

Student Resource & Wellness Guide

Table of Contents:

Acknowledgment	1
Communication & Contact Information	2
Mutual Aid Networks & Resource Tool Kits	3
Staying Connected: Pods and Pod Mapping Worksheet	5
Daily Resources	8

Acknowledgement of Our Current Times

As some key adults in your support system, we want to acknowledge the difficulty, confusion, and anxiety of the current time we're in. We recognize that, as young people, you're fielding a variety of news - some true, and some untrue - about the coronavirus and the measures being taken locally, nationally, and globally to keep people as safe as possible; this news is, no doubt, overwhelming. With the closure of schools, we recognize that you have, for the time being, lost a physical space where you may be able to bring some of that overwhelmed emotion and lean on us to help you carry it all. We are here to assure you that we are just as available and willing to give support as ever. The closure of schools cannot shut you off from the various support networks you have, and we, as the adults in those support networks, are working extremely hard to make sure you're taken care of during this time and coming up with creative ways in which we can stay connected.

"Social distancing" seems to be the term of the moment. Although it's safest to maintain **physical** distance from one another right now in order to ensure the health and safety of our community members, especially those who are most vulnerable, it is **not** a time to distance ourselves socially and emotionally from the people whom we trust and care about. We can and must maintain connection from a distance. In these strange and uncertain times, it's natural for us to feel anxious, confused, and overwhelmed, probably more than usual; it's important that we don't hold those feelings alone, but, rather, reach out for the support that we need and check in with others to see how they're feeling. Our communication and connection are what will keep us strong and healthy.

We understand that there are many changes that you are all facing in your education and personal lives as schools are now closed until further notice. We are here to learn these new systems alongside you, problem-solve through the challenges, and alleviate any stress you may be feeling in the transition. We're excited about all the creative ways that we'll be able to promote your learning and growth through online platforms and emerging resources.

We have put together this Resource and Wellness Guide in anticipation of needs that you may have. We have compiled recommendations of resources that you can use, and we will continue adding new and different suggestions as we move forward together. Please remember that **you are not alone!** We will still be available in all the ways that we regularly are from our physical office; say what's up, let us know how your day is going, come with a problem or in a crisis - we got you.

Communication & Contact Information

Just as your teachers are maintaining regular communication with you all, we're committed to doing the same as Restorative Justice and PBIS staff. We recognize that the relationships many of you have with us and our office space at John Adams provide you with support and guidance, as well as a comfortable place to check-in and connect. We're committed to continuing to provide this kind of space, even from a distance - we welcome you to reach out and check-in just as you would if we were all together in the building. If you don't frequently visit our office or haven't met us yet, please know that we're here for social-emotional support however you may need it right now. See our contact information below for the different ways and times that you can reach us. Please be mindful of the boundaries that we've set around our time so that we can maintain our wellness and capacity as well.

Justin Hyacinth - Restorative Justice Specialist

Google Voice Phone #:

732-788-6416

Email:

jhyacinth@johnadamsnyc.org

justin@globalkids.org

Availability:

Monday: not available

Tuesday: 11:00 AM - 4:00 PM

Wednesday: 11:00 AM - 4:00 PM

Thursday: 11:00 AM - 4:00 PM

Friday: 11:00 AM - 4:00 PM

Grace Woods - PBIS Coordinator

Google Voice Phone #:

203-896-0045

Email:

gwoods@johnadamsnyc.org

grace.woods@globalkids.org

Availability:

Monday: 11:00 AM - 4:00 PM

Tuesday: 11:00 AM - 4:00 PM

Wednesday: 11:00 AM - 4:00 PM

Thursday: 11:00 AM - 4:00 PM

Friday: 11:00 AM - 4:00 PM

**If you contact us outside of our availability, you can expect a reply within no more than 24 hours. Please limit weekend communication to emergency needs.*

Mutual Aid Networks & Resource Tool Kits:

***Mutual aid* is the voluntary and reciprocal exchange of resources and services for shared benefit; it operates on the idea that people and communities thrive when we work cooperatively and share our capacity to meet everyone's needs.**

