

From: ncsticn@FAIRFAXCOUNTY.GOV <ncsticn@FAIRFAXCOUNTY.GOV>
Sent: Friday, May 29, 2020 12:50 PM
To: NCSTICN@LISTSERV.FAIRFAXCOUNTY.GOV
Subject: TICN May Message



Hello Network Members!

We hope to see many of you at our June TICN meeting next week! As usual, there is a lot of cool stuff going on, and we look forward to hearing from many of you about the innovative ways that you are providing trauma-informed services during this unique time. For your convenience, here is the meeting link and call-in information:

Trauma-Informed Community Network

Tue, Jun 2, 2020 10:00 AM - 12:00 PM (EDT)

Please join my meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/817168989>

You can also dial in using your phone.

United States: [+1 \(571\) 317-3122](tel:+15713173122)

Access Code: 817-168-989

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<https://global.gotomeeting.com/install/817168989>

Self-Care and Coping

COVID-19 AND YOUR MENTAL HEALTH



Anxiety and the uncertainty around COVID-19 can be overwhelming and cause strong emotions in adults and children. Taking care of yourself, your friends and your family can help you to manage the stress. Helping others to manage their stress and the impact of the pandemic can also make our community stronger and strengthen our resilience.

1 YOUR CONCERNS ARE REAL

If you are finding yourself increasingly anxious and worried, you are not alone. You might be tired, sleeping too much or too little. You might be having trouble making decisions, and may feel irritable, angry or sad. These are all normal reactions to the very difficult situation of COVID-19. Focus on what you can control.



2 STAY CONNECTED

We may not be able to gather in person, but we can stay connected with those we care about by phone or video chat. Ask a friend to be your support buddy and keep in touch with them. Chat outside with a neighbor at a safe distance or join online gatherings to stay in touch. Be compassionate with yourself and others.



3 MAINTAIN ROUTINES

Focus on what you can reasonably accomplish. Decide what is most practical for your situation. Have a daily routine and make time for meals, exercise, rest, and doing things you enjoy. Keep informed but turn off the news if it becomes overwhelming.



4 DO HEALTHY ACTIVITIES

Get out and take a walk if you can, or just sit outside and feel the sunshine on your face. Close your eyes, relax your muscles, and take some deep breaths. Avoid using alcohol or other drugs as a coping mechanism.



5 IT'S OKAY TO ASK FOR HELP

Have you been keeping up with the Healthy Minds blog?

There have been some great entries lately on topics like [building a sensory room at home](#), [incorporating mindfulness into routines with kids at home](#), [building resilience to handle challenging times](#) and so much more!

We recently worked with the county staff from the Organizational Development and Training team to bring some virtual self-care training to front line staff. Check out this 36 minute recording of the [Self-Care Practices for Challenging Times](#) training that was recorded for our Coordinated Services Planning staff.

Network members have also developed some self-care training content specific to this moment in time that has been shared in a few large forums so far. If you are interested in bringing a presentation to your team, let us know Fairfax-TICN@fairfaxcounty.gov



[Healthy Minds Fairfax](#) has released a new COVID-19 Behavioral Health Provider [DIRECTORY](#) that has information about providers offering telehealth services and accepting new patients during this time.

The Fairfax Consortium for Evidence Based Practice was able to move forward with their spring training plan as scheduled by moving trainings online. In April, 39 clinicians were trained in MATCH-ADTC (Modular Approach to Therapy for Children with Anxiety, Depression, Trauma or Conduct Problems). In early June, 23 clinicians will complete training in TF-CBT (Trauma Focused Cognitive Behavior Therapy).

We are thrilled that the pandemic has not impacted our efforts to increase the capacity of our provider community to offer evidence-based, trauma specific treatment, and we are excited that these treatments will be available to children in our community as part of COVID-19 response and recovery.

