Making the most of a summer at home

A GUIDE FOR A HAPPY AND HEALTHY SUMMER DURING COVID-19
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Who we are

The System of Care (SOC) is made up of youth and family advocates, social workers, child-serving community organizations, and educators working together to ensure that every child and family in Otsego County is connected to the resources they need to achieve social, emotional, and academic success.

The SOC teams work closely with families with children from birth to 21 years, assisting in problem-solving and establishing or rebuilding relationships between families, community organizations, and schools.
Let's go outside

Current COVID-19 rules and recommendations for enjoying the outdoors can be found at www.parks.ny.gov

As of May 12, 2020 the rules for visiting parks and playgrounds are;

- Face Coverings: For the safety of all visitors, please wear a face covering when you cannot maintain social distance.

- Playgrounds, Athletic Courts and Sporting Fields: All State Park playgrounds, athletic courts, and sporting fields are CLOSED. This measure is taken for the safety of all visitors and to stop the spread of COVID-19.

- Park visitors should maintain 6 feet of social distance and visit parks for solitary recreational activities only. Please avoid crowds and refrain from group activity.

- Restrooms: Due to COVID-19 we have closed most indoor spaces - visitor centers, nature centers, and historic houses. Some but not all public restrooms will continue to be available. Please note that many restrooms may still be closed until water systems are restored from seasonal closures. Visitors should plan accordingly and call the park office for more information.

**Websites for local park info**
- www.otsegooutdoors.org
- www.occainfo.org
- www.parks.ny.gov
- www.oneonta.ny.us
- www.thisiscooperstown.com
- www.stepoutside.com

**Websites for hiking trails**
- https://www.alltrails.com/
- www.americanhiking.org
- www.discovertheforest.org
Let's go outside

Keeping young people motivated on a nature walk can be challenging. Here is a list of fun activities to keep kids happy and connected with nature;

- **Close-Ups**
  Have someone with a camera walk ahead on the trail and take a super close-up shot of an object along the trail: a mushroom, a knot in a tree, a crack in a rock. When the rest of the group catches up it’s a race to see who can find the object first. The winning guess is the next photographer.

- **Hiking Scavenger Hunt**
  Make a list of items everyone has to find, and the first one to find them all wins! (Don’t actually take anything for a Leave-No-Trace-friendly approach.) Here’s a list to get you started—but get creative with your own!

    Four different shades of green
    Something blue
    Heart-shaped rock
    Piece of litter (Pick it up and carry it out!)
    Something made by humans

- **ABC’s**
  This is great for kids who are learning their alphabet. Starting with the letter “A,” everyone has to find something along the trail that begins with “A” before moving through the rest of the alphabet.
Suggested items for safety on the trail

**For short family outings**
- sun screen
- bug spray
- water
- small first aid kit with band-aids, triple antibiotic ointment, and antiseptic wipes for cuts and scrapes
- bee sting kit or Epi-pen for allergic reactions
- any necessary medications such as inhalers

**For Day long hikes**
- same as above
- extra socks
- extra water
- cap or hat for sun protection
- high energy snacks

For more information about how to be prepared for a hike, visit www.americanhiking.org

It's important for everyone to have a whistle so they can signal when they get separated from the group. Especially younger children who might not realize when they are lost.
Tick Bite: What to Do

Ticks bites can make people sick. Below are some steps that you can take after a tick bite to reduce your chances of getting sick and how to get treatment promptly if you do get sick.

Remove the tick as soon as possible

1. Use fine-tipped tweezers to grasp the tick as close to the skin as you can.
2. Pull upward with steady, even pressure. Don’t twist or jerk the tick.
3. After removing the tick, clean the bite area and your hands with rubbing alcohol or soap and water.
4. Dispose of the tick by flushing it down the toilet. If you would like to bring the tick to your healthcare provider for identification, put it in rubbing alcohol or place it in a sealed bag/container.

Consider calling your healthcare provider

In general, CDC does not recommend taking antibiotics after tick bites to prevent tickborne diseases. However, in certain circumstances, a single dose of doxycycline after a tick bite may lower your risk of Lyme disease. Consider talking to your healthcare provider if you live in an area where Lyme disease is common.

