Watauga Compassionate
Community Initiative

Jule Welter Wewsletter

What's Strong in You?

FOR MORE INFORMATION,
VISIT
WWW.WATAUGACCI.ORG

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CCI 2020-202

Upcoming Meetings

Meeting Dates for 2020-2021 year:

In the event of bad weather, please check your email prior to attending. WCCl meetings are 8:30-10:30 on second Thursdays of the month at the Fellowship Hall of Deerfield United Methodist Church, 1184 Deerfield Rd. WCCI is not affiliated with any house of worship, religious group, or denomination.

WCCI members are currently being polled as to starting time of the meeting

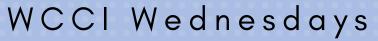
NO MEETINGS JUNE OR JULY

August 13 Sept 10 Oct 8 Nov 12 Dec 10 Jan 14 Feb 11

March 11

April 15 (April 8 is WCS spring break)

May 13



Beginning in August 2020, WCCI will be hosting monthly conversations by Zoom about trauma and resiliency. These conversations will be with people impacted by ACEs, as well as agency staff and providers. They will be held every third Wednesday, depending on gathering restrictions, at the public library or by Zoom if necessary. Other sessions will be done by Zoom.

Please email presnelldewataugaschools.org to be added to the WCCI email list to be included on Zoom invitations if you are not already receiving WCCI emails.

MEMBER SPOTLIGHT

Denise Presnell

Denise got her BSW from App State in 1993. After being a school social worker for the Watauga County Schools for 20 years, she went back to App to get her MSW in 2017. Her second internship during her MSW program was with Western Youth Network. The director, Jennifer Warren, was the first person to mention ACEs to her. The Watauga Compassionate Community Initiative sprung from the challenge from Jennifer to Denise to turn Watauga into a trauma-informed community.

Trauma and resilience work has changed Denise's personal and professional life. Having grown up in trauma, learning about ACEs was a monumental shift in how she views herself and her family, loved ones, colleagues, and clients. The knowledge that resilience can be strengthened and brains can be healed is powerful and life-altering.

Denise continues to hold as a mission the drive to get that knowledge to as many people as possible. She is a strong believer in the power and momentum of community work. In addition to leading WCCI, she is co-lead on the Compassionate Schools Project and chair of the Faith Community/School Collaborative.

Married with two children, a junior at NCSU in engineering and

a sophomore at Watauga High School, Denise credits her family with helping her to be centered and tethered. She has an enormous sense of gratitude for the growth and healing that has been present in her life for the past several years and for the opportunity to be part of something as seismic as WCCI. She deeply appreciates the compassion, dedication, and hearts of the WCCI members, many of whom embody the truth of this statement:

"The number one factor to offset trauma is a relationship with a positive, consistent, caring adult."



Denise (middle) is pictured here with Christelle Marsh (left) and Elizabeth Kerley (right)

RESILIENCYSKILL

4-8 Breath

This is a counted breathing technique specifically for self-calming. There are many other counted breathing techniques that are helpful for different purposes, but this one seems to be the best for calming stress or anxiety. It's easy to learn and remember, but still will become more effective with practice.

Count in a steady rhythm to yourself as you do this:

Count slowly to 4 as you inhale.

Count slowly to 8* as you exhale.

Repeat as many times as you wish until you feel more calm.

Stretch the inhales and exhales out over the entire count for

each.

Pace your counting so that you're breathing more slowly than normal but still comfortable, getting plenty of oxygen.

*Count only to 6 or 7 on the exhale if 8 is uncomfortable. Effectiveness increases with practice, even just a few times a day. Before sleep is a great time for this practice.

The following COVID Mental Health Services were complied by Courtney Hartzog, 6-8 School Counselor, Hardin Park School, and her intern, Ian Gaul.

