



COVID-19 Resources

Over the last 40 years, NYAPRS has been dedicated to providing service, support and leadership to our community and our field through the our promotion of the essential values and practices of healing, wellness and recovery, health equity and human rights, rehabilitation and community inclusion and hope, dignity and justice.

Towards those ends, we have regularly sought to offer support and guidance to our community and the general public in times of great challenge and adversity.

In that spirit, we offer the following COVID-19 Resource Directory that we hope will provide valuable information, support and comfort during these extraordinarily challenging times.

We will be updating this page regularly with the latest information and resources.

Special thanks to NYAPRS' David Ferencz and Len Statham for their efforts in compiling this directory. Please direct any questions or comments to us at Lens@nyaprs.org.

What is Corona Virus?

[A short but well-researched YouTube video on what Corona Virus is and how it works from Kurzgesagt](#)

[Center for Disease Control Guidance for Individuals, Health Care Professionals and Businesses.](#)

- [How to protect yourself and others.](#)

[The World Health Organization \(WHO\) Website: Numerous COVID-19 Documents and Links](#)

COVID-19 Information from the Mayo Clinic. Pretty much the gold standard for disease information and treatment in the United States.

- [COVID-19: Symptoms and Causes](#)
- [Corona Virus: What is it? How can I protect myself?](#)
- [COVID-19 and Your Mental Health](#)
- [COVID-19 Self Assessment Tool](#)

[How to breathe if you have a respiratory infection like COVID-19 \(00:02:26\)](#)

COVID-19 often affects the respiratory system and medical authorities stress the importance of breathing exercises. Jonathon Bayuk, MD, American College of Allergy, Asthma and Immunology, discusses the importance of deep breathing

and getting up and moving if you have a respiratory infection like COVID-19. He also offers a short training on breathing technique.

Financial Operations Concerns:

CARES, PPP & EIDL

[Full Text of the CARES act with Index](#)

[Treasury Paycheck Protection Program Fact Sheet](#)

[Debt forgiveness under the PPP \(Postlethwaite & Netterville: Tax Consultants\)](#)

[Lead Your Business through the Coronavirus Crisis \(Harvard Business Review\)](#)

New York State Information:

[NYS Department of Health COVID-19 Guidelines](#)

[NYS Office of Mental Health COVID-19 Resources](#)

- Public Resources
 - [Tips for Mental Wellness \(Español | বাংলা | 中文 | РУС К И Й | Kreyòl Ayisyen | 한국어를\)](#)
 - Supporting Others through Grief
 - Mental Health Resources during an Emergency
 - Community Outreach Materials
- Provider Resources
 - Guidance on Covid-19

[New York State Essential Businesses Guidelines](#)

General Guidelines:

[The National Council COVID-19 Resources](#)

- Employers/Employees/Tax Incentives/Loans
- PPE and Other Financial Support for Providers
- Telehealth
- CCBHCs
- Other Medicare Policy Changes
- Other Medicaid Policy Changes
- Patient Privacy and Confidentiality
- Additional Resources

[Council of Nonprofits and COVID-19](#)

- Caring for our communities and ourselves
- Resources for funding
- Resources on nonprofit operations and bottom lines.
- Keeping equity front and center
- State-by-state resources
- Advocacy for nonprofit missions

- Technology tools for remote work and events
- Let us know how COVID-19 is affecting your nonprofit

Webinars:

[The CARES Act and Your Non-Profit: What You Need to Know](#) (00:32:53)

On March 27, 2020, the U.S. government passed the Coronavirus Aid, Relief, and Economic Security (CARES) Act. This \$2.2 trillion stimulus bill includes measures that can directly benefit nonprofit organizations.

Within the CARES Act, there are three loan programs that nonprofits can tap to get cash to retain or rehire staff, meet operating costs, and advance their missions.

Join Ken Tsunoda, Vice President, Development at TechSoup in conversation with Jennifer Kavar, Vice President, Chief Investment Officer at Nonprofit Finance Fund. They'll be discussing the three loan programs within the CARES Act that can provide financial assistance and incentives relevant to your nonprofit, including:

- The Paycheck Protection Program
- Expanded Economic Injury Disaster Loan (EIDL) & Emergency Grants
- The Midsize Loan Program

[Briefing on Emergency Coronavirus Funding for 501 \(c\)\(3\) Non-Profits](#) (00:33:26)

US Chamber of Commerce Foundation.

Emergency coronavirus funding for nonprofits is included in the Coronavirus Aid, Relief, and Economic Chamber of Commerce Chief Policy Officer Neil Bradley discuss how the CARES Act impacts nonprofits, what to expect in the implementation phase, and how it can help nonprofits during the coronavirus crisis.

[Slides to the presentation](#)

[COVID-19: What Your Non-Profit Needs to Know](#) (01:03:40)

Venable LLP. – Non-Profit Organizations.

