



RESOURCES FOR THOSE IMPACTED BY COVID-19



Wing Resiliency Team

Airman & Family Readiness (A&FR) Office

Provides resource information and referrals, support services events and transition benefits briefings for military members, veterans and their families. A&FR offers information regarding Child Care, Employment, Housing/Relocation, Community Resources, Deployment Cycle Support and other local or community resources.

Airman & Family Readiness Program Manager: Mrs. Julie Morency: **O:** 805-986-7468 / **C:** 805-320-3192 (call/text)
E: julie.d.morency.civ@mail.mil

Facebook Page: 146AW Airman & Family Readiness <https://www.facebook.com/146-AW-Airman-Family-Readiness-Program-135342113160448/>

Yellow Ribbon Support Specialist: Mr. Chuck Craig 805-216-0690

Chaplain Corps

Chaplain's Office (805) 986-7959 (Staffed Monday-Friday 0800-1600)

146 AW RELIGIOUS SUPPORT TEAM

- Chaplain, Lt Col Love (805) 469-9244
- Chaplain, Maj Bayles (419) 689-9264
- Msgt You (NCOIC) (562) 745-4877
- SSgt Motsinger (615) 200-2873
- SSgt Cowart (SMR) (805) 231-9862

For **24/7 free** confidential counseling, regardless of religious affiliation available, call 951-236-0496

Director of Psychological Health (DPH)

Mrs. Chrystal Crawford, LCSW **O:** 805-986-7549 **E:** chrystal.a.crawford.civ@mail.mil

Weekly Check-in with Wing members and families every Wednesday from 1100-1130 on Zoom.

Zoom meeting ID: 952- 942-7096

Telehealth Available Call 805-427-4807 to schedule with DPH. 24/7 Free psychological health advocacy, consultation, short-term solution focused counseling, coordination of resources and support for ANG members and families.

Sexual Assault Response Coordinator

Ms. Laurel Tidemanson **C:** 805-758-8083

24/7 support victim advocate support for reports of sexual assault by a civilian or another service member.

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Information and Referral links

- <https://www.vcemergency.com/> - For up-to-date information on Ventura County resources, preparation and stats. You can use to find school closures and guidance documents from CA department of Public Health.
- https://docs.google.com/document/d/1S-WJaMa4q3yNrEBfSKEdSQArcNc_MTI2LiUA63Ycyg/mobilebasic - Covid-19 LA Community Resources: google document
- <https://www.militaryonesource.mil/coronavirus> Find up-to-date information about Military OneSource services and resources: what is new, what remains the same and what has changed?
- <https://211ventura.org/> (if you are not in Ventura County google 211 and your county for local to you resources) – local support and resources to include housing, income and expenses, where to find local food banks and other resources.

DMV

- REAL-ID compliant licenses or identification deadline has been extended to 1 October 2021. California DMV field offices has been closed until further notice. Essential services will continue through mail, online services, kiosk and other virtual means. The California DMV has announced a 60 day grace period for transactions that have a deadline of March 16 or later and require and office visits.

\$ Financial Support \$

If you are struggling to pay your bills start with calls to your creditors. Document all calls with dates, who you spoke to and what you spoke about. It is always a good idea to follow up with an email to have it in writing. This will be critical moving forward when looking at repairing credit and security clearances. Specifically make sure you tell them you are directly impacted by COVID-19.

The following are FREE and CONFIDENTIAL financial planners provided by OSD. You can call, email or set up telephonic counseling.

- **Ms. Pamela Plick**, CFP® O: 951- 655-3121 E: PFC.MARCH.USAFR@zeiders.com
- **Jesse G. Dogillo**, CFP® C: 650-288-9646 E: PFC2.CA.NG@Zeiders.com
- **Wen Wen Wu**, CFP® C: 559-374-8688 E: PFC1.CA.NG@Zeiders.com

DIRECT PAYMENTS TO INDIVIDUALS & THEIR FAMILIES

- Individuals making up to \$75,000 (\$150,000 for married workers) will receive payments of \$1,200 with an additional \$500 payment per minor child (under age 17). The payments decrease and stop altogether for single workers making more than \$99,000 (\$198,000 for married workers and \$218,000 for a family of four).
- These payments will be issued by the IRS via direct deposit and will be based on 2019 or 2018 tax return or 2019 Social Security statement.
- If someone has not filed a tax return in 2018 or 2019 and does not receive Social Security benefits, the IRS recommends filing a return to receive payment. If the IRS does not have the taxpayer's bank account information, the taxpayer should look for a letter from the IRS detailing how to receive their payment.

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- If you receive Social Security, retirement or other social safety net benefits, you may still qualify for direct payments. These payments will not be taxable nor represent “resources” for program eligibility purposes. Click here for more information <https://www.irs.gov>.

UNEMPLOYMENT INSURANCE

- More laid-off and furloughed workers than ever before will be eligible for expanded Unemployment Insurance, including individuals who are self-employed and gig economy workers. Congress has passed legislation to provide unemployed workers with an additional \$600 per week, above normal state benefits, for up to 4 months. These benefits will be available immediately.
- Congress expanded unemployment benefits that provide temporary financial assistance to workers who are unemployed through no fault of their own, including losing their jobs due to COVID-19. Details about how the program works and who qualifies is available online at <https://www.benefits.gov/benefit/1690>. Additionally, the State of California has resources that can help individuals needing assistance. California residents can file a claim with the Employment Development Department at: https://www.edd.ca.gov/Unemployment/UI_Online.htm.
- **Sick or Quarantined** - If you're unable to work due to having or being exposed to COVID-19 (certified by a medical professional), you can file a *Disability Insurance (DI)* claim.
- **Caregiving** - If you're unable to work because you are caring for an ill or quarantined family member with COVID-19 (certified by a medical professional), you can file a *Paid Family Leave (PFL)* claim. If your child's school is closed, and you have to miss work to be there for them, you may be eligible to file an *Unemployment Insurance (UI)* claim.
- **Reduced Work Hours** - If your employer has reduced your hours or shut down operations due to COVID-19, you can file an *Unemployment Insurance (UI)* claim.
- **Lost Job** - If you have been laid off due to COVID-19, you can file an *Unemployment Insurance (UI)* claim.
 - Call 866-333-4606 or
 - **Click on the link below to apply for Unemployment, Disability and Paid Family Leave online:** https://www.edd.ca.gov/about_edd/coronavirus-2019.htm

