New Each Mind Matters Resources: Responding to COVID-19

Webinar on April 14, 2020

This webinar highlighted new Each Mind Matters resources, materials, and ideas in response to COVID-19, and engaged participants in a guided discussion on how community-based organizations are stepping up to meet this challenge and support their community.

View the webinar recording at: https://emmresourcecenter.org/resources/new-each-mind-matters-resources-responding-covid-19

Notes from the Guided Discussion during the webinar:
Webinar attendees participated in small group discussion breakout sessions to address the four questions below on their responses to COVID-19. Here are our notes from participants shared their insights, resources, challenges.

- **What is working for outreach and engagement?**
  - Social media platforms
  - Sharing resources with school districts and they can share with parents
  - Scheduling community provider calls for resources sharing and discussion
  - EMM materials sharing online
  - Creating a live Google Doc for area with relevant resources for public
  - A bright spot is that it’s been an excuse to reconnect with friends, family and clients.
  - Connecting with local radio stations. Building relationships with the DJs to promote services offered in their communities.
    - Working with youth to create short commercials for radio stations
  - School district Principal communicating with parents and students and ensuring each student has a Chrome Book for distance learning.
  - Designed a 6-week workshop on how to cope with xenophobia by using Zoom chat rooms and its interpretation feature for multilingual attendees.
  - Reaching clients through text messaging support.
  - Recording informational videos to be used now and in the future, saving staff time and providing direct client contact.
  - Hosting virtual support groups via Zoom.
  - Using WhatsApp (an alternative messaging app) with a lot of reach in Spanish-speaking communities.
  - Advertising resources and talking about mental health via Facebook Live.

- **What are the gaps and challenges?**
  - Receiving too many resources, difficult to review and decide what information and resources to share.
  - Need resources translate into Spanish and other languages
  - Sharing hotline and warm line resources in county, the staffing is a challenge to intake the volume of calls at this time.
- Rural communities don’t necessarily have affordable access to the internet.
- Staying connected with folks who are offline is a challenge.
- Even for clients who have internet access, it may not be safe for all people to be on video calls (undocumented people, foster youth, victims of domestic violence, etc.).

**What resources are needed?**
- Resources about self-care and in Spanish

**How are you relying on your network and partners?**
- Reaching out to schools and other organizations to find out what services are being offered. Then creating a COVID-19 Resources Workbook to list current, up-to-date information.
- Scheduled weekly meetings for emotional support with other partners. Developing a support community.