Because of the overwhelming interest in the effect of the novel coronavirus on nonprofits, we will be changing the topic for our March 11 seminar/webcast to address the legal issues that can arise with COVID-19. This presentation will provide a look at questions surrounding workers, contracts, insurance, events, travel, and workplace situations and how to handle them

[Managing the Impact of COVID-19 on Non-Profits](#) : Tools and Strategies for Management through the COVID-19 Crisis.

The ongoing COVID-19 outbreak has impacted many aspects of our lives, from how we travel to how we carry out day-to-day interactions with those around us. But as nonprofits, our work continues, even in this period of uncertainty. Many people rely on us and the services that we provide to our communities, especially in times of crisis.

In order to continue serving your community during this outbreak, however, you may find the need to rapidly transition to working remotely rather than in an office.

We invite you to join us on March 12 for a special TechSoup-hosted online discussion of the tools, strategies, and resources to help nonprofits manage remote workers. You'll also have an opportunity to ask questions and discuss best practices with other members of the nonprofit community.

Webinars and Videos on Self-Care and Resiliency and other Resources:

Get Out, While Staying In

Some museums, art galleries, national parks, and theater productions have virtual offerings. Check out these (free!) options:

- [Smithsonian Art](#)
- [National Parks](#)
- [Museums](#)
- [Metropolitan Opera](#)
- [The San Diego Zoo](#)
- [Art Classes](#)

COVID-19, Disability and Mental Health (from RespectAbility) (01:00:02)

The rapid spread of the coronavirus is causing deep uncertainty throughout the world. The fact is that people with disabilities, including but not limited to those who are elderly, are more at-risk during a health and economic crisis than others.

- Shortages of life-saving medications are a major problem, partially because of interruptions in the supply chain and partially because some people are hoarding.
- People with disabilities are more likely to go to hospitals where even if they don't have COVID-19, they could come in contact with it.
- The news media is playing up the threat, which puts additional strain on people with mental health issues. Moreover, it is more challenging to see mental health providers when there are concerns about coming in contact with a virus.
- In times of economic downturns, historically, people with disabilities are the first to lose their jobs. As companies face business downturns, a lot of people – with and without disabilities – will face extreme financial hardship. This job loss will be especially hard on people with disabilities who already are more than twice as likely than others to be in poverty already.

Because of this, RespectAbility hosted a free webinar with several experts who discussed key resources, self-care and preparedness for emergency situations.

Presenters and Affiliations:

Moderator: Philip Kahn-Pauli, Policy Director, RespectAbility

Lori Golden, Abilities Strategy Leader, Ernst & Young, LLP

Donna Meltzer, CEO, National Association of Councils on Developmental Disabilities (NACDD)

German Parodi, Co-Executive Director, Partnership for Inclusive Disaster Strategies

Shaylin Sluzalis, Co-Executive Director, Partnership for Inclusive Disaster Strategies

Building Resiliency to Isolation and Loneliness: How to increase our resiliency during the COVID-19 crisis. (01:03:38)

[Slides to the webinar](#)

As our communities face the growing impacts of COVID-19, it's natural for many people to become trapped in thought patterns of fear and helplessness. It's especially difficult when we can't spend time with our support system or use our typical coping strategies. In times like this, we rely on our resiliency skills to adapt the best we can. This webinar will discuss the crisis we face physically, cognitively, and emotionally in the time of COVID-19.

Participants will: learn how crisis situations, loneliness, and isolation impact us as individuals; explore where resiliency comes from; and learn practical and achievable ways to increase your resiliency.

Presenters: Patrick Hendry, NCPS, is the Vice President of Peer Advocacy, Supports, and Services at Mental Health America. He has worked as a mental health advocate for the past twenty-nine years. His areas of expertise include peer provided services, self-directed care, recovery-based trainings, organizational development, and management and sustainability. He is the former Executive Director of the Florida Peer Network and has assisted in the development of numerous peer-run programs and organizations. Patrick is a strong supporter of the inclusion of mental health consumers in all aspects of the behavioral health system.

[Emotional Well-Being During the COVID-19 Crisis for Health Care Providers \(Session1\) \(01:00:47\)](#)

It's a difficult time for everyone, especially those of you who are serving patients. Learn from experts how health care providers can reduce personal stress.

Presenters: Elissa Epel, PhD Professor and Vice Chair for Adult Psychology, UCSF Department of Psychiatry; Co-Director, UCSF Aging, Metabolism, and Emotion Research Center

Eve Ekman, PhD, MSW Instructor, UCSF Osher Center for Integrative Medicine

Dan Siegel, MD Clinical Professor of Psychiatry, UCLA School of Medicine; Founding Co-Director, UCLA Mindful Awareness Research Center

[The Weill Institute for Neuroscience at the University of California at San Francisco](#)

This is an excellent site to check out a good series of webinars (listed below) as well as things like mental health and meditation apps.