VA Service Changes

- <https://www.blogs.va.gov/VAntage/73202/va-expands-virtual-services-support-veterans-due-covid-19-pandemic/>
- Many in-person services are already available via the phone or online through virtual options like [VA Video Connect](#). VBA has and continues to adjust to ensure the safety and well-being of its clients and staff. The changes include:
 - [Uninterrupted GI Bill payments](#) so students continue to receive their benefits unaffected by any change from in-person to online learning. There is NO ACTION required from a GI bill student. VA has scheduled several training sessions with all VA approved schools to provide further guidance. If you have questions about your specific circumstance, please contact the Education Call Center at: 1-888-442-4551 between 8am and 7pm EST Mon-Fri.
 - Supporting students for educational counseling through online and telephone services.
 - Connecting Veterans to Vocational Rehabilitation and Employment Services through teleconferencing; providing case management and general counseling virtually through VA Video Connect.
 - Informal conference hearings by telephone or video conferencing when needed.
 - Collecting information to process fiduciary claims by telephone. When necessary, other accommodations will be arranged.
 - Collecting information remotely via phone or teleconference when possible, to process grant requests

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- for special adaptive housing.
- o Conducting examinations for disability benefits using tele-compensation and pension or “tele-C&P” exams. If an in-person examination is required, Veterans will be notified for scheduling.

Student Loans: check with your lender for policies regarding deferments and/or forbearance.

PLACES FOR FOOD SUPPORT:

School Meals: www.vcoe.org/meals

Food for Seniors: 805-477-7300 or www.vcaaa.org

Food Share: <https://foodshare.com/> - List of food pantries located throughout Ventura County (please look for mobile food share events in your community. No INCOME requirements!

Cal Fresh: (Income based food assistance)

- The Supplemental Nutrition Assistance Program (SNAP is a federal program administered in California as CalFresh. You can access information on how to apply at: <https://www.ventura.org/human-services-agency/how-to-apply-for-calfresh/>
- After you have filled out your application and gathered all the required paperwork, you may fax your application to 805-658-4539 or mail it to:

County of Ventura
Human Services Agency L#5290
855 Partridge Drive
Ventura, CA 93003

HOMEOWNER & RENTERS PROTECTIONS

- **Mortgage Forbearance:** Homeowners with FHA, USDA, VA, or Section 184 or 184A mortgages (for members of federally-recognized tribes) and those with mortgages backed by Fannie Mae or Freddie Mac have the right to request forbearance on their payments for up to 6 months, with a possible extension for another 6 months without fees, penalties, or extra interest. Homeowners should contact their mortgage servicing company directly.
- **Eviction Protections:** Renters residing in public or assisted housing, or in a home or apartment whose owner has a federally-backed mortgage, and who are unable to pay their rent, are protected from eviction for 4 months. Property owners are also prohibited from issuing a 30-day notice to a tenant to vacate a property until after the 4-month moratorium ends. This protection covers properties that receive federal subsidies such as public housing, Section 8 assistance, USDA rural housing programs, and federally-issued or guaranteed mortgages. Renters whose landlord is not abiding by the moratorium should contact the relevant federal agency that administers their housing program or their local Legal Aid office.

Homeless Services: Call 2-1-1



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Tax Filing:

- The Treasury Department and Internal Revenue Service have announced that the federal income tax filing due date has been extended from April 15, 2020, to July 15, 2020. Taxpayers can also defer federal income tax payments due on April 15, 2020, to July 15, 2020, without penalties and interest, regardless of the amount owed. Taxpayers should still be sure to file their income tax return by this deadline. The IRS has established a special webpage at <https://www.irs.gov/coronavirus> for more information. This webpage also offers advice to help taxpayers, businesses, and others affected by COVID-19. The State of California has also announced an extension to file and pay taxes by July 12, 2020 and has set up a special webpage at <https://www.ftb.ca.gov/about-ftb/newsroom/covid-19/index.html> for more information.

ENERGY ASSISTANCE FOR LOW INCOME FAMILIES & Help with Utilities

- This legislative package includes \$900 million to help low income Americans and their families' heat and cool their homes. To learn more about the Low Income Home Energy Assistance Program (LIHEAP) in your state, click <https://www.acrf.hhs.gov>
- SCE: 1800-950-2356 or www.sce.com
- So Cal Gas: 877-238-0092 or www.socalgas.com