Watch for symptoms for 30 days

Call your healthcare provider if you get any of the following:

- Rash
- Headache
- Fever
- Muscle pain
- Fatigue
- Joint swelling and pain

Treatment for tickborne diseases should be based on symptoms, history of exposure to ticks, and in some cases, blood test results. Most tickborne diseases can be treated with a short course of antibiotics.
Common questions after a tick bite

Should I get my tick tested for germs?

Some companies offer to test ticks for specific germs. CDC strongly discourages using results from these tests when deciding whether to use antibiotics after a tick bite.

- Results may not be reliable. Laboratories that test ticks are not required to meet the same quality standards as laboratories used by clinics or hospitals for patient care.
- Positive results can be misleading. Even if a tick contains a germ, it does not mean that you have been infected by that germ.
- Negative results can also be misleading. You might have been bitten unknowingly by a different infected tick.

Can I get sick from a tick that is crawling on me but has not yet attached?

Ticks must bite you to spread their germs. Once they attach to you, they will feed on your blood and can spread germs. A tick that is crawling on you but not attached or full of blood could not have spread germs. However, if you have found a tick crawling on you, it’s a sign there may be others: do a careful tick check.

How long does a tick need to be attached before it can spread infection?

Depending on the type of tick and germ, a tick needs to be attached to you for different amounts of time (minutes to days) to infect you with that germ.

Your risk for Lyme disease is very low if a tick has been attached for fewer than 36 hours. Check for ticks daily and remove them as soon as possible.

www.cdc.gov/ticks/
Bicycle safety checklist for kids

Teach your child to do a bike safety check before they ride. Ask these questions:

- **Does the bike fit?** There should be one to two inches between your child and the top bar when they stand over the bike, and they should be able to place both feet flat on the ground when sitting.

- **Is the seat in the right position?** Your child’s bike seat should be level and at the same height as the handlebars. Adjust the seat height, so it allows your child to touch the ground and bend their knee slightly when their leg is fully extended.

- **Are the tires inflated properly?** Check that the tires are not over or under-inflated and that the bicycle is in good working condition.

Find the right bicycle helmet

Helmets are not one-size-fits-all. To keep your child safe, follow these tips to find the right bicycle helmet:

- **Look for a safety standard sticker.** Check the inside of the helmet for a Consumer Product Safety Commission (CPSC), Department of Transportation (DOT) or Snell sticker.

- **Make sure the helmet fits the activity.** Certain helmets are made for biking, skating and other sports. Be sure you fit for the right activity. Never let your child wear, for example, a football helmet to ride a bike.

- **Find the perfect fit.** Place the helmet on your child’s head. The rim should be one to two finger-widths above the eyebrows. Next, check the straps. Make sure the straps of the helmet form a "V" under your child’s ears when buckled. The strap should be comfortable, but also tight enough to lie flat against the skin.
Bike safety rules of the road

Now that the equipment has been checked out and your child’s helmet is securely in place, they are ready to ride. But bicycle safety also depends on more than just safety gear. Teach your child to follow simple, smart road rules including:

- Stop before riding into the roadway from a driveway, sidewalk, parking lot or another street.
- Look left, right and left again to check for cars. If the road is clear, enter.
- Ride on the right side of the road, in the same direction as traffic. If there is a bike path, consider riding there.
- Wear brightly colored clothes so cars can see you, especially at night.
- Obey all traffic signals and stop signs.
- Look back and yield to traffic coming from behind before turning left.
- Ride bicycles in single file.
- Watch for uneven pavement or other surface problems that could cause you to crash.

https://www.childrens.com/health-wellness/ride-your-bike-smart-and-safe

Rules of the Road
Unmasking Masks

There's a lot of conversation about masks. In the next few pages, we're going to talk about why masks are important, how to make one at home, and take on some of the myths about them.
Why are masks important?

First, it's important to know that the mask is not going to prevent YOU from getting sick.

You wear the mask to prevent OTHERS from your possible germs.

We won't always know if we have COVID-19, or any other illness. Sometimes there are no symptoms, or they are so minor that we don't really recognize them. How can we protect people from our germs if we don't know we are sick?

We can protect others by wearing a mask. This way, when we cough, sneeze, breath heavily, or accidentally a little spit comes out of our mouths when we talk, we are keeping it all inside our mask and not letting it go all over the place.

