



## Resources for Mental Health Providers during COVID-19

Updated: **November 4th** – Please note: resources that have been added since the last edition have **NEW:** in front of them.

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### General Resources

- **The Urban Indian Health Institute COVID Resources:**  
These are resources for tribes and urban Indian-serving organizations as well as healthcare providers and community members to help ensure that information is shared to keep our relatives safe and happy.  
Link: <https://www.uihi.org/projects/covid/>
- **The National Council of Urban Indian Health’s Coronavirus Resource Center:**  
This contains a wealth of up-to-date information including the latest news, press releases and policy updates, letters on the COVID-19 response, legislative and congressional updates, and a set of fact sheets and resources.  
Link: <https://www.ncuih.org/coronavirus>
- **Coronavirus in Indian Country — COVID-19 Actions**  
Link: <https://medium.com/@michael.woestehoff/coronavirus-in-indian-country-covid-19-actions-e02d717cd983>
- **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>  
**Other “Nation Building Toolboxes:**  
<https://sites.google.com/g.harvard.edu/nationbuildingtoolboxes/home>
- **Companies Participating in FCC’s “Keep Americans Connected Pledge”**  
This is a list of the broadband and telephone service providers that are taking additional steps to “Keep Americans Connected”, along with links and information about those steps.  
Link: <https://www.fcc.gov/companies-pledging-keep-americans-connected-during-pandemic-go-above-and-beyond-call>

- 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>
- National Disaster Distress Helpline:** 1-800-985-5990  
 24/7 telephonic therapy available to help people process the stressors/loneliness of what is occurring now.
- COVID-19 Emotional Support Helpline:** 1-844-863-9314
- Crisis Text Line:**  
 Provides free, 24/7 support via text message: anxiety, depression, suicide, school. Text HOME to 741741.  
 Link: <https://www.crisistextline.org/>
- CDC’s COVID-19 Website:**  
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- APA’s Practice Guidance for COVID-19:**  
 Link: <https://www.psychiatry.org/psychiatrists/covid-19-coronavirus/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>
- SAMHSA: Creating a system of care that meets the needs of people with mental and substance use disorders:**  
 Link: <https://ps.psychiatryonline.org/doi/10.1176/appi.ps.202000075>
- 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>
- 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>

- **Grounding Techniques:**  
 After a trauma, it's normal to experience flashbacks, anxiety, and other uncomfortable symptoms. Grounding techniques help control these symptoms by turning attention away from thoughts, memories, or worries, and refocusing on the present moment.  
 Link: <https://www.therapistaid.com/worksheets/grounding-techniques.pdf>
- **Where Women Have No Doctor – A Health Guide For Women:**  
 The 2020 edition of Where Women Have No Doctor is back in stock at the Hesperian store, updated with accurate and relevant information on all aspects of women's health! You'll find newly added information on gender issues, pre-eclampsia, HIV/AIDS, malaria, vaccines, drugs for sexually transmitted infections, and safe abortion.  
 Link: [https://store.hesperian.org/prod/Where\\_Women\\_Have\\_No\\_Doctor.html?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=wwd2020&utm\\_term=wwd2020&utm\\_content=wwd2020](https://store.hesperian.org/prod/Where_Women_Have_No_Doctor.html?utm_source=newsletter&utm_medium=email&utm_campaign=wwd2020&utm_term=wwd2020&utm_content=wwd2020)
- **Helping our Patients Survive the "Coronapocalypse"**  
 The corona virus(-es) pandemic... how can we thrive in the chaos of disconnection? The impact on our healthcare system, economy, unemployment, education, and family life has been undeniably devastating. If disconnection is the problem, the solution is to connect.  
 Link: <https://mhttcnetwork.org/centers/national-american-indian-and-alaska-native-mhttc/product/helping-our-patients-survive>
- **Indian Leadership for Indian Health**  
 "Our mission is to eliminate health disparities and improve the quality of life of American Indians and Alaska Natives by supporting Northwest Tribes in their delivery of culturally appropriate, high quality healthcare."  
 Link: [Npaih.org](http://Npaih.org)
- **Herbal Gardens Wellness**  
 A virtual community center, elders and disabled talking circles, along with their usual advocate meetings to allow people to connect and help one another. Their motto is, "Prosperity & Protection, Outreach & Culture through Humanitarian & Environment Conscious Practices of Daily Living Activities."  
 Link: <https://www.herbalgardenswellness.org>

## Self-Care

- **Coping with "Coronxiety": an APPLE a Day...**  
 If you've been struggling with anxiety over the COVID pandemic, we hope this simple technique (adapted from Anxiety UK) will help with the ongoing worry and anxiety we're all dealing with.  
 Link: <https://mhttcnetwork.org/centers/national-american-indian-and-alaska-native-mhttc/product/apple-coronxiety>
- **Very Good Medicine: Indigenous Humor and Laughter**

Article from *Tribal College: Journal of American Indian Education* on the importance of humor and laughter as a preventative factor.