Community organizers and volunteers all over New York City (and throughout the country and world at large) have been working hard to gather resources, updates, and set up communication to make sure that everyone has their information and materials needs met during this different and challenging time. If you, your family, your neighbors or anyone you know is having trouble getting access to any essential items (food, medication, cleaning supplies, etc.) right now or have questions about what's happening locally in relation to COVID-19, please take a look at and share the following documents. These networks will be especially helpful for our elderly, immunocompromised, disabled, and financially strained community members. There are organizations and individual volunteers who are willing, able, equipped and healthy enough to help make sure that people without financial means or physical ability are cared for. If you're confused about how to read or use any of these documents, don't hesitate to reach out with questions.

**Note that many resources are separated by borough to make access easier based on where you live. Documents are also being updated regularly.*

Coronavirus Resource Kit:

https://docs.google.com/document/d/1Rcan4C_e6OBFB15bUn7MtYK74Ab-WarxyJmDvZUI_YA/mobilebasic?urp=gmail_link

NYC United Against Coronavirus - Resources and Information:

https://docs.google.com/document/d/18WYGoVIJuXYc3QFN1RABnARZlwDG3aLQsnNok11KhZQ/mobilebasic?urp=gmail_link

Queens Mutual Aid Network - Freedom Arts Movement:

https://docs.google.com/document/d/18WYGoVIJuXYc3QFN1RABnARZlwDG3aLQsnNok11KhZQ/mobilebasic?urp=gmail_link

Manhattan Mutual Aid Network - Freedom Arts Movement:

https://docs.google.com/spreadsheets/d/1fdiNMLxiwF2cj3tjtn0iZ_8W7kpiKVL_SX3UjRte1-8/edit#gid=1975280849

Brooklyn Mutual Aid Network - Freedom Arts Movement:

https://docs.google.com/spreadsheets/d/1aCuZaqaU0paehpKIPd_5tAQAB7KY-O9lci1Ke9cQspA/edit#gid=415799301

Staten Island Mutual Aid Network - Freedom Arts Movement:

https://docs.google.com/spreadsheets/d/1Y1F8DokDKTSyCfZLimAFXeJgg6jLiPtcTp_oMtV1IiY/edit#gid=415799301

Bronx Mutual Aid Network - Freedom Arts Movement:

https://docs.google.com/spreadsheets/d/1EXAgeHCNMahBigrO-cbjP_CzeE0wyouzZbz1nCXMQk/edit#gid=415799301

Top COVID-19 Resources for NYC Youth and Families:

https://www.nycedu.org/covid19.html?utm_source=%23NYCEDU&utm_campaign=f1d15642d8-EMAIL_CAMPAIGN_2020_03_18_03_18&utm_medium=email&utm_term=0_f88af4fc14-f1d15642d8-392998773

NYC.GOV Emergency Management COVID-19 Services & Resources

<https://www1.nyc.gov/site/em/resources/covid-19-services-resources.page>

Free Meals for NYC Students:

<https://www.schools.nyc.gov/school-life/food/free-meals>

NYC Resources for At-Home Learning

<https://www.schools.nyc.gov/learn-at-home>

FREE MICROSOFT OFFICE FOR STUDENTS (Please have OSIS# Available)

<https://nycstudents.net/>

College Resources during COVID-19

<https://hope4college.com/supporting-students-during-covid19/>

<https://www.nacacnet.org/college-admission-status-coronavirus>

COVID-19 Information in 15 Different Languages

https://thespanishgroup.org/blog/covid-19/?utm_source=The+Spanish+Group+Mailing+List&utm_campaign=eb107c91bf-MarMCEmail&utm_medium=email&utm_term=0_9fbc1da768-eb107c91bf-134469605

Legal Support

<http://www.legalhand.org/>

<https://www.legalaidnyc.org/>

GK Resource Guide 2020 - spreadsheet responding to student & family questions

<https://docs.google.com/spreadsheets/d/1MsxW2Q7V07UP3-pPaOIVEEyGbGWua9okKYnalQ1LY5l/edit?ts=5e78dbb6#gid=0>

Staying Connected: Pods and Pod Mapping Worksheet

Pod mapping can be an especially useful tool during this extended period of time spent confined to one space and in close proximity with family. While, for some, this may offer an opportunity to rest comfortably and spend extra time with loved ones, it is also a very difficult time for many individuals and families that may have fractured or unhealthy relationships. We understand that this time at home can be very uncomfortable for many of you and has the potential to escalate unsafe situations. We understand the anxiety of not being able to seek refuge in trusted spaces and people. We are here for you. It is important, always and especially right now, to map out and know who you can call, FaceTime, text, etc. for support or in a moment of crisis.

