



COVID-19 Update June 5, 2020

Rhode Island DD Network
Statement on the Death of George Floyd

In response to the recent murder of George Floyd and countless other Black men and women – Rhode Island’s Developmental Disabilities Network (RI DD Network), including Disability Rights Rhode Island, the Rhode Island Developmental Disabilities Council, and the Paul V. Sherlock Center on Disabilities, stands in peaceful solidarity and empathy with those devastated by the tragic loss of lives.

We grieve with the affected families. As a nation, we can and must do better to foster these values within the communities where we live and work.

People with disabilities are also people of color, immigrants, refugees, members of the LGBTQ+ community, and members of every religious group. They face the same hatred and bigotry and are often subject to the same brutal treatment by police who are not trained to recognize their needs.

The RI DD Network stands on the side of those who are protesting another needless death, who reject hate, and who demand justice. We are committed to effectuating full inclusion in society and working for the civil and human rights of Rhode Islanders with disabilities of all races, cultural backgrounds and ethnicities.

*"If you can't fly then run, if you can't run then walk,
if you can't walk then crawl, but whatever you do
you have to keep moving forward."*

~ Martin Luther King Jr.

Amy Grattan, Ph.D.
Executive Director

Paul V. Sherlock Center on
Disabilities at Rhode Island College

Morna A. Murray, J.D.
Executive Director
Disability Rights
Rhode Island

Kevin Nerney
Executive Director
Rhode Island Developmental
Disabilities Council

ReOpening RI: DDD Update

An input session was held on Friday, June 5 to discuss concerns and ideas for re-opening the system. Notes from the meeting will be shared next week.

If you have any feedback or concerns, please share them with your social caseworker or email them to BHDDH.AskDD@bhddh.ri.gov.

Hearts of Glass Virtual Film Screening & Discussion

*Sponsored by the Rural Institute on Disability & Inclusion and
the American Association on Intellectual and Developmental Disabilities (AAIDD)*

VIRTUAL EVENT Film Screening & Discussion

Presented by



Rural Institute
Disability & Inclusion



This year's AAIDD media award winning film, "Hearts of Glass," will be used as a catalyst for conversation about employment and inclusion. Attendees will have access to stream the film from **Friday, June 19, 7 pm ET to Friday, June 26, 7 pm ET.**

A [panel discussion \[clicks.memberclicks-mail.net\]](https://clicks.memberclicks-mail.net) about the film will then be held via webinar on **June 24, 2020 at 4:00 pm ET.** Join us for a lively discussion with the filmmaker, individuals featured in the documentary, and the executive director of the Rural Institute for Inclusive Communities, who served as an advisor during production. The film is about an ambitious small business that combines high-tech local food production and meaningful employment for people with disabilities. You can watch the trailer [here \[clicks.memberclicks-mail.net\]](https://clicks.memberclicks-mail.net).

[Cultivating Employment & Community Inclusion: "Hearts of Glass" Film Screening & Panel Discussion \[clicks.memberclicks-mail.net\]](https://clicks.memberclicks-mail.net)

June 24, 2020 4:00 pm EST

Speakers:

Jennifer Tennican, Director of "Hearts of Glass"

Johnny Fifles, Senior Microgreen Associate, Vertical Harvest and Self-Advocate

Emily Churchill, Production Manager at Vertical Harvest

Martin Blair, Executive Director of the University of Montana's Rural Institute

More Things To Do While at Home

FUN ACTIVITIES FOR ADULTS DURING THE COVID-19 PANDEMIC

Adjusting to a life of social distancing can be a challenge for many reasons, but we're here to help. For some interesting local Rhode Island ideas check out this link:

<https://www.rimonthly.com/fun-activities-for-adults-during-the-covid-19-pandemic/>

250+ Creative Ways to Keep Your Family Sane During the COVID-19 Crisis.