Webinars. This is a free ongoing series. There are recorded videos of past webinars.

- Psychological Strategies for Acute Stress (Archived)
- Psychological First Aid Strategies to Deal with Acute Stress (Archived)
- Healing Moral Distress, Moral Outrage, and Reducing Burnout (Archived)
- Supporting our Youth: How to Survive and Thrive (Archived)
- Collective Vulnerability and Courage (April 30)
- Making Stress Work for You: Restoration through Hormetic Stressors and Wim Hof Breathing (May 7)
- On the Front Lines: Compassion-Based Strategies (May 14)
- Resilience to Traumatic Stress: When the Body Keeps the Score (May 21)
- Relationships under Shelter: Transforming Conflict to Harmony (May 28)

McLean Hospital has some very good webinars. These are all archived on their site and can be accessed here: <https://home.mcleanhospital.org/covid-webinars>.

Again, too many to note but here is an example. You will need to sign up for these but the process is painless.

[Remaining in Control of our Emotions](#)

COVID-19 has created heightened emotions for everyone, often bringing feelings of lack of control, helplessness, and isolation to many.

On Wednesday, April 15, 2020, Dr. Lois Choi-Kain, director of the Gunderson Personality Disorders Institute at McLean Hospital, discussed lessons learned from borderline personality disorder treatment that help us to manage high emotions, embrace key components of your personality, and become more comfortable with uncertainty.

[Illinois University Department of Psychology](#)

- Self-Care
- Fears and Worries
- National Call Hotlines for Immediate Help
- Domestic and Sexual Violence and Abuse
- Substance Use
- Considerations for Caregivers
- Local resources in the Champaign-Urbana IL area.

[NAMI: COVID-19 Resource and Information Guide](#)

- TABLE OF CONTENTS
- General information on COVID-19
- I'm having a lot of stress or anxiety because of COVID-19. What can I do?
- Are people with a mental health condition at a greater risk of contracting COVID-19?
- I'm a smoker. Am I more likely to become ill from COVID-19? What should I do?
- I'm working from home and feel disconnected from my routines. What can I do?
- I still have to leave my home to go to work. How can I protect myself and others?
- I feel isolated and lonely. How can I find connection while quarantined or at home?
- I don't feel safe while at home/quarantined. How can I protect myself?
- I don't have health insurance or a regular doctor. How can I get care?
- How can I get my medication while I'm quarantined?
- I'm having financial trouble because of the effects of COVID-19. What assistance programs can help me?
- I lost a loved during the COVID-19 outbreak. Where can I find support?
- I don't have consistent/safe housing or am experiencing homelessness. What resources are available for me during COVID-19?
- My loved one is incarcerated. How does COVID-19 affect them?
- My loved one is in a detention center and I'm concerned about their welfare.
- I'm the aging parent of an adult child living with a serious mental illness. How can I be sure they're taken care of?

[Massachusetts General Hospital Psychiatry Department: Tools for Dealing with COVID-19](#)

- General Mental health and Coping
- Specific Mental Health Conditions
- For Families and Children
- For Health Care Providers
- Mindfulness and Other Tools

Videos:

The following are a sampling of TED Talks and other videos. While these are not directly COVID-19 related, they do address important aspects on resiliency and self-care. They are also short – so a good shot in the arm for when you need a pick-me-up.

[What Trauma Taught Me about Resilience](#) (00:14:22)

Charles Hunt shows us that resilience is one of the most important traits to have, is critical to happiness and success, and can be learned through – not in spite of – trauma: mental discipline; cultivation of hope; that perspective and positive attitude equal power; being prepared; perspective and partnership (especially when things are difficult); understanding the difference between having been a victim but refusing to accept being a victim; these are all part of realizing that we are unbreakable and that our trauma can serve us and be meaningful for others.

[The Three Secrets of Resilient People](#) (00:16:20)

Dr Lucy Hone is a resilience expert who thought she found her calling supporting people to recover following the Christchurch earthquake. She shares the three strategies that got her through an unimaginable tragedy. And offers a profound insight on human suffering.

[A Self-Care Action Plan](#) (00:05:01)

From the series, How to Adult, a quick primer on self-care strategies

[Sh*t Happens: Eight Lessons in Resilience](#) (00:16:42)

Dr Fiona Starr and Dr Mike E Solomon show us that life is never smooth. Sh*t happens. So what can help. Fiona Starr and Mike Solomon are clinical psychologists who have each experienced trauma in their personal lives. They open up about what they have learned about being resilient, coping and thriving when times are tough.

Dr Fiona Starr, PhD, Clinical Psychologist and Associate Professor of Clinical psychology at Middlesex College in London;
Dr Mike Solomon, PhD, Clinical Psychologist and Organizational Consultant.