Wearing masks isn't a new idea. In many Asian countries, people routinely wear masks if they are not feeling well or are going into crowded places as a way of preventing the spread of illness. In 1918 USA, we wore masks to prevent the spread of the Spanish Influenza.

It's important to remember that the mask is not for your own protection, but for the protection of those around you.
How to make a mask

The 'no sew' method - you can use a bandanna, scarf, pillow case, or t-shirt for this method. Just make sure you cut down the pillow case or t-shirt so they are not too bulky.

https://dribbble.com/shots/10983366-No-sew-face-mask-instructions
Masks - myth vs fact

**Myth:** Masks allow carbon dioxide to accumulate, and can make you sick.

**Fact:** Hypercapnia is the medical term for breathing in CO2. Mild symptoms include dizziness, feeling lightheaded, fatigue, headache, feeling short of breath and disorientation. A representative from the U.S. Centers for Disease Control and Prevention (CDC) recently told Reuters: “The CO2 will slowly build up in the mask over time. However, the level of CO2 likely to build up in the mask is mostly tolerable to people exposed to it.” The takeaway is that because most people are using the masks for at most an hour or two — healthcare workers excepted — they are not going to suffer from hypercapnia. They might get a mild headache.

**Myth:** Masks don’t need to cover your nose.

**Fact:** Yes, they do. COVID-19 attaches to receptors in the nose, which is the gateway to the body. Scientists have found that specific cells in the nose have high levels of the proteins that the COVID-19 virus uses to get into our cells. Failing to wear a mask that covers your nose also doesn’t protect others should you sneeze, releasing droplets into the air and potentially infecting other people.

**Myth:** Masks are only helpful if I am coughing.

**Fact:** Many people have COVID-19 but don’t have symptoms. So they’re not coughing. But they are talking. And talking releases many smaller respiratory particles into the air, where they can be breathed in by other people. An editorial in the journal Aerosol Science and Technology suggests that these airborne particles can also hang in the air for some time. So, covering your face with a mask can contain these particles and prevent their spread.

Read the full article here: https://www.healthing.ca/diseases-and-conditions/coronavirus/mask-myths-no-carbon-dioxide-build-up-wont-make-you-sick
Share facts about COVID-19

Know the facts about coronavirus (COVID-19) and help stop the spread of rumors.


**FACT 1**
Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

**FACT 2**
For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

**FACT 3**
Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC’s coronavirus disease 2019 web page.

**FACT 4**
There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- When in public, wear a cloth face covering that covers your mouth and nose.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

**FACT 5**
You can help stop COVID-19 by knowing the signs and symptoms, which can include:

- Fever
- Cough
- Shortness of breath

Seek medical attention immediately if you or someone you love has emergency warning signs, including:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

[Logo: CDC]

[Website: cdc.gov/coronavirus]
Mindfulness is a process that gives kids a nonjudgmental awareness of their present experiences, such as sensations, thoughts, body states, and their environment. It enables them to distance themselves from their thoughts and feelings without labeling them good or bad.

Research has shown that mindfulness helps reduce anxiety and depression. It teaches kids how to respond to stress with awareness of what is happening in the present moment, rather than simply acting instinctively. By teaching awareness of physical and mental state in the moment, mindfulness allows for more adaptive reactions to difficult situations.

Check out KidsHealth.org for more information and activities for mindfulness:

LET'S MAKE A SENSORY BAG!

A sensory bag is a great way to teach mindfulness and to help kids put words to what they are feeling. By asking them to focus on an object, without looking at it, and describe it, kids must rely on connecting their words with their feelings.

What you will need:
1. A small bag that is not see through (a paper lunch sack will work perfectly!)
2. 5-8 small, child safe items of different sizes, shapes, and textures (soft, bumpy, squishy, etc)
3. Pencil and paper

How to play: (2 or more children)
Place the items in the bag without showing them to the children. Ask each child to reach into the bag and close their eyes. Ask them to pick one item from the bag and using their words, describe the item and have them and any other children try to guess what the item is. The item must stay in the bag, but the child may continue to hold it while everyone is guessing. Write down all the guesses. When everyone has guessed, the children may see what the item was. The game continues until every child has had a turn to describe an item.

How to play: (1 child)
The game is played the same for one child, except that only one child is guessing and the game is over when the bag is empty.
Sensory Safari

This mindfulness game is meant to teach children how to focus on their senses.

