

# COVID-19 resources for prevention providers

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## Teleconferencing

- [HCA offers limited number of no-cost telehealth technology licenses for providers](#)
- Pacific Southwest Mental Health Technology Transfer Center – [Virtual learning guide](#) provides overview on virtual technology, facilitation and learning

## Webinars and professional development opportunities

- HCA will be supporting webinars and professional development opportunities. Check [here](#) for call and registration information. We are working on getting the recordings of these webinars online.
- Check [The Athena Forum Training Calendar](#) for other agency and partner virtual training opportunities.
- [Neurosequential Network State Dependence - How the brain functions during times of stress](#)
- [Understanding trauma webinar Series](#)
- [Substance use disorder services in the days of a pandemic: You need a bigger boat!](#)
- Recorded webinar: [The Science of Hope: Hope predicts adaptive outcomes, hope buffers the effects of adversity, and hope can be influenced and sustained](#) - Presenter: Kody Russell, Executive Director of Kitsap Strong, introduces the science of hope and shows how it buffers adversity and stress, leads to positive outcomes, and is a strength that can be nurtured with targeted intervention.

## Online resources

- Starts With One – [Safe disposal campaign toolkit](#)
- Prevention Technology Transfer Center (PTTC) Network – [Pandemic response resources](#)
- Northwest PTTC – [The Social Development Strategy: 5 proven keys to raising healthy, successful youth presentation slides](#)
- South Southwest PTTC – [Prevention practitioner's role in disaster response](#) and [Self-care for prevention providers during COVID-19](#)
- ACEs Connection – [ACEs in education and COVID-19](#)
- Nation Indian Health Board – [Native Center for Behavioral Health Resource Kit](#)
- Mid-America PTTC podcast – [Transitioning to virtual services](#)

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- Washington Office of Superintendent of Public Instruction – [Resources to support student well-being and school safety](#)

## Articles

- McKinsey & Company - [Returning to resilience: The impact of COVID-19 on mental health and substance use](#)
- ACEs Connection – [Healing in place: Game on to flip the COVID19 threat into a positive experience for our children](#)

## Mentoring

- Search Institute – [Building developmental relationships during the COVID-19 crisis checklist](#)
- MENTOR - [Free virtual mentoring platform during COVID-19](#) and [E-Mentoring guidance](#)
- National Mentoring Resource Center – [Recorded webinar: Mentoring in the age of technology](#) and [blog post](#)
- Office of Justice Programs – [Strengthening connections: Mentoring youth during a pandemic](#)

## Mental health promotion

- [HCA Services and Support for Mental Health](#)
- [National Suicide Prevention Hotline](#) 1-800-273-8255
- [Washington Recovery Help Line](#) 1-866-789-1511
- [teen link](#) 1-866-833-6546
- [The Boys Town National Hotline®](#) (800-448-3000) is a free resource and counseling service that assists youth and parents 24/7, year round, nationwide
- [County crisis line phone numbers](#)
- [Suicide Prevention Resource Center](#)
- [SAMHSA: Taking care of your behavioral health](#)
- The National Child Traumatic Stress Network – [Family resilience and traumatic stress: A guide for mental health providers](#)

## State-wide resources

One way you can assist your community during this uncertain time is to ensure you are sharing accurate and timely information. We suggest using the following resources:

- [Coronavirus.wa.gov](https://www.coronavirus.wa.gov)
- [Spread the Facts public awareness campaign partner toolkit](#) - Washington State Department of Health, Health Care Authority, Department of Social and Health Services and partner agencies recently launched a statewide public awareness campaign to help stop the spread of COVID-19. The Spread the Facts campaign urges people in Washington to stay home, stay healthy and stay informed to help themselves, their families and their communities slow the spread of COVID-19.
- [Health Care Authority COVID-19](#) information webpage
- [Department of Health 2019 Novel Coronavirus Outbreak \(COVID-19\) webpage](#)
- [Centers for Disease Control and Prevention \(CDC\) Coronavirus \(COVID-19\)](#)
- [Substance Abuse and Mental Health Services Administration](#) - Taking care of your behavioral health: Tips for social distancing, quarantine, and isolation during an infectious disease outbreak