COVID Closure Mental Health Services

Provider	Contact info.	Currently taking referrals for children and adolescents?	Do they accept Medicaid? Do they accept other health insurance? Do they have a sliding fee scale?	What is the format for therapeutic services (telehealth, in-office, other)?	How should children, adolescents or families be referred?
High Country Community Health	(828) 262-3886	Yes	Yes, accept all plans. Aetna insurance is the only one outside network. Yes to sliding fee scale.	Telehealth (bx health providers for now, will switch to in-person after re-opening)	Referrals through parents, social worker, school, other providers. (Mary) Amanda Johnson takes referrals**
Daymark Recovery Services	(828) 264-8759	Yes	Yes, accept all plans. Can file for anything unlisted. EAP and SAP programs available Yes sliding scale for Watauga county residents	Telehealth (potential to change to in-person as early as Friday 5/8/2020)	Referral directly from schools. Parents, etc. can schedule an appointment for services
Mediation and Restorative Justice	Valerie Fitch 828-964-7710 valerie.mrjc@gmail.com	Yes	No cost.	Mediation, planning; phone and video conferencing	Referral form
Carolina Peds.	(828) 398-0043	Yes	Accepts Medicaid Files with all health insurance Out of network for Cigna.	Telehealth	Referral form or call Carolina Peds.
Mood Treatment Center	(336) 722-7266	Yes	No to Medicaid (working on it) Yes to Medicare and private insurances Yes to sliding fee scale (after 3 months)	Depends on the location (1 in Winston doing in-person) Telehealth is primary	Submit a referral form online. If unable to do that, can do it over the phone.

Child Advocacy Center and Southmountain Children and Family Services	828-584-1105 (may have to leave a message)	Yes (mental health services)	Yes to Medicaid, Blue Cross, clinician can inform families further regarding their insurance Yes to sliding fee scale	Residential (only through DSS) Telehealth is predominant method	DSS, law enforcement, private referrals (schools, families, social workers, etc.)
Youth Villages	828-268-7200	Yes	Medicaid only	Telehealth and limited in-person services for critical situations.	Email referral form to james.lang@youthvill ages.org
Blue Mountain Center	828-265-1455				
Mentor Behavioral Healthcare	828-268-2172				
Mount Vernon Baptist Church (via Mt. Vernon Counseling Services)	828-266-9700 (Church) 828-832-8041 (Counseling services)	Yes	No to Medicaid Yes to Blue Cross, Medcost Yes to sliding fee, access to a benevolence fund (\$300 per calendar year)	Telehealth (clinical mental health, EMDR, CBT, play therapy)	Call Mt. Vernon counseling line. https://www.mvbcb.org/counseling
Pathways Counseling and Wellness	828-898-4145				
Psychotherapy Associates of Boone	828-265-0190				

Not currently accepting referrals:

Marriage and Family Clinic – Appalachian State University	828-262-6045 (Dr. Karen Caldwell) 828-262-2231 (Dr. Laura Gambrel)	No (cannot accept new clients until August or so)	Sliding scale only	Telehealth- (Guided imagery and music)	Call or email
High Country Counseling	828-449-8049	No openings currently	No to Medicaid Yes to Blue Cross (for children and adolescents)	Telehealth (all clinicians are out of the office)	Call into the office for referrals, online forms for referral.
Kurt Michael, Ph.D. northwestpsych@ gmail.com	828-264-6512	No (cannot accept new clients until August or so)	No to Medicaid Yes to Blue Cross Yes to sliding scale	Telehealth- consultation, assessment, psychotherapy	Email

AppHealthCare has been and is currently responding to the current COVID-19 pandemic in various ways. Our staff is operating a COVID-19 call center, testing as appropriate, providing contact tracing in order to contain the spread of COVID-19 along with many other roles in order to respond. If you have any questions regarding COVID-19 or testing, please call 828-795-1970. Our agency would like to remind everyone to practice the three 3 W's: Wear, Wait, Wash, to find daily updated case counts in Watauga, Ashe, and Alleghany please visit our data dashboard.

ASU Counseling Center continues to offer full ranges of services to enrolled students, as well as support and consultation to parents and faculty/staff, through telehealth and virtual outreach programming. For further information, call 828-262-3180 or see counseling.appstate.edu.

