

Thanks and credit to the many emails, websites and interviews that went into this list. These are resources that we've done our best to compile for Communities In Schools students and their families, and the community.

COVID information & testing

- **NEW 4/15** COVID-19 Health Literacy Project 1-Page Fact Sheet (Available in 30 different languages): <https://covid19healthliterayproject.com>
- Find [up-to-date health information on COVID-19](#), including FAQs.
- **If you are COVID Symptomatic (fever, cough, shortness of breath) your first step is to speak with someone on the phone (instead of going directly to a provider.)**
 - Call (don't visit) your Primary Care Physician.
 - If you're uninsured or without a provider, call CommUnity Care Coronavirus screening at **512-978-8775**. They are *very responsive* and will help you move through next steps.
 - No Drive-Thru Testing: There is no on-demand drive up testing at this point (3/20). Currently, you need to be screened and directed there before this kind of testing can take place.
 - Immigrants: Per [American Gateways](#): U.S. Citizenship and Immigration Services (*USCIS*) encourages everyone with symptoms to seek medical assistance, regardless of immigration status. Medical information & testing is protected by HIPAA, and this will not affect your application to change an immigration status. **Please call American Gateways if you have legal immigration questions or need legal assistance: (512) 478-0546 ext. 200**

2-1-1 for additional resources

The best way to understand which local resources are currently open is to call 2-1-1. Prep clients to have a pen and paper ready. 211 will give the name of the location, address, hours of operation, a basic description of what they'll provide, and if there is anything they need to bring (including documents, bags for food, etc.) If they call early, 211 can let them know all options open that day which is very helpful.

Food & basic needs resources

- **All school districts continue to offer school lunch, and in many cases, expanded food programs.**
- **Local food pantries:** Call 2-1-1 (best) or go to the Central Texas Food Bank website: <https://www.centraltexasfoodbank.org/food-assistance/get-food-now>. Clients can select either the "Show All" or the "Open Now" tabs at the top. Clients should follow up with a call to ensure they're open.
- **HEB**

- Free curbside pick or \$5 home delivery fees. **There may not be an immediately available delivery day or time but worth checking.**
- Seniors can call the Senior Support Line (1-833-397-0080) and receive their items the same day “within just a few hours” from Favor. All delivery and service fees are waived for the first 30 days of the program, however, a \$10 tip for the Favor Runner who delivers the items will be automatically added to the total. See if it’s in your area: favordelivery.com/senior
- **Help applying for SNAP & other public benefits** - Call Central Texas Food Bank at 512-684-2550 or toll-free 855-684-2550 or schedule an appointment online (<https://www.centraltexasfoodbank.org/schedule-appointment>) to receive bilingual enrollment support in the following:
 - SNAP
 - Children's Medicaid
 - CHIP (Children's Health Insurance Program)
 - CHIP Perinatal Program
 - TANF (Temporary Assistance for Needy Families)
 - Healthy Texas Women Program (family planning and health screenings)

Financial support to cover COVID - related costs:

- [Healthwell Foundation](#) will grant up to \$250 for costs related to food & medicine delivery, telehealth, diagnostics and transportation
- [Expensify.org](https://www.expensify.org) will reimburse you up to \$50 for essential goods and groceries purchased on your SNAP card.
- **NEW ADDED 3.31.20:** Masonic Children & Family Services of Texas (MCFS) will be providing funding for essential resources (rent, food, and utilities) to families affected by job loss due to COVID-19. In order to be considered, families need to meet the following requirements:
 - Live in the state of Texas
 - Have at least one child under the age of 21 living at home
 - Complete an application
 - Two versions of the application are available here, online application: https://masonicchildrenfamilyservicesoftexas.formstack.com/forms/mcfstx_application and pdf application: <https://www.masonichometx.org/pdfs/ChildFamilyAppCOVID19.pdf>.
 - Additional requirements can be found in the application
 - For more information contact: 817.503.1500

