



**Mitigating a Lapse in  
Prevention, Intervention, and  
Support Services:**

# **CONNECTING WITH RURAL RESERVATIONS IN A TIME OF CRISIS**

Pedro Tomás-Domingo (Q'anjob'al Maya), George Pojas,  
Shandiin Armao (Navajo), Rhonda Romero (Kumeyaay &  
Payomkawitchum), Marisa Yepa (Jemez Pueblo),  
Lisa Brucks, Rick Romero (Tohono O'odham)

# RESOURCES

If you are in need of support:

- **National Suicide Prevention Lifeline** - 1-800-273-8255
- **National Alliance on Mental Illness** - 1-800-950-NAMI (6264) or info@nami.org
- **SAMHSA's National Helpline** - 1-800-662-HELP (4357) [referral and information]
- **SAMHSA's Disaster Distress Helpline** - 1-800-985-5990 or text TalkWithUs to 66746

## CRISIS TEXT LINE

**TEXT HOME TO 741741**

- ➔ Free 24/7 support with a crisis counselor
- ➔ Text back and forth until you feel safe
- ➔ Available for anyone in any crisis



# HOUSEKEEPING

Moderator: Nicole Hanna, J.D., M.S.

- Moment of Silence
- Breaks
- Video
- Sound
- Presentation Style
- Questions
  - Zoom
  - Pathable
- Pear Deck™

# LEARNING OBJECTIVES

1. Describe the impact that the COVID-19 pandemic has had on the mental health of tribal communities residing on remote reservations and the challenges they have overcome.
2. Identify methods to continue prevention, intervention, and support services while adhering to local and tribal public health ordinances.



# WHO ARE WE?



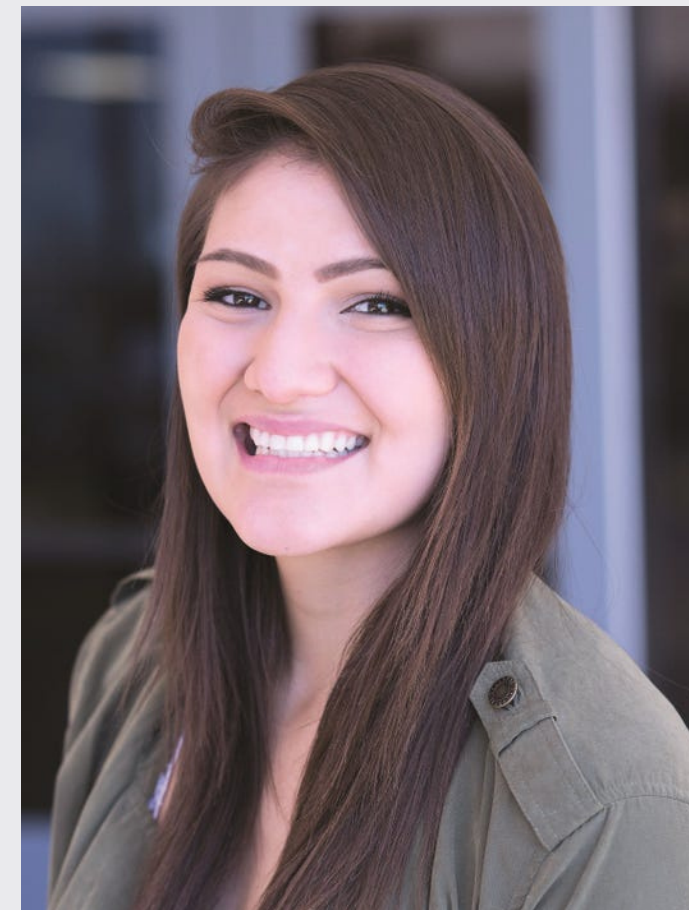
**George Pojas**

Prevention & Early Intervention  
Health Educator



**Pedro Tomas-Domingo**

Project Coordinator



**Shandiin Armao**

Research Assistant

# WELLNESS CHECK-IN

1

Read each  
Wellness  
Check-In

2

Think about how  
you're feeling at  
this moment

3

Click, drag & drop  
your circle to the  
appropriate emoji

How am I feeling?





# ACTIVITY

## Grounding Technique

5-4-3-2-1 Method

# SOUTHERN CALIFORNIA TRIBAL HEALTH CENTER (SCTHC)



# CONTEXT



Suicide is a leading cause of death for Americans between the ages of 10 and 24, and the Native American/Alaska Native (AI/AN) population has the highest rate of death by suicide of all ethnic groups.

In addition to risk factors found in the U.S. at large (such as history of previous attempts, or attempts or completions in one's family; exposure to suicidal behavior in others; history of mental illness or depression; substance abuse; loss of relationships; life stresses), Native youth have additional factors that may increase risk.

Native youth may feel cut off from other people, or isolated on reservations; perceive discrimination; or be burdened by historical trauma shared by earlier generations related to experiences of colonialism, wars, dislocation from land, and separation from family by Indian boarding schools.



Indian Health Service



# COMMON BARRIERS IN RURAL HEALTHCARE ACCESS



■ **Workforce Shortages**

■ **Transportation**

■ **Health Literacy**

■ **Social Stigma**

# MENTAL HEALTH IN INDIAN COUNTRY

National Survey on Drug Use and Health – 2019



350,000 American Indian / Alaska Native adults reported having a mental illness and/or substance use disorder over the past year.