Financial Relief Organizations

- **EANGUS:** Grants to National Guard members who are in financial need because of COVID19. The grants are open to officers and enlisted. No association membership is required. <https://www.eangus-wcfa.org/covid-19-application/>
- **The Gary Sinise Foundation** – <https://www.garysinisefoundation.org/blog/2020-03-09-gary-sinise-foundatio-announces-proactive-measures-in-wake-of-the/>
- The Gary Sinise Foundation is offering financial assistance to military service members, veterans, first responders, and their families affected by COVID-19. Individuals and their families can apply through an initiative of the Foundation's Relief and Resiliency program, called H.O.P.E. (heal, overcome, preserve, and excel).
- **Air Force Aid Society:** <https://www.afas.org/emergency/assistance> - For Title 10 or Title 32 on orders over 30 days you may qualify. When unexpected emergencies arise, there is a financial need and help is needed, AFAS provides no-interest loans and/or grants to help meet immediate needs and make a positive step towards lasting financial solution.
- **The Armed Forces Foundation – ArmedForcesFoundation.org**
The Armed Forces Foundation is a non-profit organization that started in 2010 and is dedicated to providing comfort and solace to members of the military community through financial support, career counseling, housing assistance and recreational therapy programs. We offer these vital programs to active-duty and retired personnel, National Guard, Reserve components, and their loved ones. This website is full of wonderful assistance options for vets/families along with applications for assistance that are only 4 pages long! Go to AFF Programs to get more specific information.
- **PENFED Foundation - apply.penfedfoundation.org**
The COVID-19 Emergency Financial Relief Program was created to provide financial assistance to all Veterans, active military service members, and those currently serving in the Reserves **and the National Guard** who are experiencing a financial setback due to the negative economic effects of the COVID-19 pandemic. In many cases, the financial assistance can be approved and issued to the Service Member within 24 hours of the approval.
- **The Independence Fund – independencefund.org**
The Independence Fund is committed to empowering our nation's severely wounded, injured, or ill Veterans to

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overcome physical, mental, and emotional wounds incurred in the line of duty. We are dedicated to improving the lives of both our Veterans and their families. Through our Mobility, Caregiver, Adaptive Sports, Advocacy, and Family programs, The Independence Fund strives to bridge the gap of unmet needs for Veterans and their Caregivers.

- **Modest Needs Organization – ModestNeeds.org**

Short-term financial assistance to individuals and families in temporary crisis who, because they are working and live just above the poverty level, are ineligible for most types of conventional social assistance but who (like many of us) are living one or two lost paychecks away from the kind of financial catastrophe that eventually leads to homelessness. Users must create a log in, have documentation and create an application on line. Total time may take from 30 -45 minutes. You will be applying for the Homecoming Heroes Grant.

- **Operation First Response – operationfirstresponse.org**

For many veterans and families, the financial hardship begins quickly and for others it is after the domino effect of extra costs and lost wages. At whatever stage they are in when they contact OFR they are committed to doing all we can to support these families. Application is on line.

- **Office of Service Members Affairs – Consumer Financial Protection Bureau – consumerfinance.gov/servicemembers**

The central mission of the CFPB is to make consumer financial products, services and markets work for all Americans. Within the CFPB, the OSA serves specifically to protect service members, military families and veterans from financial harm, while also working to make the military community better educated consumers.

- **Need Help Paying Bills - <https://www.needhelppayingbills.com/>**

Many people need help paying their bills or debts. Or they need free items, such as food, clothes or other supplies for their household. There are thousands of financial assistance programs that may help struggling families. There is everything from mortgage or debt help to free groceries, grants to help pay rent or utility bills and medical bill assistance or free healthcare as well.

- **Red Cross – redcross.org**

Collaborates with military aid societies in providing financial assistance when an urgent personal or family crisis arises-emergency travel, burial of a loved one or urgent health and welfare such as food and shelter. Call 1-877-272-7337 or visit the website.

- **Salute Heroes – saluteheroes.org**

Since 2004, the Coalition to Salute America's Heroes has provided disabled American veterans from Operations Iraqi Freedom and Enduring Freedom with millions of dollars worth of Emergency Financial Aid and support services. Application and eligibility requirements are on line.

- **Salute Inc. – saluteinc.org**

To passionately pursue meeting the financial, physical and emotional needs of military service members, veterans and their families. We strive to raise awareness of their sacrifices and provide a safety net to ensure every military family is treated with honor and dignity.

- **Semper Fi Fund – semperfifund.org**

The Semper Fi Fund (SFF) provides relief for financial needs that arise during hospitalization and recovery as well as assistance for those with perpetuating needs. Our program provides support in a variety of ways including: Service Member and Family Support, Specialized & Adaptive Equipment, Adaptive Housing, Adaptive Transportation, Education and Career Transition Assistance, Therapeutic Arts and Team Semper Fi. Needed resources are directed to post 9-11 Marines and Sailors, as well as members of the Army, Air Force or Coast Guard who serve in support of Marine forces.



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- **USA Cares – usacares.org**
USA Cares provides financial and advocacy assistance to post 9/11 active duty US military service personnel, veterans and their families. We assist all branches of service, all ranks and components and treat all with privacy and dignity in appreciation for their service and sacrifice. We never charge fees nor accept repayment and rely on donations from private citizens, businesses and foundations for all funding.
- **Operation We Are Here – operationwearehere.com/FinancialAssistance.html**
Provides financial emergency guidance, financial support and assistance, financial counseling and emergency loans, food assistance, and more.
- **Veterans Inc. – veteransinc.org/services/supportive-services-for-veteran-families**
The Veterans Inc. Supportive Services for Veterans and Veteran Families Program helps individuals and families who are homeless or at risk. If you meet the basic eligibility requirements, Veterans Inc. provides direct services and financial assistance to help search for housing, assist with initial rent costs, and pay for certain bills related to back rent or utilities.