Blue Ridge Children's Advocacy Center, we are conducting business as usual as far as taking referrals from Law Enforcement and/or DSS to conduct Forensic Interviews, Child Medical Exams, and provide Family Advocacy. Staff are currently wearing masks and request that any others who enter the building wear a mask, wash their hands and have their temperature taken by staff upon arrival (we can provide a face covering/mask if need be if someone does not have one). We also ask that others do not enter the building and report if they have a temperature and/or any cold-like symptoms. With regard to counseling/therapy, we currently have one therapist who is conducting trauma-informed assessments and therapy appointments virtually over the computer or by telephone.



THE CHILDREN'S COUNCIL **COVID-19 RESOURCES**

At a time when we all need support and connection more than ever, the Children's Council wants our community to know that while our offices are closed to the public, we are still here for you. The following programs are available to families free of charge either over the phone or on Zoom.



DIAPER BANK

Free diapers, wipes and infant formula to Watauga County residents on Monday-Friday from 10:00-3:00. Temporarily relocated to the Health & Hunger Coalition.



MOTHER'S CONNECT

Thursday's at 2:00 pm. Pregnancy support circle for expectant mothers via Zoom.



MOMS FOR MOMS

Support group for moms experiencing symptoms of perinatal and postpartum depression, anxiety and distress. Thursday's 8:45-10:00 am.



CIRCLE OF PARENTS

Three different interactive, fun & supportive parent meetings. Tuesday Circle: 6:30-7:30 p.m. Wednesday Circle: 10:30-11:30 a.m. Planeta Mamá (Planet Mom) our Bilingual group: Every Tuesday at 12:30-1:30 p.m.



PARENTING SUPPORT (TRIPLE P)

Simple & practical strategies parents can adapt to suit their own values & beliefs about what their child needs.



FAMILY CONNECTS

Virtual home visits for parents of newborns by a caring nurse who can answer questions, offer support and share resources.

For more information about any of these programs, please email Robin at: Robin@thechildrenscouncil.org or call at 828-355-5118. Visit our website at www.thechildrenscouncil.org for more information.



The Children's Developmental Services Agency of the Blue Ridge and we are open 8 – 5, M – F. We are all working remotely but still serving families with assessment and services via Google Meet. Office voicemails are checked daily. If someone needs to make a referral, they can leave a message at 828.265.5391 for an intake call back, or fax the completed referral form (attached) to 828.265.5394.

The Children's Playhouse facility is closed to the public but The Playhouse is continuing to serve families with Playhouse Play Kits. A new kit is offered monthly and includes around ten hands-on activities suitable for kids aged 3-6 years old and all the materials needed to complete them. Kits for babies and STEAM kits for 5-8 year olds are being planned and will be available in late June. Kits are offered on a sliding scale. For more information, please see https://goplayhouse.org/playhouse-play-kit-project/. Donations in support of this project are accepted at

https://secure.givelively.org/donate/childrensplayhouse-inc/playhouse-play-kit-project. If you are interested in volunteering or making an in-kind donation, please email Kathy Parham at executivedirector@goplayhouse.org.

CommunitEAM is a trauma-informed business that educates, trains, and supports parents of schoolaged kids with special needs and organizations looking to be more inclusive and focused on trauma-informed education. Our website is www.goodparentsgreatfamilies.com.

Daymark Recovery Services continues to provide, for children and adults, assessments, individual/group/family therapy, psychiatric evaluations, medication management, mobile crisis services, Intensive in-home services, Assertive Community Treatment, peer support, supported employment, and walk in crisis services. Anyone can come into the office for assistance with an urgent mental health or substance abuse need Monday-Friday between 8am and 5pm, but routine services are being conducted via telehealth currently. For those without access to the internet or use of a smart phone, most services can be provided by telephone.

DSS will reopen June 1st with distancing guidelines. Everyone is still working, there is a drop box for Medicaid and food stamp applications. CPS is still working, doing investigations and doing remote visits if possible. We are doing virtual foster home licensing training.

Hunger and Health Coalition new hours are from 10-3 Monday through Friday including pharmacy days. We have transitioned to a drive thru where clients are not permitted in the building, rather we are greeting them at their cars, from six feet, and providing food and medicine out of the building, six feet.