## Further Findings:

- Major Depressive Episodes among AI/AN ages 18-25 significantly increased from 2016
- Substance use disorder significantly increased suicidality among AI/AN ages 18 and older
- HOWEVER, progress was being made as co-occurring substance use disorder and any mental illness in AI/AN ages 18-25 and 26-49 had been declining



# PRIOR TO COVID-19



**Recruitment**



**Outreach**



**Events**



# COVID-19

## Screening Tent Reassignments

### Frontline Staff:

- Registered Nurses
- Patient Screeners
  - Medical Assistants
  - Pharmacy Technicians
  - Dental Assistants

### Frontline Support Staff:

- "Runners"
- Traffic Monitors
- Patient Navigators

Otherwise, staff were to work from home.





# RECRUITMENT & ORGANIZING



qualtrics<sup>XM</sup>

DocuSign<sup>®</sup>



Google Forms



padlet



**WE YOU NEED**

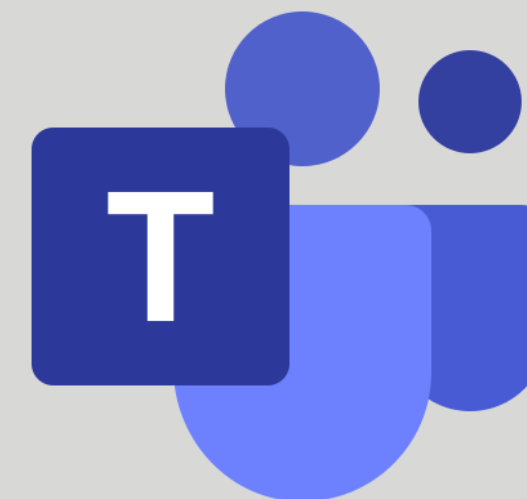
You're invited to join the **Community Advisory Board** of the Strategies for Preventing Underage Drinking and Other Substance Use Project

Help by providing input on our efforts to reduce and prevent underage substance use in our communities!

**First Meeting:**  
 Tuesday, April 28th, 2020 via Microsoft Teams  
 6:00 PM - 7:30 PM

RSVP and sign up to become a part of our mailing list by contacting project staff.  
 Gabrielle Seneres, Research Assistant

Prevention Research Center | Follow US | Scripps Research  
 RESPONSIBLE | NIH | National Institute on Alcohol Abuse and Alcoholism | RESILIENT




**COMMERCIAL TOBACCO PREVENTION PROJECT**

**HOW TO APPLY**

1. Complete the application on the back of this flyer
2. Drop off at the Behavioral Health lobby DR scan and email to Lisa Brucks lbrucks@indianhealth.com
3. Wait 2-3 weeks until a project staff member contacts you!

**YOUTH ADVISORY COUNCIL FOR COMMERCIAL TOBACCO PREVENTION**

We are looking for youth (ages 16-21) who are interested in learning basic research skills, organizing outreach events, and developing culturally tailored programs to help reduce commercial tobacco use in Indian country

Apply to become a member of the Youth Advisory Council and earn valuable leadership experience and a financial stipend at the end of the program

**-ONE-YEAR COMMITMENT REQUIRED-**

**DEADLINE TO SUBMIT APPLICATION DECEMBER 4, 2020**

Send your completed application to Lisa Brucks, Project Coordinator at

Prevention Research Center | Pacific Institute for Research and Evaluation | Empowering Native Wellness

RESEARCH & STUDENT DEVELOPMENT DEPARTMENT

# REZILIENT

A 2-HOUR DRUG USE PREVENTION PROGRAM FOR YOUTH

LEARN HOW YOU CAN MAKE HEALTHY CHOICES ABOUT DRUGS AND ALCOHOL  
GET \$125 FOR PARTICIPATING

### WHO CAN JOIN?

Native American youth ages 13 - 20 who live within [redacted] service area

**Interested?**

Scan the QR code or visit:  
[bit.ly/spudosu](http://bit.ly/spudosu)



**CURRENTLY AVAILABLE VIRTUALLY**

**\*\*\*youth under the age of 18 need parent/guardian consent\*\*\***

For more information, please reach out to:

**PEDRO TOMÁS-DOMINGO**, Project Coordinator



"Empowering Native Wellness"

Strategies For Preventing Underage Drinking And Other Substance Use Project

"EMPOWERING NATIVE WELLNESS"



**SEPT. 9** SUICIDE MYTHS & FACTS

SUICIDAL CLUES & WARNING SIGNS **SEPT. 16**

**SEPT. 23** Question Persuade Refer

GETTING SOMEONE HELP **SEPT. 30**

# VIRTUAL QPR

SESSIONS | 10:15 - 10:45am | Q&A After

**FACEBOOK LIVE** Follow US

For More Information



Funded by the County of San Diego HHS Mental Health Services Act

# Healthy Native Nation Support Group

For parents and caregivers of children with disabilities and delays

SIGN UP FOR OUR BI-WEEKLY EMAIL GROUP

Receive resources and support along with inspirational quotes, ideas for stress relief, activities for you and your kids, and much more!