ATTN Small Business Owners

- *Information from the SBA Office of Veterans Business Development: 805-409-9159 or www.edccalborative.com*
- Here is a link to SBA's latest news release related to Economic Injury **Disaster Loans** for small businesses that the agency has implemented in response to Coronavirus (COVID-19).
<https://www.sba.gov/about-sba/sba-newsroom/press-releases-media-advisories/sba-updates-criteria-states-requesting-disaster-assistance-loans-small-businesses-impacted>
- Congress secured \$350 billion in forgivable loans and \$10 billion in grants to small businesses, tribal business concerns, and certain nonprofits.
- Loans through a new SBA 7(a) Paycheck Protection Program can be forgiven when used for payroll costs (including paid leave, health care, and other costs) to retain workers, and other expenses such as rent, mortgage interest, and utilities. Independent contractors, sole-proprietors, and other self-employed persons are eligible for these loans.
- Small businesses can also apply for up to \$10,000 in grants to retain workers and pay for debt obligations.
- Small businesses, tribal business concerns, 501(c)(3) nonprofits, and 501(c)(19) veterans organizations in your district should contact their lender and the Small Business Administration office directly. For a list of SBA offices by state with contact information please [click here: https://www.speaker.gov](https://www.speaker.gov)

Air Force Civilian Employee Resource

- Employment Assistance Program (**EAP**) - Information and support for all work life issues, legal, counseling, senior care, college planning, home improvement projects, or anything else life throws your way. EAP can be accessed 24/7 via telephone, website or in-person. Call **866-580-9078** or visit the EAP portal direct link:
<https://magellanascend.com/?ccid=hpZiwlTni%2FVKnrZqvUQNB%2F48XDQDTkmUQP2%2BS%2FPQIMM%3D>



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Legal Assistance

California State Guard Legal Support - For any members experiencing **legal issues relating to employment, evictions, mortgages**, or other similar matters may obtain assistance. These resources are supplemental to the other resources available. Contact the Office of the Staff Judge Advocate. Command Legal Assistance website atca-jag.us or send an email to LTC (CA) Mark Nelson, Chief of Legal assistance, Mark.Nelson@stateguard.cmd.ca.gov MAJ (CA) Michael Campolo, Deputy Chief of Legal Assistance, at Michael.Campolo@stateguard.cmd.ca.gov

Spiritual Wellness

Message from 146 AW Wing Chaplain

We all learned the “wingman” concept in basic training; now is the time for each of us to wingman each other. Although we can’t all do this face-to-face at the moment, we can easily reach out on the phone or on-line. In addition to reaching out to your guard family and friends, please know that the chaplain’s office is ready to provide a listening ear and heart, and lift your spirits. We are just a phone call away and would be happy to provide spiritual counsel, to pray with you and advise you and your dependents as best we can. Please reach out and we will be there. If you call and we do not pick up, we will get right back to you.

Chaplain’s Office (805) 986-7959 (Staffed Monday-Friday 0800-1600)

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- Chaplain, Maj Bayles (419) 689-9264
- Msgt You (NCOIC) (562) 745-4877
- SSgt Motsinger (615) 200-2873
- SSgt Cowart (SMR) (805) 231-9862

We will get through these difficult days and be stronger and more unified than ever. Please maintain a positive outlook and a take care of each other. We look forward to speaking with you soon!

John W. Love, Ch, Lt Col, Wing Chaplain

Mental Wellness

If you have an emergency or are in immediate crisis, please contact the 24/7 Military Crisis Line: 1-800-273-8255

As information about Coronavirus unfolds, there can be a wide range of reactions and feelings over the next few days or weeks. For additional resources, please see “Managing the Psychological Impact of COVID-19” put together by our DPH.

- **Know the signs of stress.**
 - Behaviors-** Increase/decrease in energy/activity levels. Increase in use of alcohol, tobacco or drugs., Increase in irritability, with outbursts of anger and frequent arguing, Trouble relaxing or sleeping, Wanting to be Alone, Blaming other people for everything, Difficulty communicating or listening.
 - Physical reactions-** Stomach aches or diarrhea, Headaches and other pains, Loss of appetite or eating too much, Sweating or having chills, Tremors or muscle twitches

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Emotional Reactions- Anxious or fearful, Feeling depressed, Feeling guilty, Feeling angry, Feeling heroic, euphoric or invulnerable, Not caring about anything, Feeling overwhelmed by sadness

Mental Reactions -Having trouble remembering things, feeling confused, having trouble thinking clearly and concentrating, having difficulty making decisions

- **Get the facts.** Stay informed with the latest health information through the dedicated CDC website: <https://www.cdc.gov/coronavirus/index.html> For local information check out the California Department of Public Health at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>.
- **Keep things in perspective.** Limit worry and agitation by lessening the time you spend watching or listening to upsetting media coverage. Although you'll want to keep informed -remember to take a break from watching the news and focus on the things that are positive in your life and things you have control over. Be flexible and creative in accessing support via phone, email, text messaging, and video.
- **Keep connected.** Maintaining social networks can help maintain a sense of normalcy, and provide valuable outlets for sharing feelings and relieving stress. Find an online support group through resources below.
- **Cultivate Ways to be More Calm.** While circumstances may be stressful and beyond your control, you can try to offset them with positive calming activities. Practice slow, steady breathing and muscle relaxation, as well as any other actions that are calming for you (yoga, exercise, music, keeping the mind occupied). Free resources are below.
- **Seek additional help.** Individuals who feel an overwhelming worry or anxiety can seek additional professional mental health support. **Your DPH is here to help!** Additional support resources are listed below and in the **MANAGING YOUR PSYCHOLOGICAL HEALTH RESOURCEGUIDE**.

