

Resources for IPATH Taskforce Members during Covid19

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Marion Co Resiliency Resources for Clients from Queering Indy

<https://indypride.org/2020/03/17/community-resiliency-resources/#.XnIfDGvVl1w.facebook>

(in Spanish and English)

Virtual Resources for you and your clients

Mindful meditation and breathing

<https://youtu.be/SEfs5TJZ6Nk> mindful breathing

<https://youtu.be/inpok4MKVLM> mindful meditation

<https://youtu.be/MR57rug8NsM> 5 min mindful meditation

<https://youtu.be/3RxXiFgkxGc> 5 min Positive mind meditation

https://youtu.be/Kvs-_22lwjA daily affirmations before bed.

<https://youtu.be/Ksl2wFKc1Fs> 5 min meditation for anxiety

<https://youtu.be/YFSc7Ck0Ao0> 5 min breathing exercises

<https://youtu.be/l-SFdhVwrVA> MINDFUL breathing 5 mins for anxiety

<https://youtu.be/m3-O7gPsQK0> Japanese method to calm in 5 min palm techniques

https://youtu.be/Q-DXxB_5e28 Reboot your brain in 30 seconds.

<https://youtu.be/thcEuMDWxol> Shaolin monk meditation

<https://youtu.be/eytfr21V5Ok> 7 difficult but simple Buddhist monk habits that will change your life.

<https://youtu.be/KL4Yeus6EJY> Alleviate anxiety with a simple breathing technique

<https://www.youtube.com/watch?v=CQjGqtH-2YI> 2 in 1 breathing techniques for professionals or clients.

https://www.youtube.com/watch?v=6p_yaNFSYao Mindful meditation for sleep.

<https://www.youtube.com/watch?v=ZT0icYcHI0U> Daily calm 10 min mindful meditation here a now

<https://www.youtube.com/watch?v=CdbzDMSGsyg> Relaxation Response 17min guided mindfulness

Guided meditation

<https://youtu.be/tNK315bQPyk> 5 min

<https://youtu.be/i50ZAs7v9es> 5 min calming meditation

<https://youtu.be/4Bs0qUB3BHQ> Deepak Chopra's go to 3 min meditation

https://youtu.be/lo5r7U6CR_o Deepak Chopra's 5 min morning meditation

<https://youtu.be/8CozPpadMho> Deepak Chopra's meditation guide for beginners

<https://youtu.be/a-cNQDhP87w> Mindful morning meditation
https://youtu.be/vAM3rh6_GUM 3 min morning meditation.
<https://youtu.be/5GSeWdjyr1c> Guided meditation for body mind and soul Shaolin monk
<https://www.youtube.com/watch?v=uf3SG1Hv-tA> 5min claiming anxiety yoga.
<https://www.youtube.com/watch?v=2ji-ufUhdDQ> 5min morning meditation stress-free day.
<https://www.youtube.com/watch?v=XSNpGyG2jSw> Living carefree 15 mn meditation with Deepak Chopra
<https://www.youtube.com/watch?v=eHBg9bdRkQ8> Deepak Chopra soul of healing meditation 25:54 mins.

Mindful yoga/yoga with Adrien.

<https://youtu.be/WhlQUrldYkE> Yoga for mindfulness 15mins
https://youtu.be/hJbRpHZr_d0 Yoga for Anxiety 20 mins
<https://youtu.be/SBzjsPgTZm8> Best yoga for Anxiety body-mind 20 mins.
https://youtu.be/3_Q-yYfjeBM Easy Yoga for beginners 19:42 mins
<https://youtu.be/VaoV1PrYft4> 10 min yoga for beginners
<https://youtu.be/QKqnhbrV6ms> 10 min yoga for bedtime
<https://youtu.be/7CTsdbf81W8> Calming yoga stress relief 12 mins.
<https://youtu.be/Nw2oBlrQGLo> 15 min Calming yoga
<https://www.youtube.com/watch?v=b1H3xO3x Js> Yoga with Adriene 20 min body flow.

Anger management

<https://youtu.be/pb3ii5lq0jM>
<https://youtu.be/HSXcZmUN0OQ> Anger management meditation
<https://youtu.be/cxoQdEhHaT8> how not to be angered by people

Cognitive Behavioral Therapy (CBT)

https://www.youtube.com/watch?v=zTuX_ShUrw0 Rewire your brain. 10 skills to build
<https://www.youtube.com/watch?v=agdpFsKGdOE> Grounding How to turn off fight or flight mode.
https://www.youtube.com/watch?v=JiDaTi_iQrY 3 instant calming techniques.
https://www.youtube.com/watch?v=gnVdXN_iZsQ Panic attack treatment breakdown.
https://www.youtube.com/watch?v=8Un_Ykh9y9Q Overcoming Panic attacks.

