Resources for Mental Health Providers during COVID-19

Updated: April 15, 2020 – Please note: resources that have been added since the first edition have “NEW” in front of them.

General Resources

- **NEW Coronavirus in Indian Country — COVID-19 Actions**

- **NEW Harvard COVID-19 Resources for Indian Country Toolbox**
  Resources that demonstrate ways to build governance capacity, illustrate best practices by tribes, provide trusted information about the virus itself, and supply tribal health ordinances intended to meet your immediate needs.
  Link: [https://sites.google.com/g.harvard.edu/covid-19-resources/home?authuser=0](https://sites.google.com/g.harvard.edu/covid-19-resources/home?authuser=0)
  **Other “Nation Building Toolboxes”:**
  [https://sites.google.com/g.harvard.edu/nationbuildingtoolboxes/home](https://sites.google.com/g.harvard.edu/nationbuildingtoolboxes/home)

- **NEW Federal Communications Commission’s newly-established $200 million COVID-19 Telehealth Program:**
  In response to the pandemic and as part of the FCC’s implementation of relevant portions of the CARES Act, the new Telehealth Program will help health care providers offer critical connected care services to patients at their homes or mobile locations. The Program affords immediate support to eligible health care providers responding to the pandemic by providing funding for telecommunications services, information services, and devices necessary to deliver critical connected care services.
  Application can be found here: [https://www.fcc.gov/covid-19-telehealth-program](https://www.fcc.gov/covid-19-telehealth-program)

- **COVID-19 Emotional Support Helpline:** 1-844-863-9314

- **CDC’s COVID-19 Website:**

- **APA’s Practice Guidance for COVID-19:**

- **HIPAA, Civil Rights, and COVID-19:**
  Link: [https://www.hhs.gov/hipaa/for-professionals/special-topics/hipaa-covid19/index.html](https://www.hhs.gov/hipaa/for-professionals/special-topics/hipaa-covid19/index.html)

- **SAMHSA: Creating a system of care that meets the needs of people with mental and substance use disorders:**
Information about the Temporary Assistance for Needy Families (TANF) Program and COVID-19
Link: https://www.acf.hhs.gov/ofa/resource/tanf-acf-pi-2020-01

Office of Minority Health Resource Center:
Link: https://www.minorityhealth.hhs.gov/omh/browse.aspx?lvl=1&lvlid=3

NEW Tribal Law and Policy Institute – COVID 19 Resources:
TLPI has launched an Indian Country resource page with links to information and resources concerning tribal, state and federal initiatives, best practices, and service provision strategies for the COVID-19 pandemic.
Link: https://www.home.tlpi.org/covid-19

Telemental Health

How to Prepare for a Video Appointment with Your Mental Health Clinician:

APA Telepsychiatry and COVID-19:
Link: https://www.psychiatry.org/psychiatrists/practice/telepsychiatry/blog/apa-resources-on-telepsychiatry-and-covid-19

CMS General Provider Telehealth and Telemedicine Tool Kit:

Telehealth Toolbox for School Personnel: Getting Started:
https://mhttcnetwork.org/centers/mid-america-mhttc/product/telehealth-toolbox-school-personnel-getting-started

HIPAA Compliant Platform:
This cost per dashboard for tribe who sign up for one year is currently $35. Please contact natasha-peterson@uiowa.edu for more information.
Link: https://letstalkinteractive.com/

Resources for Children/Youth:

A resource for talking with children about Coronavirus Disease 2019: messages for parents, school staff, and others working with children.

NEW https://www.nctsn.org/resources/simple-activities-children-and-adolescents
A resource with simple activities for children and adolescents. This resource offers activity ideas to parents and caregivers whose families are sheltering in place, social distancing, and homeschooling due to school closures amidst the COVID-19 outbreak.


  This resource provides information for parents and caregivers about infectious disease outbreaks in your community. Knowing important information about the outbreak and learning how to be prepared can reduce stress and help calm likely anxieties. This resource will help parents and caregivers think about how an infectious disease outbreak might affect their family—both physically and emotionally—and what they can do to help their family cope.

- **NEW** [https://adaa.org/finding-help/mobile-apps](https://adaa.org/finding-help/mobile-apps)

  List of mental health apps reviewed by the Anxiety and Depression Association of America. Mental health apps can be effective in making therapy more accessible, efficient, and portable.

