



April 2020

Mental Health During a Pandemic



As we all struggle to cope with the impact of the COVID-19 (Coronavirus) pandemic, it is important to recognize we are all living in a time of great uncertainty. Now, more than ever, we must continue to provide support, knowledge and reassurance to one another and to remember we are in this TOGETHER.

When so many things are changing as they are right now, mental health is being significantly impacted. For many young people and families across the country, this outbreak is creating fear, anxiety and feelings of isolation.

We are committed to continuing our efforts to reduce stigma around mental health and supporting suicide prevention efforts during this critical time. We thank each one of you for working with us in doing so.

In an effort to contribute to a resilient and connected community, we have compiled [information and links](#) that we hope will promote mental health for all during this pandemic.

For specific information from schools on distance learning, meals and caregiver support, visit the [Pima County School District COVID-19 Info](#) compiled by the Pima County Juvenile Court Center. For updates on services from Alliance members and community providers, visit [COVID Service Update](#).

If you have any updates you'd like for us to share, please email acornidez@helphopeforyouth.org. We hope you and your loved ones stay safe and healthy!



Help & Hope for YOUth will be hosting all of our meetings virtually until further notice. We thank you in advance for your patience as we all adjust to these changes.

Our Quarterly Alliance meeting is scheduled for Monday, April 20th from 11:30am-1:00pm. Please register [here](#).

At this meeting, the HH4Y Evaluation team from the University of Arizona's SIROW will be conducting focus groups to gain a better understanding of Alliance members' experience during this pandemic in order to identify how HH4Y can support you and help to strengthen the Alliance moving forward. The three focus groups will be as follows.

1. *School-Based Personnel Focus Group*
2. *Behavioral Health Providers Focus Group*
3. *Community Based Agencies Focus Group*

Your participation is important to the HH4Y Alliance and the mental wellness of our community. If you are unable to attend this meeting but would like to be part of one of the focus groups at a different time, please indicate this in your registration.

Zoom meeting information for the quarterly meeting and task force meetings can be found [directly on our calendar](#).

Member News

#CheckInChallenge

The emergence of the COVID-19 pandemic has led to a number of mitigation strategies such as quarantines, social distancing, and in some places, total lockdowns. We all have had to adjust to new realities and face uncertainties in our futures. All of this has, unfortunately, lead to higher levels of stress, anxiety, and social isolation, which without addressing it, can lead to greater vulnerability to poor physical health as a whole.



To help you and the community, the **Community Mental Health and Addiction Team** is starting the **#CheckInChallenge** campaign! We challenge all of you to take a moment today to Check In on someone in your life, your sibling, your High School best friend, your grandparent from out-of-state, or anyone, and ask them about their physical and mental health. Then, ask them to check-in on someone else and to keep the challenge going. Feeling as excited about this campaign as we are? Then check-in on someone new every day! Finally, please follow this campaign, share with your friends, and like [@PimaHelpline](#) on [Facebook](#) and [Twitter](#)! And of course, feel free to reach out to your friends with the CMHA team for any additional information or resources! In the words of Barney Stinson (from How I Met Your Mother), "Challenge accepted!"

Training and Events Calendar



[Capacity Building Task Force Meeting](#)
April 15th, 4:00PM - 5:00PM



[Help & Hope for YOUth Alliance Meeting](#)
April 20th, 11:30AM - 1:30PM



[Responding to the Alarm: Addressing Black Youth Suicide](#)
April 21st, 8:30AM - 10:00 AM



[Education & Training Task Force Meeting](#)
April 21st, 11:30 AM - 1:00 PM

 **Advocacy & Policy Task Force Meeting**
May 5th, 12:00 PM - 1:00 PM

 **NAMI Mental Health for All Virtual Walk**
May 30th, 11:00 AM

 **Mental Health Concerns in Children & Youth**
On Demand (4 part series, certification available)

Task Force Reports

Education & Training Task Force

The Education & Training Task Force continues to focus on mental health and suicide prevention education. In light of the current public health pandemic we are facing, efforts to conduct Ending the Silence (ETS) and Text, Talk, Act (TTA) virtually are underway. Members have decided to postpone the Healthy Brain, Healthy Body Youth and Family Wellness Event to early Spring 2021. The goal of this event is to provide both mental and physical health educational and interactive workshops for young people and their families in a community setting. Subcommittees for the planning are being formed. If you'd like to be part of the planning committee and/or a subcommittee please contact Jamal Givens at jamal@lpknc.org.

Advocacy & Policy Task Force

The Advocacy & Policy Task Force has a new leader! Megan Kasper from the University of Arizona Talk It Out Counseling Program has agreed to chair the Task Force. We are excited to have her join our team.

Members of the Task Force have continued working on recommended changes to the State Health Standards and hope to have these prepared by Fall 2020. The Advocacy and Policy Task Force is following mental health legislation proposed in Arizona. The legislature has recessed until April 13, and committee hearings have been suspended.

Capacity Building Task Force

The Capacity Building Task Force continues to raise money, build support, and increase membership for HH4Y. Arizona state tax credit donations can still be made to HH4Y. Planning continues to establish and fund a position for a grant writer. The Capacity Building Task Force members will continue to update COVID-19 Resources as information becomes available.

Youth Task Force

The Youth Task Force will be participating in the NAMI Virtual Walk and still needs your support! Please click [here](#) to support our team. Youth members are focusing on a strategy to communicate across social media during this pandemic and provide support for other youth who may be experiencing some increased feelings of anxiety and isolation.

To join our team, or our Youth Task Force, please contact Anthony Cicchino at anthonycicchino@email.arizona.edu.

Project Director Report

- **Arizona Department of Education School Safety Task Force** - We have continued to participate in the SSTF meetings. Each of the subcommittees is finalizing their legislative recommendations. A final draft will be ready for review by ADE's Communications and Policy Teams by July with the ADE announcing findings of the SSTF with March for Our Lives Students by September 2020.
- **Give Us The Floor** - We are exploring a collaboration with Give Us The Floor, a non-profit based in San Francisco that helps teens deal with distress through peer support groups. With the daily changes and wave of news about COVID-19, we are trying to find alternative and positive avenues for youth to support one another. Stay tuned for updates.
- **Arizona Department of Education - Help & Hope for YOUth** is partnering with the Arizona Department of Education to offer a Youth Mental Health First Aid Training of Trainers. Due to the current situation with COVID-19 and the safety and well-being of everyone, the date of the training is to be determined.



#InThisTogether
#AZTogether

We want to hear from you. Send your news and events for the next issue to newsletter@helphopeforyouth.org.

Want to help? Please give a tax-deductible gift of Help and Hope to children and teens in Southern Arizona.

All funds go to Help & Hope for YOUth

DONATE NOW



Help & Hope for YOUth is an initiative of the National Alliance on Mental Illness Southern Arizona (NAMI SA), a 501(C)3 non-profit organization (EIN 86-0450977).