For more information contact Rhonda [redacted] or rho [redacted]



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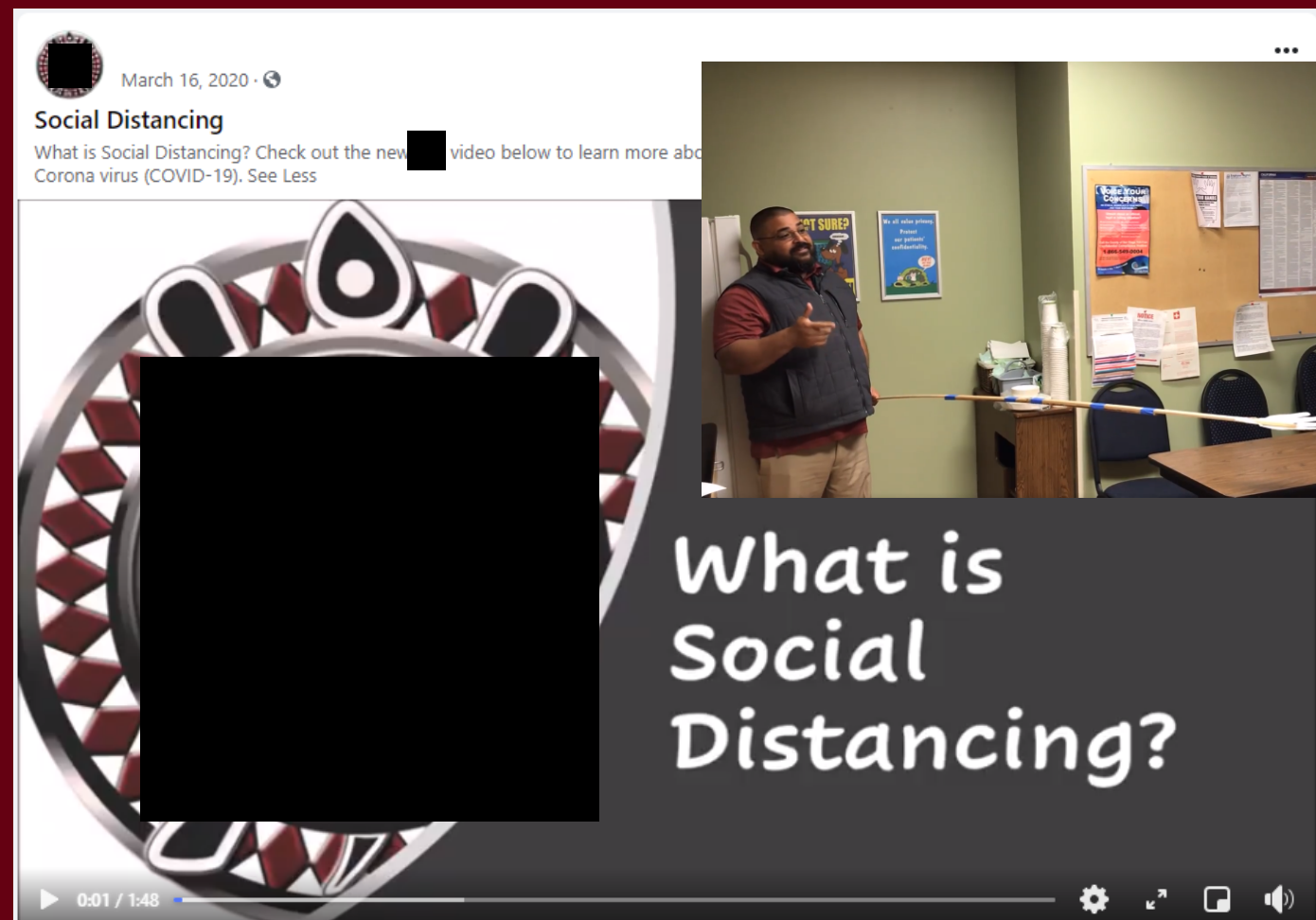
Medical & Health  
"Empowering Native Wellness"

