

From: ComSvsAFCLicensing
Sent: Tuesday, April 7, 2020 3:55 PM
Subject: NAMI Minnesota Parent Resources



April 1, 2020

A great place to live, work and play...today and tomorrow

Service Center Cottage Grove
13000 Ravine Parkway
Cottage Grove, MN 55016
Phone: 651-430-4159
Fax: 651-430-4193

Service Center Forest Lake
19955 Forest Road N
Forest Lake, MN 55025
Phone: 651-275-7260
Fax: 651-275-7263

Government Center
14949 62nd St N P.O. Box 30
Stillwater, MN 55082-0030
Phone: 651-430-6455
Fax: 651-430-6605

Service Center Woodbury
2150 Radio Drive
Woodbury, MN 55125
651-275-8650
Fax: 651-275-8682



Keeping Calm During Corona

We hope this newsletter finds you well and keeping calm amongst the chaos. Below we have more information and resources related to COVID-19, as well as online classes related to mental health. However, with the constant bombardment of news, the social distancing, and the great deal of unknown, it is important to take the time to step back and breathe. To help with that, we have added this poem by Kitty O'Meara. We hope you find some comfort and some solace.

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and grew gardens full of fresh food, and learned new ways of being, and were still. And listened more deeply.

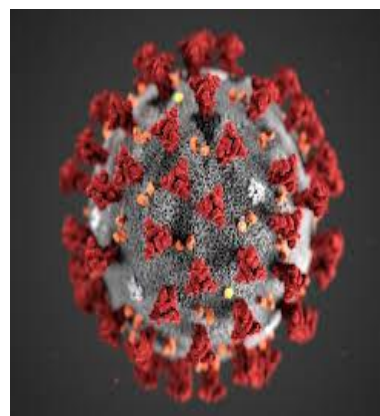
Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently. And the people healed.

And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to love and heal the earth fully, as they had been healed.

Resources for Coping with Coronavirus in Minnesota

This is a difficult time for everyone, and especially for those living with a mental illness. There is great uncertainty about what lies ahead. Despite operating remotely, NAMI Minnesota is still here for you. We care about your well-being and are doing everything we can to continue to carry out our mission to provide education, support and advocacy while protecting the health of our staff and volunteers, and the people we serve.



Just because you feel lonely, doesn't mean you are alone. Physical isolation doesn't mean emotional isolation. There are warm lines and crisis lines – all of which are posted on [our website](#).

We have moved our [support groups online](#) and are now offering a variety of [classes online](#), including through a partnership with the U of MN Department of Psychiatry.

When things feel out of control is when we need to control what we can. That means following the guidelines to “bend the curve” which means wash your hands often with soap and water, stay home, cover your cough with your elbow or a handkerchief and clean and disinfect frequently touched objects and surfaces.

It also means reaching in to those who have difficulty reaching out. Call, text, use facetime. Talk about things other than COVID-19, e.g., did they listen to a good song or TV show? - and make sure they have food and medications. [Watch a message](#) from NAMI Minnesota's executive director.

Last week a [press release went out from mental health organizations](#) outlining the impact of COVID-19. The legislature is planning on meeting on Thursday to address issues around COVID-19 and to put into place some of the Governor's executive orders. If you experience any problems accessing necessary mental health services or medications, or are experiencing new barriers due to COVID-19, please contact namihelps@namimn.org.

To slow the spread of COVID-19 across the state, Governor Tim Walz today signed [Executive Order 20-20](#) directing Minnesotans to stay at home and limit movements outside of their

home beyond essential needs. This order took effect at 11:59 pm on Friday, March 27 and ends at 5:00pm on Friday, April 10.

“We must take bold action to save the lives of Minnesotans,” said Governor Walz. “Having served as a Command Sergeant Major in the Army National Guard, I know the importance of having a plan. While the virus will still be here when this order ends, this action will slow the spread of COVID-19 and give Minnesota time to ready for battle.”

Minnesotans may leave their residences only to perform any of the following activities, and while doing so, they should practice social distancing:

- Health and safety activities, such as obtaining emergency services or medical supplies
- Outdoor activities, such as walking, hiking, running, biking, hunting, or fishing
- Necessary Supplies and Services, such as getting groceries, gasoline, or carry-out
- Essential and interstate travel, such as returning to a home from outside this state
- Care of others, such as caring for a family member, friend, or pet in another household
- Displacement, such as moving between emergency shelters if you are without a home
- Relocation to ensure safety, such as relocating to a different location if your home has been unsafe due to domestic violence, sanitation, or essential operations reasons
- Tribal activities and lands, such as activities by members within the boundaries of their tribal reservation

Workers who work in critical sectors during this time are exempt from the stay at home order. These exemptions are based on [federal guidance from the Cybersecurity and Infrastructure Security Agency \(CISA\)](#) at the U.S. Department of Homeland Security with some Minnesota-specific additions. This includes, but is not limited to, jobs in:

- Healthcare and public health;
- Law enforcement, public safety, and first responders;
- Emergency shelters, congregate living facilities, drop-in centers;
- Child care;
- Food and agriculture;
- News media;
- Energy;
- Water and wastewater; and
- Critical manufacturing.

