

NEWS RELEASE | **FOR IMMEDIATE RELEASE** | May 11, 2020

Behavioral Health Division's Parents Lead program continues to support North Dakota families during COVID-19

BISMARCK, N.D. – The North Dakota Department of Human Services' Behavioral Health Division continues to make available new resources through the Parents Lead program to support parents and families during the COVID-19 pandemic.

"As the school year comes to an end, parents and families are once again adjusting to change," said Pamela Sagness, the Behavioral Health Division director. "Providing new and updated information is one way we are continuing to support families during these challenging times."

The new Parents Lead resources touch on a variety of topics, including how to help your children handle stress and anxiety, how to co-parent during the pandemic, safe ways to promote social interaction virtually, tips for dealing with adult children moving home and a 30-day parenting challenge of fun activities to do with your family while social distancing. These resources can be found online at www.parentslead.org/COVID-19.

Sagness said, "Caring for young children while assisting with distance learning for older children and working full time from home is difficult. Any support or resources we can offer to families is important."

The division is continuing to develop new resources not only for parents, but also for community members and professionals. Individuals are encouraged to check the Parents Lead website regularly for new resources, links to helpful information and for updates on supporting families during these times.

The primary goal of Parents Lead is to provide parents and caregivers with tools and resources to support them in promoting the behavioral health and well-being of their children. Interested individuals can also follow Parents Lead on Facebook, Instagram and Pinterest.

The department's Behavioral Health Division is responsible for reviewing and identifying service needs and activities in the state's behavioral health system to ensure health and safety, access to services and quality services. It also establishes quality assurance standards for the licensure of substance use disorder program services and facilities and provides policy leadership in partnership with public and private entities. Learn more about the work of the Behavioral Health Division at www.behavioralhealth.nd.gov/.

###

CONTACT:

LuWanna Lawrence | 701-328-1892
lklawrence@nd.gov

Heather Steffl | 701-328-4933
hsteffl@nd.gov