

COVID-19 Community Engagement Resource Document

Instructions:

Under “Quick Links” you will find links to common sites for COVID information

Below the Quick Links, here is how to find the resources you are looking for:

- Click to the left of the numbered section you would to expand
- In many sections, you can expand titles to expand the resources further
- If you have any trouble finding what you are looking for, contact:
Community.Covid19@dhsosha.state.or.us

Quick Links:

- Oregon Health Authority COVID-19 updates
<https://govstatus.egov.com/OR-OHA-COVID-19>
- Governor Kate Brown’s COVID-19 Resources for Oregonians
<https://govstatus.egov.com/or-covid-19/>
- Center for Disease and Control Prevention Coronavirus Info
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- World Health Organization Coronavirus Disease Information
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- Safe + Strong Website
<https://www.safestrongoregon.org/>
- Hosting a Virtual Meeting Using Trauma Informed Principles
<https://traumainformedoregon.org/wp-content/uploads/2020/06/TIP-Hosting-a-Virtual-Meeting-Using-Trauma-Informed-Principles.pdf>

1. COVID-19 Virus Information and Resources

What is COVID-19? Multiple Languages

- English <https://youtu.be/-dTEQwNuh3E>
- Spanish <https://youtu.be/ZG04TpQtLRo>
- Korean https://youtu.be/_dHQOGGSYvk
- Russian <https://youtu.be/tGutm92izFY>

- Thai <https://youtu.be/kIH--s8xkBQ>
- Arabic <https://youtu.be/WRC3S73gMbY>
- Vietnamese <https://youtu.be/1Z6b5EyvoiU>
- Chuukese <https://youtu.be/DVhKosrWzgs>
- Amharic https://youtu.be/hK_bwm3M1no
- Burmese <https://youtu.be/TfHqvNtQB1E>
- Cantonese <https://youtu.be/li0CiwAPumc>
- Farsi <https://youtu.be/NnywoIjIoMs>
- French West Africa https://youtu.be/bpj4Nxx_EVY
- Japanese <https://youtu.be/KkcZV25xUsk>
- Marshallese https://youtu.be/vgK_S2RCyDY
- Nepali <https://youtu.be/4w9alsjWFTU>
- Rohingya <https://youtu.be/q82izzwFgps>
- Somali <https://youtu.be/w4dUFpw1muo>
- Tingingya <https://youtu.be/b2NEjxANBSU>

COVID-19 General Information, Multiple Sources

- World Health Organization Coronavirus Disease Information
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- Center for Disease and Control Prevention Coronavirus Symptoms and Info:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Oregon Health Authority COVID-19 Updates
<https://govstatus.egov.com/OR-OHA-COVID-19>
- COVID-19 Cases by Zip Code
<https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Emerging%20Respiratory%20Infections/COVID-19-Weekly-Report-2020-05-05-FINAL.pdf>
- Safe + Strong Website
<https://www.safestrongoregon.org/>
- COVID-19 Frequently Ask Questions:
<https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Pages/COVID19-FAQ.aspx?wp1284=f:%7bc:77198,o:%7bt:2,o:%5b%22Public+Charge+rule%22%5d%7d%7d>
- Videos in Additional Languages:

<https://drive.google.com/drive/folders/1SRjzfAbpnq9cgFmji2L57q2CTwccxwJN>

2. COVID-19 Virus Prevention and Protection

COVID-19 Prevention Tips: OHA 2311

- English
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2311.pdf>
- Russian
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lr2311.pdf>
- Chuukese
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/l272311.pdf>
- Marshallese
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/l332311.pdf>
- Arabic
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/la2311.pdf>
- Hmong
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lh2311.pdf>
- Somali
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/li2311.pdf>
- Korean
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lk2311.pdf>
- Simplified Chinese
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lm2311.pdf>
- Spanish
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/l2311.pdf>
- Vietnamese
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lv2311.pdf>
- Traditional Chinese
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/l42311.pdf>

Stop the Spread of COVID-19 Video: (Multiple Languages Available)

<https://www.portland.gov/pbem/help-stop-spread-covid-19-video>

Stay Home, Save Lives: OHA 2311A (Multiple Languages Available)

- English
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2311a.pdf>
- Russian

