Commissioner’s Updates

Prolonged Trauma

• Boost Your Mood
• Addressing Trauma and Violence

Feedback Discussion
Boost Your Mood handout

During difficult times remember to take care of your mental health and wellness.
#HealthyMindsPhilly #mindPHL

Numbers to Know 24/7
215-685-6440 For mental health crisis
888-545-2600 For mental health and addiction services

Places to Go
For behavioral health emergencies
Friends Hospital
4641 Roosevelt Blvd, 215-831-2600
Einstein Medical Center
5001 Old York Road, 215-951-8300
Hall Mercer
234 S. 8th St, 215-822-5433
Episcopal Hospital
100 E. Lehigh Ave, 215-767-2577
Children’s Crisis Response Center
3300 Henry Ave, Falls Center 2, Suite 3N, 215-879-2609
NET Access Point (Opioid Treatment)
499 N. 5th St, 215-767-2577

Websites to Visit
For 24/7 online behavioral health screenings, Mensa Health First Aid trainings, events, and resources, visit HealthyMindsPhilly.org
To find mental health and addiction services and providers for Medicaid recipients online, visit CBHPhilly.org

For more resources, use your cell phone camera to scan the QR code or visit DBHIDS.ORG/BOOST

wellness + behavioral health + intellectual disability early intervention + community supports

Get Support
Basic help can make a big difference.
- Ask for a hand with pressing tasks if you’re overextended.
- Get emotional support. Sharing your frustrations or venting can release tension and help you move on.
- Consider professional help if you need it.

Youth Wellness
Children of all ages want to know: Am I safe? Are my caregivers safe? How will this affect my daily life?
- Talk with kids about COVID-19, violence and other traumatic events; listen for fears and address concerns.
- If you notice a change in behavior (excessive worry or sadness, unhealthy eating or sleeping, or trouble concentrating), contact a pediatrician or mental health specialist for assistance.

Caregiver Wellness
Caregivers should take care of themselves mentally and physically.
- Eat healthy meals, exercise regularly, and get enough sleep.
- Find ways to relax and take breaks. Five-minute breaks reduce stress.
- Find support from people who understand. You can join a support group or talk with friends and family who are also caregivers.

Community Wellness
Recent events have deeply impacted the well-being of Philadelphia communities.
- You are not alone!
- The community becomes the safety net in tough times. Check on neighbors, family, and friends who may need support.
- For support to help cope with community trauma, email NetworkOfSupports@dbha.org.

Sources: CDC, HealthyChildren.org, and MinHealth.org

For more tips and resources for individuals, children, young adults, families, and communities, visit DBHIDS.ORG/BOOST

City of Philadelphia
DBHIDS
Addressing Trauma and Violence handout

Community Resilience and Healing

As Philadelphia strives to decrease incidents of violence, many people struggle with feelings of sadness, fear, and anxiety.

Trauma is an emotional response to a terrible event.

Signs and symptoms can happen within hours or may take as long as weeks to months after the incident. Although some people recover quickly, you may require additional help and support. Seek support if you frequently experience:

- Confusion, trouble paying attention
- Overwhelming anxiety, fear, guilt, guilt
- Bursts of anger, crying spells
- Helplessness, hopelessness
- Excessive smoking, drinking, or drug use
- Withdrawal from family and friends
- Trouble eating, trouble sleeping
- Loss of interest in normal activities

Tips for Wellbeing

Ask for Additional Support

Seeking support to manage difficult emotions is a normal part of the healing process. Consider reaching out for professional advice and support.

Stay Connected with People

Reach out to your support system and talk if it makes you feel better.

Relieve Stress

It’s normal for traumatic events to leave negative feelings. Take time to think about happy moments and special events. This helps shift your thinking and balance your thoughts.