Old or young check out this site for more fun:

<https://rochester.kidsoutandabout.com/content/250-creative-ways-keep-your-family-sane-during-covid-19-crisis>

6 science-backed activities to help you relax while you're home

Here is some Covid at home fun for us science nerds:

<https://www.cnbc.com/2020/03/20/relaxing-activities-to-do-at-home-during-covid-19-quarantine.html>

COVID-19: How to Stay Safe During Outdoor Activities

A field guide to getting fresh air during the coronavirus outbreak

<https://health.clevelandclinic.org/covid-19-how-to-stay-safe-during-outdoor-activities/>

REMEMBER TO WEAR YOUR MASKS



Mayo Clinic Introduces Skill For Amazon's Alexa About COVID-19

Mayo Clinic has launched a new skill for Alexa, Amazon's cloud-based voice service, to provide consumers with the latest information about the COVID-19 pandemic. Users with an Alexa-enabled device, such as Amazon Echo and Echo Dot, can enable the skill "Mayo Clinic Answers on COVID-19" to get information from Mayo Clinic experts on the pandemic and guidance from the Centers for Disease Control and Prevention (CDC).

Alexa skills are voice-activated applications that add capabilities to Alexa-enabled devices and mobile devices with speech-recognition technology. To access "Mayo Clinic Answers on COVID-19," consumers can enable the skill on an Alexa-enabled device by saying, "Alexa, open Mayo Clinic Answers on COVID-19." Then ask questions about COVID-19, such as, "What are the symptoms of coronavirus?" Answers will be drawn from experts at Mayo Clinic and CDC.

The skill includes the new Mayo Clinic COVID-19 Self-Assessment Tool that helps users determine if they should seek testing. The voice skill cautions users that if they are having a health emergency, they should seek immediate medical assistance.

Mayo Clinic is a non-profit medical group practice. More than 3,800 physicians and scientists and 50,900 allied health staff work at Mayo Clinic. Mayo Clinic also serves over 70 communities through Mayo Clinic Health System with locations in Minnesota, Iowa, and Wisconsin. Collectively, these locations care for more than 1 million people each year.

Summer Webinar Series on COVID-19: Issues and Practical Strategies for People with Intellectual and Developmental Disabilities

This webinar series is offered as a platform for community providers to share their experiences in maintaining services for people with intellectual and developmental disabilities during the COVID-19 pandemic, and to share information with self-advocates and their families.

June 9, 2020 at 2 PM EDT

Protecting Ourselves, Protecting Others Part 2: Caring for Someone Infected with COVID-19 in their Home by Melissa L. Desroches, PhD, RN, Postdoctoral Research Fellow, Tufts University

[REGISTER](#)

June 16, 2020 at 2 PM EDT

Talking about COVID-19: Resources for People with IDD by Kathy Service, RN, MS, FNP-BC, CDDN, National Task Group on Intellectual Disabilities and Dementia Practices

[REGISTER](#)

June 23, 2020 at 2 PM EDT

Impact of COVID-19 on Organizations Serving Individuals with Intellectual and Developmental Disabilities by Donna Martin, Director of State Partnerships & Special Projects, American Network of Community Options (ANCOR)

[REGISTER](#)

June 30, 2020 at 2 PM EDT

Survival Coalition and The Arc Wisconsin: Determining What's Needed Now and in the Future in Response to COVID-19 by Lisa Pugh, Executive Director of The Arc Wisconsin

[REGISTER](#)

July 7, 2020 at 1 PM CDT / 2 PM EDT

Preparing Your Employees for the Impact of COVID-19: Updates from Providers by Ed Kaul, Chief Executive Officer ARCA and Eligio Velasquez, 2020 Direct Support Professional of the Year

[REGISTER](#)

PLEASE NOTE

- There is no cost for these webinars.
- CEUs are not offered for these webinars.
- Webinars and materials will be recorded and archived on YouTube.
- For disability accommodations email Jasmina Sisirak (jsisirak@uic.edu) at least 10 days before the webinars.

This COVID-19 Webinar Series is presented by the [HealthMatters Program](https://www.healthmattersprogram.org) (<https://www.healthmattersprogram.org>), Department of Disability and Human Development, College of Applied Health Sciences, University of Illinois at Chicago through continued partnership with [Project SEARCH](https://www.projectsearch.us) (<https://www.projectsearch.us>) funded by the Ohio Developmental Disabilities Council, Grant # 17CH03FA20 and [Aspire](https://aspirechicago.com) (<https://aspirechicago.com>).

Understanding Internet Safety for People with Intellectual and Developmental Disabilities

The Internet has dramatically changed the way we interact with the world. It has become a global means of communication in our every day life. However the internet can also put people at risk for cyberbullying, exposure to inappropriate material, online predators and the possibility of revealing too much personal information.

