

King County Pandemic Community Advisory Group

June 18, 2020 10:30 – 11:30

AGENDA

- | | |
|--|---------------|
| 1. Welcome | 10:30 – 10:35 |
| 2. Community Well-being
<i>Sarah Wilhelm and Maureen Horgan – Public Health-Seattle & King County COVID-19 Response, Community Well-being Group</i> | 10:35 – 11:05 |
| 3. Seattle Foundation Phase 2 Grants | 11:05 – 11:10 |
| 4. Re-opening safely | 11:10 – 11:20 |
| 5. Open discussion and announcements | 11:20 – 11:30 |

Community Well-Being

Sarah Wilhelm & Maureen Horgan

Public
Health
Seattle -
King
County
COVID19
Response



Community Well-Being Group in Public Health's COVID19 Response

Promote emotional health in our communities and in the County's COVID19 response, centering BIPOC people who are most impacted by the intersecting crises of racism and the pandemic.

Emotional health is grounded in:

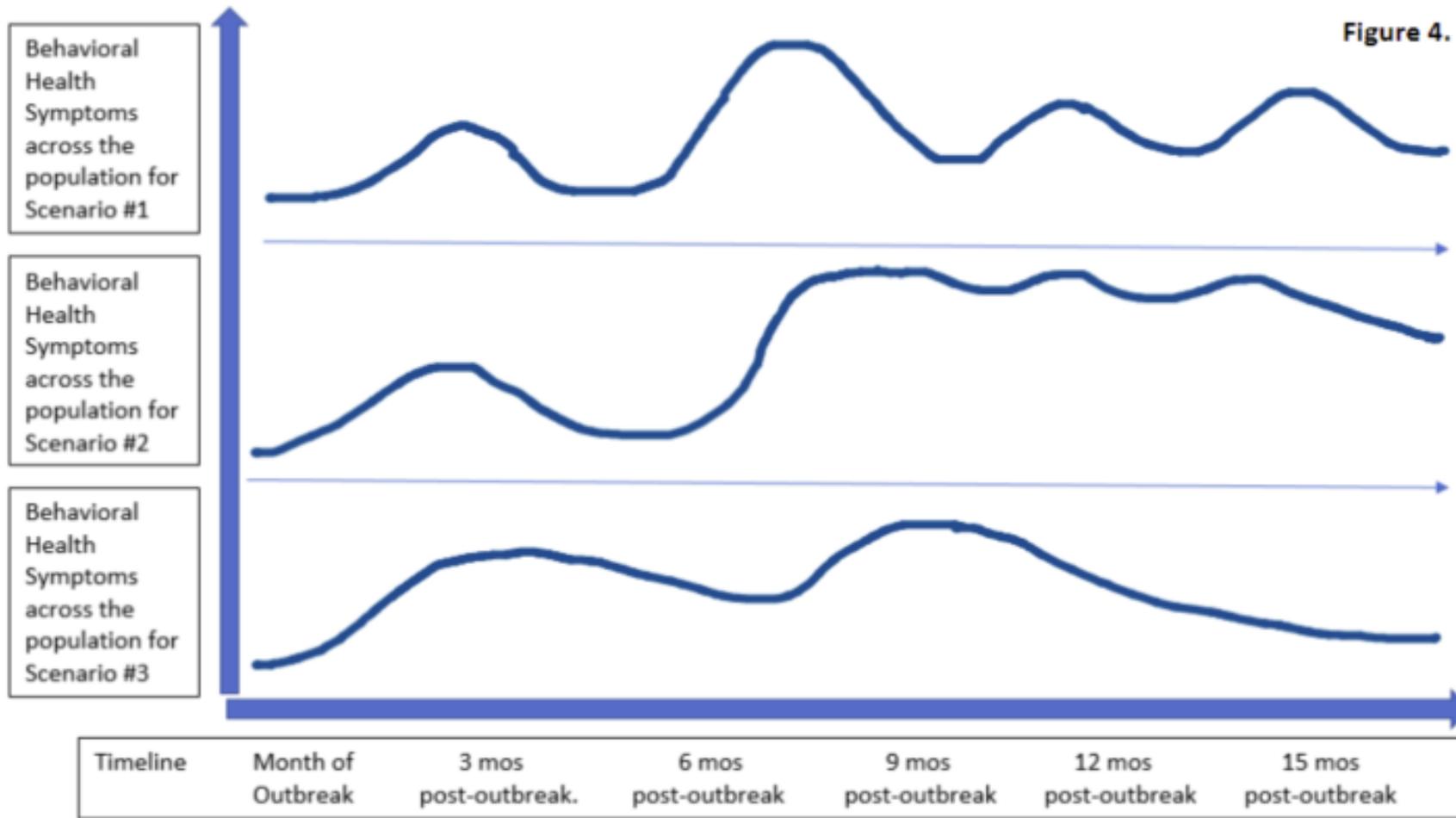
- **holistic individual and community health**
- **just and equitable systems and structures**