- <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lr2311a.pdf>
- Traditional Chinese
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/l42311a.pdf>
- Chuukese
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/l272311a.pdf>
- Marshallese
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/l332311a.pdf>
- Arabic
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/la2311a.pdf>
- Hmong
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lh2311a.pdf>
- Somali
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/li2311a.pdf>
- Korean
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lk2311a.pdf>
- Simplified Chinese
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lm2311a.pdf>
- Spanish
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lv2311a.pdf>
- Vietnamese
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lv2311a.pdf>

COVID-19 Grocery Shopping: OHA 2311B

- English
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2311b.pdf>
- Russian
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lr2311b.pdf>
- Chuukese
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/l272311b.pdf>
- Marshallese
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/l332311b.pdf>
- Arabic
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/la2311b.pdf>
- Hmong
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lh2311b.pdf>
- Somali

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/li2311b.pdf>

- Korean

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lk2311b.pdf>

- Simplified Chinese

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/ln2311b.pdf>

- Spanish

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lv2311b.pdf>

- Vietnamese

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lv2311b.pdf>

- Traditional Chinese

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/l42311b.pdf>

Advice for Returning International Travelers

- <https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>

3. Reopening Resources

- Governor Kate Brown's COVID-19 Resources

<https://govstatus.egov.com/or-covid-19>

- Potential Reopening Phases

<https://govstatus.egov.com/reopening-oregon>

- Reopening Criteria

https://govstatus.egov.com/OR-OHA-Reopening-Framework?gclid=EAIaIQobChMI9KqJ3pSH6gIVgD2tBh09AASYEAAAYASAAEgI94D_BwE

- Potential Violations of Reopening Phases

If stakeholders or community partners want to report a violation of reopening, they can do that with Oregon Occupational Safety and Health Administration (OR-OSHA).

- Visit <https://osha.oregon.gov/workers/Pages/index.aspx> or call the central office at 503-378-3272 (toll free inside Oregon: 800-922-2689).

- Guidance Documents on Reopening Procedures

<https://govstatus.egov.com/or-covid-19/>

4. Personal Protective Equipment

Mask and Face Covering Guidance for Business, Transit, and the Public (Multiple Languages Available)

- English
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/Ie2288K.pdf>
- Spanish
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/Is2288K.pdf>
- Arabic
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/Ia2288K.pdf>
- Chuukese
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/I272288K.pdf>
- Korean
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/Ik2288K.pdf>
- Hmong
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/Ih2288K.pdf>
- Marshallese
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/Ih2288K.pdf>
- Russian
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/Ir2288K.pdf>
- Simplified Chinese
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/In2288K.pdf>
- Somali
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/Ii2288K.pdf>
- Traditional Chinese
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/I42288K.pdf>
- Vietnamese
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/Iv2288K.pdf>

Face Coverings: Access for CBOs and Other Resources

- HHS Partnership Center Information and Order Form
<https://asprwpublic.hhs.gov/aspcc/facecover/Pages/default.aspx>
- Frequently Asked Questions: Six Things You Need to Know about Cloth Face Coverings
<https://www.phe.gov/facecovering/Pages/faq.aspx>

Statewide Face Covering Requirements: Guidance, Resources, and FAQs

- Mask Guidance (for all counties)
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2288K.pdf>
- Download Masks-Required Signs (multiple language)
<https://govstatus.egov.com/or-covid-19/>

Frequently Asked Questions about Face Coverings

Prepared for OHA Community Partner Calls on July 1, 2020

Face Covering Requirements

- Governor Kate Brown has extended the face coverings requirement statewide, taking effect July 1.
- Governor's [press release](#) about statewide face coverings requirement
- Statewide Mask, Face Shield and Face Covering [Guidance from OHA](#)
- [Facts about face coverings](#) from OHA

