

COVID-19: BEHAVIORAL HEALTH AIDE RESOURCES

We know that you, your clients, and community members may be feeling extra stress, worry, or grief among other strong emotions. This list of FREE resources has been compiled by ANTHC's BHA Training Center to help you as you support your clients and community during this unique and challenging time. Although we believe these are provided by reputable sources, staff from the BHA Program have not reviewed or participated in all of these options, and thus are not responsible for any of the content provided.

VIDEOS

Coping with Social Isolation

<https://youtu.be/xX0rGZSDzm0>

COVID-19 and Your Mental Health

https://youtu.be/lqtgW_NFiAg

Self Care for Direct Care Professionals

<https://youtu.be/CL95EsnLFuo>

Meditation for Direct Care Professionals in Times of Stress

https://www.youtube.com/watch?time_continue=62&v=_eeqEiZ-pxc&feature=emb_title

ONLINE WEBINARS

Anxiety in Children During COVID-19

<https://catalog.pesi.com/item/anxiety-children-covid19-crisis-targeted-strategies-create-calm-built-resilience-57618>

Addressing Social and Collective Trauma

<https://catalog.pesi.com/item/covid19-addressing-social-collective-trauma-children-adolescents-families-57594>

Staying Calm in the Midst of COVID Storm

<https://catalog.pesi.com/item/staying-calm-midst-covid19-storm-57595>

COVID 19 & Trauma with Bessel Van Der Kolk

https://catalog.pesi.com/sq/bh_001345_body_keeps_the_score_freeevent_tech-119906?utm_medium=email&utm_source=sp&utm_campaign=040220_bh_c_rt_Bessel_FREEWebcast_tech-glitch_1230pm&spMailingID=32100012&spUserID=MzA2MDIyNDk2NDEwS0&spJobID=1683093708&spReportId=MTY4MzA5MzcwOAS2

LIVE WEBINARS

Alaska COVID-19 ECHO
Tuesdays, 7pm-8:30pm

<https://form.jotform.com/200877752677065>

Available to all Alaskan healthcare providers to discuss current cases with a team of multidisciplinary experts.

COVID Wellness Group with Chris Reynolds, PsyD
Mondays @ 9am-9:50am

First come- first serve drop-in, educational and practice group

<https://zoom.us/j/360936525>

Motivational Mondays with Charlie Johanson-Adams
Monday, April 6-April 27, 10:00am-11:30am

Tap into our greatest strengths and build upon own ingenious strategies for managing the complexities that surround us with COVID-19

www.aktclms.org/Training/Class/103543

Trauma Informed Care for Direct Service Professionals with Tom McRoberts

Tuesday, April 7, 10:00am-11:30am

www.aktclms.org/Training/Class/103544

Tips & Resources for Thriving in Challenging Times with Betsy Chivers

Wednesday, April 8, 10:00am-11:30am

www.aktclms.org/Training/Class/103545

Compassion Fatigue, Self-Care, and Resilience with Jill Ramsey

Thursday, April 9, 10:00am-11:30am

www.aktclms.org/Training/Class/103546

Virtual Open House with Alaska Training Center

Friday, April 10, 10:00am-11:30am

Discuss the impacts of COVID-19

HANDOUTS

Coping With Stress During Infectious Disease Outbreaks

<https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>

Parent Caregiver Guide to Helping Families Cope with COVID

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

COVID Plain Language Information

<https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>

WEBSITES

How to Manage Anxiety and Isolation in Lockdown

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and>

Mental Health First Aid-Dealing with Anxiety & Self Care Strategies

<https://www.mentalhealthfirstaid.org/2020/03/how-to-help-someone-with-anxiety-or-depression-during-covid-19/>

<https://www.mentalhealthfirstaid.org/2018/07/how-to-deal-with-anxiety/>

Grief and Mourning During COVID

<https://www.econdolence.com/covid-19-guidance/grief-and-mourning-during-covid-19-coronavirus/>

Grief and Loss Due to COVID

<https://www.hopkinsmedicine.org/health/caregiving/grief-and-loss>