Get Connected

CBH Member Services 800-545-2600 24/7, trauma-informed care and supports Philadelphia Crisis Line 215-685-6440 24/7, mental health crisis/emergency Community support after a traumatic event, call: 267-233-4887 or email: Network@neighborphila.org
To talk or join a support group, visit NAMIphilly.org
For behavioral health screenings and training, visit HealthyMindsPhiladelphia.org
For more resources, tips, and tools visit: DBHIDS.org/Beest

It’s okay to not be okay.
You are not alone. Help is here!

Experiencing and witnessing violence is challenging. It impacts everyone in the community’s health and wellbeing. Community-based programs build safe, resilient, and trauma-informed communities.

Community Engagement

DBHIDS supports programs that build and promote community resilience.

Partnership Programs:

DBHIDS Initiatives:

healing hurt people

Collaborations

Efforts to address community trauma have resulted in many cross-sector collaborations. DBHIDS participates in the Philadelphia Road Map for Safer Communities and coordinates trauma supports to individuals and communities through many city partners.

We take an active role in promoting the health and wellness of all Philadelphians through our population health approach. By empowering the entire community to take charge of their health, DBHIDS helps to create a Philadelphia in which every resident can thrive.
Boost Your Mood webpage
HOW ARE YOUR ORGANIZATIONS ADDRESSING TRAUMA ASSOCIATED WITH VIOLENCE AND ENGAGEMENT WITH THE COMMUNITY?
Community Behavioral Health
Dr. Faith Dyson-Washington, CEO
New Member Services Newsletter

The Member Services Department released its first Member Services Newsletter last month. The quarterly newsletter is a new tool to educate members about CBH and behavioral health services. The first edition focuses on the effects of trauma and how members can access treatment.
Office of the Chief Medical Officer

Dr. Sosunmolu Shoyinka, CMO
CMO Division: Vaccine Update

• Ongoing partnership with PDPH to advocate for and ensure:
  • Vaccine plan for vulnerable populations including sheltered and unsheltered individuals.
  • Vaccine equity and prioritization for homebound individuals with ID disabilities, who live in congregate settings, group homes and other structured settings to receive vaccines in their settings.
  • Partnership with DBHIDS, PDPH and Drexel Autism Institute to develop Sensory Rooms in PDPH vaccine clinics.
  • Partnership with some DBHIDS providers to create onsite vaccine clinics for vulnerable populations who can travel with assistance.
CMO Division: Vaccine Update, cont’d

• DBHIDS launched *Boost Your Mood* campaign in recognition of the impact of the pandemic on the community. Check out our website for additional information and resources. Brochures available at vaccine clinics.

• QR code to our brochure is on the last page of this presentation.

• Continue to explore opportunities to partner with PDPH to increase the number of people vaccinated in Philadelphia.

• PDPH is willing to participate in and facilitate listening sessions for provider organizations with staff/residents that may have some hesitation taking the vaccine.
Vaccine Resources from Philadelphia Dept of Health

Please find FAQs in multiple languages here:


Weekly Updates from PDPH on mass clinics, vaccine efforts and distribution:


Participants can call 311 or fill out the online Vaccine Interest Form at https://covid-vaccine-interest.phila.gov/ to sign up for vaccination with the city at either the Convention Center, community mass clinic or pharmacy.

PDPH holding mass clinics in North and West Philadelphia (500 vaccines per day), multiple days a week.


https://www.phila.gov/2021-03-16-everything-you-need-to-know-about-the-citys-vaccine-clinics/
Vaccine Resources from Philadelphia Health Dept.

• Ongoing vaccination at Convention Center with FEMA; additional sites opening weekly.

• Black Doctors COVID Consortium another option if eligible by zip code.  
  https://blackdoctorsconsortium.com/free-covid-19-testing/

• FQHCs have supply of vaccines and will take appointments for individuals if able to come onsite.

• Health Dept has partnered with Septa to make free transportation available to all PDPH and FEMA run vaccine centers. Flyer attached.
Thanks to our friends at SEPTA, getting to the Center City Vaccination Center (CCVC) and the PDPH Community Clinics is easily accessible for all residents who require transportation assistance.