We are responding to the emotional impacts of the pandemic by:

- Validating and accepting **emotional and psychological impacts of the pandemic** in the context of systems that can cause harm
- Addressing **stigma** associated with mental health;
- Promoting **compassion, care, and connection** in our communities
- Promoting **accessible, just, and equitable behavioral health supports**
- Sharing a variety of **resources** that center our communities and their lived experiences

Forecasted Behavioral Health Symptoms, Based on COVID-19 Wave Scenarios

Figure 4.



Scenario 1: Peaks and Valleys
Ongoing fluctuations in pandemic infection and mortality rates throughout 2020 with corresponding restrictions and disruptions.

Scenario 2: Fall Peak
Second large scale disruptive wave of pandemic the fall of 2020 with significant additional social and economic disruption.

Scenario 3: Slow Burn
One major wave of pandemic illness followed by sustained flattening of curve and minimal (additional) social and economic disruption.

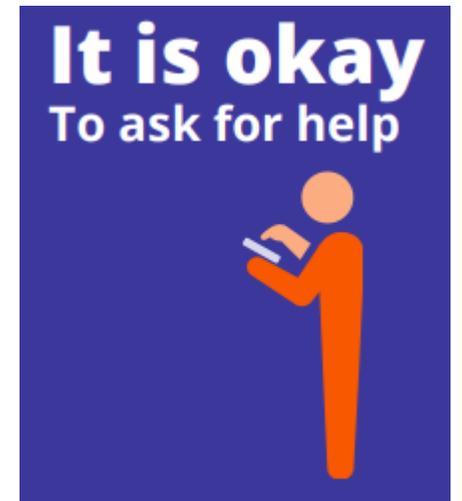
Public Health Reserve Corps Behavioral Health Volunteer Placement

Current volunteer activities include:

- Crisis Connections: staff phone lines
- Support for County COVID19 Responders: “de-briefing” groups
- On-site support at testing events

Other ideas and areas of interest?

- Warm line check ins
- "home" visits, telehealth
- Assessment and referral for ongoing supports
- Individual, group





Mental Health First Aid

MHFA is a skill-based and evidence-based training course that teaches community leaders and community members, social services providers, and other professionals how to support people during mental health and substance use crises.

- Currently conducting 5 sessions in June to pilot the 100% virtual delivery of MHFA
 - 40 participants currently taking the Youth MHFA-English
 - 40 participants currently taking the Adult MHFA-English
 - 20 Participants currently taking Adult MHFA-Spanish
- Continue offering trainings throughout 2020

Communications and Resources

<https://www.kingcounty.gov/depts/health/covid-19/support.aspx>

Home » Public Health — Seattle & King County » COVID-19 resources » Community support and well-being

Community support and well-being

The people and communities in King County, in the midst of bearing so much, have also been lifting each other up. We're sharing these guidance and resiliency resources to help lessen the community impacts of COVID-19.

Below you'll find everything from wellness resources and small business guides to opportunities to donate and volunteer.



This can be a challenging time for individuals and communities. Feeling different feelings including stress, worry, fear, and grief are all normal. Coping with stress will make you, the people you care about, and your community stronger. If you are interested in learning more or in need of immediate support, here are a few resources and organizations to consider.