Exemptions to Face Covering Requirements

- Do you have to have proof of a disability or medical condition to allow someone to enter a business without a face covering, or can you take their word for it?
- Requiring proof of a disability, such as a doctor's note, would be a violation of state and federal public accommodations laws regarding people with disabilities.
- Oregon's public accommodations laws make it unlawful to make any distinction, discrimination or restriction because a customer or patron is an individual with a disability. This provision is to be construed to the fullest extent possible with the Americans with Disabilities Act.
- You don't have to have proof and should not ask for proof of a disability.
- But having a disability does not mean that you get an exemption from the face covering requirement. A place of public accommodation (like a business) should make accommodations so that the goods or services are available to the person.
- Private businesses must make reasonable modifications for persons with disabilities who cannot wear a face mask in public places. Reasonable modifications might include:
 - Allowing a person to wear a scarf, loose face covering, or full face shield instead of a face mask;

- Allowing customers to place orders online or by phone for curbside pick-up or no-contact delivery; or
 - Offering appointments by video or phone.
 - Decisions on requests for accommodation should be decided in a timely manner.
-
- Are people of color not required to wear a face covering in some counties where this has been mandated?
 - The face coverings requirement applies to everyone regardless of race. There are currently no exemptions to the Governor's mask requirements because of a person's race, color, or national origin.
 - It remains a violation of Oregon's public accommodations law for a place of public accommodation to discriminate against an individual because of their race, color, religion, sex, sexual orientation, national origin, marital status or age.

Language Access for Complaints

- Are the phone line and website for submitting complaints to BOLI and OSHA available in Spanish or other languages besides English?
 - People may contact Oregon Occupational Safety and Health Administration (OSHA) to report hazards in their workplace.
 - People may contact the Bureau of Labor and Industries (BOLI) to report potential civil rights violations in the workplace or public places.
 - BOLI's phone number is 971-673-0761. Reception staff provide services in English and Spanish. Other languages needs may be met by way of language line interpretive services.
 - To report a hazard in the workplace, you may use the Oregon OSHA online complaint form in English or in Spanish.

Returning to Work

- What protections exist for vulnerable individuals (and those who care for them) so that they are not forced to return to work in positions where they may be exposed to COVID? How can they assert this defense against losing unemployment benefits? The State of Oregon Employment Department (OED) has indicated that as long as a workplace can follow social distancing guidelines issued by government or public health officials, and a specific

situation allowing benefits does not apply, an individual is considered able to work. Choosing not to return to work would affect their unemployment benefit eligibility.

- Is it legal to require that employees be tested for COVID before they return to work when it hasn't been recommended by public health (e.g., in the setting of an outbreak)?
Under EEOC [guidance](#), The ADA requires that any mandatory medical test of employees be "job related and consistent with business necessity." Applying this standard to the current circumstances of the COVID-19 pandemic, employers may take steps to determine if [employees entering the workplace have COVID-19](#) because [an individual with the virus will pose a direct threat](#) to the health of others. Therefore, an employer may choose to administer COVID-19 testing to employees before they enter the workplace to determine if they have the virus.

Where to Get Face Coverings

- Where can people get free masks?
 - 211 has resources on free masks
 - Some local groups are offering free cloth face coverings. Check with your local community groups for resources in your area.
 - The retailer [DHVANI](#) has offered to provide a free reusable face covering to anyone who wants one.
 - Many big box retailers carry masks (not free but may be a source for purchase).
 - Organizations or service agencies may speak with their county [emergency manager](#) if they are unable to obtain face coverings through their usual suppliers.

5. COVID-19 Oregon General Community Resources

- Department of Human Services
<https://govstatus.egov.com/or-dhs-covid-19>
- Help Finding a Clinic: Coalition of Community Health Clinics
<https://coalitionclinics.org/>

- Department of Business and Consumer Services: COVID-19 Insurance and Financial Services Topics for Consumers
 - English: <https://dfr.oregon.gov/covid19-consumers/Pages/covid19-consumers.aspx>
 - Español: <https://dfr.oregon.gov/insure/health/understand/Pages/coronavirus-sp.aspx>
- Community Warehouse HOME 2 GO Essential Item Kits
<https://www.communitywarehouse.org/home-2-go/?bblinkid=217309148&bbemailid=20867075&bbejrid=1459384246>
- Oregon Lifeline Program: Free and Discounted Service
 - <https://www.oregon.gov/puc/Pages/Oregon-Lifeline.aspx>
 - Call 800-848-4442 or email puc.rspf@state.or.us
- OHA 2325 Publications and Creative Services COVID-19 Materials List
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2325.xlsx>
- Food Processing Establishments: COVID-19 Outbreak Response
<https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Emerging%20Respiratory%20Infections/Playbook-COVID-19-Outbreak-Food-Processing-Establishments.pdf>
- Guidance for School Aged Summertime Day Camps
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2357.pdf>

