

# MENTAL HEALTH NEWSLETTER

April 2020

## Featured Story



The Ohio Latino Affairs Commission has created a robust [webpage](#) with bilingual Coronavirus (COVID-19) resources, as well as, Governor DeWine News Releases, Factsheets/FAQ's, the Official COVID-19 Page, Information for Ohio's Schools and Districts, Unemployment Benefits, and our new [Mental Health Resource page](#) focused around the coronavirus. For daily bilingual posts follow OCHLA's [Facebook](#) page and [Twitter](#) account. The COVID-19 Hotline is 1-833-427-5634.

## TRAINING

SAMHSA (the Substance Abuse and Mental Health Services Administration) is committed to providing regular training and technical assistance (TTA) on matters related to the mental and substance use disorder field as they deal with COVID-19. Click [HERE](#) to review the available training and technical assistance related to COVID-19.

## CONFERENCE

The Ohio Department of Mental Health and Addiction Services and Development Disabilities will continue to host the **7th Annual Trauma-Informed Care Summit on May 19—20 virtually** to stay in compliance with the public health emergency in our state. Re-scheduling options for the day of Pre-conference Learning Communities on **May 18** are being discussed. Registration [HERE](#) or contact [Kim Kehl](#) for more information .

## Coronavirus (COVID-19) Resource Page



## SHARE



Share with us [Upcoming Events in Your Region!](#)

## TRAINING

Join Ohio Recovery Housing on April 9th from noon to 1:00 p.m. while they host a [Trauma Informed Care During Times of Crisis](#) webinar. The webinar will provide a brief overview of what trauma is and what it means to be trauma informed; information on how being trauma informed can help a recovery home help residents during a time of crisis; and best practices for implementing trauma informed practices in recovery housing.

## CONFERENCE

The Yale Center for Emotional Intelligence, are hosting a variety of [webinars](#) around using emotional intelligence to combat COVID-19 anxiety. A Managing Emotions Through Self-Care & Resilience webinar will be held on April 1st at 3:00 p.m. to explore strategies you can use to care for yourself and build your capacity to cope. Register [HERE](#).

## TRAINING

Mental Health America has made available on their [web-site](#) the **2020 Mental Health Month Toolkit**. May is Mental Health Month and this year MHA has focused the toolkit to be on resiliency, offering tools to thrive at any time. MHA believes that these tools even those that we all may have to adapt for the short term because of social distancing will be more useful than ever.

## E-LEARNING

NAMI Franklin County are working to make sure that people living with serious mental illness, as well as their family members and loved ones, do not experience isolation. To meet those needs: NAMI Franklin county is available to speak via telephone and help connect with needed resources and are offering select support groups and classes online via Zoom. Visit their [website](#) for details.

## TRAINING

The Ohio Department of Education has created a Coronavirus (COVID-19) [web page](#) which provides information and resources regarding the ordered school-building closures including an FAQ document that is updated regularly and Supporting Children's Social, Emotional and Behavioral Health [section](#). The Ohio Department of Education know you and your child may be experiencing stress, confusion, fear or anxiety during this time and they provide some steps you can take to support your child.

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