Topic for April 17, 2020:
Mental Health During the COVID-19 Pandemic

Speakers:

Adrianne Korbakes
Mobile Crisis Program Manager

Christy Aquino
Employee Assistance Coordinator & Clinical Social Worker

Kathy Koehn
COVID-19 Response Mental Health Branch

Maggie Hartzler
School Based Supervisor
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.
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?
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?
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?
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.
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
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.
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

The time may change depending on availability of speakers