

STATE-WIDE GENERAL RESOURCE SHEET

- Oregon Health Authority, great website for current COVID-19 stats and resources: <https://govstatus.egov.com/OR-OHA-COVID-19>
- Oregon Department of Human Services, great website for just about anything! <https://www.oregon.gov/DHS/COVID-19/Pages/Home.aspx>
- Oregon Child Welfare COVID-19 Resources: <https://www.oregon.gov/DHS/CHILDREN/Pages/COVID-19.aspx>
- **MENTAL HEALTH:**
 - [HERE](#) is a link to suicide resources and crisis lines
- **PARENTING:**
 - [HERE](#) Online Parenting Classes thru Parenting Inside Out
 - **The Incredible Years is back this summer via Zoom!** This 11-week course focuses on families with children ages 2-10. The class starts June 24th and is available to anyone with an internet device with a camera and a microphone. Please share the attached flyer with anyone who would benefit from the course. **To register and for information please email vanwhyd@linnbenton.edu**
- **RECOVERY:**
 - [HERE](#) is a link to virtual online NA meetings
 - [HERE](#) is a link to free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues
 - [HERE](#) online recovery tools
- **FOOD NEEDS:**
 - [HERE](#) is a link on how to use food stamps for ordering food online
 - [HERE](#) is a link to find locations of school meals in Oregon during COVID-19 closures
 - [HERE](#) is a link to help find food near you (Oregon Food Bank)
 - <https://govstatus.egov.com/or-dhs-food>
- **EDUCATION:**
 - [HERE](#) is a link to some websites that offer educational benefits, it is being updated regularly. May be good to share with families who need some help filling time for kids.
 - [HERE](#) is a link to OR Connections Academy is a really good online school for parents who want to find a way for their children to complete their education. I have heard nothing but positives from the people involved with this resource.
 - [HERE](#) is a link for disability and special education needs.
- **HELP WITH TALKING TO KIDS AND VISITATION:**
 - <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>
 - <https://chronicleofsocialchange.org/child-welfare-2/family-visits-are-an-essential-service-for-youth-in-foster-care/41525>
 - Help for kids dealing with grief during COVID-19: https://www.dougy.org/docs/Grief_during_COVID-19_LYGHT.pdf
- **VIRTUAL VISITATION/ONLINE MEETINGS:**
 - [HERE](#) Low or no-cost technology options for virtual participation and contact
 - [HERE](#) Oregon telephone assistance and internet options
 - [HERE](#) ABA tips to make sure your client has access to technology
 - [HERE](#) Virtual visitation recommendations by age, access to technology

These resources have been compiled by the PCRP Case Manager Work Group in response to COVID 19.

- [HERE](#) “When You Can’t Be There in Person”, visit info/ideas for virtual visit technology
- [HERE](#) Tips for virtual visits with children, resources

- **FAMILY JUSTICE INITIATIVE, COVID-19 TOOLS:**
<https://familyjusticeinitiative.org/covid-19-legal-tools-2/>

- **REACH OUT OREGON, GENERAL RESOURCES:** <https://www.reachoutoregon.org/resources/>

- **IRS/STIMULUS PAYMENTS:**
 - Stimulus check info & calculator: <https://www.nerdwallet.com/blog/taxes/coronavirus-stimulus-bill-payments/>
 - This is an easier way for our clients to be able to get stimulus payments if they don't usually pay taxes: https://www.huffpost.com/entry/coronavirus-stimulus-payments_n_5e907c42c5b6cac1e81277aa

- **COVID-19 COMMUNITY SUPPORT PROGRAM (InterCommunity Health Network CCO):**
<https://www.ihntogether.org/in-your-community/covid-19-community-support-program>

- **STATE OF OREGON, GOVERNOR KATE BROWN'S MOST RECENT EXECUTIVE ORDERS:** <https://www.oregon.gov/gov/admin/Pages/executive-orders.aspx>