

**Whole Person Advocacy:
Integrating Mental Health**



2020 Annual Conference
Resource Guide

*We wish to thank Erica Loya who generously
volunteered her time to design this Resource Guide.*

DISCLAIMER:

Please note: this resource booklet was compiled by volunteers for the purpose of providing helpful references of interest to the public. We endeavor to provide accurate information, but we do not provide medical advice nor do we endorse any particular source of information. As always, you should rely on your own providers for medical advice.

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ADDICTION/SUBSTANCE ABUSE

Alcohol/Substance Abuse (Family Support)	"Free one-on-one individual and group support for families dealing with addiction"	"Partnership for Drug-Free/Center on Addiction"	https://drugfree.org/article/covid-19-we-are-here-for-you/
Opioid Use Disorder	"Online Support Groups for people who are having a hard time with opioids"	Bicycle Health	https://www.bicyclehealth.com/free-opioid-support-group
"Substance Use Support"	"Online recovery support meetings"	In the Rooms	https://www.intherooms.com/home/covid-19-resources/
Free recovery resources	Idaho's leading drug and alcohol treatment program.	The Walker Center	https://www.thewalkercenter.org/free-recovery-resources

ANXIETY, DEPRESSION

Online Resources for Anxiety and Depression	Search our directory of ADAA mental health professional members who specialize in anxiety, depression and co-occurring disorders.	Anxiety and Depression Association of America	https://adaa.org/living-with-anxiety/ask-and-learn/resources
Mental Health - Stress, Anxiety, PTSD, Depression, Bi-polar, Substance Abuse	Sinasprite is our clinically validated mental health video game loved by all ages, available as a phone APP.	Litesprite	FOR Android: https://play.google.com/store/apps/details?id=com.litesprite.sinaspritepro&hl=en FOR iOS: https://apps.apple.com/us/app/sinasprite/id929681872

CRISIS, PSYCHOSIS & SUICIDE

Early Serious Mental Illness Treatment Locator	Early Serious Mental Illness Treatment Locator, a confidential and anonymous source of information for persons and their family members who are seeking treatment facilities in the United States or U.S. Territories for a recent onset of serious mental illnesses such as psychosis, schizophrenia, bi-polar disorder and other conditions.	Substance Abuse and Mental Health Services Administration, part of the U.S. Department of Health and Human Services	https://www.samhsa.gov/esmi-treatment-locator
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CRISIS, PSYCHOSIS & SUICIDE CONTINUED

Mental Health Recovery	Foundation focused on mental health recovery	Zia Larson's RAY OF LIGHT FOUNDATION	https://www.ziasrayoflight.org/about-us-1
National suicide prevention 24/7 crisis line and website	The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.	National Suicide Prevention Lifeline	https://suicidepreventionlifeline.org/ or 1-800-273-8255
Crisis Text Line	"Free crisis text line that shows you how words help"	Crisis Textline	https://www.crisistextline.org
Psychosis Reach	Psychosis REACH is a free, two-day training that offers concrete, evidence-based skills for relatives and friends of individuals with psychotic disorders to better care for and relate to their loved ones.	University of WA	http://depts.washington.edu/ebpa/what-we-do/family-caregivers/psychosis-reach
Perinatal Mental Health	Postpartum Support International (and Postpartum Support International of Washington)	Emergency and Support Groups	https://perinatalsupport.org/

COVID-19 RESOURCES

Mental Health Resources	"Comprehensive COVID-19 Information and Resources"	"National Alliance of Mental Illness (NAMI)"	https://www.nami.org/covid-19-guide
Mental Health Resources	"Free COVID-19 Risk Assessment and Anxiety Screener"	NeuroFlow	https://start.neuroflow.com/coronavirus
Mental Health Resources	"Free online app to help people explore issues, including "I can't stop worrying.""	All Mental Health	https://coronavirus.allmentalhealth.org/
Early Serious Mental Illness Treatment Locator	Early Serious Mental Illness Treatment Locator, a confidential and anonymous source of information for persons and their family members who are seeking treatment facilities in the United States or U.S. Territories for a recent onset of serious mental illnesses such as psychosis, schizophrenia, bi-polar disorder and other conditions.	Substance Abuse and Mental Health Services Administration, part of the U.S. Department of Health and Human Services	https://www.samhsa.gov/esmi-treatment-locator

"Mental Health -Stress, Anxiety, Depression"	"Entire clinically-validated evidence-based mobile application based on cognitive behavioral therapy, currently used by over 3 million people, https://www.sanvello.com/coronavirus-anxiety-support/ and clinician dashboard for mental health professionals."	Sanvello Health	https://www.sanvello.com/coronavirus-anxiety-support/
"Mental Health Support For Latinx Youth"	"Personalized video nudges that make it easier to learn and practice effective self-care strategies"	MotiSpark	https://www.motispark.com/coronavirus?l
"Telehealth for Psychiatry"	"Tip Sheet on Preparing for Your Telehealth Visit"	"American Psychiatric Association"	" https://smiadviser.org/

INTEGRATIVE INFORMATION & RESOURCES

Loneliness and social isolation interventions for older adults: a scoping review of reviews	Research article describes the range of interventions to reduce loneliness and social isolation among older adults that have been evaluated	BMC Public Health. 2020; 20: 129. Published online 2020 Feb	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7020371/
Herb Sensory Stimulation	Sensory Stimulation Demonstration, Video	Eldergrow	https://vimeo.com/437993033/9e6f745d7e
Meditation	"Online free meditation and breath workshops"	The Breath Space	http://thebreathspace.com/meditations#guided-meditations
Headspace Meditation App	Online meditation app	Headspace is an English-American online health-care company, specializing in meditation.	https://www.headspace.com/headspace-meditation-app
Nourish Your Whole Self	Online and in-person programs focused on nourishing the whole self – mind, body and spirit	Dr. Deanna Minich	https://www.foodandspirit.com/

TRAUMA

<p>The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma</p>	<p>New York Times #1 Bestseller book that explores how scientific advances shows how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. The author also explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity.</p>	<p>Bessel van der Kolk (born 1943) is a Boston based psychiatrist noted for his research in the area of post-traumatic stress since the 1970s.</p>	<p>https://www.penguinrandomhouse.com/books/313183/the-body-keeps-the-score-by-bessel-van-der-kolk-md/</p>
<p>Mental Health/Trauma in the Household</p>	<p>Sue Varma, Psychiatrist and Loneliness Expert is interviewed.</p>	<p>NPR Story</p>	<p>https://www.npr.org/2020/04/12/832682496/coronavirus-quarantines-what-it-means-to-face-trauma-in-a-household-of-one</p>

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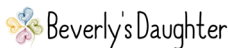
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VISION

Individuals are actively involved, fully understand, and can make their wishes known to choose the care they want.

MISSION

We transform people into active participants in their care. We do this by educating, connecting and inspiring people to include advocacy into all aspects of health and healthcare.

WASHAA is now HealthAdvocateX a not-for-profit focused on helping people transform into active participants in their care. For more information:

www.washaa.org www.healthadvocatex.org p. 206.377.3000

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