Coping skills with depression

<https://www.youtube.com/watch?v=MOiaSc38Zel> Breakdown about depression.
https://www.youtube.com/watch?v=pFA13F_iFmM 10 coping skills for depression.
<https://www.youtube.com/watch?v=TTHOjqIRQ34> Your depression is lying to you. Part 1
<https://www.youtube.com/watch?v=tqFBipaU620> Why anxiety and depression are connected.
<https://www.youtube.com/watch?v=iEsYiCDoJks> CBT tools 20mins.
<https://www.youtube.com/watch?v=dTFdFR47dlI> How to break habits of overthinking.
<https://www.youtube.com/watch?v=i91ST2qtR44> Breaking negative thinking
<https://www.youtube.com/watch?v=3maymp7K4q0> CBT techniques for anxiety disorder
<https://www.youtube.com/watch?v=W3hMmZQAdhw> CBT for social anxiety disorder
<https://www.youtube.com/watch?v=Wx8F9uwQTnY> CBT roleplay downward arrow technique
<https://www.youtube.com/watch?v=b4pP6HyXRMI> Catastrophizing-How to stop making yourself depressed and anxious (Thinking Error)
<https://www.youtube.com/watch?v=9rNdWK6Wkog> Black and white thinking “all or nothing”
<https://www.youtube.com/watch?v=csPmD6Vf0QQ> Setting healthy boundaries. 12mins
<https://www.youtube.com/watch?v=8vhx2hIko28> 6 Signs of mental abuse 10 mins

Post-Traumatic Stress Disorder (PTSD)

<https://www.youtube.com/watch?v=EBpF8sWycQQ> Childhood PTSD
https://www.youtube.com/watch?v=rahZm8zDz_c Childhood PTSD and loneliness 9 mins

Dialectical Behavioral Therapy (DBT)

<https://www.youtube.com/watch?v=iXFYV8L3sHQ> Strategies for emotional regulation
<https://www.youtube.com/watch?v=PCJ0R6vAUUnw> Mindfulness in DBT
<https://www.youtube.com/watch?v=w6T02g5hnT4> Mindfulness explained 2 min
<https://www.youtube.com/watch?v=vzKryaN44ss> Mindfulness how it empowers us

Ted Talks

<https://youtu.be/xnLoToJVQH4> Happiness is all in your mind
<https://youtu.be/iCvmsMzIF7o> Brenne Brown The power of vulnerability.
<https://youtu.be/psN1DORYYYV0> Brene Brown Listening to shame
<https://youtu.be/uFAwbcPa8l4> Brene Brown why do we hide our true selves
<https://youtu.be/mtE3sSSMLuM> Dr. Jamie Gates Weapons of Mass destruction differently check out my friend from San Diego Anti-trafficking movement.
<https://youtu.be/4Lb5L-VEm34> Breath to heal Max Strom.
<https://www.youtube.com/watch?v=esPRsT-lmw8> Lesson learned from 83,000 Brain scans
Daniel Amen

Carl Rogers

<https://www.youtube.com/watch?v=o0neRQzudzw> Rogers on Person center therapy

COVID-19 Resources for Social Workers, Advocates, and Therapists

Includes FREE professional development opportunities!

<https://www.socialwork.career/2020/03/covid-19-resources-social-workers-therapists.html>

