



Your Questions Answered: A Family Guide to Coping During the Pandemic

Families are struggling in so many unprecedented ways during this time. There is a confusing amount of information available and it's hard to know what is accurate, updated or useful. To help you sort out the facts, MCF has compiled a list of the questions many families have been asking and we have listed reliable sources where you can find the answers.

COVID-19 HEALTH AND REGULATORY INFORMATION

Where can I get the most recent updates about the disease and how to take care of my family?

- The Centers for Disease Control (CDC) shares the [latest information](#) on how to protect yourself and what to do if you get sick

How do I follow the progress of the disease around the globe and in my region?

- Johns Hopkins University is tracking cases globally on the [COVID-19 Dashboard](#)
- The Maryland Department of Health is tracking [cases by zip code](#)

How can I keep up with the latest news specifically about Maryland?

- The Maryland Department of Health provides statewide [updated information](#)
- Governor Hogan's office provides a list of [Executive Orders](#) currently in effect, along with interpretive guidance

TALKING TO YOUR CHILDREN ABOUT COVID-19

How can I get help with speaking to my children about the pandemic without frightening them?

- The Maryland Behavioral Health Administration has gathered a [number of resources](#) with advice about how to talk with your child, adolescent or young adult
- The Centers for Disease Control and Prevention (CDC) offers [general principles](#) for talking to children
- Public Broadcasting Service (PBS) offers [key points](#) to share with children using language they can understand
- The Child Mind Institute shares age-appropriate ways to [approach the conversation](#)

EDUCATIONAL RESOURCES FOR CHILDREN

How can I keep up with the most updated information about my school system?

- All school districts in Maryland have a [Continuity of Learning Plan](#), which explain what each school system is doing while schools are closed.

What free resources are available to help my children be entertained as they learn?

- [Scholastic Learn At Home](#) offers day-by-day projects to keep kids reading, thinking and growing
- [My Hero Is You](#) is a free, downloadable children's storybook about COVID-19 and is offered in multiple languages
- [Epic Digital Library](#) offers free access to books, learning videos, quizzes and more
- [The Hidden World of the National Parks](#) shows virtual tours of parks, historical sites and museum collections
- [Virtual Museum Tours](#) shows tours and online exhibits of some of the most famous museums around the world
- [GoNoodle](#) offers free movement and mindfulness videos created by child development experts
- MindBodyGreen offers tips for making [homeschooling a positive experience](#)

EDUCATIONAL RESOURCES FOR SPECIAL NEEDS CHILDREN

While schools are closed, what procedures are in place to support my child who has an IEP?

- The Maryland State Department of Education published a [Technical Assistance Bulletin](#) entitled "Serving Children with Disabilities under IDEA during School Closures due to the Covid-19 Pandemic."

MENTAL HEALTH FOR CHILDREN

How can I help support my child's mental and emotional well-being during this time?

- Children's Mental Health Matters offers [Coronavirus resources](#) to help you care for your child's mental health
- The Child Mind Institute provides [telehealth services](#) including diagnosis and treatment of children and adolescents with emotional, behavioral and learning problems

MENTAL HEALTH AND SELF-CARE FOR YOUNG ADULTS (18-26 years)

How can I help my young adult deal with the stresses of social isolation, joblessness, health fears and more?

- The University of Massachusetts Medical school offers an [array of resources](#) to support college students with mental health conditions
- Taking Flight, the young adult support system of Maryland Coalition of Families offers free, weekly "Alone Together Meet Ups" using Zoom. See upcoming dates [here](#) Learn more on [Facebook](#) and Instagram @mcf.taking.flight

MENTAL HEALTH AND SELF-CARE FOR ADULTS

How can I find free resources that can help me to handle my own stress during this time?

- The Maryland Behavioral Health Administration has compiled a [list of resources](#) with information on taking care of yourself during COVID-19
- The Centers for Disease Control and Prevention (CDC) offers [tips for stress and coping strategies](#)
- Mental Health First Aid shares [how to support a loved one](#) going through tough times during COVID-19
- Fast Company offers tips on how to [maintain mental health](#) while working from home
- Greater Good Berkeley offers ideas on [how to stop feeling so helpless](#) during quarantine

FAMILY FINANCES

How do I find out when I will receive my economic impact payment?

- You can [check the status](#) of your payment through the Internal Revenue Service (IRS)

How do I file for unemployment?

- You can file for unemployment through the Maryland Department of Labor's new [BEACON one-stop](#) unemployment insurance application, which allows you to file claims for many unemployment benefit programs through a single application, including those related to the Pandemic Unemployment Assistance (PUA)

I have lost my health insurance. What can I do?

- Open enrollment for health care coverage through the Maryland Health Exchange has been extended to June 15. To enroll, go to the [Maryland Health Connection](#)

How do I apply for Social Services Benefits?

- Food and cash assistance is available to qualifying individuals, and certain benefit rules have been suspended. Learn more [here](#)

RECOVERY SUPPORTS FOR DRUG AND ALCOHOL USE

Where can I get support for my substance use issue during the pandemic?

- Maryland Department of Health has compiled a [comprehensive list](#) of online supports for individuals and families struggling with substance use disorder.

How can I support my loved one with substance use disorder during this time?

- Maryland Coalition of Families (MCF) offers [family peer support](#) to any loved one caring for someone with a substance use disorder. Services during the COVID-19 public health crisis include one-on-one support via phone calls and texts, video conferencing, and email. Support groups, training, activities and events are available online. For more information visit MCF's [website](#) and contact by [email](#) or by calling 410-730-8267.
- Al-Anon supports family members who are impacted by a loved one's use of alcohol. Find online Al-Anon meetings [here](#).

SUPPORT FOR PROBLEM GAMBLING (Children and Adults)

Where can I get support for my gambling problem?

- The Maryland Department of Health has compiled a comprehensive [list of online supports](#), including information about supports for problem gamblers.

How can I support my loved one with a gambling problem?

- Maryland Coalition of Families (MCF) offers [family peer support](#) to any loved one caring for someone with a problem gambling disorder. Services include one-on-one support via phone calls and texts, video conferencing, and email. You can contact us by [email](#) or by calling 410-730-8267.