897 Posts   1,395 Followers   27 Following

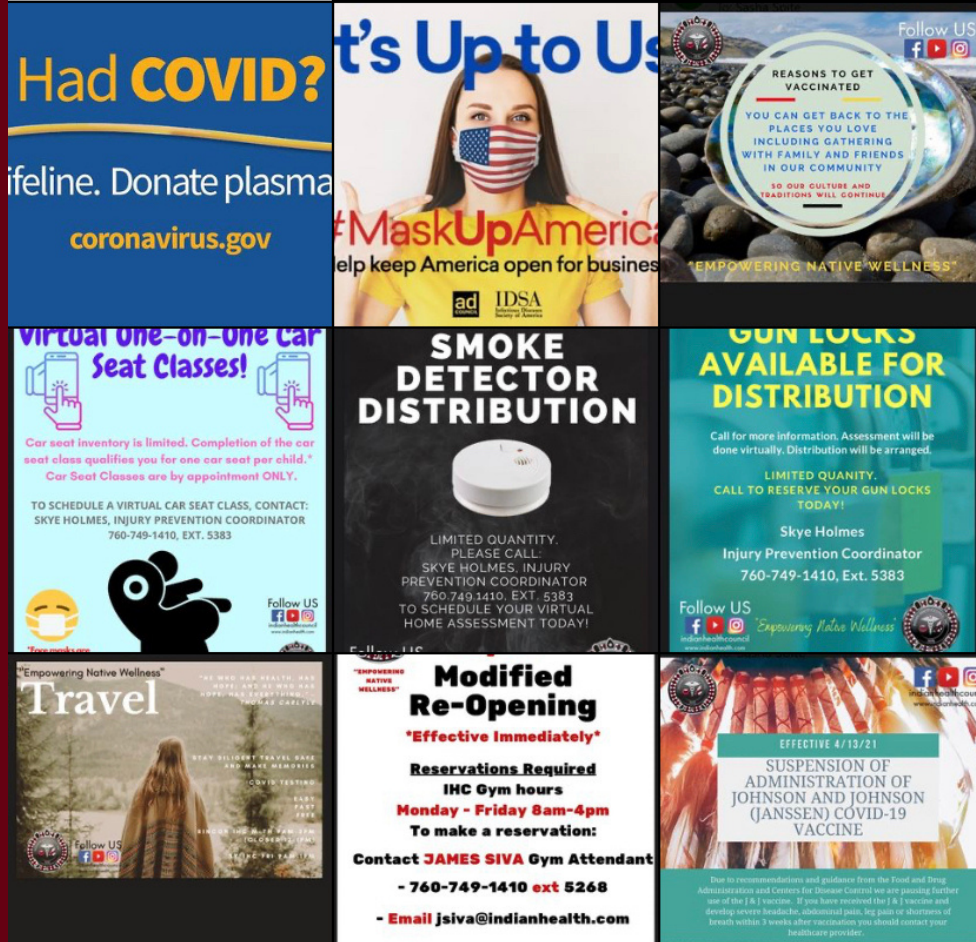
Following   Message   Contact

March 16, 2020 ·

**Social Distancing**  
What is Social Distancing? Check out the new video below to learn more about Corona virus (COVID-19). See Less



0:01 / 1:48

Had COVID? coronavirus.gov

It's Up to Us #MaskUpAmerica

REASONS TO GET VACCINATED

SMOKE DETECTOR DISTRIBUTION

GUN LOCKS AVAILABLE FOR DISTRIBUTION

Modified Re-Opening Effective Immediately

SUSPENSION OF ADMINISTRATION OF JOHNSON AND JOHNSON (JANSSEN) COVID-19 VACCINE

# OUTREACH

Follow US




CLOTH FACE COVERINGS FAQ

Protect our Elders

Empowering Native Wellness

COVID-19 HELP LINE

**YOU ARE NOT ALONE ON THIS JOURNEY**

AS WE NAVIGATE THE UNCERTAINTY OF COVID-19 WE CONTINUE TO BE FOCUSED ON THE MENTAL WELL-BEING OF OUR COMMUNITIES. CALL TO SPEAK WITH A BEHAVIORAL HEALTH PROFESSIONAL.

Monday-Friday  
8 am-4:30 pm

Facebook, YouTube, Instagram icons

**UNDERSTANDING EMOTIONS**

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PREVENTION AND EARLY INTERVENTION | 2020

**Take Care of Your Mind**

**Keep your regular routine**  
Maintaining a regular schedule is important to your mental health.

**Limit exposure to news media**  
Constant news about COVID-19 from all types of media can heighten fears about the disease.

**Focus on positive thoughts**  
Choose to focus on the positive things in your life, instead of dwelling on how bad you feel.

**Stay Busy.**  
A distraction can get you away from the cycle of negative thoughts that feed anxiety and depression.

For more tips, visit [www.mayoclinic.org](http://www.mayoclinic.org)



# Focus on Mental Health

**Social Media Challenge**

Indian Health Council (IHC), Inc., is hosting a social media challenge from April 23 - May 29, 2020 (6 weeks). Those participating will be placed into a weekly raffle for the opportunity to win ONE of SIX \$50 Gift Cards. Through this challenge, we hope to showcase the strength within our communities, while encouraging others to stay strong during COVID-19 (Coronavirus)!

**HOW TO ENTER:**

1. Take a photo of what you are doing to stay strong during COVID-19
2. Provide a short description
3. Upload your photo and submit your description with your information at: <https://bit.ly/IHCstrong> (you will need to log in with an existing Google Account email or create a free one)

That's it, it's that simple!

**GUIDELINES:**

1. Photos should **not** contain any nudity, profanity, references to drugs or alcohol, or gang related signs or symbols.
2. Photos **may** be shared on IHC's social media, including Instagram and Facebook.
3. Participants may submit **ONE** entry every week. Entries submitted on different weeks **must** be with different photos.
4. **ONE** entry will be drawn at the **end of each week**. IHC staff will reach out to winners using the information provided on the entry form.
5. Participants may only win **ONCE** throughout the challenge.

If you want, feel free to share your entries on your personal social media using the hashtag #IHCstrong and encourage others to stay strong along with us!

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## BREATHING TECHNIQUES

### PANIC ATTACKS

On average, people who suffer from panic attacks have a higher resting breathing rate. People with panic attacks usually benefit from learning yogic breathing and practicing many times a day to breathe more deeply and slowly.



### BREATHS PER MINUTE (BPM)

Breathing rate is usually expressed as number of breaths per minute (bpm). The average breathing rate for an adult is about 12-20 bpm. Fit people have slower resting breathing rate; children have faster rates. People prone to anxiety attacks often breathe faster than 15 bpm.

### TRY TO FIND YOUR BPM

To find your bpm, get comfortable in your seat and relax. Time yourself for 1 minute and count how many breaths you take (one breath consists of an inhale and an exhale). The average breathing rate for an adult is 12-20 bpm.



