Howard Co. System of Care Resources and Mental Health Help in Response to COVID-19

Need Immediate Assistance?

Four County Hotline 800-552-3106

St. Vincent Trinity 765-456-5900

National Suicide Prevention Line 800-273-8255

United Way

765-457-4357 Text ACCESS to 85511

https://www.searchunitedwayhowardcounty.

Howard Community Crisis Line 765-776-8555

Turning Point SOC for Mental Health and Addiction Referral Help 765-860-8365

Crisis Text Line
Text "help" to 741-741

Emergencies
Call 9-1-1

DOMESTIC VIOLENCE SHELTER CONTACT INFORMATION

Hotline -- 1-877-482-4222 Shelter -- 765-868-3154 Main Office -- 765-457- 9313

Family Service Association

FAMILY SERVICE ASSOCIATION



For questions please call:

Main Office
765-457-9313

Jackson Street Commons
765-236-1002

Domestic Violence Shelter
1-877-482-4222

We are here for YOU!

Food Resources

Need food while we are away from school?

Breakfast and lunch "Take Away" meals are available at no cost EVERY WEDNESDAY!!! At Bon Air MS, Central MS, and at Maple Crest MS.

This is for ANY Kokomo Schools student (even if you don't get free/reduced lunch). Just tell them your name, grade, and school!



Food Pantries

Hands of Grace: 2012 S Goyer Rd. Kokomo, IN Monday's 3:30 pm- 6:00 pm and Wednesday's 1:00 pm - 3:00 pm. (Drive in from the south and follow around to the awning over the church. Bring ID and proof of address.)

Samaritan Love Center: 124 W. Elm St. Kokomo, IN Wednesday 9:00 am - 11:00 am. (Bring bags or boxes, ID if never been and proof of

Tzion Yeshiva: 614 W. Monroe St. Kokomo, IN Tuesday from 1:00 pm- 3:00 pm (Bring bags or boxes. ID required.) address.)

Salvation Army: 1105 S. Waugh St. Kokomo, IN Thursday's & Friday's 8:30 am - 11:00 am and 1:00 pm -3:30 pm (Hygiene and food products, bring bags or boxes, advised to come early.)

Kokomo Rescue Mission: 321 W. Mulberry Kokomo, IN Monday's and Thursday's 9:30 am-1:45 pm. (Call for appt. 765-456-3838.)

Hillsdale United Methodist Food pantry will operate a drive thru service on Friday's noon to 3 tomorrow at 4893E. 100S, Please bring ID and proof of residence and they have plenty for all!

Howard Co. RESOURCES

If you've recently been temporarily laid off of work due to the coronavirus check this out to see if you qualify for benefits.

https://www.in.gov/dwd/files/Indiana_Unemployment_FA <u>O.pdf</u>

NIPSCO: Any customer who has received a termination notice or is having trouble paying his/her bill should call <u>1-800-4NIPSCO</u> to discuss payment arrangements and/or financial assistance programs.

Check out United Way Howard Co for resources. This resosurce includes; housing, food, employment, bill paying support, utility assistance, daycare, and much more. https://www.searchunitedwayhowardcounty.org/

Four County: https://fourcounty.org/covid19-

<u>resources/local-resources</u>

https://fourcounty.org/covid19-resources/mental-

healthadditional-resources

The City Line Trolley and the Spirit of Kokomo are still operating as normal. The City of Kokomo asks that you limit use of public transportation to essential travel only (grocery store, medical appointments). Public transportation is considered an essential service to assist those individuals who rely on the public transportation system as their only means of travel.

Turning Point SOC- 765-680-8365
Helps with resources for mental health and addictions as well as connecting client to community resources.

YMCA has online fitness and wellness activities: https://kokomoymca.org/health-wellness/virtual-fitness

YMCA Emergency Child Care for Essential Workers; https://kokomoymca.org/blog/emergency-child-careid-38

Project Access: https://www.projectaccesshoco.org/

Senior Citizen Meals: 765-456-2078



Need Internet?



