



4/3/20

Dear Parents and Guardians-

Orchard Place has continued to monitor the global outbreak of COVID-19, a respiratory illness caused by a new coronavirus. You will continue to receive regular Orchard Place Campus via email as the situation evolves. These updates will continue to come via email at this time. You can also reference all parent communication on the Campus page of the Orchard Place website at:

<https://www.orchardplace.org/services/orchard-place-campus>

1. The guidance is changing regarding the need for asymptomatic people to begin wearing masks. It is likely in the near future that a recommendation to wear masks in public will come down from the Presidential Taskforce on Coronavirus. The Campus Vice President and Chief Medical Office are making the following recommendation based on this growing evidence-

As of **Monday April 6th**, ALL campus personnel will need to wear a mask when on-campus. You may wonder why we are asking our staff to wear a mask?

People may not have symptoms but be carriers of the virus and unknowingly pass it on to others.

So our actions are to:

- Help reduce the risk of your child and our staff contracting the virus
- Testing is not available for most people so we have to act as though we are around people who have the virus.

We will be informing the youth of this upcoming change over the weekend.

**Orchard Place
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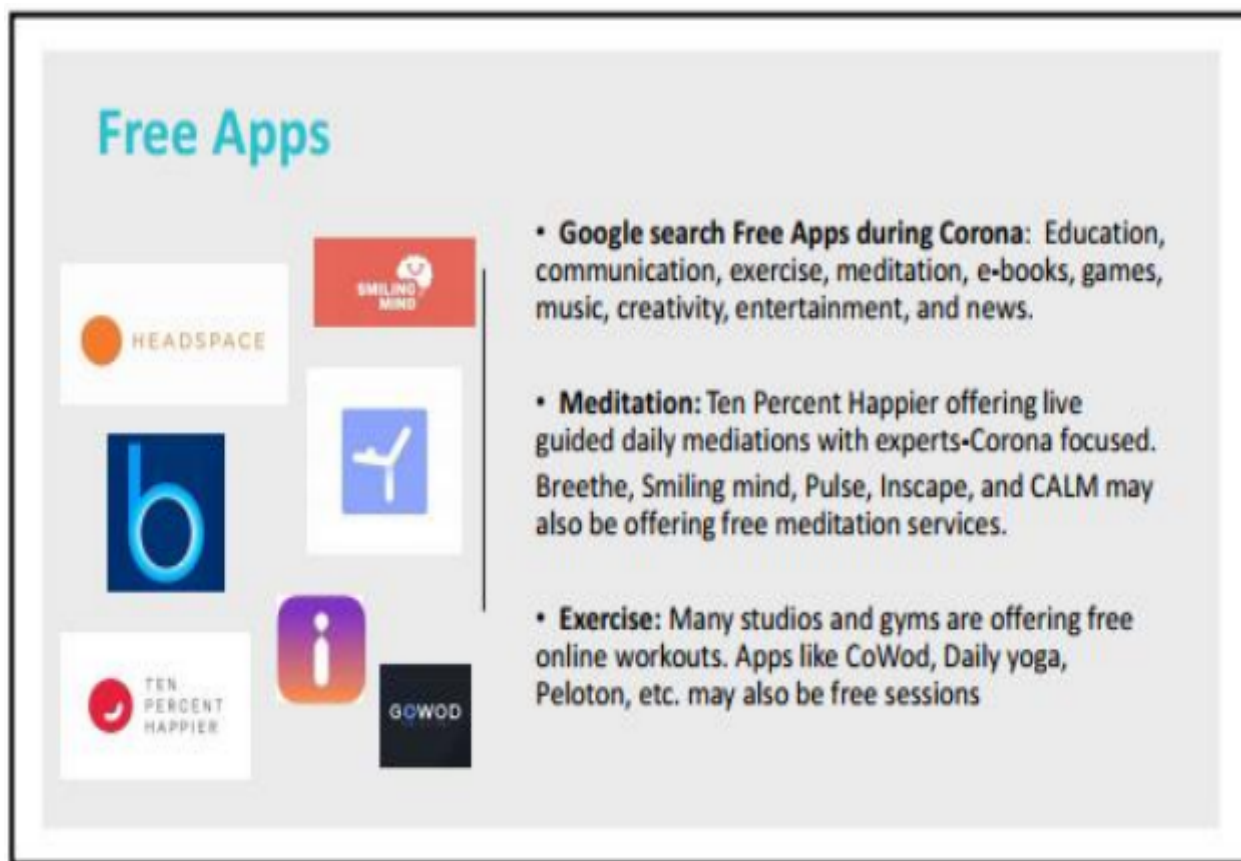
Orchard Place Campus
925 SW Porter Avenue
Des Moines, Iowa 50315
Phone: (515) 285-6781
Fax: (515) 287-9695

Child Guidance Center
808 Fifth Avenue
Des Moines, Iowa 50309
Phone: (515) 244-2267
Fax: (515) 244-1922

PACE Juvenile Center
620 Eight Street
Des Moines, Iowa 50309
Phone: (515) 697-5700
Fax: (515) 697-5701

Orchard Place Foundation
925 SW Porter Avenue
Des Moines, Iowa 50315
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2. Here is another resource for Free Apps you can utilize to assist you during this COVID Crisis.



Free Apps

- **Google search Free Apps during Corona:** Education, communication, exercise, meditation, e-books, games, music, creativity, entertainment, and news.
- **Meditation:** Ten Percent Happier offering live guided daily mediations with experts-Corona focused. Breathe, Smiling mind, Pulse, Inscap, and CALM may also be offering free meditation services.
- **Exercise:** Many studios and gyms are offering free online workouts. Apps like CoWod, Daily yoga, Peloton, etc. may also be free sessions

The infographic also displays logos for the following apps: Headspace, Smiling Mind, Breathe, Ten Percent Happier, i, and GoWod.

These are unprecedented times for everyone and can be challenging to navigate. We encourage you to continue to utilize your own self-care plans and social support systems. As always, your child’s therapist or building supervisor are available to discuss your concerns or questions.

Sincerely,



Amber Rand, LMHC, IAADC
Campus Vice President



Dr. Stephen R. Mandler
Chief Medical Officer, Orchard Place
Board Certified in Child & Adolescent Psychiatry