***If you or someone in your home is experiencing or is at risk of domestic violence, please know that it is safe to reach out to us. Also do not hesitate to call the National Domestic Violence Hotline at 1-800-799-7233. They are available 24 hours a day, every day. If you are unable to speak safely, you can visit their website thehotline.org or text LOVEIS to 22522. Their website has more information about healthy relationships and creating safety plans. You are not alone - we and the people in your pods are here to help.**

The following was written by Mia Mingus for the BATJC (Bay Area Transformative Justice Coalition), June 2016 about the Pod Mapping tool:

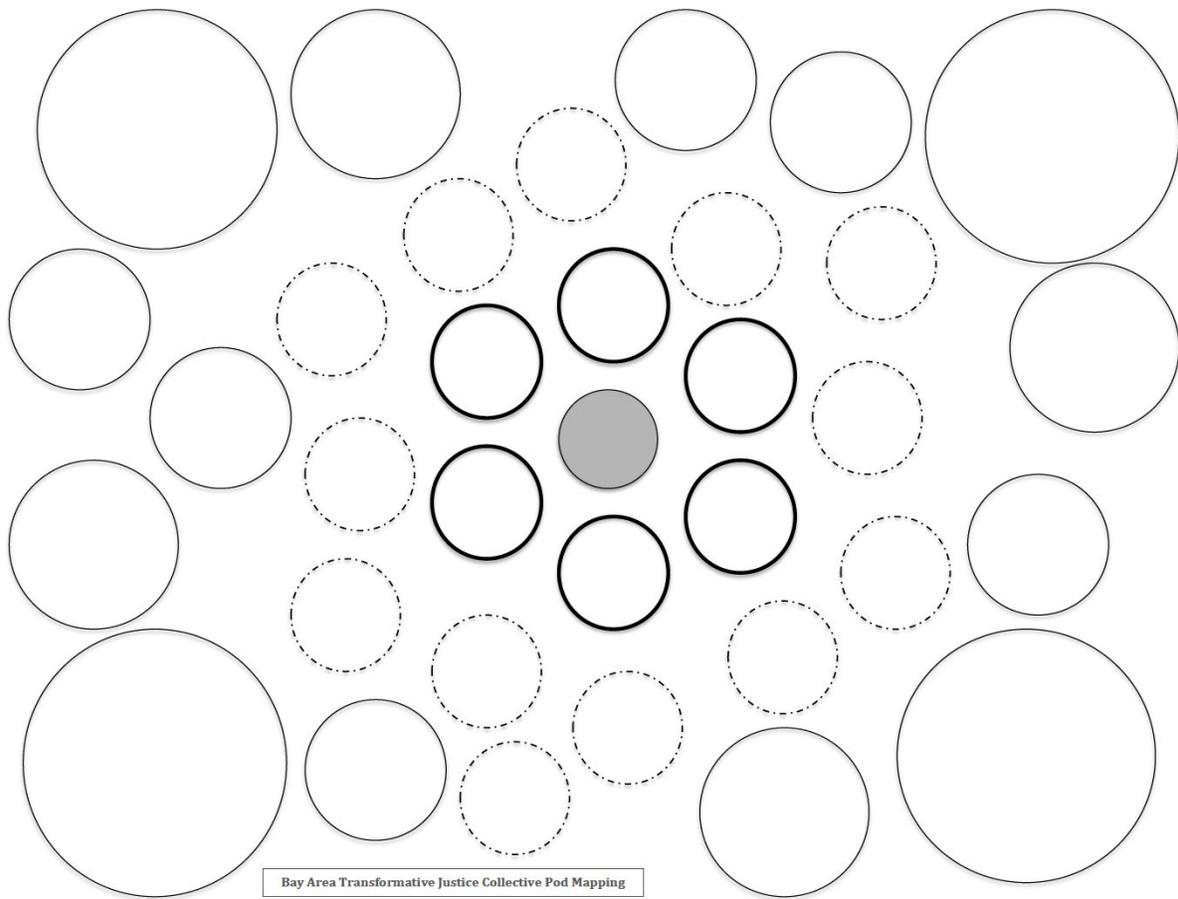
During the spring of 2014, the Bay Area Transformative Justice Collective (BATJC) began using the term “pod” to refer to a specific type of relationship within transformative justice (TJ) work. We needed a term to describe the kind of relationship between people who would turn to each other for support around violent, harmful and abusive experiences, whether as survivors, bystanders or people who have harmed. These would be the people in our lives that we would call on to support us with things such as our immediate and on-going safety, accountability and transformation of behaviors, or individual and collective healing and resiliency. ...

