

MENTAL HEALTH NEWSLETTER

May 2020

Featured Story



Ohio Latino Mental Health Webinar Series

The Ohio Latino Affairs Commission is partnering with the National Hispanic and Latino Mental Health Technology Transfer Center Network (MHTTC) and Universidad Central del Caribe to provide you vital information to support our community.

Please join us for the rest of the series of webinars focused on the impact of trauma on the Latino community.

REGISTRATION LINKS

[May 8, 2020 1:00—2:30 p.m. EDT](#)

[May 26, 2020 1:00-2:30 p.m. EDT](#)

[June 3, 2020 1:00-2:30 p.m. EDT](#)

TRAINING

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 view the updated available TTA resources to assist with the current situation.

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. Registration [HERE](#) or contact Kim Kehl at kim.kehl@mha.ohio.gov for more information.

Coronavirus (COVID-19) Resource Page

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TRAINING

Find Calm in the Storm with Training to Deal with Difficult Emotions

Prevention Action Alliance is hosting a four-part training series to help people build resiliency and find calm in the storm. This free, virtual series of talks by motivational speaker Brandi Lust will provide participants with steps to remain calm when the outside world is chaotic. By acknowledging and accepting our feelings, comforting ourselves in times of difficult, and recognizing our common humanity, we can weather the difficult challenges that come our way. Click [HERE](#) for more information and to register.

Issue of Focus

Intimate Partner Violence and the COVID-19 Pandemic

According to the Centers for Disease Control, on average, nearly 20 people per minute experience abuse by an intimate partner in the United States. Over the course of 1 year, this equals to more than 10 million women and men. While these numbers reflect incidence on an average day, the COVID-19 pandemic has resulted in anything but average days. The unprecedented stress of the pandemic along with the emphasis on social distancing and/or need to quarantine, can increase the risk for violence at home and place household members at greater risk for more severe violence. In fact, there has been an increase in calls to domestic violence hotlines and 911 regarding intimate partner violence (IPV). Briefly, we summarize below some factors related to the COVID-19 pandemic that may contribute to increased violence and important things to consider when working with individuals potentially at risk.

- Increased stress
 - Stress can create environments where things are more unpredictable and safety may be less assured.
 - Economic, financial, household stress can increase the potential for conflict or violence for victims and their households
 - Social isolation
 - While staying at home may be the best course of action to limit the spread of the virus, staying at home may not be a safest option for victims. Victims may be more isolated with limited contact with individuals who may be able to provide help, support, or intervention.
 - Limited movement and travel restrictions may also impact victims' escape or safety plans.
 - Substance use
 - Recent data indicates alcohol use or consumption may be on the rise during the pandemic with individuals spending more time at home. Access and resources for support or intervention for substance use and misuse may be more limited due to current restrictions.
 - Increased use of alcohol and other substances may increase risk in the home for victims.
 - Access to resources
 - Although many agencies and networks continue to provide services to victims of IPV to the best of their ability and capacity during the COVID-19 pandemic, access and resources may be more limited due to current restrictions. For example, shelters may have more limited operations or have limits on capacity due to social distancing guidelines.
 - Victims may be reluctant to go out in public or seek out services due to concerns about the virus. For example, they may be reluctant to go the emergency room, particularly if they have underlying health conditions.
- Click [HERE](#) to access resources

Resources for Individuals Experiencing Violence

Resources to support victims of IPV are incredibly important during the COVID-19 Pandemic. Key suggestions highlighted in the resources below include the following:

- Create a safety plan.
- Practice self-care and self-compassion.
- Stay connected.
 - Reach out for help.

The National Domestic Violence Hotline is 24/7, confidential and free: 1-800-799-7233 and through chat.

The National Sexual Assault Hotline is 24/7, confidential and free: 1-800.656.HOPE (4673) and through chat.

<http://www.odvn.org/Info-for-survivors/Love-Shouldnt-Hurt.pdf>

<https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>

<https://espanol.thehotline.org/2020/03/18/mantenerse-seguro-durante-covid-19/>

<https://www.acesdv.org/wp-content/uploads/2020/04/Activity-Book-for-Self-Care-During-COVID-19-3.31.20.pdf>

<https://www.acesdv.org/wp-content/uploads/2020/04/ACESDV-Libro-de-actividades-para-autocuidado-durante-COVID-19.pdf>

https://www.futureswithoutviolence.org/wp-content/uploads/Futures_Resources_updated.pdf

https://www.futureswithoutviolence.org/wp-content/uploads/Futures_Recursos.pdf

Resources for Agencies Supporting Individuals Experiencing Violence

Resources for agencies providing services to these individuals are critically important. Please see below for various recommendations, tips and strategies that may be helpful in your practice.

<https://www.samhsa.gov/sites/default/files/social-distancing-domestic-violence.pdf>

<http://www.nationalcenterdvtraumamh.org/wp-content/>

<https://www.cpedv.org/resource-tool/emergency-prepared-toolkit>

<https://www.acesdv.org/wp-content/uploads/2020/04/Outreach-Toolkit-COVID-19-4.1.2020.pdf>

<https://www.acesdv.org/wp-content/uploads/2020/04/Outreach-Toolkit-COVID-19-Spanish.pdf>

<https://www.loveisrespect.org/for-yourself/safety-planning/interactive-safety-plan/>

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