New Resources from Each Mind Matters: Responding to COVID-19
April 14, 2020
Welcome!

Housekeeping Items

- This Zoom meeting is being recorded.
- If you are comfortable, turn video option on so we can see your face!
- Type questions using the Chat feature and they will be answered during the Q&A section.
- Presentation slides and summary of notes will be made available after this meeting.
Who We Are

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Background

On the statewide efforts

Resources
Available to you at no cost

Brainstorm ideas for
how to use these
materials to support
your existing efforts

Agenda

Support During COVID-19
• New resources from Each
  Mind Matters
• New May Activation Kit
  activities (modified)

Small group discussion
• New strategies for outreach
• What would you like to see?

Next steps

Additional resources
Support During COVID-19: New Resources
Community Connections in Times of Physical Separation
Finding Support During Trying Times - Tips and Resources to Stay Connected
Tips for Physical Distancing in a Multigenerational Home
Resources and Support for Those Coping with Abuse During COVID-19 “Stay at Home” Directive
Always, And Especially in Times of Crisis – Words Matter
Coming Soon: Suicide prevention blog discussing isolation during COVID-19

www.eachmindmatters.org/blog/
Each Mind Matters Resource Center

emmresourcecenter.org/collection/covid-19-response
“During times of change and uncertainty it is ever more important to incorporate self-care and structure into your schedule. And while your typical self-care routine may no longer be available, there are ways to stay healthy and remain connected. Every day take a moment (or more) to take care of yourself.”

Tips for Self-Care During COVID-19

During times of change and uncertainty it is ever more important to incorporate self-care and structure into your schedule. And while your typical self-care routine may no longer be available, there are ways to stay healthy and remain connected. Every day take a moment (or more) to take care of yourself.

- Exercise
- Eat Healthy
- Sleep
- Learn and Explore
- Structure and Routines
- Practice Mindfulness
- Talk with a Friend

For mental health resources visit: k可能性的，或者它可能只是使用文书语言的表达方式。

This resource is available in the following languages:

- Arabic
- Chinese Simplified
- Chinese Traditional
- English
- Spanish
- Tagalog
- Vietnamese
- Russian
- Hmong
Sidewalk Chalk

Express your support for Mental Health Matters Month with sidewalk chalk art.
Planting Activity

Plant care is self-care

EachMindMatters.org/seeds
Sticky Note Activity

Express Yourself
Let’s Express Unity with a Wall Art Installation

EachMindMatters.org/stickynotes
Online Activation Kit

Online materials include:
- Week-by-Week Activity Guide
- Sticky Note Activity
- Planting Activity
- Coloring Pages
- "Take One" Poster
- Social Media Guide
- Email Templates
- Drop In Article
- Draft Proclamation

These materials (in English and Spanish) can be downloaded:
EachMindMatters.org/May2020
Online Materials

"Take One" poster

Coloring pages
Social Media Images

- Image files for posts
- Cover images for Facebook and Twitter profiles
New! Instagram Story GIFs

Go to your Instagram Story and snap a pic

Tap the icon to add a sticker

Search "Each Mind Matters" or "SanaMente"

Add our animated GIFs to your stories!
Social Media Channels

Each Mind Matters Social Media Channels

Campaign Hashtag: #EachMindMatters

Instagram: Instagram.com/EachMindMatters/

Facebook: Facebook.com/EachMindMatters

Twitter: @EachMindMatters
Support During COVID-19: Group Discussion
Let’s Hear From You!

**Background**

- On the statewide efforts
- Resources available to you at no cost

Brainstorm ideas for how to use these materials to support your existing efforts

Let’s Hear From You!

- What is working for outreach and engagement?
- What are gaps or challenges?
- Identify resources needed.
- How are you relying on network and partners?
1. How are you engaging and supporting your communities during this time? What are your “bright spots?” What is working for outreach and engagement?

*For example: Someone on your team might have come up with a creative way to get mental health information to clients. Or perhaps your team has identified creative ways to stay connected during this time of physical distancing.*
2. What are your gaps or challenges?
3. What resources do you anticipate needing in the weeks or months to come, that you don’t currently have?
4. How are you relying on your network and partners during this time? What resources are you sharing?
Next Steps
One-on-One Discussions

In our ongoing efforts to gather input and feedback from communities, we will be conducting a series of one-on-one discussions with organizations and agencies about the changes in your work. Through this effort, we aim to:

- Develop information summary about our learnings
- Share existing resources and successful strategies with you, our partners
- Work to develop additional resources and support based on the gaps and challenges that you identify
Each Mind Matters will be distributing an Interest Form to our CBO partners who would like to help inform new resources and support strategies being developed. Here are opportunities for your participation:

- Participate in a one-on-one discussion
- Submit a resource developed by your agency
- Serve as a reviewer

The Interest Form will be emailed shortly after this webinar!
Q&A
Additional Resources
Additional Resources

- SAMHSA Coronavirus Update
  https://www.samhsa.gov/coronavirus
- CDC Coronavirus - Daily Life & Coping
- WHO Mental Health Considerations
  https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf
- California Immigrant Youth Justice Alliance - Resources for Undocumented People
  https://ciyja.org/covid19/?fbclid=IwAR1FxdsGo4l3APBGH3lfx9kk_ua6TtToFWqc1E8a5TWs1Gx9nUIUsy4sqM
- NAMI Resource Guide
- Suicide Prevention Resource Center - Resources to Support Mental Health
  http://www.sprc.org/covid19
Thank You

For additional support and technical assistance, please contact us.

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