### BREATHING TECHNIQUES

Breathing techniques can be used to help someone bring their breathing back to a normal bpm. There are many types of breathing techniques. The breathing techniques usually encourage slow deep breathing, expanding the diaphragm. Breathing in through the nose and out through the mouth.

### FINDING POSITIVE WAYS TO COPE

Times can get hard. Stress and anxiety can make life difficult. finding positive coping skills can help us get through those times. Using an effective breathing technique is just one way.



PEI FUNDED BY THE COUNTY OF SAN DIEGO HHS ACT

# Coping



## Intentional Joy with Jason, PEI Educator

a year ago · 457 Views

30

# Relevant Activities

## MH Weekly Movie Review

#1

May 4, 2020

# MENTAL HEALTH MOVIE REVIEWS

MH MOVIE REVIEWS

87 views · 2 comments

Up Next

14:28

# ALCOHOL & COVID-19

WHAT CAREGIVERS SHOULD KNOW



Nationwide alcohol sales during the pandemic have increased in comparison to the previous year.<sup>1</sup>



**Consumption of alcohol WILL NOT protect you from COVID-19.** Heavy alcohol use weakens the immune system and is a risk factor for acute respiratory distress syndrome (ARDS) - a severe complication of COVID-19.<sup>2</sup>

One national survey found that, early on in the pandemic, respondents with children in their household reported an increase in drinks per day that, on average, was **4 times larger** than those who did not have children.<sup>3</sup>



## PARENT PERMISSIVENESS

An early study of a national adolescent population had found a large number of teens using alcohol with their parents during the pandemic. Previous research suggests that youth who drink with their parents are more likely to participate in high risk drinking outside of the home because of their parents potentially allowing the behavior and possibly providing alcohol as well.<sup>4</sup>

## WHAT CAN CAREGIVERS DO?

**Avoid Using Alcohol** - Role model by taking care of your health.

**Reach Out for Help** - If you or someone you love is struggling during these times, reach out to friends, family, and appropriate services in your community. [Indian Health Council, Inc.'s Behavioral Health Department](https://www.paho.org/en/documents/handout-alcohol-and-covid-19-what-you-need-know) can be reached at (760) 749-1410, option 4.

**Look Out for Young People** - Have conversation about the consequences associated with drinking and COVID-19; including, but not limited to, breaking stay-at-home orders and physical distancing measures. Provide safe alternatives for recreation whenever possible. Limit availability to alcohol in the home by not stockpiling alcohol and preventing easy access.

1. <https://doi.org/10.1001/jamanetworkopen.2020.22942>  
 2. <https://www.paho.org/en/documents/handout-alcohol-and-covid-19-what-you-need-know>  
 3. <https://doi.org/10.1016/j.jadohealth.2020.06.018>  
 4. <https://www.newsobserver.com/news/coronavirus/article244213517.html>



RESPONSIBLE

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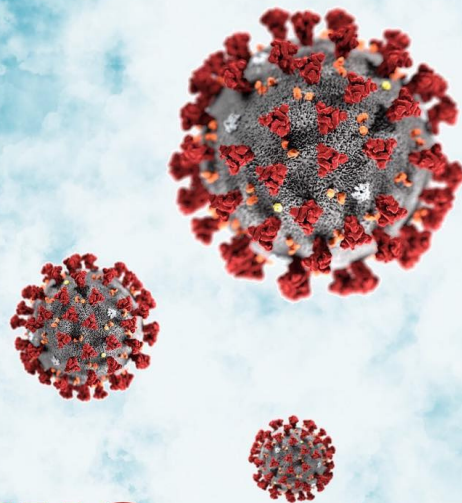
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Strategies for Preventing Underage Drinking And Other Substance Use Project



# SMOKING & COVID-19



NATIONAL DRUG & ALCOHOL FACTS WEEK

## SHATTER THE MYTHS

WITH THE INDIAN HEALTH STRATEGIES PROJECT



Strategies for Preventing Underage Drinking And Other Substance Use Project

Tap ahead to play



# THIS OR THAT



Youth Drug Use Prevention Edition

How do you build awareness around the risks of underage drug use?

- |                                   |  |
|-----------------------------------|--|
| Share information on social media | Send information through direct messages |
| Attend a training                 | Read books/resources                     |
| 1-on-1 conversations              | Group conversations                      |
| Prevention education              | Counseling/treatment                     |
| Tell your story                   | Listen to others' stories                |



There is NO safe time, safe amount, or safe type of alcohol to drink during pregnancy.

FOR A STRONG FUTURE GENERATION,



NO ALCOHOL DURING PREGNANCY.

PREGNANCY IS A SACRED TIME.



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#FASDMONTH

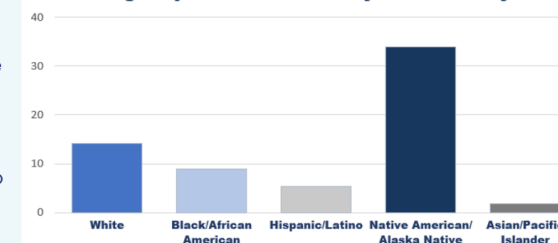
## OPIOID USE AND OVERDOSE PREVENTION IN SAN DIEGO TRIBAL COMMUNITIES

Prescription opioids and illicit opioids are powerful drugs that put people at risk of a fatal overdose. Also known on the streets as Percs, Oxys or Roxys, Norco, Vics, Blues, Fenty, H and Morphs.