6. Public Charge Information

Public Charge and the COVID-19 Emergency (Multiple Languages)

- English
https://govsiteassets.s3.amazonaws.com/cOexRYmFQ2qCSb2JUQp2_Public%20Charge%20COVID-19%20Final%20English%20042720.pdf
- Spanish
https://govsiteassets.s3.amazonaws.com/NP10owNQRBy1UPUqfCMw_Public%20Charge%20COVID-19%20Final%20Spanish%20042720.pdf
- Arabic
<https://govsite->

assets.s3.amazonaws.com/MfDIE9XT0ivmPIGJutDo_Public%20Charge%20COVID-19%20Final%20Arabic%20042720.pdf

- Korean
https://govsite-assets.s3.amazonaws.com/HDaWnhgsRyC5m48IBjnh_Public%20Charge%20COVID-19%20Final%20Korean%20042720.pdf
- Russian
https://govsite-assets.s3.amazonaws.com/yJfcZ8uYTUqX2Rd0sSE9_Public%20Charge%20COVID-19%20Final%20Russian%20042720.pdf
- Somali
https://govsite-assets.s3.amazonaws.com/yBvv0bm8S6ihZdbBxGO7_Public%20Charge%20COVID-19%20Final%20Somali%20042720.pdf
- Simplified Chinese
https://govsite-assets.s3.amazonaws.com/lBD2mOSyzNNr6zEDPwkw_Public%20Charge%20COVID-19%20Final%20Simplified%20Chinese%20042720.pdf
- Traditional Chinese
https://govsite-assets.s3.amazonaws.com/R59XUyPwRCGWyFveUmEw_Public%20Charge%20COVID-19%20Final%20Traditional%20Chinese%20042720.pdf
- Vietnamese
https://govsite-assets.s3.amazonaws.com/AGkho4EyTy6M2en6A5LI_Public%20Charge%20COVID-19%20Final%20Vietnamese%20042720.pdf

Public Charge FAQ and other information

- Public Charge FAQ
<https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Pages/COVID19-FAQ.aspx?wp1284=f:%7bc:77198,o:%7bt:2,o:%5b%22Public+Charge+rule%22%5d%7d%7d>
- OHP-CAWEM and COVID-19 Facts Sheet
 - <https://www.oregon.gov/oha/HSD/OHP/Pages/ohp-covid-19.aspx>

- In Spanish, English, Russian, Vietnamese, Arabic, and Chinese

7. Community Engagement Resources

- **Weekly Wednesday Webinars:**
 - English Informational Webinars: 1:00pm-2:00pm.
Register:
<https://attendee.gotowebinar.com/register/8640657669653173261>
 - Español: Cada miércoles: 2:30pm-3:30pm.
Register:
<https://attendee.gotowebinar.com/rt/7979927047725251856>
- **Migrant and Seasonal Farm Worker Partner Webinar**
 - Every other Wednesday: June 24th, July 8th
 - Registration Link:
<https://register.gotowebinar.com/register/8644368519981797643>
- **Friday Listening Sessions: June 19th, June 26th**
 - Central and Eastern Oregon: 12:00pm-12:45pm
Registration Link:
<https://register.gotowebinar.com/register/2411074374065585163>
 - Central Coast and Southwest Oregon: 1:00pm-1:45pm
Registration Link:
<https://register.gotowebinar.com/#register/6022341150658850571>
 - Northwest Oregon: 2:00pm-3:00pm
Registration Link:
<https://register.gotowebinar.com/register/7239188261304609035>
- **OHA Community Engagement Print Materials Order Form:**
 - <https://app.smartsheet.com/b/publish?EQBCT=847d922133c049e3869379a40e23ece3>

8. COVID-19 Information for Specific Communities

- **Undocumented Communities**
 - Nationwide Emergency Funding
<https://docs.google.com/spreadsheets/u/1/d/18p9OSILpSYanIoUC-gEbhVbRMYUfw4wyrixa9ekGdc/htmlview>