Link: <https://tribalcollegejournal.org/very-good-medicine-indigenous-humor-and-laughter/>

- **COVID Coach (App):**

Developed by the National Center for PTSD at the VA, this is a free mobile app, designed to provide resources and enhance emotional support during this pandemic. The app is private and secure, no email account or password is required, and user data are not collected. This app is intended for EVERYONE in the community and is available for iOS and Android.

Covid Coach offers access to anxiety management tools such as audio-guided mindfulness and deep breathing, as well as exercises designed to address anxiety, trauma reactions, and relationship conflict. It also has quick links to resources for finding crisis care and mental health support, and service agencies for families and those seeking basic fundamentals.

Download here for iPhone: <https://apps.apple.com/app/apple-store/id1504705038?pt=545860&ct=Providerlists&mt=8>

Download here for Android:

<https://play.google.com/store/apps/details?id=gov.va.mobilehealth.ncptsd.covid>

- **Self-Care for Psychologists During the COVID-19 Outbreak:**

Whether you're a clinician, a researcher or an educator, how can you take care of yourself during this stressful time? "By doing all the things we recommend to our patients," says Gebhardt. She and other psychologists offer their advice.

Link: <https://www.apa.org/news/apa/2020/03/psychologists-self-care>

- **Counseling in a Time of Covid-19: Counselor Self-Care:**

We're likely all familiar with the proverb "You cannot pour from an empty cup." If we run ourselves towards burnout, we won't be able to help anyone else. Luckily, as you'll see from some of the self-care ideas brainstormed here, some can be done with family members, serving double duty as self-care and quality activity with family, others, like the quiet reflection time, do not necessarily require very much time at all periods in order to be helpful.

Link: <https://www.counseling.org/news/aca-blogs/aca-member-blogs/aca-member-blogs/2020/04/01/counseling-in-a-time-of-covid-19-part-5-counselor-self-care>

- **Emergency Responders: Tips for taking care of yourself:**

Stress prevention and management is critical for responders to stay well and to continue to help in the situation. There are important steps responders should take before, during, and after an event. To take care of others, responders must be feeling well and thinking clearly.

Link: <https://emergency.cdc.gov/coping/responders.asp>

- **Sustaining the Well-Being of Healthcare Personnel During Coronavirus and Other Infectious Disease Outbreaks:**

The extreme stress, uncertainty, and often difficult medical nature of global infectious disease outbreaks, such as Coronavirus (COVID-19), require special attention to the needs of healthcare personnel. Taking care of yourself and encouraging others to practice self-care sustains the ability to care for those in need.

Link:

[https://www.cstsonline.org/assets/media/documents/CSTS\\_FS\\_Sustaining\\_Well\\_Being\\_Healthcare\\_Personnel\\_during.pdf](https://www.cstsonline.org/assets/media/documents/CSTS_FS_Sustaining_Well_Being_Healthcare_Personnel_during.pdf)

- **Managing Mental Health During COVID-19:**

Physicians and other frontline health care professionals are particularly vulnerable to negative mental health effects as they strive to balance the duty of caring for patients with concerns about their own well-being and that of their family and friends. Use the strategies and resources on this page to manage your own mental well-being while also caring for patients during the pandemic or any other crisis.

Link: <https://www.ama-assn.org/delivering-care/public-health/managing-mental-health-during-covid-19>

- **Psychological Effects of Quarantine During the Coronavirus Outbreak: What Healthcare Providers Need to Know:**

During the coronavirus (COVID-19) outbreak, quarantine has been used as a public health strategy to reduce disease transmission. While quarantine can broadly serve the public good, it is also associated with psychological challenges for those quarantined, their loved ones, and the healthcare workers caring for them. Described here are the psychological effects of quarantine, as well as strategies for how healthcare providers can care for their patients' and their own mental well-being during periods of quarantine.

Link:

[https://www.cstsonline.org/assets/media/documents/CSTS\\_FS\\_Psychological\\_Effects\\_Quarantine\\_During\\_Coronavirus\\_Outbreak\\_Providers.pdf](https://www.cstsonline.org/assets/media/documents/CSTS_FS_Psychological_Effects_Quarantine_During_Coronavirus_Outbreak_Providers.pdf)

- **CORONAVIRUS: HOW TO SUPPORT THE MENTAL HEALTH OF YOUR HEALTHCARE WORKERS:**

As they confront the coronavirus pandemic, frontline healthcare workers are at risk for mental health conditions such as depression and anxiety.

