



March 24, 2020

Dear Families,

The CHKD mental health team is committed to providing high-quality care and protecting the health of your child, your family, and our team. We want to update you on changes to the delivery of our mental health services during the COVID-19 outbreak.

1. **Telemental health:** We are offering most visits through secure telehealth connections that allow us to see you and your child in your home using a video connection. We will be contacting families with scheduled appointments to explain how this would work and the technology needed.
2. **Limited in-person contact:** In a few selected situations, we may need to see your child in person. In those situations, your child's clinician will let you know. Only one adult can accompany a child to in-person appointments during the outbreak.
3. **Psychological testing:** Psychological evaluations and preliminary assessments will continue by telehealth, but in-person testing will be deferred. We will reschedule these visits as soon as it is safe to do so.

Our team is committed to supporting you and your family. Should you have questions related to your child's mental health care, please reach out to us at 757-668-HOPE (4673) and use option 4 to talk with a team member. We will also be updating our mental health resources on our webpage as well as our blog. Stay well and know that our support will continue.

For helpful tips on caring for yourself and your family during this time, please read our [blog](#) by Dr. Mary Margaret Gleason.

Parent Resources from the Child Mind Institute:

[How Mindfulness Can Help During COVID-19](#)

[Self-Care in the Time of Coronavirus](#)

[Supporting Teenagers and Young Adults During the Coronavirus Crisis](#)

[Talking to Kids About Coronavirus](#)