- [Crisis Connections](#) provides many resources and support for anxiety, loneliness, recovery, and more. Language interpretation in more than 155 languages is available. Call 866-427-4747 or text HOME to 741741 for support.
- [SAMHSA Disaster Distress Helpline](#) provides trained counselors and support for stress, anxiety and more. Support available 24/7, 365 days a year. Call 1-800-985-5990 or text TalkWithUS to 66746. Spanish-speakers can call the hotline and press "2" for bilingual support. Interpreters are available for 100 other languages.
- The [Boys Town National Hotline](#) is a free resource and counseling service that assists youth and parents 24/7, year round, nationwide. Spanish-speaking counselors and translation services for more than 100 languages also are available 24 hours a day. Call 1-800-448-3000, text VOICE to 20121, or email hotline@boystown.org to connect.
- King County's Department of Community and Human Services provides publicly funded [mental health and substance use services](#) to low-income people in need.
- [Additional resources and mental health resources](#) can be found on Washington State Coronavirus resources website.



Centering
community and
those most
impacted by the
pandemic

Aspiration: **Well-Being Messengers**

- Modeled on COVID Community Navigator model
 - Sharing relevant co-created information and resources related to emotional health
 - Community guidance on ways the County can better support individual and community emotional well-being
 - Reduce stigma towards emotional and mental health
 - Build community mental health literacy and connection
 - Professional development of Well-being Messengers

Questions, Comments, and Discussion

- Given landscape of what we're doing, what are your reflections and what else should we be thinking about? Keeping in mind the intersecting public health crises of COVID19 and racism.

Questions? Suggestions?

Name	Home Dept/Division	Contact Information	Title
Maureen Horgan	Public Health/APDE CDIP	Maureen.Horgan@kingcounty.gov	Community Response Lead
Meg Cary	Dept. Community & Human Services/CYYA	Margaret.Cary@kingcounty.gov	Public Health Psychiatrist
Shawna Johnson	Human Resources Dept/ Balanced You	Shawna.Johnson@kingcounty.gov	Policy and Communication Liaison
Suamhirs Piraino-Guzman	Dept. Community & Human Services/BHRD	spiraino@kingcounty.gov	Mental Health First Aid Lead
Sarah Wilhelm	Public Health/ODIR BSK	Sarah.Wilhelm@kingcounty.gov	Group Supervisor
Miriam Mboya	Public Health/ODIR	Miriam.Mboya@kingcounty.gov	Administrative Specialist
Norilyn de la Pena	Public Health/CDIP	Norilyn.delapena@kingcounty.gov	Volunteer Coordinator

Thank you!

Seattle Foundation COVID-19 Response Fund – Phase 2 Grants

Bao Tram-Do (b.do@seattlefoundation.org)

Aaron Robertson (A.Robertson@seattlefoundation.org)



The COVID-19 Response Fund is rapidly deploying resources to community-based organizations that are supporting local workers and families most affected by the coronavirus crisis.

www.seattlefoundation.org

Reopening safely

- King County could be in Phase 2 as early as Thursday if application is approved
- As of 6-16-20, our [key indicator dashboard](#) shows our effective reproductive number (Re) is at 1.0. Target is for this to be *below* 1.0.
- Significant [disproportionate impacts by race/ethnicity](#): COVID-19 rates per 100,000 residents: 896 for Pacific Islanders; 820 for Latinx, 544 for Black; 332 for American Indian/Alaska Native; 211 for Asian; and 216 for White.
- **There's always risk when moving from one phase to another.**
Dr. Duchin says “This is a time to double down on, not relax, COVID-19 prevention measures.”
 - Continue to stay 6 feet apart, wash your hands, wear face coverings, and avoid group gatherings and poorly ventilated spaces
 - Businesses should take [all possible precautions](#)
- We're updating our public education campaign



PLEASE PREVENT THE SPREAD OF COVID-19

☑ Stay home if you are feeling sick, including:

fever OR shortness of breath OR cough OR any other sign of illness

☑ Please wear a face covering.

☑ Keep at least 6 feet apart from others.

Public Health Seattle & King County

☑ Thank you for helping prevent the spread of COVID-19.

The graphic includes illustrations of a person with a fever, a person coughing, a person wearing a face mask, and a diagram showing three people standing 6 feet apart from each other.