Free trainings

1. The **American Red Cross** is offering a free 2 day live webinar on [Psychological First Aid: Helping Others in Times of Stress](#) on April 13 and 14th from 1-3PM EST. It will provide 4 CEUs for behavioral health providers.
2. **Central Ohio EMDR Connection** is offering a free replay of the 2 hour webinar: [Ethics of EMDR Therapy and Telehealth During COVID-19](#).
3. **Clearly Clinical** is offering two 1 hour on-demand courses (each 1 CE): [Making Sense of the Pandemic: Psychological Impact on Clients and Communities](#) and [Swiftly Transitioning to Online Therapy, Legally, Ethically, and Efficiently](#).
4. The **Center for Financial Social Work** is providing a 1 hour (1 CE) webinar [Coping with the Financial Reality of COVID-19](#) on April 9 at 2PM EST.
5. The **Center for Practice Transformation** (University of Minnesota) is offering a 1 hour (1 CE) webinar [Telehealth Delivery Training for Mental Health and Substance Use Providers](#) on April 3 at 1PM EST.
6. The **Coalition on Human Needs** is offering a webinar: [Congress and COVID-19: What Has Passed and What Comes Next](#) on April 3 at 2-3:30PM EST. "The legislation enacted so far takes some important steps towards protecting people and shoring up the economy. But it does not do enough, and Congress will have to return to ensure that the people most in need get adequate help."
7. **Daryl Chow, PhD** is making [The First Kiss: Undoing The Intake Model and Igniting Engagement From the First Session in Psychotherapy](#), audiobook available until Sunday, APRIL 12th, 2020, for FREE! Enter promo code: safeapril. Many clients take the first step to see a psychotherapist and do not return after the first session. By following the concepts in this book, you will also develop a perennial framework to sustain your lifelong development plan in improving your first sessions and beyond.
8. **Deany Lalotis, LICSW** is live streaming [Therapy in a Time of Turmoil](#) on April 3, 2020 at 12PM EST addressing questions about working with clients in these challenging new circumstances, and How do I help clients when I'm as unsettled and frightened as they are? How will I cope if one of my clients contracts the coronavirus? What if I do?
9. **Dr. Raja Selvam** is offering a free 1.5 hour webinar on April 5, 2020 at 12:30PM EST titled [Working with your clients and yourself during the Coronavirus pandemic](#).
10. **McSilver Institute** is providing a webinar [Supporting Families Affected by COVID-19 Pandemic](#) on April 2 at 12PM EST, addressing the ways in which infants, toddlers and preschoolers are affected when their usual routines are disrupted and their ability to manage stress and stay regulated are compromised. It is also offering a webinar [Identifying and Assisting the Most Vulnerable and Socially Isolated Adults Struggling with Behavioral Health Problems](#) on April 2 at 2PM EST.

11. **Northeast & Caribbean ATTC** is offering a 2 part webinar Part 1: [De-Escalation: Basic Tools for Social Workers](#) on April 13 at 12-1:30PM EST and [Part 2 on April 27 at 12-1:30PM EST](#).
12. **PESI** is offering a free 12.5 [Telehealth course](#) for mental health providers that usually costs \$440. To get this 2 day course for free, enter the code TELEFREE in the discount code field.
13. **Roy Kiessling** presents [EMDR Telehealth Hints](#) (free on demand 50 minute video).
14. **SocialWork.Career** provides monthly roundups of [free webinars](#) for social workers and mental health providers.
15. **Southern New Hampshire University** is offering [Free Online Resources for Educators, Frontline Workers, and the Public in Response to COVID-19 Pandemic](#) – including a full set of free resources for educators to use as they transition to online instruction, free trainings for frontline workers who do not have the option to work from home and need guidance on how to work safely while mitigating the spread of COVID-19.
16. The **NYU McSilver Institute for Poverty Policy and Research** and the Community Technical Assistance Center of New York (**CTAC**) is providing various COVID-19 Training Resources including a replay of [Best Practices for Mental Health](#) that focuses on telehealth as a response to COVID-19.
17. The **Personal Transformation Institute** is offering a free [virtual EMDR training](#) to help clinicians with doing virtual EMDR with their clients. (Please note that EMDR should only be practiced by trained/certified EMDR practitioners.)

Hospice and Palliative Care [Social Media Hashtags to follow: #PalliativeCare #pallicovid #palliatecoronavirus #highriskcovid]

1. [Grieving in Exceptional Times](#) – The Irish Hospice Foundation notes how the Covid-19 pandemic has changed the traditional ways we mark our grief, and shares different ways that can support ourselves and each other.
2. [How to talk about some difficult topics related to COVID-19](#) from VitalTalk.
3. [Maintaining the “Palliiveness” During Video Visits](#) – 16 minute video from MGH Psychiatry.
4. [Specific phrases & word choices that can be helpful](#) when speaking with patients/families during COVID19 – resource for hospice and palliative care.
5. The Palliative Care Social Workers group has put together a handbook of [Good Practices for Social Work COVID-19](#). This is a working document of the National Palliative Care Commission of Portugal and the Social Work task-force of the Portuguese Palliative Care Association.
6. The Social Work Hospice and Palliative Care Network has put together [Resources for Hospice and Palliative Care Social Work Professionals](#) including topics such as respecting choices, serious illness conversations, and a six-step protocol for delivering bad news.
7. [COVID-19 Palliative Resources](#) -from the Worldwide Hospice Palliative Care Alliance continually updated.