- **NEW** [https://www.healthynativeyouth.org/](https://www.healthynativeyouth.org/)

  Healthy Native Youth is a one-stop-shop for educators and health advocates who want to expand learning opportunities for youth. Click on the program name to learn more about each curriculum, including intended age-group, where it can be implemented, and how much time will be required. Lesson plans, handouts, and supplemental materials are also listed there. Many include recorded videos and webinars to help prepare educators to facilitate each program. Finally, they provide information about how the program was designed or adapted, and evaluated with AI/AN youth.

- **NEW** [https://www.nativewellness.com/](https://www.nativewellness.com/)

  The Native Wellness Institute exists to promote the well-being of Native people through programs and trainings that embrace the teachings and traditions of our ancestors. This site works to create an online opportunity to come together.

- **NEW** [https://phxindcenter.org/online-options/](https://phxindcenter.org/online-options/)

  A site hosting the Phoenix Indian Center that supports workforce development, prevention services, cultural enrichment, youth development along with providing resources.


  Center for Native Youth: Native Youth Response to COVID-19. CNAY is working to ensure Native youth voices and needs are heard during this time and that we are continuing to put youth identified priorities at the forefront of our work. In times like these, it’s important we look to youth leaders. Amid the COVID-19 pandemic, CNAY created a Call for Native Youth to share what they are doing.

- **NEW** [https://www.wernative.org/](https://www.wernative.org/)
Comprehensive health resource providing content and stories to promote holistic health and positive growth.

- **NEW** [https://coachart.org/blog/10-easy-crafts-for-kids-with-motor-disabilities/](https://coachart.org/blog/10-easy-crafts-for-kids-with-motor-disabilities/)
  For parents, guardians, and caregivers who want to provide enriching crafts for children with physical conditions. A list of resources along with these 10 easy crafts for kids with motor disabilities on this site.

- **NEW** [https://musiclab.chromeexperiments.com/Experiments](https://musiclab.chromeexperiments.com/Experiments)
  Chrome Music Lab is a website that makes learning music more accessible through fun, free, hands-on experiments.

- **NEW** [https://www.funbrain.com/](https://www.funbrain.com/)
  Free educational games for kids from Pre-K through 8th grade with activities including games, books, comics, and videos that help develop skills in math, reading, problem-solving and literacy.

- **NEW** [https://www.coolmathgames.com/](https://www.coolmathgames.com/)
  A brain-training site where logic and thinking meet fun and games. These games have no violence, no empty action, just a lot of challenges that will make you forget you’re getting a mental workout.

- **NEW** [https://wideopenschool.org/](https://wideopenschool.org/)
  A site that makes learning from home an experience that inspires kids, supports teacher, relives families and restores community. Wide Open School is a free collection of the best online learning experience for kids.

- **NEW** [https://www.calm.com/](https://www.calm.com/)
  An app for Sleep, Meditation and Relaxation. Learn the life-changing skill of meditation, get more restful sleep and wake up feeling refreshed, and music to help you focus, relax, sleep

- **NEW** [http://mindfulnessforteens.com/](http://mindfulnessforteens.com/)
  A site for teen looking to experience mindfulness. Mindfulness is a powerful way to handle stress, and live life more fully. Mindfulness is all about living fully in the present moment, without judgment, and with an attitude of kindness and curiosity. It’s about breathing, noticing what’s happening right here and now, sending a gentle smile to whatever you’re experiencing in this moment (whether it’s easy or difficult), and then letting it go

- **NEW** [https://mindfulnessexercises.com/](https://mindfulnessexercises.com/)
  A site with free mindfulness exercises, meditations, and courses. Browse their collection of free mindfulness trainings, meditation scripts and mindfulness worksheets.

- **NEW** [https://girlswhocode.com/](https://girlswhocode.com/)
Girls Who Code is on a mission to close the gender gap in technology and to change the image of what a programmer looks like and does

- NEW https://www.abcmouse.com/
  Full online curriculum for children ages 2-8. This includes social and emotional learning lessons.

**Upcoming Relevant Events**

- **Strategies of Support for Mental Health Providers – Empowering one another during times of crisis**
  The National American Indian and Alaska Native MHTTC is hosting a weekly open forum to listen and share suggestions and resources. Special attention will be paid to resiliency, strength, overcoming challenges of social distancing, and supporting mental health professionals in their efforts to adapt their delivery of services. Discussion will be facilitated by Sean A. Bear, BA, Meskwaki; Matt Ignacio, PhC, MSSW, Tohono O’odham; and Anne Helene Skinstad, PhD.