Click on the links below to learn more about how each mobile phone company is responding to this health crisis. The response at each company is different and ranges from unlimited/increased data, low cost phone plans and other features that can help you connect virtually with youth and families

AT&T https://about.att.com/pages/COVID-19.html
T-Mobile https://www.t-mobile.com/news/t-mobile-update-on-covid-19-response

Verizon https://www.verizonwireless.com/support/covid-19-faqs/

Sprint https://newsroom.sprint.com/covid-19-updates-sprint-responds.htm

Some families may qualify for FREE internet from Comcast or Spectrum. Must meet income and eligibility requirements.

More Info (Comcast):

www.internetessentials.com

1-855-846-8376 (English)

1-855-765-6995 (Spanish)

More Info (Spectrum):

https://www.spectrum.com/browse/content/spectrum-internet-assist

Anthem

Proactively reaching out to homeless shelters, churches, schools, health care agencies, social-service groups and food pantries to assess their needs and help them overcome barriers.

Organizations and/or members can reach out to me if they have any questions or barriers they need help addressing.

Providing hand sanitizers, reusable bags, adult and child activities, thermometers and sanitizing wipes, as well as a list of resources to share with clients impacted by COVID-19.

While our supplies are running low (disinfectants), we can check what supplies we do have left to see if they would benefit the clients you serve.

We have a website set-up to capture all of the COVID-19 resources in the state. Enter zip code, then type "COVID" in the search box and all of the programs that are open or have opened as a result of the pandemic will be list.

Anthem Resources

Promoting benefits such as telemedicine and the Lifeline cell phone benefit, as well as up-to-date information related to renewals, power account payments, and state benefits.

Cell phone minutes have temporarily been increased are now unlimited.

The State of Indiana has suspended POWER Account payments due to COVID-19, this means members on HIP Plus do not have to pay their monthly contribution until the State decides to reinstates POWER Account payments.

Presentations on benefits for HIP, HHW, and HCC done via WebEx for organizations and/or members to go over this information in more detail.

Completing well-check calls for our vulnerable members to touch base, share benefits information, and provide resources as needed.

COVID-19 Important Info.

Frequently asked questions:

https://www.in.gov/fssa/files/FAQ_DA_COVID-19.pdf

If you are sick with COVID-19 – CDC

https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-

sick/steps-when-

sick.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.go

v%2Fcoronavirus%2F2U19-ncov%2Fabout%2Fsteps-when-

sick.htm

How to protect yourself-

https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-

sick/prevention.html?CDC_AA_refVal=https%3A%2F%2F

www.cdc.gov%2Fcoronavirus%2F2019-

ncov%2Fprepare%2Fprevention.html

IN.gov Cornavirus Hub https://coronavirus.in.gov/

IU Health has launched a virtual clinic to offer individuals in Indiana regardless of age free Coronavirus (COVID-19) screenings using the IU Health Virtual Visit app. Staffed 24/7 with IU Health physicians, advance practice providers and registered nurses, the clinic will screen patients from home, potentially eliminating the need to visit physician offices, urgent cares or emergency departments." https://iuhealth.org/news-hub/iu-health-virtual-clinic-offers-free-coronavirus-screening

FSSA- https://www.in.gov/fssa/5772.htm Food Mapshttps://www.in.gov/fssa/dfr/5768.htm

COVID-19 Multi language resources from LUNA https://luna360.com/resources/covid-19-resource-center/

IRS Stimulus Check info https://www.irs.gov/newsroom/economic-impact-payments-what-you-need-to-know

Continued Resources

https://lookupindiana.org/learn/covid-19

https://www.mhanational.org/covid19

https://mhanortheastindiana.org/coronavirus

The Steve Fund is dedicated to the mental health and emotional well-being of students of color.

https://www.stevefund.org/transition-times/

Financial Support:

https://www.healthwellfoundation.org/fund/covid-19fund/?utm_medium=social&utm_source=MHA&utm_campaign=COVID-19_story