- Betancourt Macias Family Scholarship for national emergency fund for families who have been impacted by COVID-19.
Donation Link: <https://www.undocuscholars.com/>

- **Migrant Workers**
 - National Day Laborer Organizing Network:
<https://ndlon.org/confrontando-el-coronavirus-con-educacion-popular/>

- **Agricultural Employer and Agricultural Workers**
OHA Guidance Documents:
 - Workers:
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2349.pdf>
 - Employers:
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2350.pdf>

Food Security and Farmworker Safety Program Assistance:

 - <https://www.oregon.gov/oweb/fsfs/Pages/index.aspx>
 - Email with questions: fsfsquestions@oregon.gov

- **Communities of Faith Interim Guidance**
 - https://www.cdc.gov/coronavirus/2019-ncov/community/faith-based.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fphp%2Ffaith-based.html

- **Women, Infants and Children (WIC)**
 - <https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Pages/interest-form.aspx>

- **Deaf or Hard of Hearing**
 - Drive Thru-Medical Sites
<http://nwadacenter.org/factsheet/accessibility-drive-thru-medical-sites>
 - Communication Access Recommendations for the Hospital
<https://www.nad.org/covid19-communication-access-recs-for-hospital/>

- **People with Disabilities**
 - ADA National Network Learning Session
<http://adapresentations.org/healthcare/registration.php>

- OHSU COVID-19 Resources for people with disabilities:
<https://www.ohsu.edu/university-center-excellence-development-disability>
- ADA Guidance for Emergency Managers and Local Public Health Authorities
<https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le2309.pdf>
- **Language Interpreters:**
 - COVID-19 Infection Control and Guidance
<https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le2288L.pdf>

9. Mental Health and Wellness

Senior Loneliness Line

- 503-200-1633 | 800-282-7035
- <http://seniorlonelinessline.org/>

Staying Connected while Physically Distancing (multiple languages)

- English
<https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le2348.pdf>
- Spanish
<https://sharesystems.dhsoha.state.or.us/DHSForms/Served/l2348.pdf>
- Arabic
<https://sharesystems.dhsoha.state.or.us/DHSForms/Served/la2348.pdf>
- Simplified Chinese
<https://sharesystems.dhsoha.state.or.us/DHSForms/Served/ln2348.pdf>
- Traditional Chinese
<https://sharesystems.dhsoha.state.or.us/DHSForms/Served/l42348.pdf>
- Chuukese
<https://sharesystems.dhsoha.state.or.us/DHSForms/Served/l272348.pdf>
- Hmong
<https://sharesystems.dhsoha.state.or.us/DHSForms/Served/lh2348.pdf>
- Marshallese
<https://sharesystems.dhsoha.state.or.us/DHSForms/Served/l332348.pdf>

- Korean
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lk2348.pdf>
- Russian
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lr2348.pdf>
- Somali
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/li2348.pdf>
- Vietnamese
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lv2348.pdf>

10. Contact Tracing

- What is Contact Tracing?
 - Video: https://www.youtube.com/watch?v=HKr0BO_dG5I
- OHA Contract Tracing Interest Form
 - <https://app.smartsheet.com/b/form/dd28696cca4b4e59946d7faa0d2de120>

11. Connect with Oregon Health Authority

- Follow us on Social Media:
 - Facebook: <https://www.facebook.com/OregonHealthAuthority>
 - OHA en Español: <https://www.facebook.com/OHAespanol/>
 - Twitter: <https://twitter.com/OHAOregon>
 - YouTube:
https://www.youtube.com/playlist?list=PLd4xfJU3qzMXx_oEU7DzWPJB0TI3WDUuG
- Email Contact
 - Community.Covid19@dhsoha.state.or.us
 - This is a shared inbox and it may take 1-2 business days to respond

12. Behavioral and Mental Health Resources

General Resources

- Oregon Health Authority COVID-19 Page
In the Behavioral Health accordion under “Community Resources by Topic”
<https://govstatus.egov.com/OR-OHA-COVID-19>
- [Trauma-Informed Oregon](https://traumainformedoregon.org/community-incident-response/): Holding virtual office hours and have a multitude of resources on their website about responding to tragedies
<https://traumainformedoregon.org/community-incident-response/>