Ventura County Mental Health Wellness

- Ventura County Behavior Health Crisis Line: 866-998-2243
- Logrando Bienstar – Mental Health Wellness Checkup: 805-973-5220

APPS For Mental Wellness & Self Care

All apps listed here have a free version. To avoid charges do not enter credit card information

- **Happy Color™:** Color by Number-Engage in coloring activities as a positive coping strategy.
- **Happify ML:** Play games to reduce stress, overcome negative thoughts, and build resilience.
- **MindShift ML:** Access resources to help manage anxiety.
- **Multiple Military and Veteran Free Apps:** The National Center for Telehealth and Technology: <https://health.mil/About-MHS/OASDHA/Defense-Health-Agency/Operations/Clinical-Support-Division/Connected-Health/mHealth-Clinical-Integration>
- **Headspace:** Free app that provides basic meditations.
- **Shine:** Free app that provides daily motivation texts and lets you track gratitude each day.
- **Calm:** Free app that helps you master your breathing and reduce stress and anxiety.
- **Pacifica:** Free app where you can track mood, meditate, and practice CBT to help manage stress, anxiety, and depression.
- **Relax Melodies Sleep Sounds:** Free sleep sounds to help you sleep.
- **Breathing Zone:** Will help teach you how to breathe to decrease anxiety.
- **Stop, Breathe & Think:** free app for kids and educators to teach focus, and processing emotions

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Mental Health Resources & Support Services

- **Child Mind Institute** <https://childmind.org> [facebook@childmind.org](https://www.facebook.com/childmind.org) Parenting and support ideas for children of all ages. Live Facebook discussion events and videos.
- **Domestic Violence Hotline** <https://www.thehotline.org/help/> **800-799-7233 24/7 support line** that helps support and secure resources for those in a domestic violence situation.
- **Military OneSource 800-342-9647** <https://militaryonesource.org> **24/7 Referral line** for stress, marital, occupational, family counseling with local provider. Counseling services remain available by phone, video and online. To schedule an appointment, call (1-800-342-9647) or live chat (<https://livechat.militaryonesourceconnect.org/chat>) through website.
 - Support articles: Support your lifestyle with stress reducing tips and more: Take Charge of Coronavirus Anxiety, If Your Kids are Worried About the Coronavirus and more.
 - Handle Life's Challenges: Moving Forward (bottom of page) teaches problem-solving skills to help handle life's challenges.
 - Relax with Chill Drills: drills can help slow your heart rate, lower your blood pressure and reduce the level of stress hormones in your body. Download MP3s from the Military OneSource website or order yours for home delivery free.
 - MWR Digital Libraries (available free but must have Military OneSource website login)
 - Interactive science, school curriculum, hobbies and interests, learn a language, read a digital newspaper or magazine, read or listen to a book, prep for a test, build a business plan, resume and so much more!
- **Tragedy Assistance Program (TAPS) 800-959-8277 24/7 support line** that connects any person affected by loss with local survivor resources to include benefits, counseling, eligibility, and financial hardship.
- **Vet Centers 877-222-8387** Free readjustment, stress, marital, family, occupational, and substance abuse counseling with nearest Vet Center.
- **Vets4Warriors** www.vets4warriors.com **855-838-8255 24/7 Peer support line** for Reserves and National Guard; Toll free and confidential.

Online Support Communities

- **7 Cups:** www.7cups.com Free **online text chat** with a trained listener for emotional support and counseling. Also offers fee- for-service online therapy with a licensed mental health professional. Service/website also offered in Spanish
- **18percent:** www.18percent.org Offers a free, peer-to-peer online support community for those struggling with a wide range of mental health issues.
- **Emotions Anonymous:** www.emotionsanonymous.org An international fellowship of people who desire to have a better sense of emotional well-being. The EA is nonprofessional and can be a complement to therapy.
- **For Like Minds:** www.forlikeminds.com **Online mental health support network** that allows for individuals to connect with others who are living with or supporting someone with mental health conditions, substance use disorders, and stressful life events.
- **California Warm Line:** 1-855-845-7415. It is a peer run warm line for people who need support and want to talk. It is 24/7 throughout CA.
- **NAMI** hosts online communities where people exchange support and encouragement. These Discussion Groups can easily be joined by visiting www.nami.org.
- **Ventura County's resources** are available at <https://www.vcemergency.com/coping>
- **Teen Line** www.teenlineonline.org: Teens helping teens. Peer support.

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Websites for Support

- **AA/NA:** www.aa.org <http://www.na.org> Alcoholics anonymous, free meetings for those concerned about their drinking.
- **ANGCares** <https://www.ang.af.mil/prevention> Educational/prevention materials across all disciplines that guide Airmen towards the five pillars of wellness; Physical, Spiritual, Emotional, Social and Family 365 days a year.
- **CALVET** <https://www.calvet.ca.gov/> Learn about the state and federal benefits you are entitled to receive and how to claim them.
- **DoD Mental Health Self-Assessment** www.pdhealth.mil/militarypathways Free anonymous mental health and alcohol self-assessments for ANG and families.
- **FOCUS: Families Over Coming under Stress** <http://focusproject.org/> Provides resiliency training to military children and families.
- **Give an Hour** www.giveanhour.org FREE mental health services to U.S. military personnel, veterans, and their families.
- **SAMHSA** www.samsha.gov A comprehensive website that provides a directory of substance abuse and mental health treatment options.
- **Better Help** www.betterhelp.com: Online e-counseling with a licensed provider.

Substance Abuse, Social Distancing, and Disaster Distress Resources

Sobriety & Disaster Distress

Please refer handout for more information on SAMHSA and Disaster Distress

- **Substance Abuse and Mental Health Services Administration’s (SAMHSA):** www.samhsa.gov
- **Disaster Distress Helpline:** 800-985-5990 or text TalkWithUS to 66746 for immediate crisis counseling for people experience distress during a natural or manmade disaster.
- **National Suicide Prevention Lifeline:** 800-273-8255 or text MHFA to 741741 to talk to a Crisis Text Line counselor.

Most importantly, if you have a desire to drink, reach out for help to friends in the fellowship or call the hotline:

- **24 Hour Hotline:** 866-522-8939
- **For more information about online meetings/online groups**
 - <http://aa-intergroup.org>
 - <https://www.rollingstone.com/culture/culture-news/alcoholics-anonymous-aa-coronavirus-covid-19-967269/>

Social Distancing

- FreeConferenceCall.com
- FaceTime for iPhones
- Google Hangouts
- Zoom
- Cisco Webex

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RESOURCES FOR THOSE IMPACTED BY COVID-19

Physical Wellness

PRIOR TO BEGINNING ANY WORKOUT IT IS RECOMMENDED THAT PATRONS CONSULT WITH THEIR HEALTH CARE PROFESSIONALS.