Go on a walk with your child and pick a place in your yard to stop. With your eyes closed, take three deep breaths in and out. Once you've done this, ask your child to focus and notice as many animals as they can, from creepy-crawly bugs to birds and anything else they can hear.

This helps teach young children how to be present in the moment, and to focus their senses on the world around them.
It seems like everything in our children's lives revolve around a screen these days. Here are some ways we can help them have fun without a screen!

For younger children
(And older teens too!)

- Do a random act of kindness
- Go on a rainbow scavenger hunt
- Paint with cookie cutters
- Make and test out paper airplanes
- Act out a favorite book
- Plant a seed (flower, veggies, or tree)
- Write a letter to a friend or relative
- Host a tea party with real tea
- Play hopscotch
- Make an indoor obstacle course
- Fix something that's broken
- Look at old pictures
- Blow cotton swabs through a straw into a bowl
- Make up new rules to an old game
- Paint and hide kindness rocks

For tweens and teens

- Learn how to do Sudoku
- Learn to play Chess
- Memorize and recite a poem
- Organize your bedroom
- Learn a magic trick
- Write a comic book
- Make a vision board from old magazines
- Learn to crochet
- Wash the car
- Interview your older relatives
- Practice job interviews
- Learn to cook, or a new recipe
- Make a crossword puzzle and challenge an adult to complete it
- Learn how to juggle
- Publish a family newsletter and mail it to friends and relatives

For directions on how to do things from the list, more information, or ideas visit;
www.feelslikehomeblog.com/boredlist
Unplugged fun

Here's a list of some websites for more fun ideas

10 Activities You Can Do With Your Kids While On Coronavirus Quarantine
https://www.emindful.com/2020/03/30/10-activities-you-can-do-with-your-kids-while-on-coronavirus-quarantine/

Ok, Teens: What's Your (Coronavirus) Plan?
https://www.bayareaparent.com/Article/OK-Teens-Whats-Your-Coronavirus-Plan/

Activities and Educational Apps for Temporary Homeschooling During Coronavirus Quarantine

Google Arts and Culture
https://artsandculture.google.com/

15 Free and Inexpensive Quarantine Activities
https://www.pace.edu/mypace/15-free-and-inexpensive-quarantine-activities
Stay-cation to Remember

If your travel plans were cancelled, you can still enjoy some of the experiences from the comfort of your own home. Here are some tips;

GO TO GOOGLE EARTH AND LOOK UP ATTRACTIONS FROM THE PLACE YOU WERE GOING TO VISIT. TAKE A VIRTUAL TOUR. HAVE YOUNGER CHILDREN MAKE "SOUVENIRS".

FIND OUT WHAT FOODS THE AREA IS FAMOUS FOR. PICK ONE YOU WOULD LIKE TO TRY AND MAKE THE RECIPE WITH OLDER CHILDREN AND TEENS.

HAVE YOUNGER CHILDREN MAKE "TICKETS" AND POSTCARDS TO SEND TO RELATIVES AND FRIENDS WHILE YOU'RE ON "VACATION".

MAKE A FUNNY FAMILY VIDEO ABOUT YOUR TRIP.
Virtual Tour Websites

One stop destination for world tours, classes and travel experiences from home
https://www.travelandleisure.com/trip-ideas/get-your-guide-site-tours-classes

Virtual Trip to Chicago

Famous European Castles
https://www.travelandleisure.com/culture-design/architecture-design/google-arts-culture-app-europe-castles

Machu Pichu and Taj Mahal
https://www.travelandleisure.com/attractions/landmarks-monuments/unesco-world-history-sites-virtual-bucket-list-attractions

Digital Dog Sled Ride Through Fairbanks Alaska
Virtual Museum Tour Websites

12 Famous Museums

Banksy's Street Art
https://www.travelandleisure.com/culture-design/visual-arts/banksy-virtual-tour-of-bristol

An app to turn your walls into a virtual museum
https://www.travelandleisure.com/culture-design/the-google-arts-culture-app-will-turn-your-phone-and-home-into-an-interactive-museum

The Children's Museum at Home
https://athome.cmom.org/

Museum of Modern Art's free art courses
https://www.travelandleisure.com/culture-design/visual-arts/free-virtual-art-courses-moma