  To register for the next event, on Tuesday, April 21st: https://uiowa.zoom.us/meeting/register/tJwsdeqhqD4tGtMjeWKHgjoTXFl5fqs1CSuv

- **Telehealth Tuesdays**
  Mid-America MHTTC, Mountain Plains MHTTC, and Mid-America ATTC are hosting 5 Telehealth Learning and Consultation (TLC) Tuesdays is a weekly online series for providers who are unfamiliar with telehealth. Our Technology Transfer Center (TTC) Network specialists will devote the first 20 minutes of each hour-long session to a specific topic, then address questions submitted by TTC Tuesday registrants. Recordings of the 20-minute presentations as well as additional resources are posted online as they become available. March 31: Telehealth Basics, April 7: Telehealth Billing, April 14: Telehealth Tools, April 21: Telehealth with Children and Adolescents, April 28: Telehealth Troubleshooting.

  Link: https://mhttcnetwork.org/centers/mid-america-mhttc/telehealth-learning-and-consultation-tlc-tuesdays

- **NNED Virtual Roundtable Series**
  Thursday, April 23, 2020  |  3:00 pm - 4:30 pm EDT
  The National Network to Eliminate Disparities in Behavioral Health (the NNED) is hosting a virtual roundtable series which will highlight issues associated with COVID-19, including: Unique experiences of individuals in underserved communities; Strategies for providing culturally and linguistically appropriate health information; and Specific actions taken by select NNED communities to deliver high-impact and easy to implement approaches that support behavioral health needs.

  Link: https://nned.net/6657/

**ACF Native American COVID-19 RESOURCES**

*(the following information has been compiled by the ACF)*

The Administration for Children and Families (ACF) is a division of the U.S. Department of Health and Human Services (HHS). ACF promotes the economic and social well-being of children, families, individuals, and communities with leadership and resources for compassionate, effective delivery of human services. The Agency supports critical programs that are important for tribes and Native American communities as they respond to the

ACF encourages people involved in Agency programs and those who work in the human service enterprise to follow the President’s Coronavirus Guidelines for America, 30 Days to Slow the Spread. The Guidelines advise Americans to listen to and follow the directions of state and local authorities.

OFFICE OF MANAGEMENT AND BUDGET (OMB) AND ACF GRANT FLEXIBILITIES RELATED TO COVID-19

- OMB Memo 3-20-17 – Administrative Relief for Recipients and Applicants of Federal Financial Assistance Directly Impacted by the Novel Coronavirus (COVID-19) due to Loss of Operations
- ACF Information Memorandum: ACF grant flexibilities in conducting human service activities related to or affected by COVID-19
- Using Federal TANF and State MOE Funds for Families in Areas Covered by a Federal or State Disaster Declaration: While OFA does not have general authority to waive TANF requirements or penalties, the HHS Secretary may not impose a penalty on a tribe operating an approved Tribal TANF program if a natural disaster’s disruptive impact was so significant as to cause the tribe’s failure to meet the requirement.

ACF PROGRAM OFFICE INFORMATION FOR NATIVE AMERICAN COMMUNITIES

On March 27, 2020, the President signed the Coronavirus Aid, Relief, and Economic Security (CARES) Act. This includes $6.3 billion in additional funding for ACF to respond to coronavirus related needs. A summary of the ACF provisions can be found here.

- Administration for Native Americans (ANA): ANA is receiving requests from Native American grantees seeking flexibility in carrying out their projects in response to COVID-19. The primary requests include: (1) grant modifications in response to tribal and state declarations, including school closings, social distancing requirements, telework flexibilities, and continued compensation for project staff; and (2) requests for no-cost extensions and/or extension of deadlines for submitting reports. Other issues include impacts from loss of program income. ANA grantees are encouraged to review the flexibilities for administrative, financial management, and audit requirement relief issued by ACF on March 30, 2020, which can be found here.

- Low Income Home Energy Assistance Program (LIHEAP): There are no changes to the federal LIHEAP law in light of COVID-19. As a block grant program, LIHEAP grantees normally have flexibilities in how they can change or revise their programs.
throughout the year to address changing needs in their communities. Each tribal grantee must decide what is appropriate for their own community. Tribal LIHEAP grantees also have broad flexibility in deciding what kinds of LIHEAP assistance to offer and how to vary the amount of assistance/benefits for each household. During emergencies, LIHEAP grantees may consider increasing the amount of benefits, or providing supplement benefit payments to households that have already received one LIHEAP benefit this year. Tribal grantees should contact their Office of Community Services LIHEAP Program Specialist for guidance. The LIHEAP Initial COVID-19 Program Guidance can be found here.