### RISING RISK

Fentanyl, a very powerful opioid, has caused a high number of the recent overdose deaths in North County tribal communities. Even an extremely small amount of fentanyl can cause someone to overdose very quickly.

Any Opioid-Related Overdose in San Diego County, 2019: Age-Adjusted Death Rates by Race/Ethnicity



### PRESSED BLUES

Counterfeit pills made with fentanyl have increased dramatically in the county. These pills are known as Blues or Fentys. Users often don't know the pills are counterfeit resulting in high risk for overdose. Fentanyl is also showing up in heroin, methamphetamine, and cocaine.

### YOU CAN SAVE A LIFE

- Naloxone, also known as NARCAN, can rapidly reverse an opioid overdose.
- Safe and easy to use medication.
- Cannot harm someone.
- Can keep someone alive long enough to get them medical attention.
- Anyone can get trained to receive and administer Naloxone.



### SIGNS OF AN OPIOID OVERDOSE

Learn how to spot an overdose and what to do.

- Breathing slow or absent
- Cannot be woken up or not moving
- Choking or coughing, gurgling, or snoring sounds
- Dizziness and disorientation
- Cold or clammy skin
- Pupils extremely small
- Discolouration of lips and nails

November 5, 2020

# Sacred Breath Day

Today we honor good lung health by reminding our relatives that our breath is sacred and by raising awareness of November's National Lung Cancer Awareness Month




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STRATEGIES PROJECT INHALANTS

# Inhalants

What's all the "huff" about?



01




# Practicing Self-Care

How to take care of ourselves during difficult times

# Mental Health 101




**NOW OFFERING**

## VIRTUAL DRUG PREVENTION EDUCATION & ACTIVITIES

The Strategies project is now offering drug prevention education and activities for Native youth, families and youth program staff

**WHAT WE OFFER:**

1. Presentations on topics of interest (vaping, addiction and substance use, drugs and violence, and more)
2. Interactive games that highlight important issues surrounding underage substance use
3. Training in drug education for youth program staff members

PLEASE CONTACT US FOR QUESTIONS  
 Pedro Tomas-Domingo, Project Coordinator  
 pdomingo@indianhealth.com  
 Office: (760) 749-1410 ext. 5327  
 Text: (760) 448-0218

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CRAFT TO WELLNESS/ STITCH TO WELLNESS  
MEMBERS

# "GRATITUDE BAG"

- PEI would love to show appreciation to our members by giving out a "Gratitude Bag" for sticking with us during these challenging times.
- Craft Included: Fall Activity to do at home.
- Resource Materials: We are all in this together!

NOVEMBER 19, 2020 / 11-2 PM  
DROP-OFF

Marisa Yepa



# EVENTS

## Women Warriors Virtual Summit: Walking the Road of Recovery II

FRIDAY, JULY 31ST, 2020

9:45AM PRE-SHOW

10:00AM-12:30PM WOMEN WARRIORS SUMMIT

- BEAUTIFUL HANDMADE RAFFLE PRIZES
- TRADITIONAL SONGS
- INFORMATIONAL SPEAKERS
- PERSONAL STORIES OF RESILIENCE
- LOCAL RESOURCES



FOR MORE INFORMATION ABOUT THE EVENT CONTACT RHONDA



WE HOPE YOU CAN JOIN US!

This is a safe space for women in recovery and those who support them to connect and gain knowledge.

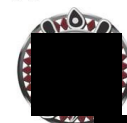


ZOOM MEETING FOR WOMEN WARRIORS

MEETING ID: 92286042450

PASSWORD: 071350

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HEALTH PROMOTION SERVICES' STRATEGIES PROJECT PRESENTS:

A Virtual Poetry Workshop with

EMILY CLARKE



<https://bit.ly/StratCW> (case-sensitive)

SATURDAY, MAY 9th, 2020 | 1-2 PM

Emily Clarke is a Cahuilla Native American writer, student, bead artist, activist, cordage instructor, and traditional Bird Dancer. Emily's work has been featured in journals such as News From Native California, Four Winds Literary Journal, Anti Heroin Chic, and Hoot Review. She has been a featured reader at events such as Indigenous Now, The Earth Was Shaken, and UCLA's Environmentalists of Color Climate Justice Forum. Currently, Emily is studying Creative Writing at UC Riverside and is writing work exploring modern Cahuilla identity, female anatomy, social justice, and human intimacy.

Website: [www.cahuillawoman.com](http://www.cahuillawoman.com)  
Instagram: @cahuillawoman

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NIH National Institute on Drug Abuse

FAMILY CHECKUP  
POSITIVE PARENTING PREVENTS DRUG ABUSE

RSVP

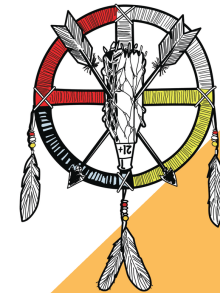
Gabrielle Seneres  
Strategies Project Staff  
gseneres@indianhealth.com  
(760) 448-0218

"Families strive to find the best ways to raise their children to live happy, healthy, and productive lives"