Link: <https://www.healthleadersmedia.com/welcome-ad?toURL=/clinical-care/coronavirus-how-support-mental-health-your-healthcare-workers>

## Telemental Health

- **Responding to COVID-19 – Telehealth:**

The Center for Connected Health Policy defines telehealth as “Telehealth is a collection of means or methods for enhancing health care, public health and health education delivery and support using telecommunications technologies.” Given the current public health emergency, telehealth has become an essential way to provide mental health services. Here we highlight MHTTC training and technical assistance products and resources related to telehealth, as well as a compilation of telehealth resources from other reputable organizations.

Link: <https://mhttcnetwork.org/centers/mhttc-network-coordinating-office/responding-covid-19-telehealth>

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

Link: <https://smiadviser.org/wp-content/uploads/2020/04/How-to-Prepare-for-a-Video-Appointment.pdf>

- **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:**  
Link: <https://www.cms.gov/files/document/general-telemedicine-toolkit.pdf>
  - **Telehealth Toolbox for School Personnel: Getting Started:**  
<https://mhttcnetwork.org/centers/mid-america-mhttc/product/telehealth-toolbox-school-personnel-getting-started>
  - **Safety Plan App**  
This popular and free app for iOS is designed to support those dealing with suicidal thoughts and help prevent suicide. A safety plan is designed so that you can start at the beginning and continue through the steps. You can customize your own warning signs that a crisis may be developing, coping strategies for dealing with suicidal urges, places for distraction, friends and family members you can reach out to, professionals you can call, methods of making your environment safe, and your own important reasons for living.  
Link: <https://apps.apple.com/us/app/suicide-safety-plan/id1003891579>
- HIPAA Compliant Platforms:**
- **Let's Talk Interactive**  
*This cost per dashboard for tribe who sign up for one year is currently \$35. Please contact [natasha-peterson@uiowa.edu](mailto:natasha-peterson@uiowa.edu) for more information.*  
Link: <https://letstalkinteractive.com/>
  - **Doximity**  
Link: <https://www.doximity.com/>

## Resources for Children/Youth

- <https://mhttcnetwork.org/centers/global-mhttc/responding-covid-19-school-mental-health-resources>  
Responding to COVID-19 – School Mental Health:  
Public health emergencies such as COVID-19 have a significant impact on students and their families, educators and the school mental health workforce, as well as the school mental health system. Here we highlight MHTTC products and resources specific to school mental health that can be useful when coping with the effects of widespread public health crises. A compilation of school mental health resources from other reputable organizations is also available.
- <https://www.apa.org/topics/covid-19/children-self-regulation>  
8 Tips for Fostering Children's Self-Regulation and Promoting Creativity: These tips can help parents and caregivers foster their children's self-regulation to promote creativity and engagement in schoolwork. Self-regulation includes attention, organization, self-control, planning, and memory strategies. By enhancing self-regulation through instruction, modeling, coaching, structure, and routine, parents and caregivers can also help expand children's creativity.

- <https://www.nicwa.org/wp-content/uploads/2020/04/Childrens-Bureau-Letter-on-Federal-Funds-Use-for-Cell-Phones-and-PPE.pdf>  
This letter from the Administration for Children and Families in DHHS addresses the availability of federal funding and other resources to assist with the purchase of cell phones and plans to facilitate and maintain contact, and the purchase of personal protective equipment (PPE) at an allowable cost.
- <https://www.cnay.org/native-youth-response-to-covid-19-2/>  
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.
- <https://www.wernative.org/>  
Comprehensive health resource providing content and stories to promote holistic health and positive growth.
- <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.
- <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.
- <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.
- <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>  
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.
- <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.

- <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.
- <https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>  
This article discusses how teenagers can protect their mental health during coronavirus (COVID-19) *and 6 strategies for teens facing a new (temporary) normal.*
- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>  
A resource for talking with children about Coronavirus Disease 2019: messages for parents, school staff, and others working with children.
- <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.
- <https://musiclab.chromeexperiments.com/Experiments>  
Chrome Music Lab is a website that makes learning music more accessible through fun, free, hands-on experiments.
- <https://www.brainpop.com/health/mentalhealth/>  
This is an animated educational site for kids, with resources addressing the question: “How can we stay healthy in body and mind?”
- <https://www.funbrain.com/>  
Free educational games for kids from Pre-K through 8<sup>th</sup> grade with activities including games, books, comics, and videos that help develop skills in math, reading, problem-solving and literacy.
- <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.
- <https://wideopenschool.org/>  
A site that makes learning from home an experience that inspires kids, supports teacher, relieves families and restores community. Wide Open School is a free collection of the best online learning experience for kids.
- <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