Mercedes-Benz Museum
Virtual Theater, Music, and Dance Websites

Shakespeare's Plays
https://www.travelandleisure.com/attractions/theater-dance/globe-theater-closing-stream-shakespeare-plays-online

Metropolitan Opera
https://www.travelandleisure.com/culture-design/music/metropolitan-opera-offering-free-virtual-shows

NYC Lincoln Center offering free online concerts and educational material for kids
https://www.travelandleisure.com/culture-design/music/lincoln-center-online-concerts

Free Disney OnStage Classes
https://disneyonstage.co.uk/education/

New Victory Theater's Art Break (free)
https://newvictory.org/
Cyber PALS is an online play group recommended for children ages 2-6. The meeting is virtual. You can find more information on their Facebook page, www.facebook.com/noahsworldoneonta

Teen Scene is a group of youth who meet once at least once a month and participate in a variety of events. Participants have the opportunity to express themselves through activities and projects relating to topics such as bullying, conflict resolution and other issues. Some topics might be more geared towards certain ages, all are always welcome!

Teen Scene is free of charge and open to any youth who are interested in a fun, social experience.

June Teen Scene Events:

JUN 15  Resume Building with CDO Workforce  Teen Scene
Mon 2 PM · 12 guests  Oneonta

JUN 29  Pizza Party!  Teen Scene
Mon 11 AM  Oneonta

For more information, please visit their Facebook page; www.facebook.com/FRNTTeenScene or their website at www.familyrn.org
The Otsego County System of Care, in collaboration with the Family Resource Network, are very excited to announce the return of Nurturing Parenting Programs.

These programs are a family-centered trauma-informed initiative designed to build nurturing parenting skills and child-rearing practices.

Classes meet for 12-weeks for 2 hours per week beginning in July.

For more information, please call Barbara Finkelstein 607-432-0001
Please join Family Resource Network for:

Online and Phone Family Support Groups

At Family Resource Network, we recognize that during these difficult times, families of individuals with special needs are facing unique challenges and may feel even more isolated. While we can't meet in-person to support one another, we invite you to join us for online support groups. These will be conducted through Zoom Meetings, and families may participate online or by phone. We are offering these groups as an opportunity for families to form connections, support, and learn from each other. We will be offering two groups per week: one morning and one evening.

Registration is required

Meetings for the week of June 15, 2020:

Tuesday, June 16, 2020
6:30-7:30 pm

Thursday, June 18, 2020
10:00-11:30 am

Registration link:
https://us02web.zoom.us/meeting/register/tZcpdOmhrz0oE9yWzIPJsCyCeSE1mRKnex-k

For questions, or to participate by phone, please call Robin at (607)287-6358.

***Support Groups are funded by a grant from the Office of People with Developmental Disabilities. Self-directing families will need to add "training groups" to their budgets. Please contact Robin at (607)287-6358 for assistance adding this program to your budget.
Community P.A.L.S.

Connecting through PLAY

An all in one program designed to foster your child’s basic fundamental skills while focusing on the theme of community. Providing a connection for friendship, play, and resources. Recommended for children around 3-6 years of age.

6 week Program starts June 17th & Includes:

• 1 PLAY BAG per child with ALL PLAY SUPPLIES NEEDED (play-doh, paint, craft supplies, worksheets, etc.)
• 2 Opportunities each week for group led playtime with Ms. Sheila via zoom. Wed: 10:30am & Fri: 1pm
• Group Games (Bingo)
• Music & Movement
• All activities adaptable for your child’s age and skill level
• Variety of ideas to play and learn individually or with group
Otsego County Food Pantries
(please call pantry for hours and qualifications)

Burlington Flats Food Pantry
First Baptist Church
101 Arnold Rd, Burlington Flats 13315
607-965-6316
607-965-8914

Cooperstown Ecumenical Food Pantry
First Presbyterian Church
25 Church Street, Cooperstown 13326
607-547-8902

Daily Bread Food Pantry
The Community Center
2 Genesee St
Cherry Valley NY 13320
607-376-3969
607-282-0922