The Governor also today issued executive orders extending the closure of bars, restaurants, and other public accommodations set forth in Executive Orders 20-04 and 20-08 until May 1, 2020 at 5:00 pm and authorizing the Commissioner of Education to implement a Distance Learning Period for Minnesota’s students beginning on March 30 through May 4, 2020. If you have questions as to your position you can email your question to criticalsectors@state.mn.us or check <http://mn.gov/deed/critical>.

NAMI Minnesota is working very hard to provide you with up-to-date information about COVID-19 and the steps being taken by local, state, and federal governments to maintain

services and ensure safety. **Here are some key resources and more information is available on [our website](#)**, including a list of [helpful hints](#) for parents of children.

Looking for Ongoing Parent and Youth Input



NAMI Minnesota and the Minnesota Association for Children's Mental Health (MACMH) are looking for people to participate in an [ongoing advisory group](#). The group is being developed as part of the System of Care (SOC) project. The SOC project is a state-wide project on children's mental health. The goal of the project is to expand selected services to better meet the needs of children and families. This project is also working to increase family and youth voice in the children's mental health system and creating services that meet the cultural and language needs of families being served. For more information on the project [click here](#).

Who:

- Parents of children living with mental illness (child must be under the age of 30)
- Young adults living with mental illness (between the ages of 18-22)

What:

The group will provide input on the development of services and policies related to children's mental health. Input from parents and young adults will be provided to county and state leadership. Group members will be given a \$10-\$25 Target gift card depending on how much input and time is needed for a response. An introduction training will be provided to participants.

Examples:

- Provide recommendations on specific service implementation

- How can providers make wraparound meetings more accessible for families (i.e. meeting times and places, demeanor of staff, meeting preparation, etc.)
- Respond to questions/concerns from the counties
- Provide feedback and recommendations on policy changes

When:

Ongoing through September 2021. As questions and opportunities to gain input arise, advisory group members will be notified and given a two week window to respond.

Where:

Statewide! Group members will provide input over email, phone call, video chat, survey, in-person (if convenient) etc. In-person participation is not required.

How:

If you are interested in becoming an advisory group member, please [click here](#) to let us know if you are interested. If you have questions please email namihelps@namimn.org.

Note: The maximum number of advisory group members is 30. Submitting an interest form does not guarantee a spot on the advisory group. NAMI Minnesota and MACMH are committed to creating an advisory group that reflects the diversity of Minnesota, including but not limited to location (rural and metro), race and ethnicity, and diagnosis.

Events in the Community



NAMI Minnesota Has MORE Online Support Groups!

To help limit large group gatherings, NAMI Minnesota has cancelled all of its in-person support groups. However, with the stress of illness and isolation of social distancing, we need support now more than ever. We have one Parent Resource Group (for parents of children with mental illness) that can be accessed through Support Group Central. To access this group:

To access a group:

1. [Click here](#)
2. Click on the blue tab that says "**Not a member yet? Set up your free account now!**"
3. Make an account.
4. Click on "**NAMI Minnesota**" at the top of the page.
5. Find the support group you'd like to attend and click the "**Register**" button.

We also have new groups through Zoom! Click [here](#) for a list of Zoom Support Groups. We have:

- Young Adult Connections (for ages 18-30 living with mental illness).
- Connections (for adults living with mental illness)
- Parent Resource Groups (for parents of children/teens with mental illness)
- Family Support Groups (for family members of adults living with mental illness)
- Partners and Spouses (for partners, spouses, or co-parents of an adult living with mental illness)
- LGBTQ+ Connections (for adults living with mental illness that identify as LGBTQ+)
- Open Door (for adults living with anxiety or panic disorders)

Directions on how to access Zoom:

From a computer:

- When it is time for your support group, open the link next to support group you wish to join
- If you do not already have Zoom, you will be prompted to download it

- Once you have downloaded Zoom and opened the correct link, you will be able to join the support group session

From a SmartPhone/mobile device:

- Download the Zoom app. It should have a blue icon with a video camera on it.
- When it is time for your support group to start, open the Zoom app.
- Enter the "Meeting ID" that corresponds with your support group.

