



News Now

Mike DeWine, *Governor*
Lori Criss, *Director*

March 31, 2020

>>> **Coronavirus.ohio.gov Resources For Managing COVID-19 Related Stress/Anxiety**

People of all ages are experiencing anxiety related to COVID-19. It is important to manage this anxiety in a healthy way and with the support of others. Visit the Ohio Department of Health's web page dedicated to providing resources for adults struggling during this COVID-19 pandemic. Some of the tools on the page include links to crisis and help lines, online support and recovery groups, and general wellness tips. Click [HERE](#) to view these important resources.



>>> **YouthMOVE/NAMI Ohio Online 14-Day "Healthy at Home" Challenge**

For 14 days, beginning March 30, 2020, YouthMOVE Ohio will post daily activities, jokes, riddles, and inspirational quotes for youth to participate in and share with others. The posts are intended to decrease feelings of anxiety, depression, and isolation. These daily challenges will be posted @YouthMoveOhio on [Facebook](#) and [Twitter](#).

>>> **Understanding the New SAMHSA/OCR Guidance for Telehealth SUD and MH Services Webinar**

The Substance Abuse and Mental Health Services Administration's (SAMHSA) Center of Excellence for Protected Health Information (CoE-PHI) is hosting a national webinar on **Monday, April 6 at 11 a.m. ET** to review new SAMHSA/OCR COVID-19 Guidance about federal patient privacy regulations while providing SUD and MH telehealth services. Click [HERE](#) to register.

As a reminder, OhioMHAS and ODM have planned two, identical BH Telehealth Training webinars to focus on Ohio-specific telehealth guidance. Click the links below to register. The webinar will be recorded for those who cannot attend.

Wednesday, April 1, Noon-2 p.m.

Register: <https://attendee.gotowebinar.com/register/3952682035536442125>

Thursday, April 2, 10 a.m.-Noon

Register: <https://attendee.gotowebinar.com/register/7922977841505407501>

>>> **ORH Hosting Additional Trauma Informed Care Webinars for Housing Providers**

Do to overwhelming demand, Ohio Recovery Housing will host two additional "Trauma Informed Care During Times of Crisis" webinars for housing providers. This training explores the basics of trauma and trauma-informed care and best practices for implementing trauma-informed practices in recovery housing settings. Click the links to register: [April 14](#) | [April 16](#).



>>> **Ohio Department of Insurance COVID-19 Bulletins**

Please see this [bulletin](#) from Ohio Department of Insurance Director Jillian Froment regarding out-of-network coverage for COVID-19 testing and treatment and this [bulletin](#) regarding access to coverage for Ohioans impacted by COVID-19.

For more information on Ohio's response to COVID-19, visit coronavirus.ohio.gov or call 1-833-4-ASK-ODH (1-833-427-5634). For behavioral health-specific information, visit: <https://mha.ohio.gov/coronavirus>. For behavioral health-related questions, email covid19BH@mha.ohio.gov. For COVID-19-related OTP questions, email OTP_COVID19@mha.ohio.gov, for Housing questions, email COVID19Housing@mha.ohio.gov and for Telehealth questions, email COVID19BHTelehealth@mha.ohio.gov.

In the News

- 3.30.20 | *Hamilton Journal-News* [Fairfield coalition to address top risk factor in drug use: boredom from coronavirus shutdown](#)
- 3.30.20 | *Columbus Dispatch* [Study finds mental health visits reduce suicide risk among youths](#)
- 3.30.20 | *ThisWeek News* [NAMI seeks donations for at-risk residents in facilities, group homes](#)
- 3.30.20 | *Wooster Daily Record* [OneEighty continues to serve community](#)
- 3.30.20 | *WEWS-TV* [Addiction treatment services still available, even in-person, despite social distancing and COVID-19 precautions](#)
- 3.29.20 | *Statehouse News Bureau* [Coronavirus is having an impact on mental health of Ohioans](#) (feat. Dir. Criss)
- 3.29.20 | *The News-Herald* [Signature Health opening home in Mentor for men battling addiction](#)
- 3.29.20 | *Warren Tribune Chronicle* [Moving for mental health](#)
- 3.29.20 | *Youngstown Vindicator* [Experts stress exercise, schedules during quarantine](#)
- 3.29.20 | *Toledo Blade (Opinion)* [Help for problem gambling](#)
- 3.29.20 | *National Journal* [Coronavirus could worsen Ohio's opioid epidemic](#)
- 3.28.20 | *WLIO-TV* [ONU psychology professor shares how to maintain mental health while staying at home](#)
- 3.28.20 | *Dayton Daily News* [Social distancing may affect one's mental health, experts say](#)
- 3.28.20 | *East Liverpool Review* [Technology helping with treatment](#)
- 3.27.20 | *WKSU 89.7* [Counseling provider works to ensure mental health and addiction services are available](#)
- 3.27.20 | *Troy Daily News* [Maintaining a healthy outlook during the pandemic](#)
- 3.27.20 | *Cover 2 Resources* [Rapid changes to opioid treatment driven by COVID-19](#)
- 3.27.20 | *Youngstown Business Journal* [Mental health agencies open for business "in a different way"](#)
- 3.27.20 | *Canton Repository* [Rittman SALT Coalition dedicated to substance abuse prevention and education](#)
- 3.26.20 | *WTOV-TV* [Many resources available to those suffering from mental health, substance abuse issues](#)
- 3.26.20 | *Columbus Dispatch* [Coronavirus spurs growth of telehealth in Ohio](#)
- 3.26.20 | *The New York Times* [Online help to stay sober during a pandemic](#)
- 3.26.20 | *Akron Beacon Journal* [Individuals in recovery face new obstacles with coronavirus limiting interaction](#)

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