Foster youth have a complex set of needs. New fears surrounding the coronavirus could add to some of the anxiety they experience as a result of being in foster care. At this time, it is important to reach out to those youth to let them know they have additional support in the form of school counselors, teachers, administrators, or someone they have a connection with. We want to work together to ensure they are not home feeling isolated and cut off from social experiences they participated in during school. This is a great time to extend social emotional support to some of our most vulnerable youth. Below are a few trauma-informed strategies that could be implemented during this time of e-learning and social distancing for youth in foster care.

Check-in with students via phone or face-time using zoom, or other e-learning and videoconferencing platforms.

o Free Access to Zoom