New Services & Supports from TICN Members & Partners

Parent Support Line: **703-324-7720** or BuildingStrongerFamilies@fairfaxcounty.gov. From Fairfax County Department of Family Services. A great resource for parents and caregivers of children. Staff can help with parenting advice, support, and tips to help navigate emotional and relational parenting issues. Language support is available. **The support line is open Monday-Friday, 8 a.m.-4:30 p.m.**

[Fairfax County Department of Family Services](#) is offering a weekly Parent Café, **each Monday evening from 7:30-8:30**. Parents can connect with each other to process through and share different strategies. To participate, you'll need to register at least 24 hours ahead of time at **(703) 324-7720** or buildingstrongerfamilies@fairfaxcounty.gov.

[Spiritual Support by Phone for Adults](#): **703-324-5185**. From the Fairfax County Chaplain Corps. Monday-Friday, 10 am-6 pm. (Not just for older adults anymore!)

[REVIVE! Opioid Overdose and Naloxone Education virtual classes](#), from the CSB

[Heads Up and Talk It Out](#) – concurrent groups for parents and for teens between the ages of 14-17 who are working through emotional, mental health or substance use challenges – are now meeting virtually **each Thursday from 6 to 7 pm**, from the CSB

[FCPS Providing Mental Wellness Service for Students and Families](#)

[Virtual Wellness Wednesdays](#): a weekly meeting for teens to connect with peers and participate in activities focused on self-care and resources. **Every Wednesday from 3-4**, from Our Minds Matter. [Sign up for the OMM newsletter](#) for login information.

[Stronger Together parent/caregiver peer support groups](#), **Tuesdays through May, from 7:15-8:15 pm**, by Formed Families Forward

[Respite to Recharge](#), from Formed Families Forward, provides 10 hours of free IN-PERSON respite care per week for low income residents caring for relative children

Training



For families, from families! This session offers first-hand perspectives on why our COVID-19 reality is so challenging for parents and caregivers, and what we can do to promote resilient responses in ourselves and our children.

We are all working together to manage school, work and home during this crisis. Get practical parenting tips- informed by brain science and come away from this presentation empowered and confident to know your family will get through these challenging times.

Presented by Jenna White, Parent Advocate; Beth Spivack, MSW, Family Support and Outreach Director at Formed Families Forward; and Kelly Henderson, PhD, Executive Director at Formed Families Forward. The presenters are members of the Fairfax Trauma-Informed Community Network, as well as other regional TICNs.

A recording of the webinar and its handouts are now available on the Formed Families Forward website through

this

link:https://formedfamiliesforward.org/resource_category/trauma-past-presentations/

Distance Learning & Trauma Informed Schools

Tuesday, June 2nd

7:30pm

Trauma-informed schools have been getting results for decades, but now they are getting new attention in the context of COVID-19. Learn the principles and practices of trauma-informed schools, why they are vital during distance learning and the return to learn scenarios, and how to advocate locally for trauma-informed schools.

Presented by Jenna White, the FCCPTA Representative to the Fairfax Trauma Informed Community Network and SEPTA member.

[Register HERE](#)



While our 2020 Presenter Cohort plans are still on hold, we want to remind everyone that our existing team of 30+ presenters is able to offer this presentation virtually in both English and Spanish. We can make presentations interactive using the chat box, participant polls and virtual break-out groups. You can request a presentation (2 hour minimum for interactive features) here: <http://bit.ly/fairfaxTICN>



2020 Meeting Dates:

Tuesday, June 2nd- Virtual Meeting Details in Outlook invitation and above

Tuesday, August 4th

Tuesday, October 6th

Tuesday, December 1st

When we are able to resume in person meetings, they will take place from 10:00-12:00 at a **NEW LOCATION for 2020:** the CSB Merrifield Center-Conference Room 3-314.



Questions?

CONTACT:

**Chrissy Cunningham, MSSW
Prevention Coordination Specialist
Fairfax County Department of
Neighborhood & Community Services
703.324.5509**

Christina.Cunningham@fairfaxcounty.gov

**Fairfax County Trauma-Informed
Community Network**

<http://bit.ly/fairfaxTICN>

<https://www.acesconnection.com/g/fairfax-county-va-trauma-informed-community-network>