McKinney Marriage and Family Therapy (Mary McKinney, MA, LMFT) is offering telehealth services.

The Mediation & Restorative Justice Center has transitioned to providing services remotely and the majority of staff are teleworking from home. However, all programs remain operational and are accepting referrals.

Mentor Behavioral Healthcare is now providing individual and group therapy via telahealth video and phone sessions. We continue to provide psychological evaluations, also through telehealth, on a limited, case-by-case basis. Our staff remains the same. Individuals wishing to contact us can still call our office and leave a message (828-268-2172) or e-mail us..

Mountain Pathways School is now offering an Online Summer Camp for children ages 2-12. We have an array of sessions each week from circle times to science experiments, yoga, dance, art, gardening and cooking! We may be opening an onsite program June 15. All information is updated on our website https://mountain-pathways.org/onlinesessions-june-2020

OASIS is still working remotely, but we are available 24/7 via our crisis lines. Watauga Crisis Line: (828) 262-5035 Avery Crisis Line: (828) 504-0911 Spanish Language Crisis Line: (828) 504-0800We are also able to meet with clients virtually through a confidential platform, but if someone needs to meet face to face we will safely accommodate that. Shelter is still an option, and we have been creatively finding solutions to shelter victims and their children even as our Emergency Shelter is operating at a reduced capacity. OASIS staff will begin limited capacity office hours in mid-June, and that will be announced when we have a better idea of exact dates and times.

Parent to Parent has started a YouTube channel for yoga videos! Check it out here: https://www.youtube.com/channel/UCYh93VRe1cEzcZbeNyB2Z9w

Q' Pasa Appalachia is a Facebook Page started by Yolanda Adams and Isauro Estrada with interviews of different topics, events and opportunities for our community. We created this page with a bilingual view so everyone who wants to check it out feels included and can relate to the information. https://www.facebook.com/quepasaappalachia

Watauga County Public Library has Summer Learning 2020! It starts June 15th! Read 100 minutes a week and receive a prize for reading. Pick up your reading log and schedule at the library.

WYN is now offiering virtual after school every day and we are also making mentoring matches in a virtual way. Mentors and mentees continue to maintain contact with one another via phone, FaceTime, social media, email, and distanced meetings outside. A modified summer camp will also be offered for existing WYN participants.

Youth Villages continues to serve children and families through face to face meetings and telehealth conferences. We continue to accept referrals for Intercept, MST, Lifeset, and HiFi. We are also continuing to complete assessments for these programs. For more information, please contact Brandi Granoff, regional supervisor, at brandi.granoff@youthvillages.org or James Lang, placement specialist, at james.lang@youthvillages.org. Our office phone number is 828-268-7200.

WCCLACCOMPLISHMENTS

- WCCI succeeded in connecting with and supporting one another via virtual meetings when we could not meet together in person.
- In December 2019, AppHealthCare was selected as one of five Resilience Catalysts in Public Health across the nation. We have the opportunity to connect with the Building Community Resilience Collaborative (BCR) consisting of experts from GeorgeWashington University, including the Director of Community Resilience, Wendy Ellis, the American Public Health Association, the National Association of City and County Health Officials, and the Centers for Disease Control and Prevention. AppHealthCare has begun collaborating with members of the WCCI Leadership Team to develop a project around trauma-informed businesses in Watauga County.
- During the spring 2020 semester, MSW students in a Groups, Organizations, and Communities' class in the ASU MSW Program assisted WCCI through different task groups, including:
 - One group organized & facilitated a Zoombased WCCI presentation with Denise Presnell for approximately 35 ASU College of Education & ASU social work students as well as developed an evaluation form & flyer that can be used for next year's WCCI conference.
 - 2) Another group developed two targeted WCCI presentations: a) a presentation for law enforcement & b) a presentation for community college students
 - 3) one group researched different formal structures for sustainability of the WCCI & proposed a recommended structure that will be shared later this month with the WCCI Ad Hoc Structures & Program Models Committee
 - 4) a final group researched & prepared a policy brief that can be used with policymakers by the WCCI Policy Committee & will be shared later this month.