This recorded webinar, hosted by The Arc of New Jersey Family Institute and presented by Ashley Ritchey, Director of the New Jersey Self-Advocacy Project, addresses internet safety and how to best support individuals with intellectual and developmental disabilities on the internet.

The 56-minute video can be found at <https://vimeo.com/265441660>

Other Upcoming Webinars from the Arc of New Jersey

Webinar: There's No Place Like Home: Online Resources To Keep You Engaged

Tuesday, June 9, 2020

2:00 pm - 3:00 pm

This webinar will explore fun, creative, and innovative web-based resources for self-advocates, family members, and staff to engage in during the stay at home order. It will include the goings-on of local chapters of The Arc and community provider agencies statewide as well as ways to stay active including games to keep your brain engaged, advocacy opportunities, arts and culture resources, and much more! You'll learn how to plug into a world of opportunity from the comfort of your home.

- [Click here to register](#)

Upcoming Webinar: You're Hired! Preparing for Post-COVID Employment

Tuesday, June 16, 2020

2:00 pm - 3:00 pm

This webinar will help self-advocates and supported employment professionals prepare for post COVID-19 job opportunities. Now is the time to prepare your resume and find ways to build your knowledge and skills. After following this guide, you'll be sure to land a new job and become a well-valued employee. We will share resources for online classes and trainings as well as look at what companies are doing to prepare for post COVID employment. After this webinar you will feel knowledgeable and prepared about gaining and maintaining employment after COVID.

- [Click here to register.](#)

Webinar: The COVID Masquerade: A Guide on Masks & Returning to Society

Tuesday, June 23, 2020

2:00 pm - 3:00 pm

This webinar will provide an overview on why masks are important during this pandemic as well as how to properly obtain, wear, remove, and care for your masks. Proper etiquette and health guidelines on venturing out into the community and returning to society will also be discussed.

- [Click here to register](#)

Mental Health Resources After an Incident of Violence and Civil Unrest

This week's unrest in Providence may have left you with many emotions, particularly grief knowing that the violence which has permeated major cities across the country has now arrived in our home state. Our thoughts go out to all our first responders as well as the survivors and witnesses.

The following list of materials includes those focused on general mental health and substance use-related needs after an incident of violence and civil unrest, as well as separate sections with resources for faith-based communities and spiritual leaders; children, youth, parents and other caregivers, and schools; and disaster responders.

There are two resources which may be helpful:

- SAMHSA Disaster Distress Helpline's toll-free number (1-800-985-5990) and receive immediate counseling. This free, confidential, and multilingual crisis support service is also available via SMS (text TalkWithUs to 66746) to anyone experiencing psychological distress as a result of this event. People who call and text are connected to trained and caring professionals from crisis counseling centers in the network. Helpline staff provide confidential counseling, referrals, and other needed support services.
- The SAMHSA Disaster App allows disaster behavioral health responders to navigate resources related to pre-deployment preparation, on-the-ground assistance, and post-deployment resources. Users can also share resources from the app via text message or email and quickly identify local mental health and substance use disorder treatment services. <https://store.samhsa.gov/apps/disaster> [store.samhsa.gov]

General Disaster Response and Recovery Information

- ***Coping With Grief After Community Violence***—This Substance Abuse and Mental Health Services Administration (SAMHSA) tip sheet introduces some of the signs of grief and anger after an incident of community violence, provides useful information about how to cope with grief, and offers tips for helping children deal with grief. <https://store.samhsa.gov/product/Coping-With-Grief-After-Community-Violence/SMA14-4888> [store.samhsa.gov]
- ***Tips for Survivors: Coping With Grief After a Disaster or Traumatic Event***—In this tip sheet, the Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Technical Assistance Center (DTAC) defines and describes grief, discusses ways of coping with grief, explains complicated grief, and offers relevant resources for additional support. <https://store.samhsa.gov/product/Tips-for-Survivors-/SMA17-5035> [store.samhsa.gov]
- ***Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress***—This SAMHSA tip sheet gives stress prevention and management tips for dealing with the effects of trauma, mass violence, or terrorism. It lists tips to relieve stress, describes how to know when to seek professional help, and provides accompanying resources. <https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-Managing-Stress/SMA13-4776> [store.samhsa.gov]
This tip sheet is also available in Spanish at <https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-Managing-Stress-Spanish-Version-/SMA13-4776SPANISH> [store.samhsa.gov]. A similar tip sheet is available in Punjabi at <https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Traumatic-Event-Managing-Your-Stress-Punjabi-Version-/NMH05-0209PUNJABI> [store.samhsa.gov].