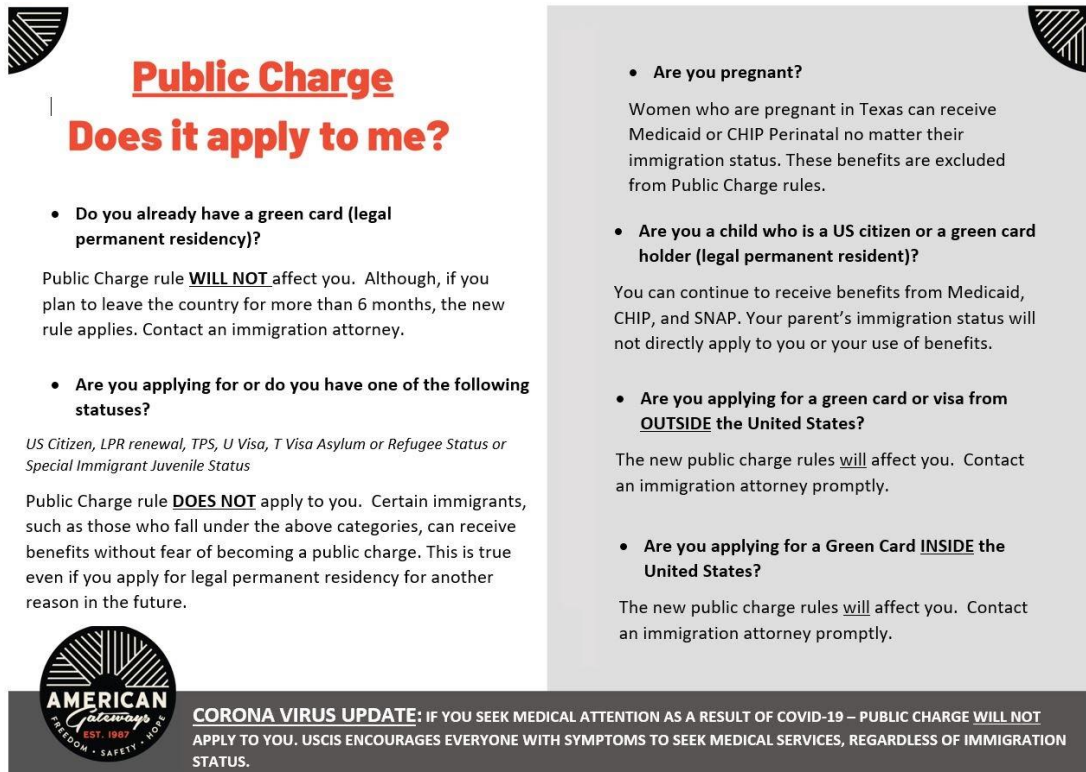
Immigrant & refugee resources

Comprehensive List of Central Texas Resources - [on this spreadsheet](#) find all manner of resources for immigrant clients. Call first to understand COVID service updates.

COVID Testing / Health Services for Undocumented people: U.S. Citizenship and Immigration Services (*USCIS*) encourages everyone with symptoms to seek medical assistance, regardless of immigration status. Medical information & testing is protected by HIPAA, and this will not affect your application to change an immigration status. **Please call American Gateways if you have legal immigration questions or need legal assistance: (512) 478-0546 ext. 200**


Legal Concerns - American Gateways (512-478-0546 ext. 200) provides free or low-cost legal immigration guidance & representation to low-income immigrants of all immigration statuses across our service area.

- **Will accessing public benefits interfere with my application for citizenship / green card?**
Background: The Public Charge Rule determines individuals who the government believes may become dependent on the government for subsistence. If individuals are deemed a “public charge,” they are deemed inadmissible to the US and are ineligible to become a lawful permanent resident.
- *General guidance from American Gateways - see below.* Note the important exclusions for green card holders, pregnant women, and children who are US citizens or green card holders. **Please call American Gateways if clients have legal immigration questions or need legal assistance: (512) 478-0546 ext. 200**



Public Charge
Does it apply to me?