VIRTUAL TRAINING

MAY 29th | 3:00PM | [bit.ly/StratFCU](https://bit.ly/StratFCU)\*

AN OVERVIEW OF PARENTING AND DRUG USE PREVENTION WITH TEENS



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INDIAN HEALTH COUNCIL, INC  
50100 GOLSH RD VALLEY CENTER, CA

\*Link is case-sensitive

Join our Zoom Training

## Better Understanding Fetal Alcohol Spectrum & Developmental Disabilities or Delays

\* HOW DRUGS AND ALCOHOL CAN AFFECT AN ADULT AND UNBORN CHILD

\* STRESSORS THAT PARENTS WHO HAVE CHILDREN WITH DISABILITIES OR DELAYS DEAL WITH

April 23, 2021

9am- 12pm

ZOOM MEETING ID: 87527240049

PASSWORD: 861323

FOR MORE INFORMATION CONTACT RHONDA ROMERO



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# HONORING MIND, BODY, SPIRIT AND COMMUNITY: PREVENTING OPIOID MISUSE

A MONTHLY WEBINAR SERIES FOLLOWED BY LIVE Q&A DISCUSSIONS



#### HEALTH PROMOTION

Beth Turner, MPH (760) 749-1410 ext. 5243

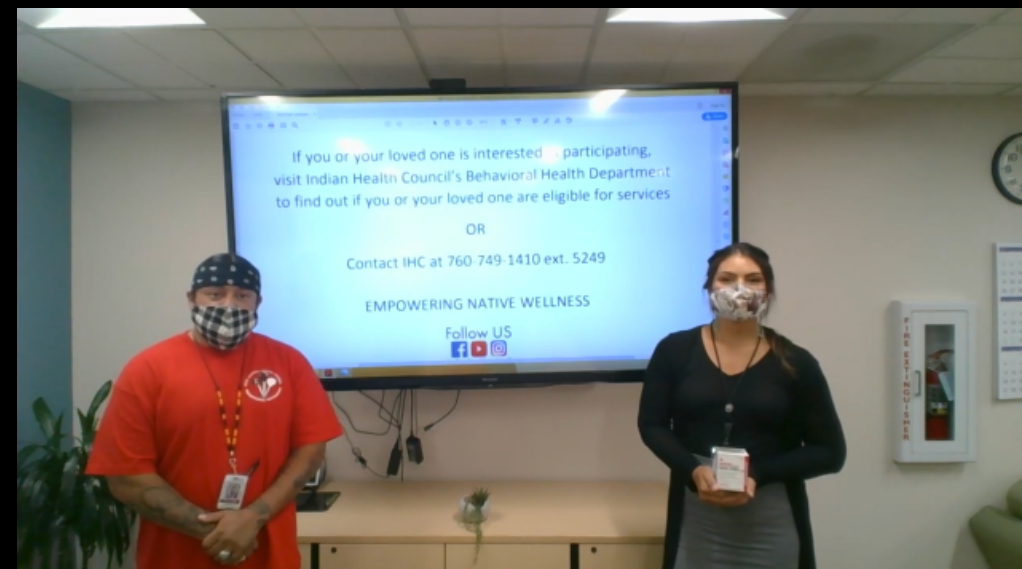
#### PUBLIC HEALTH

Michael Bird, MPH (760) 749-1410 ext. 5380

#### BEHAVIORAL HEALTH

Cheryl Pfent, Psy.D. (760) 749-1410 ext. 5346

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# TABLE TALK

Series of Mental Health Topics

APRIL 14TH & 28TH  
MENTAL HEALTH FACTS,  
STATS & RESOURCES



With the  
**PEI TEAM**



Register at  
<http://bit.ly/Apriltalk2021>  
10:15 AM- 10:45 AM

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Funded by the County of San Diego HHSA  
Health and Human Services Act

# I AM A LIFE KEEPER

SEPTEMBER IS SUICIDE PREVENTION MONTH

## 2K VIRTUAL RUN/WALK

STARTS, SEP 14, 2020

ENDS, SEP 20, 2020

RUN/WALK ANYWHERE!

START AT ANYTIME!

END AT ANYTIME!

RUN/WALK AT YOUR

PACE AND LEISURE

## REGISTRATION

Life Keeper Run: <https://tinyurl.com/Lifekeeper2020>

ALL PARTICIPANTS WILL RECEIVE A SWAG BAG!

Upon registration you will receive instructions on submitting your Life Keeper Video



### CONTACT INFORMATION

If unable to register online, call for assistance.

Marisa Yepa



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# #FACEYOURFEAR

FALL FESTIVAL  
OCTOBER 28

MUST REGISTER TO ATTEND  
LINK: [HTTPS://TINYURL.COM/THCFALLFESTIVAL2020](https://tinyurl.com/thcfallfestival2020)  
DRIVE THRU EVENT SAFE FAMILY FUN FROM YOUR CAR!

