



TEXAS
Health and Human
Services

Texas Department of State
Health Services



Resources for Students and Families: Dealing with an Economic Crisis

Economic conditions can impact almost everyone, at any time. Some are impacted much more than others. Some students and their families struggle for basic necessities like food, clothing and shelter. Others have to find different ways to fund post-secondary education. In any case, many different types of needs are manifest in the students and families that come to the schoolhouse door. Those working in schools need resources and ideas to provide to students and families dealing with the economic crisis.

Listed below are some of the links the Texas School Health Advisory Committee has located that may assist school personnel to help those impacted by the economic downturn.

Texas-specific resources:

- Texas A&M AgriLife Extension (Cooperative Extension Agencies) – Family and Consumer Sciences
<http://fcs.tamu.edu/>
- The Texas Homeless Network
www.thn.org
- 2-1-1 Texas: directory information for a variety of human needs services
<https://www.211texas.org/211/>
- The Salvation Army- Texas Division
<http://www.salvationarmytexas.org/>
- The American Red Cross: enter your zip code for local chapter assistance
www.redcross.org Texas Positive Behavior Support
<http://www.txbehaviorsupport.org/>
- Texas Department of Agriculture – SquareMeals.org
<http://www.squaremeals.org/>
- Texas Department of State Health Services www.dshs.state.tx.us
- Texas Health and Human Services Commission
www.hhs.state.tx.us/index.shtml



- Texas Hunger Initiative - Baylor University School of Social Work
<http://www.baylor.edu/texashunger/>

From the Center for Mental Health in Schools at UCLA:

- School Interventions to Prevent and Respond to Affect and Mood Problems
www.smhp.psych.ucla.edu/pdfdocs/quicktraining/affectandmood.pdf
- Anxiety, Fears, Phobias and Related Problems: Intervention and Resources for School Aged Youth
<http://smhp.psych.ucla.edu/pdfdocs/anxiety/anxiety.pdf>
- Children and Poverty
www.smhp.psych.ucla.edu/qf/p1102_01.htm
- Enhancing Classroom Approaches for Addressing Barriers to Learning: Classroom-Focused Enabling
<http://smhp.psych.ucla.edu/pdfdocs/contedu/cfe.pdf> - Especially pages 23-36
- Resilience/Protective Factors
www.smhp.psych.ucla.edu/qf/resilience.html

Other websites:

- American Psychological Association Help Center – The Road to Resilience
www.apa.org/helpcenter/road-resilience.aspx
- Feeding America—A Directory of Local Food Banks
<http://feedingamerica.org>
- Developmental Assets—The Search Institute
www.search-institute.org/assets
- Mental Health America of Texas
www.mhatexas.org
- Ohio State University – Fostering Resilience In Children
<http://ohioline.osu.edu/b875/index.html>
- SchoolMentalHealth.org
www.schoolmentalhealth.org



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