Reopening safely

Testing: Find free, open access testing locations at www.kingcounty.gov/testing

- [The list of locations is also available in PDF format](#) and in the following languages: [Arabic](#), [Chinese, Traditional](#), [Filipino/Tagalog](#), [Khmer](#), [Russian](#), [Spanish](#), [Vietnamese](#)
- Seattle Coronavirus Assessment Network (SCAN): new SCAN participants are invited to enroll at <https://scanpublichealth.org/> (home-based, self-collected samples).

Contact tracing: Public Health is [hiring contact tracers](#). Applications received by 11:59 pm on June 18 (today) will be reviewed first and given priority consideration.

Isolation and quarantine: Share the new infographic [When can I be around others again?](#)



For Reference: Additional COVID-19 Updates & Resources

Pandemic Community Advisory Group staff contacts:

Janna Wilson janna.wilson@kingcounty.gov

Matias Valenzuela matias.valenzuela@kingcounty.gov

COVID-19 Call Centers

- King County Novel Coronavirus Call Center,
206-477-3977 8 AM – 7 PM daily
- King County COVID-19 Business and Community Information Line
For non-medical questions, including compliance and business-related
206-296-1608 8:30 AM – 4:30 PM Monday-Friday
- Washington State Novel Coronavirus Call Center,
800-525-0127 and press #. 6 AM – 10 PM daily



The operators are able to connect with a third-party interpreter. Ask for an interpreter by saying the language you need.

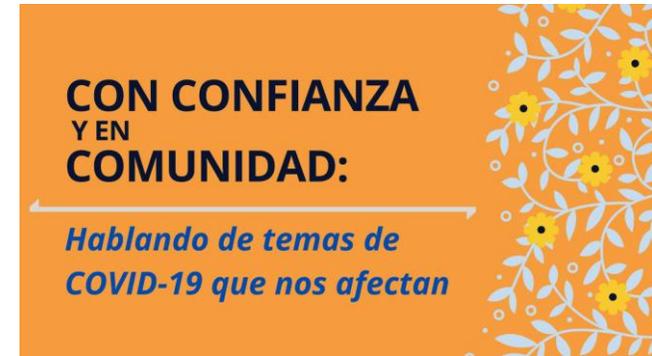
Ways to stay connected

Weekly Covid-19 webinar for Spanish-speaking community

- A conversation between community members and Public Health-Seattle & King County.
Facilitated by Giselle Zapata-Garcia and Penny Lara.
- Every Tuesday, 5:30 – 6:30 PM (until Sept. 1)
- For more info follow <https://www.facebook.com/CondadodeKing>

Looking for a speaker about COVID-19?

- **Contact Debra Baker** – Speakers Bureau Task Force Lead:
Debra.Baker@kingcounty.gov
- Where possible please give us 48 hours notice of webinar presentations



Ways to stay connected

Community Partners Call

- Every Monday 4:00 – 4:45 p.m.
- Email phpartnerships@kingcounty.gov to receive Zoom call-in information
- Hosted by the Community Mitigation Group's Community and Faith-based Task Force

COVID-19 Homelessness Response

- Email covidhomelessnessresponse@kingcounty.gov to be added to list serve and get information on calls, webinars, and resources.
- Visit www.kingcounty.gov/hch for up to date information

City of Seattle Department of Neighborhoods COVID-19 Community Webinars

- Visit: <https://frontporch.seattle.gov/2020/03/24/get-connected-to-our-weekly-covid-19-community-webinars/>

Important Resources to Stay Informed on COVID-19

- Subscribe to Public Health's website: www.kingcounty.gov/covid
- Subscribe to the Public Health blog: www.publichealthinsider.com
- Anti-stigma resources: www.kingcounty.gov/ncov/anti-stigma
- Information on face coverings: www.kingcounty.gov/masks
- Information about COVID-19 testing: www.kingcounty.gov/testing
- Follow us on social media @KCPubHealth [Facebook](#), [Insta](#), and [Twitter](#)
- Healthier Here COVID-19 Resource Hub: www.healthierhere.org/covid
- WA State Dept of Health: www.doh.wa.gov/Emergencies/Coronavirus
- WA State: <https://www.coronavirus.wa.gov/>