From a landline or cell phone without Smart phone capabilities:

- When it is time for your support group to start, call the "Call In" number that corresponds with your support group.
- When prompted, enter the "Meeting ID" listed next to your support group.
- If asked for a participant ID, press #

[Join a Support Group!](#)



Calm in the Time of Coronavirus

This is a free online program to help us build individual and community resilience during this stressful time.

Program runs through May 20 & You Can Join in Anytime.
Live Talks Every Wednesday @ 7pm CT, Led by Henry Emmons, MD

Natural Mental Health is live talks and practices on Facebook Live Monday-Friday. This week's theme is "The Illusion of Separation." You can watch the practices live or watch a replay the week after.

To learn more about their program, or to re-watch past Facebook live sessions, click [here](#).

To tune into a Facebook Live session, click [here](#).



QPR- Question, Persuade, Refer (Online)

Learn the three steps anyone can take to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught gatekeeper training program in the United States, and more than one million adults have been trained in classroom settings in 48 states. This one-hour class is for members of the community over the age of 16 who want to learn best practices in suicide prevention. Taught by Caroline from NAMI Minnesota. Community QPR Event – Open for everyone to attend.

Wednesday, April 1, 12:00 – 1:00 PM

Join Zoom Meeting: <https://zoom.us/j/659037667>

Meeting ID: 659 037 667

Call In #: (312) 626-6799, 659037667#



Coping with Depression During the COVID-19 Global Pandemic

This webinar will focus on coping strategies that can be used to manage depression during the COVID-19 pandemic. The presenters will discuss behavioral, cognitive, and mindfulness-based techniques that research has found to be helpful for treating depression among adults, adolescents, and children. Strategies for the use of these interventions in the context of social distancing, quarantine, and uncertainty will be emphasized.

Wednesday, April 1, 2:00 – 3:00 PM

Join Zoom Meeting: <https://zoom.us/j/614466125>

Meeting ID: 614 466 125

Call In #: (312) 626-6799, 614466125#



"The Digital Sanity Summit: Navigating Technology in the Modern World of Parenting" will go live on March 30 for five days — featuring in-depth interviews with 18+ leading experts on Technology and Parenting from all over the world, with an interactive online Exhibition Hall for additional resources and access to speakers and sponsors.

We'll be discussing classic "tech & parenting" issues such as:

- parent controls
- cyber-safety
- using technology to cultivate social relationships
- how to talk with your kids about tech without conflict

We'll also be talking about life in the pandemic era, such as:

- how to create new, healthy tech habits
- making the most of using tech together as a family
- how to have conscious conversations about technology
- and so much more!

The event is FREE

[Register here!](#)

Out of concerns for health and safety, NAMI Minnesota will be cancelling upcoming in-person classes. For the latest updates on classes, go to <https://namimn.org/education-public-awareness/classes/scheduled/>

In The News



Coronavirus pushes mental health counseling online

Getting therapy remotely is the new normal for many Americans coping with mental health issues while in quarantine.

Teletherapy, as it's called, is a form of virtual counseling with a licensed therapist via webcam, phone, email or text message. And while the service has been around for decades, it's now a primary alternative to in-person therapy for those in need while socially distancing during the coronavirus pandemic. [Read more here.](#)



Snap rolling out 'Here For You' mental health tool early with focus on coronavirus

Snap is rolling out its Here For You search tool a bit earlier than planned to help users who may be feeling anxious or stressed over the coronavirus pandemic, the company says. The Here For You tool was first announced in February, and it's designed to surface "safety resources" from mental health experts when users search for topics like anxiety, depression, suicide, or bullying.

The company has now added a coronavirus-specific section to the tool "that will provide Snapchatters from the Ad Council, World Health Organization, the CDC, Crisis Text Line, NHS, and other partners who are creating content on anxiety specifically related to coronavirus," the company says. [Read more here.](#)



Due to COVID-19 outbreak, patients can take OUD medication home

In light of the coronavirus (COVID-19) outbreak, some patients receiving treatment for opioid use disorder (OUD) may take a 28-day supply of their medications home to avoid daily trips to their clinic, the Substance Abuse and Mental Health Services Administration (SAMHSA) stated in a [guidance](#) issued on Monday.

Under SAMHSA's guidance, those states that have declared a state of emergency may make a blanket request to allow all opioid treatment programs (OTPs) to provide stable patients with four weeks of medication to take home. Those who are not considered stable "but who the OTP believes can safely handle this level of Take-Home medication," the guidance states, may receive two weeks, or 14 days, of their medication. [Read more here.](#)

Food for Thought



Mayo Clinic Q&A podcast: Mental health and coping during COVID-19 crisis

Continuous news coverage about the COVID-19 (coronavirus) pandemic is creating worry and anxiety for people across the globe. How can you be better prepared to cope with the crisis?

