



What is the CYF TIPS website?

The CYF Tools to Improve Practice (TIPs) website was designed to serve as an online hub of resources that providers can use to strengthen and supplement their clinical intervention work with children, youth, and families.



Why the need for this website?

Our story started in the Winter of 2018, at a CYF Providers' Meeting. While collectively reflecting on our data stories from outcomes of our children and youth clients, we acknowledged the impact of ongoing trauma, racism, and other cultural and systemic factors on the well-being of our child and youth clients. Aside from ongoing trainings and groups, we highlighted the potential usefulness of an online resources hub, that any provider can access, for tools that can support and reinforce their practice. We started with internal wiki pages and shared folders of resources, disseminated through time, but later realized how cumbersome it can be to navigate these folders.

The need for a user-friendly website became more apparent during the COVID-19 pandemic crisis, especially as our providers shifted their practice to telebehavioral health. In response, I put together this temporary website. The BHS website is currently undergoing a major redesign. Once this is completed, these CYF resources will be migrated to a dedicated CYF page in the BHS website.

How do I access this website?

The link to the website is as follows:

<https://sites.google.com/view/cyftips/>

This website will be in development in the next few months. As a start, I have prioritized including currently relevant resources:

COVID-19 Pandemic Tools

<p>Telebehavioral Health</p> <ul style="list-style-type: none"> Virtual adaptations of some evidence-based practices Suicide prevention and intervention via telehealth Useful websites for telehealth training and resources 	<p>Practice Tips</p> <ul style="list-style-type: none"> Best practice recommendations Resource guides Tip sheets 	<p>Workbooks and Guides</p> <ul style="list-style-type: none"> CBT-informed workbooks and worksheets to help with anxiety Play therapy techniques Emotion regulation worksheets Shelter-in-place activities for families Journaling prompts 	<p>Therapeutic Stories</p>
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and

Racism Pandemic Tools

<p>Race Conversations</p> <ul style="list-style-type: none"> Tip sheets and toolkits on how to start race conversations with children and youth Bibliotherapy recommendations (e.g. Black Lives Matter reading room) 	<p>Racial Trauma Healing</p> <ul style="list-style-type: none"> Best practice recommendations on helping clients heal or cope with racial trauma Resources for healing 	<p>Anti-Racism Toolkits</p>
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Next steps will be to add resources on: (1) trauma-informed tools; (2) evidence-based tools informed by the F.I.R.S.T. model (Weisz & Bearman, 2020); and (3) tools to strengthen cultural humility and competence.