We knew that across the board, people who experience violence, harm and abuse turn to their intimate networks before they turn to external state or social services. Most people don't call the police or seek counseling or even call anonymous hotlines. If they tell anyone at all, they turn to a trusted friend, family member, neighbor or coworker. We wanted a way to name those currently in your life that you would rely on (or are relying on) to respond to violence, harm, and abuse.

Your pod is made up of the people that you would call on if violence, harm or abuse happened to you; or the people that you would call on if you wanted support in taking accountability for violence, harm or abuse that you've done; or if you witnessed violence or if someone you care about was being violent or being abused.

People can have multiple pods. The people you call to support you when you are being harmed may not be the same people you call on to support you when you have done harm and vice versa. In general, pod people are often those you have relationships and trust with, though everyone has different criteria for their pods.

Pod Mapping Directions (copy the following blank pod map to your own paper):



1) Write your name in the middle grey circle.

- 2) The surrounding bold-outlined circles are your pod. Write the names of the people who are in your pod. You're encouraged to write the names of **actual individuals**, instead of more general things such as "my church group" or "my neighbors."
- 3) The dotted lines surrounding your pod are people who are "movable." They are people that *could be moved* into your pod, but need a little more work. For example, you might need to build more relationships or trust with them. Or maybe you've never had a conversation with them about safety or violence.
- 4) The larger circles at the edge of the page are for networks, communities or groups that could be resources for you. It could be a local community center, a school group, sports team, a justice-based organization, etc.

Your pod may shift over time as your needs or relationships shift or as people's geographic locations shift. You're encouraged to have conversations with your pod people about their presence in your network and about restorative/ transformative justice. You can encourage them to create their own pod, and you can support each other in growing your networks of people with whom you feel safe. Growing your pod is not easy and may take time. **In pod work, we measure our successes by the quality of our relationships with one another and we invest in the time it takes to build things like trust, respect, vulnerability, accountability, care, and love. We see building our pods as a concrete way to prepare and build resources for transformative justice in our communities.**

Daily Resources:

Daily Planner:

This is an example of a template that you can copy to keep your days organized. Change and personalize the categories or format as you wish.

Your daily schedule
Buttoned Up.™

Stay on top of where you need to be and which tasks absolutely, positively must get done today.

today's date: _____

today, i must do:

- 6 am
- 7 am
- 8 am
- 9 am

today, i must contact:

- 10 am
- 11 am
- 12 pm
- 1 pm
- 2 pm
- 3 pm
- 4 pm
- 5 pm
- 6 pm
- 7 pm
- 8 pm
- 9 pm
- 10 pm
- 11 pm
- 12 am

notes:

buttoned up

Online Journals or Blogs:

Journaling - with pen and paper or online - is a great daily habit to build for exploring thoughts, feelings, and ideas. Turning this habit into a personal blog can be a fun, creative way to archive your experiences and maybe share with others. Check out these websites to find a format that may work for you!

<http://www.livejournal.com/>

<http://www.penzu.com/>

<http://www.diary.com/>

<https://www.tumblr.com/>

<https://journalate.com/>