Serving Immigrant Families

1. [Covid19 resources for undocumented communities](#)
2. National Immigration Law Center – [Update on Access to Health Care for Immigrants and Their Families](#)
3. Protecting Immigrant Families – [Factsheet: Know Your Rights, Protect Your Health](#)
4. Protecting Immigrant Families – [Talking Points: Coronavirus](#)

Serving Communities with Special Needs

- For [adults on the spectrum](#) – how to cope with disrupted personal routines, working from home and more.
- [Medicare Provider Enrollment Relief FAQs](#)
- [Promoting Financial Health and Resiliency for People with Disabilities and Their Families](#) by the National Disability Institute; plus [key takeaways](#) from its listening sessions.
- [Public COVID-19 Resources for the Deaf Community](#) – crowd sourced resource guide.
- [Considerations for People Living with HIV and LGBTQIA+ People](#) from the Fenway Institute.
- [Lucile Packard Foundation for Children’s Health](#) has resources for children with special health care needs.

Social Work/Higher Education Resources *[Social Media Hashtags to follow: #swCOVID19 #SocWorkEd #swtech #MacroSW #socialwork]*

1. [COVID-19 Resources and Updates for Social Workers](#) from the National Association of Social Workers (NASW).
2. [COVID-19: Can you practice teletherapy across state lines?](#) The Shrink Space blog has created a chart summarizing the emergency changes (temporary) made to out-of-state licensure requirements.
3. [Ethical Exceptions for Social Workers in Light of the #COVID19 Pandemic and Physical Distancing](#) from the New Social Worker Magazine.
4. The [1 minute film “MASK,”](#) produced by two Fordjam students, Yang Xu, FCLC '21, and Mengxuan Annie Du, FCLC '20, captures the impact of the stigma surrounding the COVID-19 pandemic within a private phone call between an Asian mother and daughter who live on opposite sides of the world.
5. [Digital divide resources during the pandemic](#) from Nten...around 60 million Americans lack access to the internet. A tool to understand the level of connectivity in your community is [the Digital Divide Index.](#)

6. [Expert Faculty Tips and Guidance](#) from the USC Suzanne Dworak-Peck School of Social Work.
7. [Field education alternatives and tech tools for teaching social work online](#)
8. In this 5 minute [Face COVID animation](#), Dr Russ Harris, illustrates how to use ACT (Acceptance and Commitment Therapy) to deal with the Corona crisis and the fear, anxiety and worry that goes with it.
9. [A Futures Lens for Covid-19 – Resources for Social Workers, Change Agents, Educators and the Helping Professions](#) – Social Work Futures has gathered resources to support student learning.
10. [Leading in a Time of Crisis: Technology Resources for Right Now](#) – a replay of this special webinar offered by the Grand Challenge for Social Work's Harness Technology for Social Good network and a [copy of the slides](#) are available to provide leaders in social work education information about resources they can give to educators, field faculty, and service providers who are using technology.
11. [New Field Guidelines from CSWE Due to the Pandemic](#) – students who have completed 85% of their required placement hours (i.e., 340 hours for baccalaureate and 765 hours for master's) to a satisfactory level may, at program discretion, be evaluated as having met their program's requirements.
12. A [Practical Beginner's Guide to Digital Collaboration](#): for communities and citizens first using these tools to coordinate activity and organize.
13. [Quarantine: infection prevention, but at what cost for mental health?](#) – from The Mental Elf. Strategies to reduce negative impact on mental health include: Providing people with as much information as possible, providing adequate supplies and promoting altruism over compulsion in maintaining quarantine.
14. [Self-Care Starter KitSM exercises/worksheet](#) from the University of Buffalo School of Social Work
15. [Social Work Assignments](#) related to increasing digital competence in the context of traditional social work curriculum, by Laurel Iverson Hitchcock, Melanie Sage and Nancy J. Smyth. These may be helpful when you are thinking about how to revise assignments to incorporate technology.
16. [When the COVID-19 Pandemic Leaves Clients Feeling Helpless](#) – Bessel van der Kolk, MD provides a few ideas to help clients regain a sense of agency during the pandemic in a brief video from NICABM.
17. A series of posts to help social workers and social work educators **build a professional learning (or collaboration) network** (co-authored by self and others):
 1. [What is a Professional Collaboration Network \(PCN\) & why do you need one?](#)
 2. [Twitter for your Professional Collaboration Network \(PCN\)](#)
 3. [How do you do relational Twitter?: Developing your Professional Collaboration Network](#)
 4. [Using Twitter at a Professional Conference](#)