

## How can the CCP help youth and adolescents?

Youth and adolescents can learn to understand some of the emotions and stress reactions they might be experiencing. The CCP can help by:

- Promoting the use and development of healthy coping and stress management skills.
- Developing age-appropriate, self-care strategies.
- Making connections with local resources.

The ways that adolescents experience events and express distress mostly depends on their age and level of development. Youth or adolescents 11 and older might already be experiencing many physical and emotional changes because of their developmental stage. These youth and adolescents can have difficulty coping with their feelings because of the news being shared about the world's current crises. They might experience physical or emotional reactions and deny or ignore signs of distress. Risky behaviors, such as alcohol and drug consumption, are also a concern for this age group.

## How can youth, adolescents and their parents access CCP services?



COVID-19 Mental Health Support Line, managed by the Harris Center:

**833-986-1919**

SAMHSA Disaster Distress Helpline:

**800-985-5990**

## COVID-19 and Disaster Resources

### Managing Stress

Coping with COVID-19: [Tips to Help Teens](#)  
[Tips to Protect Teens' Mental Health During COVID-19](#)

Stressed Teens: [COVID-19 Toolbox](#)

Teens and COVID-19:  
[Challenges and Opportunities](#)

### General Tips

Social Distancing: [Why It's So Important](#)  
[Self-Care During COVID-19 for Teens](#)

### Parenting

Teens and Young Adults:  
[Talking about Social Distancing](#)  
[Youth Suicide Prevention During COVID-19](#)

COVID-19 and Mental Health:  
[Awkward Conversations](#)

COVID-19 Conversations:  
[Talking to Teens/Tweens](#)



**TEXANS  
RECOVERING  
TOGETHER**  
CRISIS COUNSELING ASSISTANCE  
AND TRAINING PROGRAM



## Crisis Counseling Assistance and Training Program (CCP) for Youth and Adolescents (11 and older)



**TEXAS**  
Health and Human  
Services



## What is the CCP?

The CCP is funded by Federal Emergency Management Agency grants, available through the Robert T. Stafford Disaster Relief and Emergency Assistance Act. Following a federally declared disaster, the CCP provides funding for the provision of crisis counseling, stress management and resource linkage services to impacted communities.

Funded CCP services include:

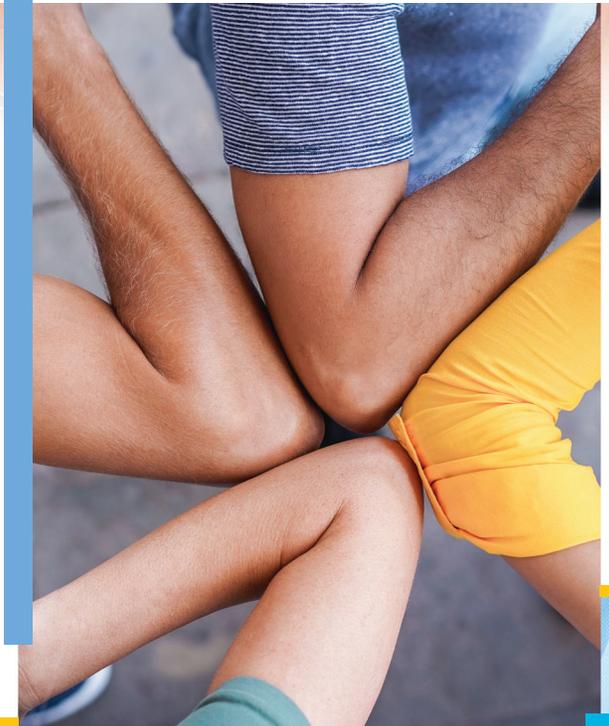
- Individual and group crisis counseling.
- Basic supportive or educational contact.
- Community networking and support.
- Assessments, referrals and resources.



## What are the benefits of CCP training?

The CCP supports short-term interventions with the following goals:

- Understand current situation and reactions.
- Reduce stress and provide emotional support.
- Assist in reviewing recovery options.
- Promote the use or development of coping strategies.
- Connect survivors with other people and agencies that can help them in their recovery process.



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