

Training, Education and Other Resources During COVID-19

University of Washington Alcohol and Drug Abuse Institute (ADAI)

Many in-person 12-step and other recovery support meetings have been canceled because of COVID-19. Here are some links and information about support you can access online or by phone. We will add to this list as we learn of new resources! <https://adai.uw.edu/online-phone-recovery-support-during-covid-19/>

Public Health-Seattle & King County (shared by ADAI)

[Overdose prevention and harm reduction guidelines during COVID-19 pandemic](#). The guidelines include “quick tips for service providers to reduce the risks to their clients who use drugs.”

The [PHSKC Healthcare for the Homeless Network](#) has many other great resources on COVID-19 that may be helpful.

Harm Reduction Coalition (shared by ADAI)

[COVID-19 Guidance for People Who Use Drugs and Harm Reduction Programs](#).

Parent-Child Relationship Programs

(<https://www.pcrprograms.org/>) Below you will find links to **three resources** you might find helpful.

The *first link* is a document outlining strategies to support the uptake of telehealth for providers in our community. It was developed by a collaborative of leaders from MI-AIMH and the Alliance, Zero to Thrive at the University of Michigan and the Michigan Department of Human Services. The *second link* is a 20 minute video from Dr. Bruce Perry in response to the Coronavirus crisis. Dr. Perry reminds us about the importance of state regulation and how state regulation is impacted by stress and trauma. The *third link* is to Zero to Three's website that has a section dedicated to helping families navigate this crisis.

1. Telehealth Guide from MI-AIMH
 - a. <https://mi-aimh.org/wp-content/uploads/2020/03/Telehealth-IMH-Document.pdf>
2. Dr. Bruce Perry
 - a. <https://youtu.be/PZg1dlskBLA>
3. Tips for Families: Coronavirus ZERO TO THREE
<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

How to Keep Uninvited Guests Out of Your Zoom Event (from Lena Takeuchi)

<https://blog.zoom.us/wordpress/2020/03/20/keep-uninvited-guests-out-of-your-zoom-event/>

Zoom Help Center: <https://support.zoom.us/hc/en-us>

Neurosequential Network (shared by Linda Segur)

“Dr. Bruce Perry is holding "office hour" discussions via Zoom on Monday, Wednesday and Fridays at 11:00--specifically on how the current COVID situation may be impacting not just our moms but us. The discussion is probably NOT pitched for our moms and is fairly academic, but I would think all the

supervisors/admin and many CMs would benefit from listening. I have found the real-time discussions affirming, educational and useful. All of his discussions have been archived on Vimeo. The link is www.neurosequential.com/covid-19-resources

Online Protection Orders allowed in King County (shared by Lena Takeuchi)

<https://www.king5.com/article/news/local/king-county-now-allowing-petitions-for-protection-orders-to-be-made-online/281-094c1939-801a-4ad5-b395-b3f3ea1e86e3>

Offers free legal consultations as well. Looks like other counties will follow suit.

State of Washington

<https://coronavirus.wa.gov/>

Washington State Department of Health

<https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020COVID19/ResourcesandRecommendations>

SAMHSA

<https://www.samhsa.gov/coronavirus>

In response to the continuing COVID-19 pandemic, SAMHSA has created a comprehensive list of resources and guidance to help individuals, providers, communities, and states across the country with the challenges they now face. These resources include:

- Sources for factual and up-to-date information on COVID-19
- Tips, considerations, and strategies for individuals and organizations
- Guidance for OTPs
- Approaches to virtual recovery services and telework
- Additional federal guidance

<https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>

WA State Health Care Authority (HCA) DBHR (shared by Sarah Pine)

The Washington HCA Division of Behavioral Health and Recovery (DBHR) has created a [list of resources](#) to help those in prevention services continue their work and provide factual, consistent communication amid the COVID-19 pandemic.

Through DBHR's Athena Forum, you can find fact-based information on COVID-19. Connect to the prevention community by attending a webinar, meeting, or info session listed in the [events calendar](#). Share and learn about creative solutions to maintain services amid the outbreak in the [discussion board](#).

To access webinar registration: <https://www.theathenaforum.org/COVID19>

Washington State cell phone carriers will provide Lifeline services to eligible clients. Lifeline is the Federal Communications Commission's (FCC's) program to make communications services accessible to low-income consumers. Please see the document shared at the April 2, 2020 PCAP administrative meeting for more information.

HCA Spread the Facts campaign

The Governor asked HCA to lead COVID19/mental health messaging for state providers working with people experiencing great challenges coping during this time. In partnership with DOH, they've started public health education campaign called "Spread the Facts". Here are links to that information:

<https://coronavirus.wa.gov/spread-facts/partner-toolkit>

<https://coronavirus.wa.gov/you-and-your-family/mental-and-emotional-well-being>

Federal Stimulus Checks

Case Managers can help clients apply for a federal COVID-19 economic stimulus relief check for \$1,200 if they qualify. Online guidance is available here:

<https://www.consumerfinance.gov/about-us/blog/guide-covid-19-economic-stimulus-checks/>