- **Do you already have a green card (legal permanent residency)?**
Public Charge rule **WILL NOT** affect you. Although, if you plan to leave the country for more than 6 months, the new rule applies. Contact an immigration attorney.
- **Are you applying for or do you have one of the following statuses?**
US Citizen, LPR renewal, TPS, U Visa, T Visa Asylum or Refugee Status or Special Immigrant Juvenile Status
Public Charge rule **DOES NOT** apply to you. Certain immigrants, such as those who fall under the above categories, can receive benefits without fear of becoming a public charge. This is true even if you apply for legal permanent residency for another reason in the future.
- **Are you pregnant?**
Women who are pregnant in Texas can receive Medicaid or CHIP Perinatal no matter their immigration status. These benefits are excluded from Public Charge rules.
- **Are you a child who is a US citizen or a green card holder (legal permanent resident)?**
You can continue to receive benefits from Medicaid, CHIP, and SNAP. Your parent’s immigration status will not directly apply to you or your use of benefits.
- **Are you applying for a green card or visa from OUTSIDE the United States?**
The new public charge rules will affect you. Contact an immigration attorney promptly.
- **Are you applying for a Green Card INSIDE the United States?**
The new public charge rules will affect you. Contact an immigration attorney promptly.

 **CORONA VIRUS UPDATE:** IF YOU SEEK MEDICAL ATTENTION AS A RESULT OF COVID-19 – PUBLIC CHARGE WILL NOT APPLY TO YOU. USCIS ENCOURAGES EVERYONE WITH SYMPTOMS TO SEEK MEDICAL SERVICES, REGARDLESS OF IMMIGRATION STATUS.

Health resources

Health insurance resources

- Foundation Communities offers free (no conflict of interest) health insurance counseling and enrollment support for Affordable Care Act and marketplace insurance (COVID treatment can be expensive)
 - Email enroll@foundcom.org or call 512-381-4520 to get started
 - Helpful New York Times guide to navigating the insurance marketplace: “How to Get Health Insurance if You’re Worried About Coronavirus or Have Lost Your Job,” [linked here](#).
- BlueCross BlueShield of Texas can provide free health insurance education for individuals and families - people who may be losing their employer-offered group health plan, young adults turning 26, who are

no longer under a parent's group plan, those that have experienced a recent life event and may qualify for special enrollment and Medicare enrolling for those turning 65 or 65 and older.

- Call 866-427-7497, visit us online BCBSTX.com, or contact Dora Ann Saucedo, Community Relations Specialist at 512-968-1844.

Disability resources

- [COVID-19 Guide for Adults with Neuromuscular Disabilities \(NMD\) on Managing Personal Care Attendants](#) created by [NBD United](#) / Advocates for Disability Access

Mental health & support resources

Mental health crisis lines

- Bastrop and Caldwell - [Bluebonnet Trails Crisis Hotline](#) - crisis line - 1-800-841-1255, services intake 844-309-6385
- Hays - Hill Country Mental Health Center - crisis line 512-392-7151
- Travis - [Integral Care Crisis Hotline](#) - 512-472-4357

Out Youth services open to all LGBTQIA+ students & allies:

- 90-minute [Youth Drop-In Center Programming](#) for youth ages 12-18 on Wednesday and Sunday evenings. See website for calendar, instructions, etc.
- [Nightly Storytime](#) at 8pm to increase feelings of connection & comfort within LGBTQ youth community.

Girls Empowerment Network **NEW - added 3/27**

- We've started a YouTube Channel Playlist, [Girl Sparks!](#)

Other resources

- <https://www.instagram.com/p/B99cid0FGRO/?igshid=5qcp783x6i6o>
- [15 Reminders for Keeping Calm During A Pandemic](#)
- [Great stress reduction tips](#)
- [Free online yoga](#) with a local person that can be done at home!

Safety & victim resources

SAFE Alliance is still open and available for youth and adult survivors of domestic violence and sexual assault by contacting the SAFEline at 512-257-SAFE (7233) or by text at 737-888-7233.

