

VIRTUAL TOWN HALL

Topic for April 17, 2020:

Mental Health During the COVID-19 Pandemic

Speakers:



Adrienne Korbakes
Mobile Crisis Program Manager



UnityPoint Health
Cedar Rapids

Christy Aquino
Employee Assistance Coordinator
& Clinical Social Worker



UnityPoint Health
AbbeHealth Services

Kathy Koehn
COVID-19 Response Mental Health Branch



Maggie Hartzler
School Based Supervisor

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Today's Format

- Speakers will first answer questions submitted ahead of time, and then speakers will take questions from participants attending virtually.
- If you have a question to submit, use the chat function within GoToMeeting to submit your question, or email it to LCPH.meetings@linncounty.org. We will get to your question as soon as possible.
- This meeting is being recorded and will be posted publicly.

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Questions

1. How do I help my child cope with the uncertainty of the future and disruption of routines?
2. How can I help my child get through this difficult time?
3. What can parents do that are feeling overwhelmed?

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Questions

4. Why is self care important?
5. What are some easy self-care tips for people that are new to self-care?
6. How have mental health services changed during this pandemic?

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Questions

7. Do you have recommendations for how healthcare workers, emergency medical services, and other front line responders can cope with stress, grief, or other related experiences?
8. What should I do if I need help with managing substance use or addiction?

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How to submit a question:

- If you have a question to submit, use the chat function within GoToMeeting to submit your question, or email it to LCPH.meetings@linncounty.org. We will get to your question as soon as possible.
- Please indicate who the question is for, if possible.
- If we do not get to your questions during the town hall, we will record the question and provide a written response as follow up.
- For general information on COVID-19, call 2-1-1 or visit the Linn County Public Health, Iowa Department of Public Health, or Centers for Disease Control websites.

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Mental Health Resources

- Foundation 2 Crisis Line: 319-362-2174
- Tanager Place: 319-286-4545
- Abbe Community Mental Health
 - Mental Health Treatment: 319-398-3562
 - Warm Line: 844-775-WARM (9276) Peer-run, non-crisis, confidential listening line for anyone struggling with mental health or substance use issues
 - Mental Health Coaching: 319-398-3562
- St. Luke's Counseling Center: 319-369-7952

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Mental Health Resources

- Mercy Medical Center
 - Family Counseling and Outpatient Psychiatry: 319-398-6575
 - Offers medication management and individual or family counseling by telephone, video or in office, for multiple conditions including depression, anxiety, grief and how to discuss COVID-19 with your children.
 - Inpatient Crisis Stabilization, Access Crisis and Assessment, Mercy Medical Center's Behavioral Health Unit, Mercy Access Crisis and Assessment Phone: 319-398-6476
 - For Behavioral Health Unit: Admission criteria must be met by presenting at the Emergency Room. For Mercy Crisis and Assessment: Helps patients learn to stabilize during crisis through inpatient programs. On a 24-hour basis, a mental health professional is available for telephone consultation.

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Mental Health Resources, continued

- The Gazette Coronavirus Resident Resources <https://www.thegazette.com/coronavirus-resident-resource>
- Your Life Iowa: 855-581-8111 (talk) or 855-895-8398 (text)
- Make It OK in Iowa MakeItOK.org/iowa
- Iowa Healthiest State Initiative: Mental Health Monday Facebook Events www.facebook.com/HealthiestIowa/

VIRTUAL TOWN HALL

Friday at 12 p.m.

Planned Topic for Friday, April 24:
**Information for Businesses During the
COVID-19 Pandemic**



Public Health
Prevent. Promote. Protect.

Linn County, Iowa

The time may change depending on availability of speakers