Community Cupboard
7 North Street, Edmeston 13335
607-965-8540

Fly Creek Food Pantry
Fire House, Fly Creek 13337
607-547-2195

Butternut Valley Food Pantry
At Christ Church Episcopal
166 Marion Avenue, Gilbertsville 13776
607-244-0189
607-334-8438
Otsego County Food Pantries
(please call pantry for hours and qualifications)

Hartwick United Methodist Food Pantry
3080 County Hwy 11 (West Main Street), Hartwick 13348
607-293-7331

St. Matthew Lutheran Food Pantry
125 Main Street, Laurens 13796
607-433-2615
607-432-9120

Milford Food Pantry
United Methodist Church
West 1566 Community Center
113 N. Main Street Milford 13807
Clothes available
607-286-7255

United Methodist Church Food Pantry
1739 St Hwy 8, Mount Upton 13809
607-764-8365

Unadilla Valley Food Pantry
First United Methodist Church
51 South Main Street, New Berlin 13411
607-334-8803
607-847-6350

Loaves & Fishes Food Pantry
St. James’ Episcopal Church
18 Elm Street, Oneonta 13820
432-1458
432-3558

St. Mary’s Food Pantry
38 Walnut Street, Oneonta 13820
607-432-3920 Ext 212
Otsego County Food Pantries

(please call pantry for hours and qualifications)

Salvation Army Food Pantry
25 River Street, Oneonta 13820
607-432-5960

Otego Community Food Pantry
290 Main Street, Otego 13825
Also provides toiletries
607-988-6503
607-369-7762

Tri-Valley Food Pantry
United Methodist Church
66 Main Street, Schenevus 12155
607-638-5867

Church of Christ Uniting Food Pantry
22 Church St, Richfield Springs 13439
(315) 858-1553

Unadilla Community Food Pantry
170 Main Street, Unadilla 13849
607-563-7713
607-369-2416

First Presbyterian Church Food Pantry
174 Main Street, Worcester 12197
607-397-1802
607-267-9180 cell

W Oneonta Baptist Church Food Pantry
2845 County Hwy 8
West Oneonta 13861
607-432-2290
COVID-19 pandemic is disrupting lives and routines around the world. During this time of great upheaval and uncertainty, we want to remind you that while you are taking the important measures to prevent the spread of the coronavirus – through hand washing and social distancing-you should not forget about your mental health.

Mental Health Resources

Mobile Crisis Assessment Team (MCAT)
1 (844) 732-6228
Available 24 hours 7 days a week
Provides:
• Wellness calls
• Crisis support
• Information & linkages to services available
• All assessments are being done via phone

Regional Warm Line - NOT A CRISIS HOTLINE-
(607) 433-0661 or 1 (800) 377-3281
12:00PM-10:30PM
What is the warm line about?
• Confidential peer self-help
• Reduce isolation
• Non-judgement listener
• Time to talk to someone who has been there

Otsego County Behavioral Health
• Currently using audio/video telehealth including Peer Services
• Accepting new patients

Adult Mental Health
(P) (607) 433-2343
Children & Family Mental Health
(P) (607) 433-2334
Addiction Recovery Services
(P) (607) 431-1030

Mary Imogene Bassett Outpatient Psychiatry Services
Monday –Friday 8-5pm
• Currently using audio/video telehealth
• Accepting new patients
(P) (607) 547-3500
Mental Health Resources

NYS COVID-19 Emotional Support Line
1(844) 863-9314
8AM-10PM, 7 Days a week

FORDO (Friends of Recovery of Delaware and Otsego)
Monday – Friday 9-5pm
• Peer services
• Recovering coach
• Continuing to host self-help groups. Please refer to https://www.friendsofrecoverydo.org/
• Reach out to Kyle LeFever (Peer Specialist Coordinator) to coordinate peer services
(P) (607) 267-4435
Kyle LeFever- (607) 376-4388

Family Resource Network
8-4pm answering services available
• Accepting new referrals through SPOA or Families
• Advocates are available via phone/video-conferencing
• OPWDD in-person events are cancelled through mid-April, all other services are available
• Trainings are on-line, paper copies are available to families that does not have access to on-line
(P) (607) 432-0001

Suicide Prevention Lifeline
1-800-273-TALK (8255)
suicidepreventionlifeline.org
Prince and Isabella are looking forward to seeing all their people friends again soon!

They would like to remind you to say at least one kind thing to yourself and one other person every day.