DMHA_Indiana Behavioral Health Inpatient Facilities:

file:///C:/Users/jejohnson/AppData/Local/Microsoft/Wndows/INetCache/Content.Outlook/Q4HJPH6W/DMHA_IndianaBehavioralHealthInpatientFacilities4_2_2020.pdf

Mental Health: https://www.who.int/docs/default-source/coronaviruse/mental_bealth

considerations.pdf?sfvrsn=6d3578af_2

https://www.nami.org/getattachment/Press-Media/Press-

Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-

Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-

coping/managing-stress-

anxiety.html?CDC AA refVal=https%3A%2F%2Fwww.cdc.gov

%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-

anxiety.html

https://mhanational.org/stay-connected

Youth Resources: https://www.remedylive.com/

Virtual Events and Activities with Kids

Join us on Facebook at The Children's

<u>Museum of Indianapolis</u>

(@childrensmuseum).

<u>www.childrensmuseum.org</u>

<u>https://www.georgiaaquarium.org/webcam/o</u>

cean-voyager/

http://cincinnatizoo.org/home-safari-

<u>resources/</u>

https://www.nps.gov/yell/learn/photosmultim

edia/webcams.htm

https://storytimefromspace.com/

https://www.farmfood360.ca/

https://www.montereybayaquarium.org/anim

als/live-cams

https://explore.org/livecams/african-

wildlife/tembe-elephant-park

https://parade.com/1009774/stephanieosma

nski/things-to-do-with-kids-during-

coronavirus-quarantine/

https://accessmars.withgoogle.com/

Stay Mentally Healthy

Create A Daily Routine

Shower daily

keep a regular sleep schedule

Get dressed everyday

Have regular meal times

Schedule work time

Schedule school time

Have designated fun time with family

Have down time.

It's common and totally normal to feel afraid and stressed during a pandemic or outbreak. But taking time to step away from the noise and focus on yourself can help ease those feelings.

Limit your social media intake, TV intake and technology intake.

Staying focused on the positives- Keep a gratitude journal.

Brain breaks! Play board games, read a book or a magazine, take a nap, meditating, yoga, painting, writing, coloring, listen to music and dance!

Go outside- take walks, ride bikes, plant flowers, or roast hotdogs!

MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- -Avoid excessive exposure to media coverage
- -Connect through calls/text/internet
- -Add extra time for daily stress relief
- Practice self-care
- Focus on your

// mental health



- -Reassure them that they re safe
- -Let them talk about their worries
- -Share your own coping skills
- -Limit their news exposure
- Create a routine

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- -Focus on new relaxation techniques



CALMING GROUNDING TECHNIQUES

For Anxiety & Stress

4-7-8 BREATHING

- 1. Sit in a comfy position and relax your muscles.
- 2. Take a big **deep breath in** through your nose for **four seconds**.
- 3. Hold it for seven seconds.
- 4. Next take an **even bigger breath out** for <u>eight</u> <u>seconds</u>.
- 5. As you're breathing out, part your lips and make a "woosh sound."

5,4,3,2,1 METHOD

- 1. Be aware of your surroundings and take deep breaths.
- 2. Name five things you can see around you.
- 3. Name four things you can feel.
- 4. Name three things you can hear.
- 5. Name two things you can smell.
- 6. Give yourself a compliment or recite one **positive affirmation**!

Click for 6 More Grounding Techniques!

Disaster Distress Helpline



1-800-985-5990



TEXT: "TalkWithUs" to 66746

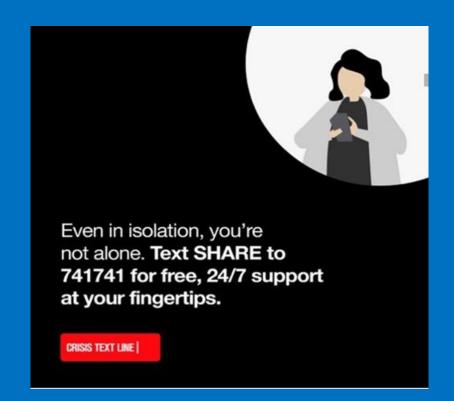


DisasterDistress.samhsa.gov

SAMHSA

HHS.gov







COMMUNITIES **COMING TOGETHER**

YMCA CHILDCARE FOR ESSENTIAL WORKERS

Our communities are strongest

together. The Kokomo Family YMCA is proud to provide childcare for essential workers who are helping to keep our communities running smoothly.