- **Coping with a Disaster or Traumatic Event**—At this web page, the Centers for Disease Control and Prevention emphasizes the importance of coping after a disaster, and getting professional help if needed, with reactions that may be difficult and intense. Links are provided to additional information about managing your emotional health as a survivor, supporting your children in coping, and making time for self-care as a disaster responder. <https://emergency.cdc.gov/coping/index.asp> [emergency.cdc.gov]. This information is available in Spanish at <https://emergency.cdc.gov/es/coping/index.asp> [emergency.cdc.gov].

Resources for Faith-based Communities and Spiritual Leaders

- **Faith Communities and Disaster Mental Health**—This NDIN tip sheet provides information for religious leaders about common stress reactions people may experience in response to a disaster and suggests ways they can cope, and help others cope, with disaster stress reactions. The sheet also provides information on referring people for mental health services. http://www.n-din.org/ndin_resources/tipsheets_v1208/11_NDIN_TS_DisasterMentalHealth.pdf [n-din.org]
- **Tips & Lessons—Disaster Response: The Sunday After a Disaster**—This tip sheet from Episcopal Relief & Development offers advice on how to provide community and congregational support after a disaster. <http://www.episcopalrelief.org/uploads/EducationFileModel/56/file/Sunday-After-Disaster.pdf> [episcopalrelief.org]
- **Vulnerable Populations & Disaster**—This tip sheet discusses the need for religious leaders to accommodate the needs of vulnerable populations during disaster preparedness and response. The sheet identifies the types of vulnerable populations and illustrates preparedness and response best practices to assist individuals within these populations. http://www.n-din.org/ndin_resources/tipsheets_v1208/26_NDIN_TS_VulnerablePopulations.pdf [n-din.org]

Resources for Children, Youth, Parents and Other Caregivers, and Schools

- **Understanding Child Trauma**—This web page identifies events that children and youth may experience as traumatic, presents statistics on traumatic experiences and their effects on children and youth, lists signs of traumatic stress in children and youth of various ages, and offers tips for parents and other important adults in the lives of children and youth for helping children and youth to cope with trauma. Links to resources for more information and support are also provided. <https://www.samhsa.gov/child-trauma/understanding-child-trauma> [samhsa.gov]
- **Age-related Reactions to a Traumatic Event**—In this information and tip sheet, the NCTSN provides an overview of how children and adolescents may react to natural and human-caused disasters that they experience as traumatic. It describes reactions typical within specific age ranges and offers tips for parents and other caregivers, school personnel, healthcare practitioners, and community members to help children and adolescents cope. <https://www.nctsn.org/resources/age-related-reactions-traumatic-event> [nctsn.org]
- **Community Violence: Reactions and Actions in Dangerous Times**—This resource from the National Child Traumatic Stress Network (NCTSN) provides information on community violence, how it can affect daily lives, and what to do for support. <https://www.nctsn.org/resources/community-violence-reactions-and-actions-dangerous-times> [nctsn.org]
- **Helping Youth After Community Trauma: Tips for Educators**—In this 1-page tip sheet, the NCTSN identifies 10 ways in which youth may react to community traumas such as natural or human-caused disasters and suggests ways for educators to respond to these reactions and support youth in coping. The tip sheet also advises educators to find professional mental health support for youth—and for themselves—as needed. https://www.nctsn.org/sites/default/files/resources/tip-sheet/helping_youth_after_community_trauma_for_educators_final_explosions.pdf [nctsn.org]