Eloise House continues to provide forensic nursing exams, if a rape has occurred:

<https://www.safeaustin.org/our-services/face-to-face-support/forensic-nursing-exams/>

Substance abuse resources

- SMART recovery online meetings: <https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/>
- AA 12 step online meetings: <https://www.12step-online.com/meetings/online-aa-meetings/>
- Addiction Policy Forum - [Free App to Support People in Recovery during COVID](#)

Internet access resources

- [Charter Communications](#): Spectrum broadband 844-488-8395. Providing free broadband and WiFi for 60 days plus free installation for non-Spectrum households with a K-12 or college student at home, even if you have previous late payments or disconnections. Also opening WiFi hotspots for public use.
- Xfinity hotspots are available free for anyone who needs them. A list of public hotspots is available at xfinity.com/wifi
- AT&T is waiving home internet data caps during the closure. AT&T has expanded the eligibility for the Access from AT&T Program. Households participating in the National School Lunch Program and Head Start now qualify.
- TMobile is removing data caps for cellular customers during the closure.
- Google Fiber will not terminate service to residential or small business customers due to nonpayment through May 15th. Customers who receive a delinquency notice and are impacted by COVID can contact Google Fiber via [phone, email, or chat](#).
- Comcast's Internet Essentials is providing internet services for \$9.95 plus tax for families that qualify for public assistance programs such as SNAP, Housing Assistance, Medicaid, SSI, and free or reduced lunch program. New Internet Essentials customers will receive two free months of internet service if they apply by April 30th. Visit <https://internetessentials.com/Apply> for additional information and requirements. For new customers applying for Internet Essentials, call 855.846.8376. For existing Internet Essential customers, call 800.934.6489. **NEW (4/6)**

Housing

- **County Justices of the Peace are halting evictions statewide during the pandemic.** Statewide, eviction proceedings are temporarily postponed until after April 19th, in Travis County a bit longer - May 8th. The one exception is if the actions of the occupants "pose an imminent threat" of physical harm to the landlord, the landlord's employees or other tenants, or if the occupants are engaging in criminal activity. In addition, anyone who needs to appear in JP court for a traffic ticket will be rescheduled.

Notice to vacate & evictions:

Travis County has suspended eviction hearings through May 8th. Writs of Possession have been suspended through May 13th.

However, this will not stop the landlord from issuing a notice to vacate. It is important that our clients understand the eviction process and understand that **a notice to vacate is not an eviction.**

From Austin Tenants' Council:

The first thing a tenant should know is that a Notice to Vacate is not an eviction. A tenant does not need to move out merely because the tenant receives a Notice to Vacate from a landlord and a tenant does not violate the law by not moving out. A Notice to Vacate is simply a demand for possession of the property for a substantial breach of the terms of the lease. If a landlord wants to evict a tenant, the landlord must give proper notice and follow the correct steps in the judicial process.

For more information on the eviction process, please refer to ATC's fact sheet on evictions:

<https://www.housing-rights.org/eviction-process>

Clients should pay if they can, and/or should try to seek rental assistance or try to work out an agreement with the landlord. The order only delays the eviction process, but it does buy time to assist clients in making a plan. **Look for future City of Austin list of rental assistance agencies.**

Lockouts:

- <https://www.housing-rights.org/lockouts>

Austin Tenants Council is still serving remotely:

- Online counseling services can be accessed here: <https://www.housing-rights.org/online-counseling>
- Fair housing concerns may be reported here: <https://www.housing-rights.org/fair-housing-program>
- Website has a wealth of other information: www.housing-rights.org
- Clients may also call and leave a message for assistance: **512-474-7006**. We are trying our best to ensure a return call within 24 business hours or less. Please tell your clients that our calls may be coming from an unknown number.

Financial & public benefit program resources

- Central Texas Food Bank will designate a person (English and Spanish-speaking) to help clients determine eligibility and apply for the following programs. Call Central Texas Food Bank at 512-684-2550 or toll-free 855-684-2550 or schedule an appointment online: <https://www.centraltexasfoodbank.org/schedule-appointment>
 - SNAP (Supplemental Nutrition Assistance Program / food stamps)
 - Children's Medicaid
 - CHIP (Children's Health Insurance Program)
 - CHIP Perinatal Program
 - TANF (Temporary Assistance for Needy Families)
 - Healthy Texas Women Program (family planning and health screenings)
- For BANK of AMERICA customers
 - [Help for individuals and families](#)
 - [Help for business owners](#) (now available for independent contractors)

