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Staying Connected - Updates and Resources from your Brightside Up team

We want to say thank you for all you do for children and their families. Without you, essential workers can't do their jobs. Your dedication is inspiring.

Our commitment to you is to keep providing services and resources that you need. If we can assist with anything, please let us know. You can reply to this email with your questions if you would like. We are open for business everyday (with most of us working from home). Please continue to reach out to us by phone, email, and through our social media.

Below are a variety of updates and resources for you:

[COVID Resource page](#) | This page we've set up contains various links and resources directly related to the COVID 19 pandemic. We post updates here daily including news from NYS OCFS and tipsheets we've created in response to the pandemic.

[Training opportunities](#) | We are still offering training! We've been using a platform called ZOOM. Our trainers are learning as we go and getting great feedback on their sessions so far. The training we have available is listed [here on our website](#). When you click through and visit this link, you'll see a provisional Blended Online Learning for CPR, First Aid, AED has been added to the schedule. We also have Child Abuse Prevention sessions available.

For those MAT-certified child care providers who have completed their third

online renewal test and are unable to complete the required in-person skills competency testing with a MAT trainer due to COVID 19 restrictions a 90 day extension will be provided. Please contact BSU's Child Care Health Consultant, Jean Wiseman at jwiseman@brightsideup.org for guidance on the process.

Self-care opportunities | Throughout all that's going on in the world, it's important to remember to take care of yourself. That's why we've added some self care opportunities.

This Saturday, April 4 at 10am please join Barbara Mitchell, Licensed Mental Health Counselor (LMHC) for a 30 minute overview of how to cope with the daily changes we are experiencing, as well as the monotony of the day to day as we experience decreased mobility. Barbara will go over 5 techniques to help you gain control over anxious thoughts, and cope during crisis. Check out this [tipsheet \(click here for Spanish\)](#) on our COVID 19 Resource page for a preview of what she will cover.

JOIN the zoom meeting here at 10am on Saturday, April 4
[https://zoom.us/j/249646887?
pwd=bTBRRXBCdzZLNWdkNkZRWjZDV1NQdz09](https://zoom.us/j/249646887?pwd=bTBRRXBCdzZLNWdkNkZRWjZDV1NQdz09)

And, we invite you to connect with Kim Polstein and Barbara Mitchell for individual check in sessions.

Barbara Mitchell is a Licensed Mental Health Counselor (LMHC) in the state of NY. She is currently a Mental Health Consultant at Brightside Up for early childhood and infant mental health. Her clinical experience includes mobile crisis response in the Chicago area and therapy services in community-based and private practice settings. She utilizes Dialectical Behavioral Therapy (DBT), attachment-based theory, and trauma-informed treatment with the children and families she works with. To schedule a 30 min, 60 minute, or group consultation with Barbara use this link <https://calendly.com/bcmitchell>.

Kimberly Polstein is a Licensed Master of Social Work (LMSW) in the state of NY. She is currently the Director of Mental Health Services and a Mental Health Consultant at Brightside Up. Her clinical experience includes community based mental health in Albany New York as well as Early Intervention Social Skills groups and Behavioral Intervention. She utilizes attachment-based, Cognitive Behavioral Therapy (CBT) and Trauma-Informed treatment models. Kim also utilizes mindfulness practices in her work with caregivers and children. To schedule a 30 min, 60 minute, or group consultation with Kim use this

link <https://calendly.com/kimpolstein>



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