The DoD has multiple resources for individuals to maintain a level of fitness while preserving social distancing guidelines. The below links provide free resources and workouts, using bodyweight or common household items.

- Navy Operation Fitness and Fueling System – <https://www.navyfitness.org/fitness/noffs-training>
- USMC High-Intensity Tactical Training – <https://www.fitness.marines.mil/workout-of-the-day/>
- Human Performance Resources by CHAMP – <https://www.hprc-online.org/physical-fitness/training-performance/homemade-fitness>
- Military OneSource – <https://www.militaryonesource.mil/confidential-help/specialty-consultations/health-wellness-coaching/take-command-of-your-well-being-with-a-health-and-wellness-coach?redirect=%2Fhealth-wellness%2Fhealthy-living%2Ffitness-nutrition-active-living>

Additional Companies that have communicated free at home options:

- Life Fitness: <https://www.lifefitness.digitalcoach.fitenss/render/kiosk/zbbb6>
- Les Mills: <https://www.lesmills.us19.list-manage.com/track/click?u=7b3cf304003231c68ea652600&id=4009b53314&e=12dfbae6d9>

Many gyms have reduced their capacities, frozen memberships, and even offered free online workouts for people staying at home. Note: Not all gym locations are corporate owned. Franchise-owned locations may be operating under different guidelines.

The following list includes the latest actions taken by some of the largest fitness chains in the U.S.

- **Gold's Gym** has temporarily closed all company-owned locations. Effective date: March 16 to March 31
Membership status: Not specified; members are encouraged to call their local gym. Freebie: Gold's is offering its premium app, Gold's Amp, for free until May 31, 2020. The app offers over 600 audio and video workouts and hundreds of DJ mixes to keep you moving in the gym, outside, or at home. Visit [goldsamp.com/promo](https://www.goldsamp.com/promo), and enter promo code FIT60. Planet Fitness has, so far, only closed locations in areas with a government mandate. But they're offering the general public free workouts. Effective date: N/A Membership status: Although members were charged their March membership dues,
- **Planet Fitness** said that they'll credit time lost once closed gyms reopen. Freebie: Planet Fitness is offering the general public free online workouts via Facebook Live. The 20-minute, equipment-free fitness sessions go live at 7 p.m. Eastern each day through March 27.
- **24 Hour Fitness** has closed all of their clubs, while offering members their free 24GO training app (reg. \$3.99/mo.) and Les Mills workouts (reg. \$9.99/ mo.). Effective date: March 17 until further notice. Membership status: 24 Hour Fitness will credit its members for the amount of time clubs are closed.
- **Anytime Fitness**, which is operated by individual franchise owners, has had numerous locations close but is offering thousands of workouts and coaching that can be done from home with the Anytime Fitness app. Effective date: March 16 until further notice. Membership status: Not specified; check with your local gym.
- **Crunch**, which is operated by individual franchise owners, has had numerous locations close but is offering members more than 100 workouts for free using their
- **Crunch Live** platform. Effective date: March 16 until further notice. Membership status: Not specified; check with your local gym.

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RESOURCES FOR THOSE IMPACTED BY COVID-19



- **Equinox** has temporarily closed all of their locations. Effective date: March 16 until further notice Membership status: Equinox is automatically freezing memberships and will credit members for canceled services/classes.
- **LA Fitness** has closed all of their clubs. Effective date: March 16 to April 1 Membership status: LA Fitness is automatically extending memberships to cover the time that clubs are closed.
- **OrangeTheory** has closed all corporate-owned studios in the U.S. and Canada and will provide at-home workouts soon. Effective date: March 16 to March 31 Membership status: Memberships have been automatically suspended.
- **Peloton** is not accepting in-person studio reservations. They currently offer 90 days of free workouts via their official workout app. Effective date: March 18 until further notice.
- **SoulCycle** has temporarily closed all their locations in the U.S., Canada, and the U.K. Effective date: March 16 until further notice. Membership status: SoulCycle will reimburse for unused canceled classes and freeze expiration dates on all class series through April 30.
- **Beach Body On Demand** is offering a 14-day free trial of their streaming at-home workout service, which includes 1,100 workouts and access to nutrition plans.

Additional Free Fitness Apps

- Fitbod Gym & Home Workout Log
- Gymondo
- Runtastic
- Asana Rebel
- Couch to 5K
- Nike Training Club
- Daily Workouts Fitness Trainer
- Aaptiv
- Zombies, Run!
- Seven – 7 Minute Workout
- Sworkit
- Daily Yoga
- Yoga for Beginners
- Yoga Down Dog
- FitOn
- 8fit Workouts
- Burpee Workout
- Daily Butt Challenge
- 30 Day Squat Challenge
- Shine: Calm Anxiety and Stress



RESOURCES FOR THOSE IMPACTED BY COVID-19

WHY MUSCLE MATTERS NO WEIGHTS, NO PROBLEM CIRCUITS

CIRCUIT TRAINING

A combination of a resistance training set followed immediately by an aerobic exercise interval

WATER BOTTLE AND BODY WEIGHT CIRCUIT



Front raise



Bicep curls with bottles

BODY WEIGHT CIRCUIT



Textbook swings (kettlebell swings)



Goblet squats with book

MUSCLE ENDURANCE CIRCUIT



Chair tricep dips



Wall sits

MUSCULAR STRENGTH CIRCUIT



Shoulder press



Holding the book

Turbulence Training. (2013). 5 at-home exercises you can use to build muscle without equipment.