- <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
- <https://mindfulnessercises.com/>  
A site with free mindfulness exercises, meditations, and courses. Browse their collection of free mindfulness trainings, meditation scripts and mindfulness worksheets.
- <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
- <https://www.abcmouse.com/>  
Full online curriculum for children ages 2-8. This includes social and emotional learning lessons.
- Presidential Task Force on Protecting Native American Children Report on Protecting Children from Sexual Abuse by Health Care Providers  
<https://www.ihs.gov/ihtm/pc/part-3/p3c20/>
- CDC Guide on Preparing for a Safe Return to School  
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/prepare-safe-return.html>
- Bureau of Indian Education School Reopening Plan  
<https://www.bia.gov/covid-19/school-reopening>
- NACS Virtual teen clubhouse three days a week. Featuring various guest speakers and teaching skills for kids 13-18, but they also welcome families listening in. Lots of language programs and cultural teachings.  
Link: <http://www.nacswny.org/index.html>
- **NEW:** 88% of parents said they and their children have demonstrated love for each other over the past 2 weeks. However, researchers were troubled about the high rates of psychological and physical punishment their survey found. [COVID-19 Stress Taking Toll on Parent-Child Relationships | Psychiatry & Behavioral Health Learning Network](#)
- **NEW:** Many parents are wondering how to talk to children about the impacts of the virus in a way that will be reassuring and not make kids more worried than they already may be. Here is some advice from the experts at the Child Mind Institute. [Talking to Kids About the Coronavirus Crisis | Child Mind Institute](#)
- **NEW:** Read for ways that you and your children can get a physical and emotional boost from being outdoors while still practicing good social distancing. [Getting Children & Teens Outside While Physical Distancing for COVID-19 - HealthyChildren.org](#)

- **NEW:** The purpose of this paper is to review the concept of parental burnout, discuss parental burnout in the context of the current COVID-19 pandemic, and focus specifically on the effects of child maltreatment. [Parental Burnout and Child Maltreatment During the COVID-19 Pandemic | SpringerLink](#)
- **NEW:** This study examined the impacts of the COVID-19 pandemic in relation to parental perceived stress and child abuse potential. [Stress and parenting during the global COVID-19 pandemic](#)

## Upcoming Relevant Events

- **Native Veteran Resilience and Wellness: Provider Peer to Peer Support**  
How are our veteran patients faring during quarantine? What can we, as providers, do to support them during this time? These questions are on our minds and we hope to share strategies, resources, and support each other as we work with and care for our veteran patients, especially those in Native communities. If you work with veterans, or are a veteran who supports others, we welcome you to join us for these discussions.  
**Nov 6, 2020 01:00 PM CST**  
**Nov 20, 2020 01:00 PM CST**  
Registration link:  
<https://uiowa.zoom.us/meeting/register/tJAoduCqqzkqGNa1UJYPgg1ZnR53GU24P4HA>
- **Special Weekly Series for Tribal Schools as they Reopen Amidst COVID-19**  
With schools re-opening just around the corner and many complications still unknown, tribal schools and communities are faced with making very tough decisions about moving forward. The MHTTC K-12 program invites the entire school community (students, parents, teachers, counselors, and principals) to our special weekly listening sessions covering topics that are important for you as we go through this new school year together.  
**Nov 5, 2020 02:00 PM CST**  
**Nov 12, 2020 02:00 PM CST**  
**Nov 19, 2020 02:00 PM CST**  
**Nov 26, 2020 02:00 PM CST**  
Registration  
Link: <https://uiowa.zoom.us/meeting/register/tJwvcO6rqD4jH9O2eFphYaqqjtXOiA4iRWTg>

## 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 Coronavirus Disease 2019 (COVID-19). Examples of ACF programs include: [Head Start and Early Head Start](#), [Temporary Assistance for Needy Families \(TANF\)](#), [child welfare](#), [Low Income Home Energy Assistance Program \(LIHEAP\)](#), and [Social and Economic Development Strategies \(SEDS\)](#).

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](http://1800RUNAWAY.org).

## ABOUT COVID-19

- ❖ The [Centers for Disease Control and Prevention](https://www.cdc.gov) (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](#)
  - [Coronavirus Realtime Updates](#)

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](#)
- ❖ [COVID-19 Tribal Elder Resources \(NIEJI\)](#)