Employment resources

Individuals with impacted employment:

- The **Texas Workforce Commission** has now waived certain requirements to receive unemployment benefits. If your employment has been impacted by COVID-19, you can apply for unemployment benefits immediately. Applicants no longer have to be out of work for one full week before applying for benefits and applicants no longer have to register for work search and meet a minimum number of work search activities per week. Click here to learn more: <https://t.e2ma.net/click/p2s8zb/dxsjwq/9xytbi>
- Goodwill (512-637-7580, intake@goodwillcentraltexas.org, www.goodwillcentraltexas.org)
 - Staff are available to current clients and taking new intakes.
 - Questions related to current programming, please contact our management team at WFAManagement@goodwillcentraltexas.org.
- Hiring temporary positions: Amazon, H-E-B, [Whole Foods](#) (increasing wage \$2/hr through April) and Walmart

Small business owners:

- If you are a **small business owner** and your business has been affected by COVID-19, the State of Texas has prepared an application for an Economic Injury Disaster Loan declaration that would give small business owners the opportunity to apply for disaster assistance loans from the U.S. Small Business Administration through the economic injury disaster loan program.

Economic Injury Disaster Loans provide small businesses with working capital loans of up to \$2 million to help meet financial obligations and operating expenses until normal operations resume. [Learn more here about how to apply.](#)

Children - education & activities

Addressing COVID with children

- **New - 4/3** Downloadable COVIbook to ease anxiety in children under 7 yrs (in many/multiple languages): <https://www.mindheart.co/descargables>
- **New - 4/3** Sesame Street has great videos/activities/resources: <https://www.sesamestreet.org>
 - COVID-19-specific Resources: <https://www.sesamestreet.org/search?keyword=COVID%2019>
 - **How to talk to your kids about COVID-19** <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>
- **New - 4/10** Wonder and Worries
 - COVID-19-specific Resources:
 - **COVID-19: How to Support your Kids Acrostic Flyer:**https://www.wondersandworries.org/wp-content/uploads/2020/04/WW_Covid19AcrosticFlyer.pdf
 - **COVID-19: How to Support your Kids Acrostic Activity:**https://www.wondersandworries.org/wp-content/uploads/2020/04/WW_Covid19AcrosticFlyer_ActivitySheet.pdf
 - **Explaining COVID-19 to Kids:**https://www.wondersandworries.org/wp-content/uploads/2020/04/WW_Covid19Resource_ExplainingCovidToKids.pdf
 - **How to Best Quarantine When a Parent has COVID-19:**https://www.wondersandworries.org/wp-content/uploads/2020/04/WW_Covid19Resource_Quarantine.pdf
 - **Supporting Kids During a Parent's Hospitalization with COVID-19: ACUTE CARE:**https://www.wondersandworries.org/wp-content/uploads/2020/04/WW_Covid19ResourcePages_ParentHospitalAcute.pdf
 - **Supporting Kids During a Parent's Hospitalization with COVID-19:**https://www.wondersandworries.org/wp-content/uploads/2020/04/WW_Covid19ResourcePages_ParentHospitalCritical.pdf
 - **Supporting Kids at Parental End of Life due to COVID-19:**https://www.wondersandworries.org/wp-content/uploads/2020/04/WW_Covid19Resource_EndofLife.pdf

Education & enrichment

Alice's Library

- Helps families in need have books at home to support distance learning. All kids must be in K-12 and there is a 3 book, 3 child maximum. To order, email books@aliceskids.org . They say that you will be sent a form within 24 hours where you'll be able to pick titles and those books will be shipped directly to your home/your office via Amazon. The entire process is reported to be free: <https://redtri.com/nonprofit-alices-kids-alices-library-books-sequestered-kids/>

Austin PBS

- Learning At Home Resources: <https://austinpbs.org/highlight/austin-pbs-learning-at-home-resources>