Oregon and other Phone/Online Resources

Children, Youth, and Young Adults

- Mental Health and Social Support for Students and Families
[https://www.oregon.gov/ode/educator-resources/standards/Pages/Mental Health Students Families.aspx](https://www.oregon.gov/ode/educator-resources/standards/Pages/Mental_Health_Students_Families.aspx)
- Oregon Family Support Network: Support, advocacy, and training for families parenting youth with behavioral health challenges.
www.ofsn.org or call 503-363-8068.
- Reach Out Oregon Parent Warmline: Live 1:1 support for parents. Staffed by family support specialists who have experience parenting youth with significant behavioral health challenges.
www.reachoutoregon.org or call 833-732-2467.
- Youth ERA: Virtual drop in, support groups, and 1:1 peer support for young people.
www.youthera.org or www.facebook.com/TheYouthERA.
- The Trevor Project: Support of LGBTQ youth ages 13-24. 24/7 at 1-866-488-7386, texting 678-678 or chat online at [TheTrevorProject.org/Help](https://www.thetrevorproject.org/help).
- Lines for Life: All of our [crisis lines](#) are operating as usual:
<https://www.linesforlife.org/get-help-now/> or 1-800-273-8255
- Oregon Youth Line: 21 or younger and want support for any problem, big or small. Teens available to help daily from 4-10pm PST. Off-hour calls answered by Lines for Life
1-877-968-8491 or text teen2teen to 839863 , www.oregonyouthline.org
See [this tip sheet](#) written to youth about getting help.
- [NAMI Oregon Helpline](#): Monday through Friday 9-5pm
<https://namior.org/nami-oregon-helpline-active-during-crisis/> or call 503-230-8009 (*PLEASE NOTE: the NAMI National helpline, 1-800-950-NAMI, is not taking live calls; voicemails will be returned within 24 to 48 hours.*)

Resources for Healthcare Professionals, First Responders, and Direct Service Providers

- SAMHSA: [Tips for Disaster Responders: Preventing and Managing Stress](#)
- [Tools for Behavioral Health Professionals During a Public Health Crisis](#)

- Providers Clinical Support System: [9: Stress, Relaxation, and Mindful Breathing: A Primer](#) (course and presentation slides)
- National Suicide Prevention Lifeline: [The New Work/Life Balance and supporting callers](#) and Support and [Resources for Crisis Counselors During the COVID-19 Crisis](#)
- The Schwartz Center for Compassionate Healthcare: [Caring for Yourself & Others During the COVID-19 Pandemic: Managing Healthcare Workers' Stress](#)
- [Working Remotely During COVID-19: Your Mental Health and Wellbeing](#)
- <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>
- <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2309b.pdf>
- <https://www.mentalhealthfirstaid.org/>

Resources for Youth and Young Adults:

- [Basic Rights Oregon](#): Policy, education and advocacy organization.
- [Youth ERA](#): Statewide youth peer support organization that currently provides virtual drop-in centers, virtual one-on-one meetings, virtual group meetups and peer support on Twitch.
- [Youth Line: \(a service of Lines for Life\)](#): A teen-to-teen crisis and helpline.
- Call: 877-968-8491, Text: teen2teen to 839863
- [Young Adult Hub Sites](#) (Lane, Jackson, Deschutes, Multnomah, Clackamas and Washington County): Mental health programs designed to engage marginalized and disconnected young adults.
- [The Living Room](#) (Clackamas County): Local programming and resources for LGBTQ+ youth and their allies.
- [Trans*Ponder](#) (Eugene): Provides local support, resources and education for the trans/gender diverse community and its allies.
- [Sexual & Gender Minority Youth Resource Center \(SMYRC\)](#) (Portland): Provides safe, supervised, harassment free space for sexual and gender minority youth ages 13-23.
- [Brave Space](#) (Portland): Facilitates access to expert and knowledgeable providers for transgender and non-binary children, youth, adult and their families, including Letters for Medical Care.
- [The Trevor Project](#): Leading national organization providing crisis intervention and suicide prevention services to LGBTQ young people under 25.

