

Covid Adjustment RESOURCES for TIP Model Teams

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Transition to Independence Process (TIP) Model®
Lighting the Way for Improving Outcomes with Youth & Young Adults



RESOURCES Related to Social Media and Digital Literacy

This compilation includes resources that may prove helpful to your Transition Team and your youth and young adults in learning how to use social media and virtual platforms more effectively and in improving one’s media/digital literacy. Some of these resources could be extremely valuable for Transition Facilitators (TFs) and Peer Specialists to use in assisting their young people in navigating social media and virtual platforms to:

- ❖ Avoid being trapped in echo-chambers and conspiracy theories; and
- ❖ Learn how to use these effectively for one’s school, work, and connecting socially.

What is “Digital Literacy”?

For a better understanding of what is meant by digital literacy, please refer to this link: <https://www.common sense media.org/news-and-media-literacy/what-is-digital-literacy>

We have developed a [Checklist for a New Normal](#) that you and your other team members might find to be of value.

- ❖ Both this [Checklist](#) and the associated [Resources](#) are on the home page of the TIP Model website (www.TIPstars.org).

[Resources on Social Media and Digital Literacy](#)

[“The Social Dilemma” Documentary](#)

"The Social Dilemma" is a powerful documentary that relates to the "Social Media Pandemic".

- Your TFs, Peers, SBTs, Supervisors, and Y&YAs at your sites may want to view this documentary.
- Available on Netflix: [Social Dilemma](#)

[Digital Literacy Curriculum and Courses \(on line and free\) for Y/YAs](#)

[Social Media TestDrive | Common Sense Education](#) is a “simulated social media environment where young people can practice and prepare for real-life experiences in the digital world”.

[Quick Digital Citizenship Activities for Middle and High School Distance Learning](#) provides middle and high school age students with short, self-guided activities and games aimed at creating a positive culture around digital learning. There are activities designed for each grade level.

[The Young Mental Health Leaders Council \(YMHLIC\)](#) Mental health awareness programs provided by Mental Health America, which promotes young leaders in their unique means of driving change for and with their peers.

[Resources for Helping Y&YAs and Families in Securing Relevant Supports](#)

[Connecting with Y&YAs Under the Pandemic and Beyond](#)

[Covid Pandemic and a “New Normal”: Covid Adjustment CHECKLIST for TIP Model Teams](#). TIP Model website: www.TIPstars.org

It is not clear what a post-Pandemic “new normal” might look like, but it will probably involve more virtual connections than were occurring pre-pandemic. We know you want to keep healthy and keep your Y&YAs healthy **and** moving forward with their lives. The purpose of this **Checklist** is to provide your TIP Model team (TFs, Peers, Supported Emp./Edu. Specialists, Therapists) with an outline of considerations for you to review as a group to explore how well your team is doing and if there are any areas for possible improvement.

Telehealth for Transition Age Youth and Young Adults Privacy, Emotional Safety and Welfare During Covid-19 and Beyond – This document tips that follow provide options for protecting the emotional safety, privacy and welfare of transition-age youth and young adults while they are participating in virtual mental health care. These were compiled over the course of several conversations with providers currently working with this population, including youth peer support specialists, clinicians, and supervisors. This list is intended as a starting point as services evolve to meet the challenges of this new era.

<https://www.pathwaysrtc.pdx.edu/pdf/telehealth-tip-sheet.pdf> Hermesen-Kritz, M. (2020). Telehealth for Transition Age Youth and Young Adults: Privacy, Emotional Safety and Welfare During Covid-19 and Beyond. Portland, OR: Research and Training Center for Pathways to Positive Futures, Portland State University.

Online Resources Promoting a Practical Approach to Navigating Youth Mental Health During a Pandemic

[Young People's Mental Health in 2020](#) by Mental Health America

The Virtual Antidote: A Practical Approach for Youth Mental Health During the Pandemic [Webinar](#)

Resources for Connecting with Families to Support Their Children and Youth

Here is link on Teaching Tolerance related to digital literacy: [Digital Literacy](#)

Here is link on Facing History specific to media literacy: [Media literacy](#)

Crisis Text Line

[Crisis Text Line | Text HOME To 741741 free, 24/7 Crisis Counseling](#) provides 24/7 crisis counseling thru text on any topic of concern such as coronavirus, anxiety, emotional abuse, depression, and suicide. Most Y&YAs prefer text communication rather than speaking

over the phone. Free marketing materials for the Crisis Text Line are available to help [Spread the Word](#) to Y/YA's and families on your transition teams and in your community.