**Strong Minds and Emotional Wellness for Families**

**Special Olympics Virtual Family Health Forum**

**Facilitator’s Guide**

**Delivery**

* This session is designed to be 60 minutes long
* It is recommended that the session be led by a Strong Minds Clinical Director and/or by a mental health professional (ie. Licensed Psychologist, Licensed Social Worker, Licensed Counselor, Behavior Analyst, Nurse Practitioner, Physician)
* The session is a combination of presentation and interactive components for families and participants
* Recommended talking points are available on the slides and in the notes section and a recording is available [here](https://www.dropbox.com/s/fsoio9ihc2kgwft/Strong%20Minds%20FHF.mp4?dl=0) for facilitators to view before the session.
* The didactic session could be combined with a guided yoga or mindfulness session as well, if you had available volunteers, staff, or athletes or family members who are able to lead that.

**Considerations for Disclosures**

* As emotional and mental health can be a very personal topic.  Sometimes during a session, a participant or an athlete might disclose some information (E.g., self-harm or abuse) or health conditions that require further follow-up.  It is recommended that you work with the Clinical Director or mental health professional to have a plan to address disclosures per local regulations and requirements, to ensure the athletes is safe

**Resources**:

* [Strong Minds Resources](https://www.specialolympics.org/our-work/covid19#strong-minds) for athletes and families
* Sibling Resources:
	+ [COVID Adaption Strategies for Siblings](https://media.specialolympics.org/resources/community-building/youth-engagement/COVID-19-Strategies-for-Siblings-2020.pdf?_ga=2.2658800.1555663744.1590593221-2089858099.1529699354)
	+ [Fitness video for sibling engagement](https://resources.specialolympics.org/community-building/youth-and-school/sibling-engagement-fitness) (in English). Also available with captioning in other languages on [Special Olympics website on Resources to Help During the COVID-19 Crisis](https://resources.specialolympics.org/resources-to-help-during-the-crisis) (under For Families)

If you develop additional materials or resources and find activities or ways to engage your families around this topic, please share with Special Olympics International.