**Direct Care Staff Support Resources/Activities**

A] Sidewalk chalk

* Positive messages
* Volunteers/staff

B] “Today’s Text”

* Daily positive message
* Daily self-help idea
* To be read after work – from CEO
* One call system
* Providing emotional support by phone and email through the Employee Services Team and ESA Program
* Emailing messages

C] Dedicated Facebook page

* Resource clearinghouse

D] Code Lavender bags

* Cultivating Intentional Acts of Kindness in Response to Stressful Work Situations

E] Today’s webinar

* Daily positive message
* Daily self-help idea

F] Group Zoom, GroupMeet, Google Meet

* Unit staff support group after hours
* Stay in touch
* Connect with positive online groups so when your news feed isn't only current events/news

G] Fact Sheets/Posters

* Administrators
* Care providers/patients/clients
* Families
* Provider stress
* Sate printing is open

H] Word Search Puzzle

* Prizes for completing
* Not coronavirus related

I] OMHAS Intranet Song of the Day

* Pops up on computer when staff sign-in
* Opt out option
* Changes every day
* Posting messages on the intranet encouraging staff
* Weekly Inspirational Quotes

I] The value of candy

* You are Worth a Mint
* You are worth a million
* You’re a life saver

J] Resources

TEND Academy

<https://www.tendacademy.ca/resources/>

Random Act of Kindness

<https://www.randomactsofkindness.org/>

YMCA Health & Fitness Videos - free

<https://ymca360.org/on-demand#/>

National Park Service – Learn & Explore

<https://www.nps.gov/learnandexplore/index.htm>

* Visual Art
  + Deb’s Virtual Art School: Monday-Friday at 2PM. Free live viewing and education for drawing, painting, collage and print [https://mailchi.mp/2bfe377b3923/debs-virtual-art-school-for-all-ages-starts-tomorrow-at-200-pm-est?e=546504fdbb](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmailchi.mp%2F2bfe377b3923%2Fdebs-virtual-art-school-for-all-ages-starts-tomorrow-at-200-pm-est%3Fe%3D546504fdbb&data=02%7C01%7Ckim.kehl%40mha.ohio.gov%7C566ba1c17de2463a0a2508d7d27784d4%7C50f8fcc494d84f0784eb36ed57c7c8a2%7C0%7C1%7C637209283261635150&sdata=lLPTNwN17P7WqvNlQBFpCCx5kpToYaS0DAhopshLdoE%3D&reserved=0)
  + Lunch Doodles with Mo Willems: Free online drawing session everyday at 1PM. [https://www.kennedy-center.org/education/mo-willems/](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.kennedy-center.org%2Feducation%2Fmo-willems%2F&data=02%7C01%7Ckim.kehl%40mha.ohio.gov%7C566ba1c17de2463a0a2508d7d27784d4%7C50f8fcc494d84f0784eb36ed57c7c8a2%7C0%7C1%7C637209283261635150&sdata=6jE%2BaJBsVVtRAh5csZ7%2BHtypfPfCZQodhRZaEOxo2VM%3D&reserved=0)
  + List of free university art classes to take: [https://www.artsy.net/article/artsy-editorial-10-university-art-classes-free-online](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.artsy.net%2Farticle%2Fartsy-editorial-10-university-art-classes-free-online&data=02%7C01%7Ckim.kehl%40mha.ohio.gov%7C566ba1c17de2463a0a2508d7d27784d4%7C50f8fcc494d84f0784eb36ed57c7c8a2%7C0%7C0%7C637209283261645106&sdata=sl6mDRc6PMoflacaPTdQwFSt%2FQePZrs3DYdmeGTQhhI%3D&reserved=0)
  + Live Stream Ann Arbor Film Festival 3/24-3/29: [https://www.aafilmfest.org/live-stream-schedule](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.aafilmfest.org%2Flive-stream-schedule&data=02%7C01%7Ckim.kehl%40mha.ohio.gov%7C566ba1c17de2463a0a2508d7d27784d4%7C50f8fcc494d84f0784eb36ed57c7c8a2%7C0%7C1%7C637209283261645106&sdata=OBlc2HgRGAMYi7xIECFv0aLjWYVN5Rjb%2BKZ6Kjr7O%2Bc%3D&reserved=0)
