



3/20/20

Dear Parents and Guardians-

Orchard Place has continued to monitor the global outbreak of COVID-19, a respiratory illness caused by a new coronavirus. As expected the situation is evolving rapidly and has now been declared a pandemic with additional recommendations being issued by the Centers for Disease Control (CDC) daily.

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>

Here are today's updates:

1. I am pleased to announce we have a plan progressing for your child to participate in video conferencing to visit with you while they are at the units. We hope to launch this new option by the middle of next week. Please stay tuned for further updates regarding how this will occur. Thank you for your patience as we got this plan developed. Our IT department has been very busy transitioning the work of more than 150 Orchard Place staff to deliver outpatient services via telehealth. Now that those efforts are mostly completed, we can begin to establish these video conferencing options for the campus youth. In the meantime, remember you can still call your child every day between 9a-8:30p.
2. Lastly, we are providing you below with an excerpt from the Polk County Health Services COVID-19 Mental Health Resources to give additional support.

We know that the COVID-19 virus may raise anxieties and cause stress on individuals and families everywhere.

### Self-Care Tips: Education & prevention during times of stress and uncertainty

Keeping yourself & your loved ones protected from the virus and free from stress isn't easy. In a time like this, it can be easy to be overwhelmed when seeing media coverage and worrying if you may contract COVID-19. Below is a list of ideas and resources as you navigate this situation.

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### **- Physical Health**

- o Practice good hygiene, including handwashing, covering coughs and sneezes, and showering daily.
- o Practice social distancing – this means staying at least 3-6 feet away from other individuals when out in public.
- o Stay hydrated by drinking plenty of water or tea.
- o Exercise and get your body moving. Walks outside or an at home workout are great ways to stay active.
- o Get plenty of sleep. If your fears and anxieties are keeping you up at night, try meditating or reading before going to bed.
- o Eat balanced meals, limit alcohol and caffeine intake
- o Take your temperature frequently. If you have a fever of 100.4 or more, call your health care provider and they will guide you in the process of how to get help.

### **- Emotional Health**

- o Take a break from excessive media coverage. While it's important to be informed, it's not good to overwhelm yourself with constantly changing information.
- o Connect with friends and family via social media, phone calls, and texts. It can be easy to feel isolated and alone when social distancing; staying in contact with others can help calm anxieties of feeling alone and isolated.
- o Maintain a positive attitude by trying to find the silver linings in this time of crisis.

### **- Intellectual Health**

- o When feeling overwhelming anxiety, practice slow breathing and meditation.
- o Journal and write down your fears and worries.
- o Distract yourself with things like reading, baking, spring cleaning, or games with friends and family members.
- o Accept that you can't control everything, but control what you can. Planning out your meals or exercising at a specific time each day are ways to help you feel in control.

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**- Spiritual Health**

- o Practice meditation, prayer, relaxation, or mindfulness techniques.

**- Social Health**

- o Reach out to friends and family to talk about your fears; telling someone how you feel is instrumental in releasing emotions
- o Get involved in an online community. Find safe chat rooms to talk and counsel with others or join a community social media page.
- o Send an email or note to someone you've been meaning to reach out to.

**- Financial Health**

- o Review your budget and practice money-saving techniques.
- o Reach out to friends or family members for ideas or help with financials.
- o Contact your utility providers, cable and internet provider, and other companies from whom you get monthly bills to explain your situation and request alternative bill payment arrangements, as needed.

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 and Adolescent  
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