5-8 PM

\*MASKS REQUIRED

RAFFLE PRIZES  
TO-GO DINNER  
CAR CAKE STOP  
DJ/TUNE IN STATION  
VIRTUAL COSTUME CONTEST  
DECORATIVE DISPLAY BOOTHS

\*1ST 250 PEOPLE TO REGISTER GET A HALLOWEEN BAG

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f y i

Contact  
George Pojas  
Funded by the County of





*"EMPOWERING NATIVE WELLNESS"*

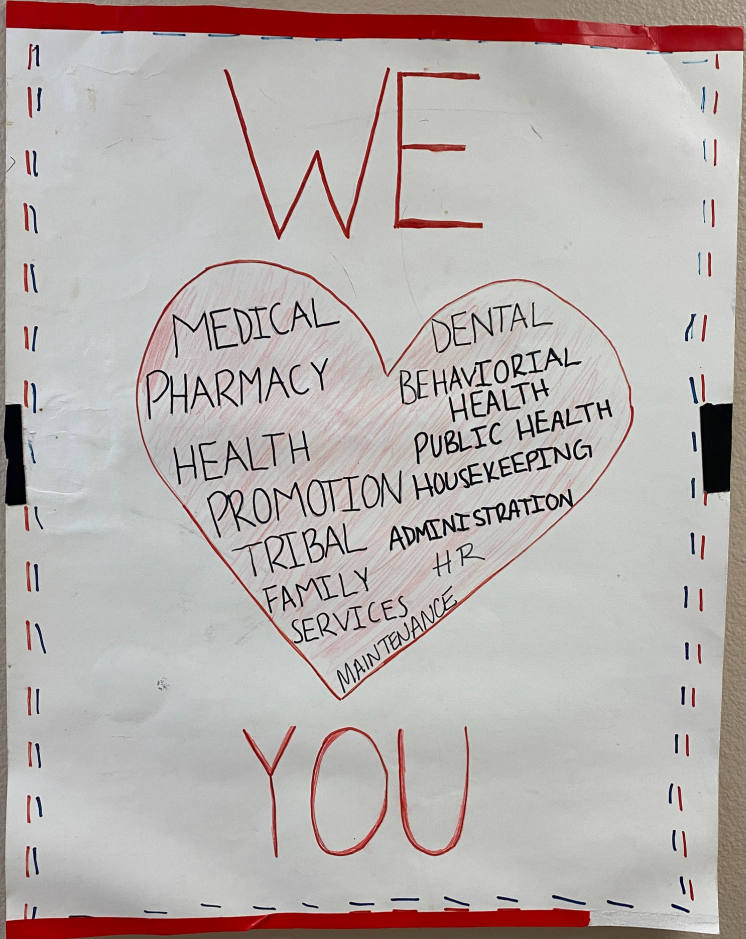
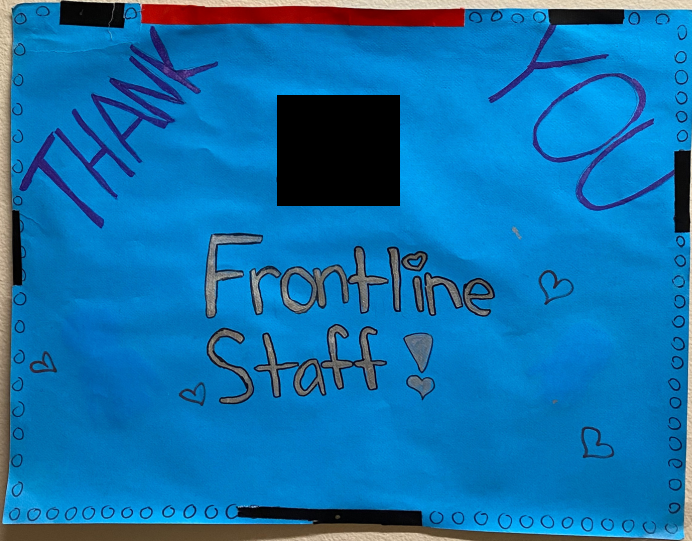
**2020 [REDACTED] VETERANS DAY LUNCHEON**

**MUST PREREGISTER FOR LUNCH AT**  
[HTTPS://TINYURL.COM/2020VETERANSLUNCHEON](https://tinyurl.com/2020veteransluncheon)

**~FRIDAY NOVEMBER 6, 2020**  
**10:30AM- WELCOME, BLESSING, ROLL CALL**  
**11:00AM- FOOD SERVICE**



# COMMUNITY FEEDBACK



# CONSIDERATIONS

Get started with Microsoft Teams

## HOW TO JOIN A VIRTUAL MEETING ON A COMPUTER

### WHAT YOU WILL NEED:

- Computer or laptop
- Web browser (\*Google Chrome highly recommended)
- Microphone (installed or external)
- Webcam (installed or external)
- Microsoft Teams meeting invitation (via link)

### TO JOIN WITH A LINK:

- Select Join Microsoft Teams Meeting in the email that contains your meeting invitation OR click the bit.ly link given to you
- Choose to join on the web
- Enter your name and join the meeting as a guest
- You may be placed in a lobby until the group facilitator can admit you into the meeting space

### TO CALL IN:

- If you do not have Google Chrome, you can download it for FREE at:
  - <https://www.google.com/chrome/>
- If you are unable to use the Teams app or Teams on the web, you can join by calling a phone number
- Go to the meeting invite in the email
- Dial the phone number listed to join
- The number in your invitation may not be local to you. Select Local numbers to find an appropriate one for you



## BARRIERS

- Technological Challenges
- Reservation Lockdowns
- Organizational Bureaucracy

## SUPPORTS

- Resource Mobilization
- Increased Capacity
- Community Care

## FUTURE APPLICATION

- Practicality
  - Accessibility
  - Cost
  - Time

# "REZ"ILIENCE

## General Timeline



March 2020

Reassignments &  
Remote Work

June 2020

Reassignments &  
Onsite Work

September 2020

Onsite Work  
End Reassignments

Currently

Transitioning to  
in-person work

**QUESTIONS?**