Resources for Disaster Responders

- **Psychological First Aid for First Responders: Tips for Emergency and Disaster Response Workers**—This SAMHSA tip sheet provides first responders with information on how to address people for the first time after a disaster and how to calmly communicate and promote safety.
<https://store.samhsa.gov/product/Psychological-First-Aid-for-First-Responders/NMH05-0210>
[\[store.samhsa.gov\]](#)
- **Tips for Disaster Responders: Preventing and Managing Stress**—This SAMHSA tip sheet helps disaster response workers prevent and manage stress. It includes strategies to help responders prepare for their assignment, use stress-reducing precautions during the assignment, and manage stress in the recovery phase of the assignment. <https://store.samhsa.gov/product/Preventing-and-Managing-Stress/SMA14-4873> [\[store.samhsa.gov\]](#)
This tip sheet is available in Spanish at <https://store.samhsa.gov/product/Tips-for-Disaster-Responders-Preventing-And-Managing-Stress-Spanish-Version-/SMA14-4873SPANISH> [\[store.samhsa.gov\]](#).
- **Tips for Disaster Responders: Understanding Compassion Fatigue**—This SAMHSA tip sheet defines and describes compassion fatigue, burnout, and secondary traumatic stress. It lists signs of compassion fatigue and offers tips for preventing compassion fatigue and coping with it if it occurs, and it notes that responders may also experience positive effects as a result of their work.
<https://store.samhsa.gov/system/files/sma14-4869.pdf> [\[store.samhsa.gov\]](#)
This tip sheet is also available in Spanish at <https://store.samhsa.gov/product/Tips-for-Disaster-Responders-Understanding-Compassion-Fatigue-Spanish-Version-/SMA14-4869SPANISH> [\[store.samhsa.gov\]](#).
- **Traumatic Incident Stress: Information for Emergency Response Workers**—This CDC fact sheet outlines symptoms of traumatic incident stress and lists activities emergency response workers can do on site and at home to cope with the challenging aspects of disaster response.
<https://www.cdc.gov/niosh/mining/works/coversheet643.html> [\[cdc.gov\]](#)

Additional Resource for Acute Needs

- **National Suicide Prevention Lifeline**—Funded by the Substance Abuse and Mental Health Services Administration, the National Suicide Prevention Lifeline is a source of support available 24/7 to people in crisis, including challenging reactions to disasters. Call 1–800–273–TALK (1–800–273–8255), or, for support in Spanish, call 1–888–628–9454.
<https://suicidepreventionlifeline.org> [\[suicidepreventionlifeline.org\]](#)

If you are experiencing a mental health crisis, BH Link is here for you

BH Link's mission is to ensure all Rhode Islanders experiencing mental health and substance use crises receive the appropriate services they need as quickly as possible in an environment that supports their recovery. Call 911 if there is risk of immediate danger. Visit the BH Link website at www.bhlink.org or for confidential support and to get connected to care:

CALL (401) 414-LINK (5465)

If under 18 CALL: (855) KID(543)-LINK(5465)

Visit the 24-HOUR/7-DAY TRIAGE CENTER at 975 Waterman Avenue, East Providence, RI

Stay Informed with Information on COVID-19

Rhode Island Department of Health COVID-19 Resources

Hotline (401) 222-8022 or 211 after hours;

Email RIDOH.COVID19Questions@health.ri.gov

Website <https://health.ri.gov/covid/>

Center for Disease Control COVID-19 Information

Website cdc.gov/coronavirus

Videos <https://www.cdc.gov/coronavirus/2019-ncov/communication/videos.html>

Includes a link to ASL videos

BHDDH Information on COVID-19's Impact on DD Services and the DD Community

Website bhddh.ri.gov/COVID

RI Parent Information Network (RIPIN)

Website <https://ripin.org/covid-19-resources/>

Call Center (401) 270-0101 or email callcenter@ripin.org

Advocates in Action – for videos and easy to read materials

Website <https://www.advocatesinaction.org/>

Website offers BrowseAloud, which will read the website to you

Sign Up for Our Email List

If you aren't receiving email updates and newsletters from the Division, you can sign up on our website. From the main BHDDH page at bhddh.ri.gov, select **What's New**, then go to bottom and click on **DD Community Newsletter**. The link to sign up for the BHDDH Newsletter is directly below the title, as shown in the picture at right.

DD Community Newsletter

[SIGN UP FOR THE BHDDH NEWSLETTER](#)

Contacting the Division

The department is working on a reduced workforce and therefore calls should not be placed directly to your social caseworker. DDD has put 24-hour phone coverage in place with a central business hour phone number and an on-call number for nights and weekends.

If you have a vital need, please call the numbers below. If you have any general questions or concerns, please email them if you can, in order to try to leave the phone lines free for those who need to call. We will do our best to address your questions directly or through future newsletters.

