.

It's normal for your children to:

- Regress in behaviors again to something that looks 'younger' or to have a resurgence of problem behaviors that you thought you'd dealt with
- Begin expressing big emotions, even ones that seem unrelated to the school closures
- Mourn the loss of school and time with friends or teachers

Try to give them some time and space to adjust as they process this new information. **It's also normal for you to need some time to adjust to this news.**

To deal with this new upheaval and given the long road ahead, it's time to start switching from short-term coping strategies to long-term coping strategies. Short-term coping looks like "just getting through it", while long-term coping is creating a life you can really live with for months.

If you're finding yourself living in a situation which is unsafe for you or your children, now is the time to change it– see the links below. If you're finding yourself coping by using drugs or alcohol and are having a hard time keeping it under control, now is the time to address it – see links below.

Now is the time to begin picking things that are healthy for you in the long term. Research shows that some strategies that work for most people are:

- Connecting with friends and family who are healthy for you.
- Getting out and moving. Exercise can be as effective as therapy for depression.
- Setting a schedule that is not too intense for your family to maintain but also provides some structure for you and the children.
- Making sure you're getting the resources you need to keep your family healthy and safe.

The upcoming months might be hard, but we will weather them, together.

The WHALE Team has **new contact** information:

- Our new phone number is **919-914-0588**
- You may also receive text messages from **833-541-0537** with reminders to fill out weekly surveys
- We will now be compensating with VISA prepaid cards, keep an eye out for a letter in the mail!



Please reach out if you have any questions, comments, or concerns regarding The WHALE Study or the COVID-19 situation. Staff can be reached by call, text, or email: whalestudy@unc.edu | 919-914-0588
Find us on Twitter: [@circlelab_unc](https://twitter.com/circlelab_unc), Instagram: [circlelab_unc](https://www.instagram.com/circlelab_unc), and [Facebook!](https://www.facebook.com/circlelab_unc)

CHILD & FAMILY RESOURCES (CLICK BLUE LINKS)

- Click [here](#) for Coronavirus tips and resources from Prevent Child Abuse America
- Click [here](#) for resources from the US Department of Health & Human Services
- Click [here](#) for resources from the National Child Traumatic Stress Network
- Click [here](#) for resources from the National Domestic Violence Hotline (1-800-799-SAFE)
- Click [here](#) for resources from the Substance Abuse and Mental Health Services Administration

COMMUNITY RESOURCES (CLICK BLUE LINKS)

HEALTH & SAFETY

- [Compass Center for Women and Families](#)
 - 919-929-7122
- [Durham Crisis Response Center](#)
 - 919-403-9425
- [InterAct Family Safety and Empowerment Center](#)
 - 919-828-7501
- [Orange County Rape Crisis Center](#)
 - 866-935-4783 (call) , 919-504-5211 (text)
- [Freedom House](#)
 - 919-967-8844 (Crisis Unit, Chapel Hill)
 - 1-877-967-8844 (Mobile Service)
- Suicide prevention lifeline: 1-800-272-TALK
- Hope4NC Helpline: 1-855-587-3463

CHILDCARE

- [NC Hotline for Critical Workers Seeking Child Care Options](#)
- [Covid Childcare Co-op Creator](#)
- [Covid Urgent Childcare](#)
- [Child Care Services Association](#)

LEARNING

- [Scholastics Learn at Home](#)
- [Khan Academy](#)
- [ABC Mouse](#)
 - Free with code: AOFLUNICEF
- [PBS Kids](#)
- [CDC Tips for Talking with Children about COVID-19](#)

HOUSING

- [Durham Continuum of Care \(CoC\)](#)
- Eviction Information
 - 216-965-5095
- [Durham Rescue Mission](#)
 - 919-688-9641
- [Orange County Partnership to End Homelessness](#)
- [Urban Ministries of Durham](#)
- [Durham County Social Services](#)
- [Orange County Social Services](#)
- [Wake County Social Services](#)

FOOD & GROCERIES

- [Wake County Public Schools Free Meals](#)
- [Durham County Public Schools Free Meals](#)
- [Orange County Food Resources](#)
- [Chapel Hill/Carrboro Schools](#)
- [TABLE](#)
- [Food Bank of Central & Eastern North Carolina](#)
- [Wake County Food Resources](#)
- [No Kid Hungry NC](#) - Text FOODNC or COMIDA to 877-877 to receive information about 3 drive-thru or pickup sites with meals for kids closest to you

Comprehensive Resource Sheets

- Click [here](#) for a list of resources and services in Durham County
- Click [here](#) AND [here](#) for a list of resources and services in Orange County
- Click [here](#) for a list of resources gathered by the Orange County Partnership to End Homelessness
- Click [here](#) for a list of resources and services in Wake County

Stay-at-Home Order Frequently Asked Questions by County

- For questions regarding Orange County's Stay at Home Order please click [here](#).
- For questions regarding Durham County's Stay at Home Order please click [here](#).
- For questions regarding Wake County please click [here](#).