Retrieved From: <https://youtu.be/xCRUFIOxcB0>

Dor-Haim H, Barak S, Horowitz M, Yaakobi E, Katzburg S, Swissa M, et al. (2018). Improvement in cardiac dysfunction with a novel circuit training method combining simultaneous aerobic-resistance exercises. A randomized trial. PLoS ONE 13(1): e0188551.

FOR MORE INFORMATION VISIT | healthcorps.org

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RESOURCES FOR THOSE IMPACTED BY COVID-19

Weekly Meal Plan

BREAKFAST LUNCH DINNER

M	Walnut Oatmeal and Yogurt	Pesto Turkey Sandwich	Salmon with Brown Rice and Spinach
T			
W			
T			
F			
S			
S			

Grocery List:

Reminders

NOTE: This is for your family.





RESOURCES FOR THOSE IMPACTED BY COVID-19

#8 Decrease Negative Perception Of challenges

	Morning	Afternoon	At night
M	Got help with math 12/21/2019 8am - 8 pm		
T			
W			
T			
F			
S			
S			

What?

- Got help w HW
- Make up w friend
- Try a new activity
- say something kind to self
- studied even longer
- Find a favorite quote!!

Date?
Time?

Reminders

Work on your guideline for 2 weeks!
12/21 - 1/5/2019

NOTE: This & their families as everyone figures out how to positively navigate the challenges posed by the COVID19 coronavirus outbreak.





RESOURCES FOR THOSE IMPACTED BY COVID-19

FEDERAL EMPLOYEE RIGHTS PAID SICK LEAVE AND EXPANDED FAMILY AND MEDICAL LEAVE UNDER THE FAMILIES FIRST CORONAVIRUS RESPONSE ACT

The Families First Coronavirus Response Act (FFCRA or Act) requires the Federal government to provide all of its employees with paid sick leave and, for employees who are covered under Title I of the Family and Medical Leave Act (FMLA), with expanded family and medical leave for specified reasons related to COVID-19. These provisions will apply from April 1, 2020 through December 31, 2020.

▶ PAID LEAVE ENTITLEMENTS

Generally, the Federal government must provide Federal employees:

Up to two weeks (80 hours, or a part-time employee's two-week equivalent) of paid sick leave based on the higher of their regular rate of pay, or the applicable state or Federal minimum wage, paid at:

- 100% for qualifying reasons #1-3 below, up to \$511 daily and \$5,110 total; and
- ⅔ for qualifying reasons #4 and 6 below, up to \$200 daily and \$2,000 total.

Federal employees including those not covered under Title I of the FMLA can receive either ⅔ of the higher of their regular rate of pay, or the applicable state or Federal minimum wage for the two-week period for qualifying reason #5 below. However, for leave under qualifying reason #5, Federal employees covered under Title I of the FMLA can receive 10 additional weeks of expanded family and medical leave for reason #5 below, up to \$200 daily and \$12,000 total.

A part-time employee is eligible for leave for the number of hours that the employee is normally scheduled to work over that period.

▶ ELIGIBLE EMPLOYEES

All Federal employees are eligible for up to two weeks of fully or partially paid sick leave for COVID-19 related reasons (see below).

Federal employees who are covered under Title I of the FMLA and have been employed for at least 30 days prior to their leave request are eligible for up to an additional 10 weeks of partially paid expanded family and medical leave for reason #5 below.

Most federal employees are not covered under Title I of the FMLA and so would not be eligible for partially paid expanded family and medical leave. Please consult with your agency to determine whether you are covered under Title I of the FMLA. The Office of Personnel and Management will issue guidance on this question.

▶ QUALIFYING REASONS FOR LEAVE RELATED TO COVID-19

A Federal employee is entitled to take leave related to COVID-19 if the employee is unable to work, including unable to telework, because the employee:

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. is subject to a Federal, State, or local quarantine or isolation order related to COVID-19; 2. has been advised by a health care provider to self-quarantine related to COVID-19; 3. is experiencing COVID-19 symptoms and is seeking a medical diagnosis; 4. is caring for an individual subject to an order described in (1) or self-quarantine as described in (2); | <ol style="list-style-type: none"> 5. is caring for his or her child whose school or place of care is closed (or child care provider is unavailable) due to COVID-19 related reasons; or 6. is experiencing any other substantially-similar condition specified by the U.S. Department of Health and Human Services. |
|--|--|

▶ ENFORCEMENT

The U.S. Department of Labor's Wage and Hour Division (WHD) has the authority to investigate and enforce compliance with the FFCRA for Federal employers covered under Title I of the FMLA. Employers may not discharge, discipline, or otherwise discriminate against any employee who lawfully takes paid sick leave or expanded family and medical leave under the FFCRA, files a complaint, or institutes a proceeding under or related to this Act. Federal employers covered under Title I of the FMLA in violation of the provisions of the FFCRA will be subject to penalties and enforcement by WHD.