  + Free online art class videos by category: [https://www.free-online-art-classes.com/](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.free-online-art-classes.com%2F&data=02%7C01%7Ckim.kehl%40mha.ohio.gov%7C566ba1c17de2463a0a2508d7d27784d4%7C50f8fcc494d84f0784eb36ed57c7c8a2%7C0%7C1%7C637209283261655067&sdata=jEE2krOWlFeMq7TlPau87Hek1OEYt%2Fxo9VyvAZKnyQ8%3D&reserved=0)
* Theatre
  + The Metropolitan Opera: Free nightly opera streaming starting at 7:30PM. [https://www.metopera.org/](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.metopera.org%2F&data=02%7C01%7Ckim.kehl%40mha.ohio.gov%7C566ba1c17de2463a0a2508d7d27784d4%7C50f8fcc494d84f0784eb36ed57c7c8a2%7C0%7C0%7C637209283261655067&sdata=X0LLBsgh5Eaq6Fc6331%2FfBaUCfU3NBZRnjBaZzgys40%3D&reserved=0)
  + Playbill: Compiled a document that lists out 15 plays/musicals and how you can watch them from home [https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.playbill.com%2Farticle%2F15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home&data=02%7C01%7Ckim.kehl%40mha.ohio.gov%7C566ba1c17de2463a0a2508d7d27784d4%7C50f8fcc494d84f0784eb36ed57c7c8a2%7C0%7C1%7C637209283261655067&sdata=FT%2Bvt7yOTk%2B8utsDAOurTILBs90ssp5%2BUtGdPDU%2BqA4%3D&reserved=0)
* Writing
  + Free Online Poetry course: [https://www.coursera.org/learn/poetry-workshop#about](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.coursera.org%2Flearn%2Fpoetry-workshop%23about&data=02%7C01%7Ckim.kehl%40mha.ohio.gov%7C566ba1c17de2463a0a2508d7d27784d4%7C50f8fcc494d84f0784eb36ed57c7c8a2%7C0%7C1%7C637209283261665018&sdata=IBOIU4sWvIKfNhTE%2FFe5ljySg2z4inucrZXojNoyCT0%3D&reserved=0)
  + Assistance with writing poetry, prompts, and educational classes: [https://www.skillshare.com/browse/poetry](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.skillshare.com%2Fbrowse%2Fpoetry&data=02%7C01%7Ckim.kehl%40mha.ohio.gov%7C566ba1c17de2463a0a2508d7d27784d4%7C50f8fcc494d84f0784eb36ed57c7c8a2%7C0%7C0%7C637209283261665018&sdata=ZdhxF6b9gIjS2WXMdLWqa95GDjhy1KGpGjgqsnHgW14%3D&reserved=0)
* Music:
  + Streaming orchestras and symphonies: [https://www.classicfm.com/music-news/live-streamed-classical-music-concerts-coronavirus/](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.classicfm.com%2Fmusic-news%2Flive-streamed-classical-music-concerts-coronavirus%2F&data=02%7C01%7Ckim.kehl%40mha.ohio.gov%7C566ba1c17de2463a0a2508d7d27784d4%7C50f8fcc494d84f0784eb36ed57c7c8a2%7C0%7C0%7C637209283261674973&sdata=PGmtXFhOwL3P07WIEhjyxeRCN5FhuxW%2BRHyjoShYwHs%3D&reserved=0)
  + Symphony performances: [https://www.cntraveler.com/story/all-the-museum-exhibits-symphonies-and-operas-you-can-enjoy-from-home](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cntraveler.com%2Fstory%2Fall-the-museum-exhibits-symphonies-and-operas-you-can-enjoy-from-home&data=02%7C01%7Ckim.kehl%40mha.ohio.gov%7C566ba1c17de2463a0a2508d7d27784d4%7C50f8fcc494d84f0784eb36ed57c7c8a2%7C0%7C0%7C637209283261674973&sdata=tdOmHpS%2Fg4G3x6%2BhFLJGGniLUuoNKqtRgHpciugy3B4%3D&reserved=0)
* Other
  + Virtual museum tours  [https://www.cntraveler.com/story/all-the-museum-exhibits-symphonies-and-operas-you-can-enjoy-from-home](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cntraveler.com%2Fstory%2Fall-the-museum-exhibits-symphonies-and-operas-you-can-enjoy-from-home&data=02%7C01%7Ckim.kehl%40mha.ohio.gov%7C566ba1c17de2463a0a2508d7d27784d4%7C50f8fcc494d84f0784eb36ed57c7c8a2%7C0%7C0%7C637209283261674973&sdata=tdOmHpS%2Fg4G3x6%2BhFLJGGniLUuoNKqtRgHpciugy3B4%3D&reserved=0)