America's Promise Alliance

- Members of America's Promise Alliance and their networks have developed and compiled [a wide range of resources](#) to help educators, out-of-school-time providers, parents and families, and community leaders support their young people during this unprecedented COVID-19 pandemic. Some favorites:
 - **InsideSEL:** [SEL Resources for Parents, Educators & School Communities Related to COVID-19](#)
 - **Learning Heroes:** [Support Learning At Home Webinar](#)
 - **Learning Heroes:** [Trusted, high quality, FREE learning tools that can be sorted by grade and subject](#)
 - **Learning Policy Institute:** [Learning in the Time of COVID-19](#)
 - **National Association of School Psychologists:** [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)
 - **National Child Traumatic Stress Network:** [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](#)
 - **Playworks:** [#PlayAtHome Playbook and Recess Live on Facebook](#)
 - **Sanford Harmony:** [Bring Social Emotional Learning to Your Home](#)
 - **Weird Enough Productions:** [Comics Non-Profit Releases 400 Pages of Comics, Lesson Plans, Activities for Teachers & Caregivers](#)

Jenn Stanchfield

- **New - 4/3** Collection of articles and tools for educators of all grade levels, PK-12, college, and adult education, as well as for parents managing homeschooling (and parenting) during the crisis: https://blog.experientialtools.com/2020/04/01/engaging-inspiring-learners-at-home-a-curated-list-of-remote-learning-resources-for-k-12-college-and-adult-educators-facilitators-and-parents/?mc_cid=746cd316e7&mc_eid=8efd10187f

Department of Education

- Disability accessibility: A lot of educational materials are being put online due to the coronavirus and requiring remote interactions. [This short video](#) helps explain accessibility for various persons with disabilities.

Khan Academy - free, high-quality learning resources for students ages 4-18

- Daily home-school [schedules](#) to keep youth learning
- [Parent & Teacher Resources](#)
- [SAT prep resources](#)

Gensler is sharing free digital coloring books: "Amazing Cities" and "Amazing Cities Kids":

<https://issuu.com/amazingcities>

- Both books are free and can be downloaded digitally for paperless coloring via a phone, laptop or tablet. For those who prefer to print hard copy coloring sheets, we encourage you to only print the pages you intend to color to protect our environment. Please share artwork by using the following social media hashtag: #GenslerAmazingCities.

Cooking (from CommonThreads)

- [Small Bites Recipes](#) - Keep kids active by making fun kid friendly snack recipes in 15 minutes.
- Have an Aspiring Chef at Home? - If your kids get excited about cooking and growing food, show them some of our "[How to Videos](#)" exploring different types of ingredients, culinary skills, recipes and more!

Round Rock Express Reading Challenge

- For kids 12 and under of all reading levels: March 23 - May 15, log your hours read in order to receive two (2) general admission outfield lawn tickets to our game on Sunday, July 5, 2020. Each reading log submission receives tickets, and additional prizes will be awarded on Sunday, July 5, 2020 for readers who reach specific milestones of hours read. Visit RRExpress.com for more information on Spike's Reading Challenge, as well as coloring sheets and reading videos. Also, stay tuned to our [Express Facebook](#), [Twitter](#) and [Instagram](#) channels for more ways to participate.
- Child Mind Institute: [Supporting Kids During the COVID-19 Crisis](#)

Emotional Awareness Video with Activities - **New - 4/10**

<https://www.youtube.com/watch?v=q18OEEL95c>

Additional COVID info & articles

Helpful links

- [Centers for Disease Control and Prevention](#)
- Texas Department of Health and Human Services: <https://www.dshs.texas.gov/coronavirus/>
- [Mental Health and Coping During COVID-19](#)
- [Coping with Stress during Infectious Disease Outbreaks](#)

Social distancing

- [What You Can And Can't Do Under Austin's Stay-At-Home Order](#)
- <https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html>
- <https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html>
- <https://www.buzzfeednews.com/article/rachelysanders/teens-teenagers-at-home-isolation-coronavirus-school>
- <https://www.npr.org/sections/health-shots/2020/03/17/817251610/its-time-to-get-serious-about-social-distancing-here-s-how>
- <https://www.momtastic.com/parenting/775516-the-challenges-of-social-distancing-for-teens/>