- Trevor Lifeline: 1-866-488-7386
- [Trans Lifeline](#): Grassroots hotline offering direct emotional and financial support to trans people in crisis- for the trans community, by the trans community.
- Trans Lifeline Hotline: 877-565-8860
- [Gender Spectrum](#): Resources to create gender sensitive and inclusive environments for all children and teens (has parent and caregiver specific resources).
- [PFLAG](#) (Parents and Friends of Lesbians and Gays): Chapter based organization for LGBTQ+ people, their parent and families and allies. Resources for families and caregivers.

Resources for Children

- [Helping Children Cope with Emergencies](#): CDC page with information, activity page for younger children and [Coping After a Disaster activity book](#) for children age 3-10.
- SAMHSA: [Talking with Children: Tips for Caregivers, Parents and Teachers During Infectious Disease Outbreaks](#)
- American Academy of Experts in Traumatic Stress: [Helping Children Cop Emotionally with the Coronavirus](#)
- National Association of School Psychologists and National Association of School Nurses: [Talking to Children About COVID-19- A Parent Resources](#)
- Child Mind Institute: [Talking to Kids About the Coronavirus](#)

Access to Technology

- Most major mobile phone carriers have signed on to the Keep Americans Connected Pledge and will:
 - Not terminate the service of any wireless, home phone or broadband residential or small business customer because of their inability to pay their bill due to disruptions caused by the coronavirus pandemic.
 - Waive any late payment fees that any wireless, home phone or broadband residential or small business customer may incur because of economic hardship related to the coronavirus pandemic.
- Please check with your cell phone provider for specifics.

■ **AT&T**

[AT&T's response regarding the COVID-19 pandemic](#)

■ **Cricket Wireless**

[Cricket's response regarding the COVID-19 pandemic](#)

■ **Sprint**

[Sprint's response regarding the COVID-19 pandemic](#)

■ **T-Mobile**

[T-Mobile's response regarding the COVID-19 pandemic](#)

■ **Verizon**

[Verizon's response regarding the COVID-19 pandemic](#)

■ **Comcast**

[Comcast Internet Essentials program expanded](#)

- [EveryoneOn.org's](#) offer locator tool is up to date on all new internet service provider commitments in light of demands from the outbreak. Anyone can visit [EveryoneOn.org](#) and click on the red banner at the top to search for offers exclusive to their area. The algorithm eliminates having to determine if a particular provider is in a given market. All that is needed to find low-cost internet offers is a zip code and responses to eligibility questions to further narrow down active offers.

Resources for Parents

- National Alliance for Mentally Ill (NAMI) - Multnomah's Parent Support Group is now available online! Open to any parents or caregivers of children/adolescents with mental health and behavioral barriers. Join us: Wednesdays, 4:00 PM- 5:30 PM Please contact Dana at 503-501-2367 with questions and to register.

Training Opportunities

- iLearn Courses from Oregon Health Authority
Get iLearnOregon support for non-state employee accounts <https://www.oregon.gov/DAS/HR/Pages/iLearnOregon.aspx>
 - Module 1: What Is Trauma Informed Care?
<https://ilearn.oregon.gov/CurriculumDetails.aspx?id=C00E4F1E1D5C4666B92D55B5844780A6>
 - Module 2: Why is Trauma Informed Care Important?
<https://ilearn.oregon.gov/CurriculumDetails.aspx?id=6B7F047CB2554EA2B75C34FBD0B3DDFB>

- Module 3: Trauma Specific, Trauma Sensitive, Trauma Informed
<https://ilearn.oregon.gov/CurriculumDetails.aspx?id=EFFDDD64D614475F9D773CE46C902A40>
- Module 4: A Brief Overview of NEAR Science (Neurobiology, Epigenetics, ACEs and Resilience)
<https://ilearn.oregon.gov/CurriculumDetails.aspx?id=E24D5084FB1D4216B750E28B108DC084>

OHA Materials: Accessibility Statement and Contact Info

Everyone has a right to know about and use Oregon Health Authority (OHA) programs and services. OHA provides free help. Some examples of the free help OHA can provide are:

- Sign language and spoken language interpreters
- Written materials in other languages
- Braille
- Large print
- Audio and other formats

If you need help or have questions, please contact: The Community Engagement Team at 971-334-0661, 711 TTY.