- **Office of Child Care:**
  - Child Care Development Fund: Lead Agencies have the flexibility to change certain eligibility or priority criteria to permit uninterrupted child care, to define income, and to set the income threshold for purposes of Child Care and Development Fund (CCDF) eligibility; the option to waive family co-payment requirements for families that meet criteria established by the Lead Agency—which may include, for example, families impacted by federal or state declared emergency situations; and the option in some cases to use quality dollars to provide immediate assistance to impacted families, including families that do not participate in CCDF. Requirements differ across tribal CCDF grantees depending on size, so not all flexibilities are equally relevant to all.
  - Tribal Maternal, Infant, and Early Childhood Home Visiting (MIECHV): ACF recognizes the important supports that tribal home visitors can provide to families during this difficult time, including parenting supports, help connecting to resources, and social support for those who are isolated. Tribal MIECHV grantees have the flexibility to provide home visits virtually (either by video conference or by phone), in accordance with home visiting model developer guidance. Grantees also have the flexibility to have their staff work remotely rather than in the office.

- **Children's Bureau:** The Children’s Bureau issued a letter to Child Welfare Leaders on March 18, 2020 that addresses: (1) requirements for case worker visits to children in foster care; (2) Program Improvement Plans developed to address the results of a Child and Family Services Review; (3) the onsite Title IV-E Eligibility Review; (4) child abuse and neglect investigations; and (5) other legislative and regulatory flexibility requirements. The letter to Child Welfare Leaders is available here. Additional information and resources for state and tribal child welfare professionals relating to COVID-19 are available here.

- **Office of Family Assistance (OFA):** OFA released a Program Instruction (PI) to State and territorial Agencies and Tribal Agencies administering the Temporary Assistance for Needy Families (TANF) Program on March 24, 2020. The PI addresses TANF’s administrative flexibilities for states and tribes and includes questions and answers about how state and tribal grantees might use TANF to address COVID-19. The OFA PI is available here.
Office of Head Start (OHS): OHS has directed programs to continue to pay wages and provide benefits for staff unable to report to work during center closures necessary to address COVID-19. This flexibility remains in effect through April 30, 2020, unless further extended by OHS. During center closures, employees should continue to engage families and to deliver services to the extent possible, remotely. Head Start and Early Head Start programs may provide meals and snacks to children during center closures. Communications regarding OHS coronavirus prevention and response are available here.

Family Violence Prevention and Services Act (FVPSA): The FVPSA program recognizes the need for funding flexibilities and continuity of operations for all domestic violence shelters, state domestic violence coalitions and tribes, including the national domestic violence hotline and the StrongHearts Native Helpline. FVPSA anticipates issuing program guidance to domestic violence programs regarding COVID-19. Guidance will include questions and answers regarding flexibilities for FVPSA-funded programs. FVPSA is mandated to allocate 10% of its appropriation to Tribes and Tribal organizations. For FY 2018 and 2019, Congress increased the appropriations to supplement existing funding for American Indian/Alaskan Native Tribes. For FY 2019, the total amount of funding provided was $20,170,060 funding 252 tribes and tribal organizations.

Family and Youth Services Bureau (FYSB) – National Runaway Safeline (NRS): NRS is a FYSB funded project to provide a communication system for runaway and homeless youth and their families. NRS will continue to provide crisis intervention services, support and access to local resources to youth ages 12 to 21 and their families through their hotline, 1-800-RUNAWAY (786-2929) and live chat, emails and forums at 1800RUNAWAY.org.

ABOUT COVID-19

The Centers for Disease Control and Prevention (CDC) provides information on the symptoms of COVID-19 and the emergency warning signs for seeking medical attention. CDC also provides specific guidance for:

- Older adults
- Pregnant women
- Schools and childcare programs
- First responders and law enforcement
- Resources for your home
- Community- and Faith-Based Leaders
- Business and employers
- Anxiety and stress
Other federal and national tribal COVID-19 resources include:

- Coronavirus (COVID-19)
- Government Response to Coronavirus, COVID-19
- Indian Health Service (IHS)
- Bureau of Indian Affairs (BIA)
- Substance Abuse and Mental Health Services Administration (SAMHSA)—Talking with Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks
- Federal Emergency Management Agency (FEMA)
- National Runaway Safeline (NRS)
- National Indian Health Board (NIHB)
- National Congress of American Indians (NCAI)
- National Indian Education Association (NIEA)
- Center for American Indian Health