WAGE AND HOUR DIVISION
UNITED STATES DEPARTMENT OF LABOR

For additional information
or to file a complaint:

1-866-487-9243

TTY: 1-877-889-5627

dol.gov/agencies/whd



WH1423 REV 03/20

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RESOURCES FOR THOSE IMPACTED BY COVID-19

COUNTY OF VENTURA

RESOURCE LIST

COVID-19: STAY INFORMED

- ❖ Ventura County Information Line: **211** or send a text to: **211211** with the word "covid19"
- ❖ Official Ventura County Incident Information Source: www.vcemergency.com
- ❖ Ventura County Behavioral Health Crisis line: **1-866-998-2243**
- ❖ Logrando Bienestar – Mental Health Wellness Checkup: **805-973-5220**
- ❖ Unemployment Benefits Insurance: **1-800-326-8937** or online at www.edd.ca.gov
- ❖ Medi-Cal, CalFresh & CalWORKs Programs: **1-888-472-4463** or online at www.mybenefitscalwin.org
- ❖ Human Services Agency General Information Line: **1-866-904-9362**
- ❖ Health Care for All (Assistance to apply for health insurance coverage: Medi-Cal, Covered California and other low cost insurance programs): **805-981-5212**
- ❖ WIC (Women, Infants & Children): **805-981-5251**
- ❖ **Where to obtain food?**
 - Food Share: **805-983-7100** or visit www.foodshare.com for a pantry near you.
 - School meals service locations: www.vcoe.org/meals
 - Food services for seniors: **805-477-7300** or online at www.vcaaa.org
- ❖ Public Transportation:
 - VCTC **1-800-438-1112** or online at www.goventura.org
 - Gold Coast Transit **805-487-4222** or online at www.goldcoasttransit.org
- ❖ Area Housing Authority of Ventura County: **805-480-9991** or online www.ahacy.org
(Unincorporated areas of Ventura County and the cities of Camarillo, Fillmore, Moorpark, El Rio, Somis, Piru, Ojai, Simi Valley, and Thousand Oaks.)
 - San Buenaventura Housing Authority: **805-648-5008**
 - Santa Paula Housing Authority: **805-535-3339**
 - Oxnard Housing Authority: **805-385-8041**
- ❖ Utilities:
 - Southern California Edison: **1-800-950-2356** or online at www.sce.com
 - Southern California Gas Company: **1-877-238-0092** or online at www.socalgas.com
- ❖ Resources for Homeless people: **805-385-1800** or online at www.vchsa.org/help

UPDATED INFORMATION
WWW.VCEMERGENCY.COM




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RESOURCES FOR THOSE IMPACTED BY COVID-19



EXTRA TIPS FOR:

#STAYHOMESAVELIVES
COVID19.CA.GOV

CAREGIVERS FOR SICK PEOPLE

- Keep the sick person and their things away from others.
- If possible, use a separate bedroom and bathroom.
- Use separate cups, utensils and dishes.
- Pick one person to be the main caregiver.
- Keep a record of temperatures, symptoms, medicines.
- Wash hands before and after caregiving.
- Clean light switches, doorknobs, toys, other surfaces daily.
- Launder clothes, towels and bedding in very hot water.
- Keep pets away from the sick person.



PEOPLE WITH HEALTH CONCERNS

- Stay away from public places if you are at high risk.
- Make a contact list of family, caregivers and doctors.
- Keep a list of all medical conditions and prescriptions.
- Refill all prescriptions and ask for 60- or 90-day supplies.
- Discuss how to continue your care if caregivers get sick.



FAMILIES

- Explain the health risks to your children and how to stay safe.
- Practice with children how to wash hands for 20 seconds.
- Ask child care/schools about health emergency plans.
- Decide who will care for children if child care/schools close.
- Ask your employer about sick leave and working from home.
- Plan to care for family members if regular caregivers get sick.
- Protect the very young and very old from close contact with others.
- Arrange for food delivery to keep older family members at home.
- Check in often by phone with family and neighbors who live alone.
- Reach out to faith community and others to offer or ask for help.



LISTOSCALIFORNIA.ORG



RESOURCES FOR THOSE IMPACTED BY COVID-19

Vet Center: Eligibility

Legislation passed by Congress and signed into law by the President changes eligibility for Vet Center services (Public Law 104-262), and extends the definition of the Vietnam era for war zone veterans (P.L. 104-275). Vet Centers serve the following veterans:

WAR ZONE VETERANS - all eras including -

- **VIETNAM WAR** - 28 Feb. 1961 to 7 May 1975
- **KOREAN WAR** - 27 June 1950 to 27 July 1954
- **WORLD WAR II** - 7 Dec. 1941 to 2 Mar. 1946
- **AMERICAN MERCHANT MARINES** – In ocean-going service during the period of armed conflict, 7 Dec. 1941 to 15 Aug. 1945
 - **WAR ZONE** - 5 Aug. 1964 to 7 May 1975 (eligible until January 1, 2004)
 - **LEBANON** - 25 Aug. 1982 to 26 Feb. 1984
 - **GRENADA** - 23 Oct. 1983 to 21 Nov. 1983
 - **PANAMA** - 20 Dec. 1989 to 31 Jan. 1990
 - **PERSIAN GULF** - 2 Aug. 1990 to -
 - **SOMALIA** - 17 Sept. 1992 to -
- **OPERATIONS JOINT ENDEAVOR, JOINT GUARD, JOINT FORGE** – Veterans who participated in one or more of these three successive operations in the former Yugoslavia (Bosnia-Herzegovina and Croatia, aboard U.S. Naval vessels operating in the Adriatic Sea, or air spaces above those areas).
- **GLOBAL WAR ON TERRORISM** – Veterans who serve or have served in military expeditions to combat terrorism on or after September 11, 2001 and before a terminal date yet to be established.
- **SEXUAL TRAUMA AND HARASSMENT COUNSELING** - Any veteran who was sexually traumatized; to include sexual harassment and sexual assault while serving in the military (active, reserve, or while on orders) is eligible to receive counseling regardless of gender or era of service.
- **BEREAVEMENT**- Parents, spouses and children of Armed Forces personnel who died in the service of their country are included.
- **COMBAT SERVICE SUPPORT** – Active duty, reservists and Veterans who provided direct emergency medical, mental health, mortuary or unmanned aerial support services to personnel involved in combat operations or hostilities.

For additional information on eligibility, see VHA DIRECTIVE 97-002, Jan. 9, 1997

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RESOURCES FOR THOSE IMPACTED BY COVID-19

Local Interagency Network Coordinators (LINC)s



05/01/2019

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