What is an essential worker? For info regarding what is an essential worker, click HERE

MEDICATIONS AND RECORDS:

Please bring any needed medication in a bag with a prescription label. A form will need to be completed at registration.

WHAT TO BRING/HOW TO PREPARE:

- · Please dress your child in weather-appropriate clothing, including a jacket.
- · Bring a sack lunch
- · Breakfast and snacks will be provided by the Y
- · A refillable water bottle is recommended.

LOCATIONS:

Downtown Kokomo YMCA

Where: 114 North Union St. • Kokomo, IN 46901

Ages: Kindergarten through 6th grade.

Hours: 6-6

Pricing: \$27 per day per child

Financial assistance is available

(Extended hours for either location may apply to essential/ emergency workers by arrangements only.)



DROP-OFF INFORMATION

Each child must be fever and symptom free to attend. A screening process with the following questions will be completed as each child is signed in:

- . Do you have a fever, new or worsening cough, shortness of breath, and/or a sore throat?
- · Parents will need to complete a daily wellness check
- . Have you been in contact with a confirmed case of COVID-19?

PLEASE NOTE:

- . We will follow the screening questions by taking your child's temperature. We ask that you stay with your child until the wellness screening has been completed.
- · Parents should escort their child to the door and practice social distancing by keeping 6 ft apart from anyone else in line.
- Parents will need to stay with their child until the wellness screening is completed.

CHILD SAFETY

The safety of participants and families is our top priority. Here are the ways we will work to keep everyone healthy.

- . Children will wash their hands upon entering the program daily.
- Drop-off/pick-up will take place in the vestibule to avoid unnecessary contact.
- Children will play in small groups (8 or fewer children to 2 staff)
- · The space will be sanitized daily.
- Toys/supplies will remain separated by groups throughout the day.

Trained personnel are on hand during drop-off each day to screen staff and children at YMCA sites. Before opening, all childcare centers were deep cleaned. All childcare sites will continue to follow CDC quidance for cleaning and sanitation.

ACTIVITIES

Participants will receive support to complete e-Learning assignments, along with engaging and hands-on activities led by experienced staff. Children should bring any needed materials to complete e-Learning assignments, including any technology and/or devices. We will also be providing learning based activities like STEM and reading & math games. Your child will learn while having fun! We will also offer daily the opportunity for exercise and active play.

KOKOMO FAMILY YMCA

Kokomo Family YMCA * 114 N Union St. * Kokomo IN 46901 * P 765 457 4447 * F 765 457 4440

YMCA EMERGENCY SCHOOL AGE CHILD CARE ENROLLMENT FORM Please fill out completely and return to:

| Child's First Name MI | Last Name | | Date of Birth | Gender: DF DA |
|--|-----------------------|---|-----------------------------------|------------------------------|
| Child's Nickname | Grade in 2019-2020 | Age | | |
| Child resides with Mother Father Both Oth | er | | | |
| #1 Parent/Guardian's First Name | Middle Initial Last N | lame | | |
| Address | City | | State | Zip |
| Parent/Guardian's Birthdate Gender: DF DM | Home Phone () | E-mail | | |
| Parent/Guardian's Work Phone () | Cell I | Phone () | | |
| #2 Parent/Guardian's First Name | | | | |
| Address | City | | State | Zip |
| Parent/Guardian's Birthdate Gender: DF DM | Home Phone () | E-mail_ | | |
| Parent/Guardian's Work Phone () | Cell Ph | one () | | |
| guardian cannot be reached AND are authorized to pick up the ch 1. Name | | ad any of the fol | lowing? If so, please exp | elains |
| 1. Name | | | | |
| | Allergie | | | |
| Phone: Cell Home/Work | Dietary | restriction/s | | |
| 2, Name | ☐ Special | Need/s | | |
| Relationship to child | Does your c | | | n which may prove to be a |
| Phone: Cell Home/Work | to others? | Yes No | | |
| 3. Name | If yes, p | lease comment; _ | | |
| Relationship to child | Description | of any program ac | tivities from which the car | nper should be |
| Phone: Cell (Home/Work () | exempted to | or health reasons: | | |
| Family Doctor | | | | |
| Phone () | Describe at | ny current condit | ions requiring medication | on, treatment, or special |
| Family DentistPhone () | restriction | s or consideration | ons while at YMCA progra | amsı |
| | | | | |
| Do you carry family medical/hospital insurance? Yes No | | | | |
| Carrier | | | | |
| Policy/Group # | equired Percerd of 1 | aet Madical Trac | stmont Chronic Concorn | es Chark all that partain to |
| ncluding specific dates, Or attach Immunization record, | | Record of Past Medical Treatment. Chronic Concerns: Check all that pertain to this child/participant and provide information about supportive health care. | | |
| DTP Polio Hep. B | | | | |
| MMR HIB Hep. A | Asthma Diabetes | | Convulsions/Epilepsy Hypertension | |
| Tetanus VAR PCV | _ | Ear Infections | | |
| Or Conscientious Objector Parent/Guardian Signature | | | Heart Defect/Disease | 0ther: |
| Is the child taking any medications? Yes No | Provide info | rmation about hea | Ith care need for each item | 1 checked : |
| If yes, what kind and why: | | | | |
| If medication needs to be administered during the program, a Me | dication | | | |

Any person coming to pick up a child from the YMCA will need to show a valid photo ID or Driver's License.

Turning Point SOC

Howard County Resource Center for Addiction/ Mental Health





Find Help Where You Are...

During the challenges we are all facing due to the COVID-19 virus, we are limiting our in-person contact to comply with the guidance of our state and local government. As we do so, Turning Point is looking for adaptive ways to meet the needs of our clients, right where they are. We understand it can be tough to know where to go to get help or who can answer questions that can meet your needs around mental health or addiction. During this time Turning Point SOC will be providing virtual support and resources to continue to meet the needs here in *OUR* community. Please know that if your care requires in person support, someone from our Mobile Response Teams will be ready to meet you. You are NOT alone!! Contact us now!



Call our office to get connected! 765-860-8365!!



VIDEO CHAT

Chat virtually with one of our Navigators or Recovery Coaches!



SOCIAL MEDIA
Connect with us on acebook/ Messenger for updates and



Get HELP Today! <u>CALL</u> 765.860.8365



VIDEO CHAT SUPPORT Download and get support using the Google DUO app!!



VIDEO CHAT SUPPORT Facebook @ Turningpointsystemofcare

Contact us now!

Contact us to meet with someone who cares!

We provide no barrier access to services for the community!

- We provide a comprehensive assessment to be able to find resources to meet your needs.
- We promote safety for our clients and our community by referring you according to your level of need.
- We provide culturally relevant supports and referrals to engage and support you in your recovery journey.
- We provide follow-ups and check-ins to ensure we are keeping you wrapped in supports and services consistently as you need us.
- We have resources to help with housing, employment, insurance, addiction, mental health, recovery supports, food pantries, educational supports and many other needed resources for Youth, Adults and Seniors.



Pick Yourself UP

SHARE YOUR RECOVERY... DON'T CARRY THE WEIGHT ALONE.

Contact one of our Recovery Coaches today to find support, get connected to resources and educational opportunities that will help you continue forward in your Recovery!!

Recovery Coaches are people who have been successful in the recovery process who help others experiencing similar situations. Through shared understanding, respect, and mutual empowerment, recovery coaches help people become and stay engaged in the recovery process and reduce the likelihood of relapse. Peer support services can effectively extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking a successful, sustained recovery process.