On today's Mayo Clinic Q&A podcast, Dr. Beth Rush, a Mayo Clinic neuropsychologist, shares ideas for taking care of your mental health and finding comfort amidst the uncertainty. [Listen to podcast here.](#)



If you're a parent suddenly homeschooling your child with ADHD, here's some expert advice

Are you a parent at home suddenly trying to teach a child with ADHD in the middle of the coronavirus pandemic and unsure how to proceed? Or are you a parent at home suddenly trying to teach a child who exhibits behaviors that you never realized could be attributed to ADHD?

Trying to teach a child with attention-deficit/hyperactivity disorder is a different job than parenting. You know that ADHD affects the ability of children to learn in a number of ways (see below) — such children can be forgetful, easily distracted and impulsive — but you may not have seen how that plays out daily in the classroom.

Here are 5 tips from Maggie Sibley, a member of the professional advisory board of the nonprofit organization CHADD, or Children and Adults with Attention-Deficit/Hyperactivity Disorder. And you can get more information from CHADD below, including a school tool kit for parents, and [here](#) on its website. [Read more here.](#)



Parenting in the time of COVID-19

To help parents interact constructively with their children during this time of confinement, these six one-page tips for parents cover planning one-on-one time, staying positive, creating a daily routine, avoiding bad behaviour, managing stress, and talking about COVID-19. Use them to your and your kids' advantage, and have fun in doing so. [Read more here.](#)



Self care in the time of coronavirus

When you're a parent, self-care often slips to the bottom of the list. But taking care of yourself isn't a luxury. It's essential. And during this difficult time, when children are home and stress is running high, it's more important than ever. Here are five tips from our clinicians that can help. [Read more here.](#)

Upcoming Classes

Coping with Depression During the COVID-19 Global Pandemic

- *Online*, Wednesday, April 1, 2:00-3:00 p.m.

Join Zoom Meeting: <https://zoom.us/j/614466125>

Meeting ID: 614 466 125

Call In #: (312) 626-6799, 614466125#

Get to Know NAMI

- *St. Paul*, Thursday, May 14, 11:30 a.m.-12:30 p.m., NAMI Minnesota, 1919 University Ave. W., Suite 400, St. Paul, MN 55104. Contact Kay at 651-645-2948 ext. 113 or kking@namimn.org.
- *St. Paul*, Wednesday, June 10, 11:30 a.m.-12:30 p.m., NAMI Minnesota, 1919 University Ave. W., Suite 400, St. Paul, MN 55104. Contact Kay at 651-645-2948 ext. 113 or kking@namimn.org.

Helping Students Succeed (Online Class)

- *Online*. Click [here](#) to view class.

Hope for Recovery

- *Alexandria*, Saturday, May 2, 9:00 a.m.– 3:00 p.m. [Register here.](#)
- *Duluth*, Saturday, May 2, 9:00 a.m.-3:00 p.m. [Register here.](#)
- *Minneapolis*, In Spanish, May 2, 10:30 a.m.-1:30 p.m. [Register here.](#)
- *St. Paul*, Saturday, May 2, 9:00 a.m.– 3:00 p.m. [Register here.](#)

SUICIDE PREVENTION

QPR: Question, Persuade, Refer

- *Online*, Wednesday, April 1, 12:00-1:00 p.m.

Join Zoom Meeting: <https://zoom.us/j/659037667>

Meeting ID: 659 037 667

Call In #: (312) 626-6799, 659037667#

Youth Mental Health First Aid

- *St. Paul*, In Spanish, Friday, June 12, 8:00 a.m.-5:00 p.m. [Register here.](#)

CLASSES FOR PROVIDERS

Compassion into Action: Recognizing and Responding the Patients with Mental Illnesses

Class for hospital staff and health care personnel
Now offering 2 CEU credits for completion.

[Log in and take class](#)

Smoking Cessation

[Log in and take class](#)

Allies in Recovery

Training for professionals includes strategies for engaging families, helping clients maintain natural supports, how these relationships can aid in the treatment process, and discussion on data privacy laws
Now offering 2 CEU credits for completion.

[Log in and take class](#)

NAMI Minnesota | 1919 University Ave. W., Ste. 400 | St. Paul, MN 55104
namihelps@namimn.org | <http://www.namimn.org>
651-645-2948 | 1-888-NAMI-HELPS