**SEPTA Transit Passes**
Free Round-trip transit passes for vaccination appointments are available for distribution through community partners. Transit passes must be tracked by partner organizations. For more information, please e-mail oem@phila.gov

**Seniors ride FREE and reduced transit fare for people with disabilities under age 65**
Adults age 65 and older can ride free and individuals under age 65 with a qualifying disability can ride at half-fare at all times on SEPTA buses, trackless trolleys, trolleys, Broad Street and Market Frankford lines, and Regional Rail. Seniors can ride free by scanning a PA driver’s license or ID card issued before July 2017 on all SEPTA vehicles, or by registering for a Senior Ride Free Card. To register call 215-580-7145 and press #6. Call center hours are Monday – Friday, 8 a.m. – 5 p.m.

**SEPTA CCT Connect Services**
SEPTA CCT has expanded their services for seniors and individuals with disabilities and/or access and functional needs who require assistance getting to and from CCVC and the PDPH Community Clinics. This service is free of charge. Individuals can request a ride to their vaccination appointment by calling 3-1-1 and selecting Option 5 between 8 a.m.-8 p.m. Monday through Friday. Requests should be made at least 72 hours before the date of the appointment.

**Community Shuttle Services**
Shuttle service is available for community organization that need transportation support and can organize groups of 20-100 people for vaccination clinics. Community groups should work with the health department to coordinate clinic appointments. Shuttles must be scheduled at least 3 days in advance. Inquiries can be sent to oem@phila.gov.
CMO Division: RFI for Adult Crisis Services

- Received 14 submissions

- Providers expressed interest in short- and longer-term mobile crisis response and behavioral health urgent care center.

- Valuable information around staffing models for all services, will inform content development for the procurements to be issued, pending funding.
Planning Innovation
Roland Lamb, Deputy Commissioner
Language Access E-Learning Course

- Individuals with Limited English Proficient (LEP) and/or who are Deaf and Hard of Hearing (DFHH) are entitled to language access services.
- An easy online course and procedure are available as both a tool and resource for service providers to provide language access services and can be accessed by April 12.
- Any questions about the Course, email DBHIDS Learning Hub at DBHIDS.LearningHub@phila.gov
- Any questions about Language Access Procedure, email DBHIDS.LanguageAccess@phila.gov
Planning Innovation:
Upcoming Event:

14th Annual DBHIDS Faith & Spiritual Affairs Conference

Contact us: DBHIDS-FSA@phila.gov
14th Annual DBHIDS Faith and Spiritual Affairs Conference.

❑ This Year’s Theme: “Keeping the Faith, Connecting through Quarantine.”

❑ Two Day Event: Thursday, April 29th and 30th. 10:00 AM – 2:00 PM each day.

❑ The Event will be Virtual this year on Zoom – Click Here to Register.

➢ **The first 200 registrants will receive a free token of appreciation.**

➢ For a detailed agenda, Click Here.
Faith and Spiritual Affairs, cont.

Keynote Speaker:
**Dr. Howard Stevenson**

Speakers and/or Panelists:
- Donald Price, PhD
- Amberlee Venti, LPC
- Diane Abatemarco, PhD
- Meghan Gannon, PhD
- Saronrng (Rorng) Sorn, MS
- Rev Dr. Lori Banfield, MTS, DMFT
- C. Virginia O’Hayer, PhD
- Nick Lordi, BA
- Suja Matthew
- Reverend Naomi Washington-Leapheart

The Conference will also have a *Wellness Hour* that will connect you mentally, physically or socially. Choose to take some time to listen to spoken word, learn the art of Zhong Xin Dao, update your Zumba skills or just connect and network with others. This conference will offer these experiences and so much more. For Wellness hour schedule [CLICK HERE](#).
Wrapping Up...

- Questions
- Comments
- Announcements
Closing Remarks

• Roland Lamb, Deputy Commissioner

Next Executive Directors' Meeting:

• Wednesday, June 2, 2021 at 9:00 AM
Thank you for joining us!

To be added to the Executive Directors' distribution list for this meeting, please send your contact information to:

James.Peterson@phila.gov