Pick Yourself UP Program

- . Connect with Recovery Coaches via Video Chat
- Join our Recovery Tree Groups for Daily Connections
- Join us for our Bi-weekly Virtual WRAP meetings: Tuesday 5-7:00pm/ Thursday 10-12:00pm facebook.com/PYU.kokomo for more INFO.
- Contact Morgan, Brianna or Jayme for more information: admin@pyukokomo.org 765.450.3590 (office)

facebook.com/pyu.kokomo



Kokomo Recovery Community

Virtual Recovery Community Collaboration





Find Meetings Where You Are...Daily Recovery Groups.

Its essential to Recovery to stay connected. Recovery Meetings are a vital way to do that. Together we are supporting one another and our community leaders as we respond to the COVID-19 virus. To accomplish this, we have created exciting ways for us all to stay connected and truly stand together strong as a Recovery Community. This will afford us new ways to share, experience, learn more about our own recovery and more about others as well, right where we are. We are NOT alone.

We have many wonderful meetings in our community. Held by different churches, agencies and people who care about Recovery. No reason to reinvent the wheel. We are collaborating together, to bring them to you. If you are interested in attending one of the many Recovery Meetings please see the information on the backside of this flyer and check the Facebook pages of @Turning Point-System of Care and Pick Yourself UP- Kokomo to find the links each day to the current meetings.

Recovery is possible together. We look forward to seeing you and sharing in this journey as a Kokomo Recovery Community!



DOWNLO Download the free ZOOM Cloud Meeting Application!!!



SIGNfollow directions in
figure 11 on the create profile!



CLICK

Lick the link on social media to instantly be directed to the app at the meeting time!!



Connect with the ZOOM Cloud Meeting Application (IOS or Android)



Meeting Links
Links available on
Group Sponsors or
our Facebook page
daily!



Contact
PickYourself UP with
any questions or Tech
challenges!!
765-432-2288

Online Virtual Recovery Community Meeting Schedule:

Hyperlinks to meetings on Facebook @ Turning Point- System of Care or Pick Yourself UP-Kokomo!!

Monday

South Creek Church Open Share 630-730pm (Chuck Mccoskey- Lead)

Tuesday

- Pick Yourself UP/WRAP 5-7:00pm (Jayme Whitaker- Lead)
- Wednesday
- Gilead House 6:30-7:30pm (Mark Robinson- Lead)

South Creek Church Step Meeting 6:30-7:30pm (Kristi Uitts- Lead)

- Thursday
 Pick Yourself UP/WRAP 10-12:00pm (Jayme Whitaker- Lead)
- C/R Celebrate Recovery Large Group 7-8:00pm (Ty Rogers 765.461.5048 contact)
- Newcomers Open Share 89:00pm. learn about Celebrate Recovery 8-9:00pm (Ty Rogers- Lead)
 - Women's Open Share Groups: 8-9:00pm (each group will have its own link)
- Chemical Dependency (Summer Bailey- Lead)
- Alcohol Dependency (Jamie Steiner and Suzi Westlake- Leads)
- Life Issues (Tara Keller and Erin Alford- Leads)
- Life Issues (Linda Alexander and Sheena Jones- Leads)
 - Men's Open Share Groups: 8-9:00pm (each group will have its own link)
- Chemical Dependency (Scott Hipsher- Lead)
- Chemical Dependency (Graham Roe- Lead)
- Alcohol Dependency (Todd Gibson- Lead)
- Alcohol Dependency (Seth Alford- Lead)
- Life Issues (Jon Casbon and Karl Stoneking-Leads)

Friday

- Reformers 7-9:00pm (Krist Uitts Lead)
- Safehouse 8-9:00pm (Dustin Moloch- Lead)

Saturday

- Pick Yourself UP/WRAP 12-2:00pm (Jayme Whitaker- Lead)
- Sobriety Lounge 8-9:00pm (Kevin Sprinkle- Lead)

Sunday

- Living Clean 7-9:00pm (Josh Phelps-Lead)
- *All meetings will be hosted on ZOOM Cloud Meeting Application which can be accessed by phone or computer. Works for both Apple and Android Devices. Tech Help Text- 765-432-2288