  + Free Yale course: The Science of Well-Being [https://www.coursera.org/learn/the-science-of-well-being?ranMID=40328&ranEAID=EHFxW6yx8Uo&ranSiteID=EHFxW6yx8Uo-Jo9NjFb5FmxZDXNR0x5hbQ&siteID=EHFxW6yx8Uo-Jo9NjFb5FmxZDXNR0x5hbQ&utm\_content=10&utm\_medium=partners&utm\_source=linkshare&utm\_campaign=EHFxW6yx8Uo](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.coursera.org%2Flearn%2Fthe-science-of-well-being%3FranMID%3D40328%26ranEAID%3DEHFxW6yx8Uo%26ranSiteID%3DEHFxW6yx8Uo-Jo9NjFb5FmxZDXNR0x5hbQ%26siteID%3DEHFxW6yx8Uo-Jo9NjFb5FmxZDXNR0x5hbQ%26utm_content%3D10%26utm_medium%3Dpartners%26utm_source%3Dlinkshare%26utm_campaign%3DEHFxW6yx8Uo&data=02%7C01%7Ckim.kehl%40mha.ohio.gov%7C566ba1c17de2463a0a2508d7d27784d4%7C50f8fcc494d84f0784eb36ed57c7c8a2%7C0%7C1%7C637209283261684929&sdata=bvUzZarJSPRrNR5Jk5mue%2FnmS8HzKOISEr2G2ZUUoGk%3D&reserved=0)
  + Online school coursework for kids K-9: [https://classroommagazines.scholastic.com/support/learnathome.html](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fclassroommagazines.scholastic.com%2Fsupport%2Flearnathome.html&data=02%7C01%7Ckim.kehl%40mha.ohio.gov%7C566ba1c17de2463a0a2508d7d27784d4%7C50f8fcc494d84f0784eb36ed57c7c8a2%7C0%7C1%7C637209283261684929&sdata=WLN37lrIzsRmRVeeNWShg0foAp8Tnre0NkEqEWlPfHc%3D&reserved=0)
  + Online story reading for kids: [https://www.storylineonline.net/books/stellaluna/?fbclid=IwAR0Y\_CAryLwt02kBwDpt4KAHhYzbUzSiSeq8ZfPqBDLbnOmYagIDDeQQFPM](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.storylineonline.net%2Fbooks%2Fstellaluna%2F%3Ffbclid%3DIwAR0Y_CAryLwt02kBwDpt4KAHhYzbUzSiSeq8ZfPqBDLbnOmYagIDDeQQFPM&data=02%7C01%7Ckim.kehl%40mha.ohio.gov%7C566ba1c17de2463a0a2508d7d27784d4%7C50f8fcc494d84f0784eb36ed57c7c8a2%7C0%7C0%7C637209283261694885&sdata=Enh%2F2Icg1TRLjsCmwN2%2Fzhy4Mwb681Q5wg7KGhY6maU%3D&reserved=0)
  + Free films/videos to view separated by category at top of page: [https://docs.google.com/spreadsheets/d/1DHealTzCR0qNkq-fbuPRd9Nzi7NSAM5HKQ84grFEFO8/htmlview#](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdocs.google.com%2Fspreadsheets%2Fd%2F1DHealTzCR0qNkq-fbuPRd9Nzi7NSAM5HKQ84grFEFO8%2Fhtmlview&data=02%7C01%7Ckim.kehl%40mha.ohio.gov%7C566ba1c17de2463a0a2508d7d27784d4%7C50f8fcc494d84f0784eb36ed57c7c8a2%7C0%7C1%7C637209283261694885&sdata=q73NVCJXo0%2FZZ7GZVr5%2BS4MXm32eOQeY9CaPYLvIIPI%3D&reserved=0)

K] Apps

* See resource page

**DRC**

* Employee Services Team posters sent to every institution and office (including Crisis Helpline information).
* Exploring child-care options for staff.
* In discussion with Yoga on High to provide mindfulness exercises to staff.
* Providing information and links to resources on the Employee Services Team intranet site.
  + Free Mindfulness and Grounding Apps
  + Tips on staying connected
  + Tips on working from home
  + Tips for first responders
  + Encouraging gratitude
  + Advertisement for LIVEHEALTH online

**SART/EAC at TVBH**

* Bulletin Boards
* Resource folders
* Word search puzzles
* Weekly newsletter – consistent predictable

**ABH**

* Buy extra food
* Supportive Response Teams
* Lavender Kits
* CARE Committee Activities
* Mandation kits