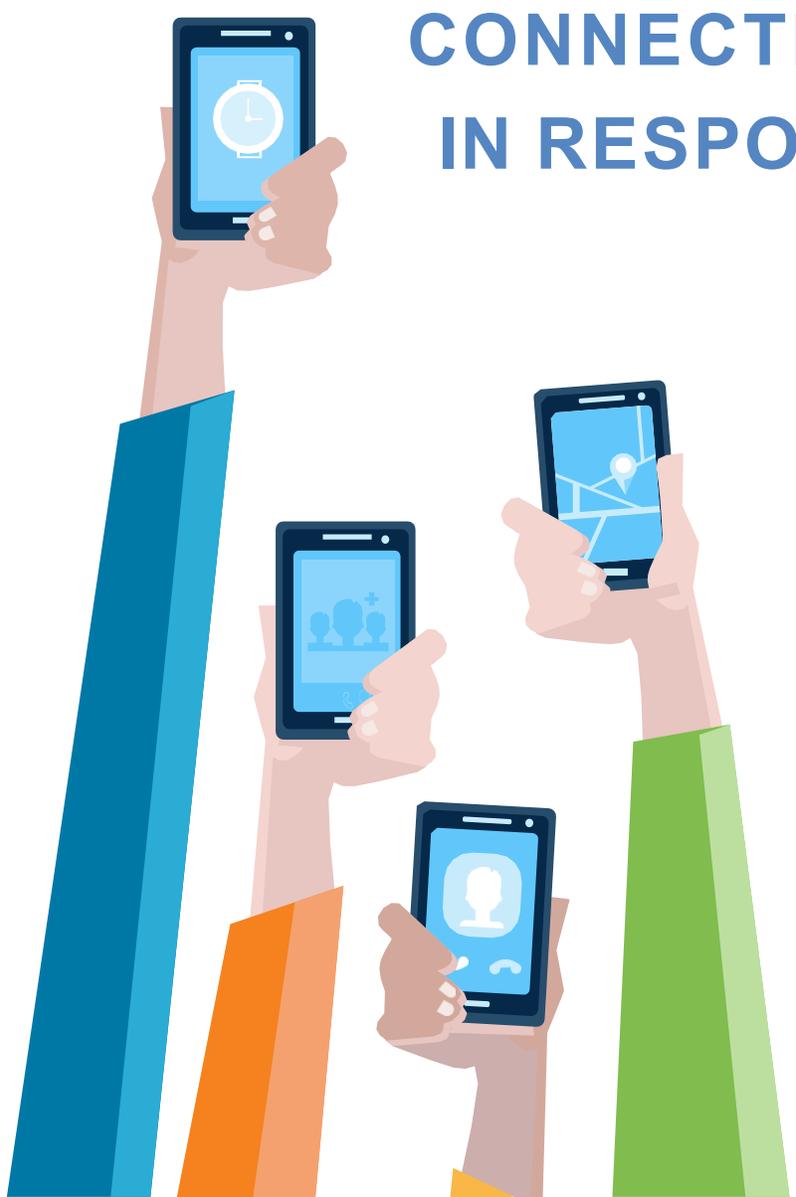




SANTA BARBARA COUNTY  
DEPARTMENT OF  
**Behavioral Wellness**  
A System of Care and Recovery

**HELP@HAND SOCIAL  
CONNECTEDNESS SUPPORT  
IN RESPONSE TO COVID-19**



## INFORMATION

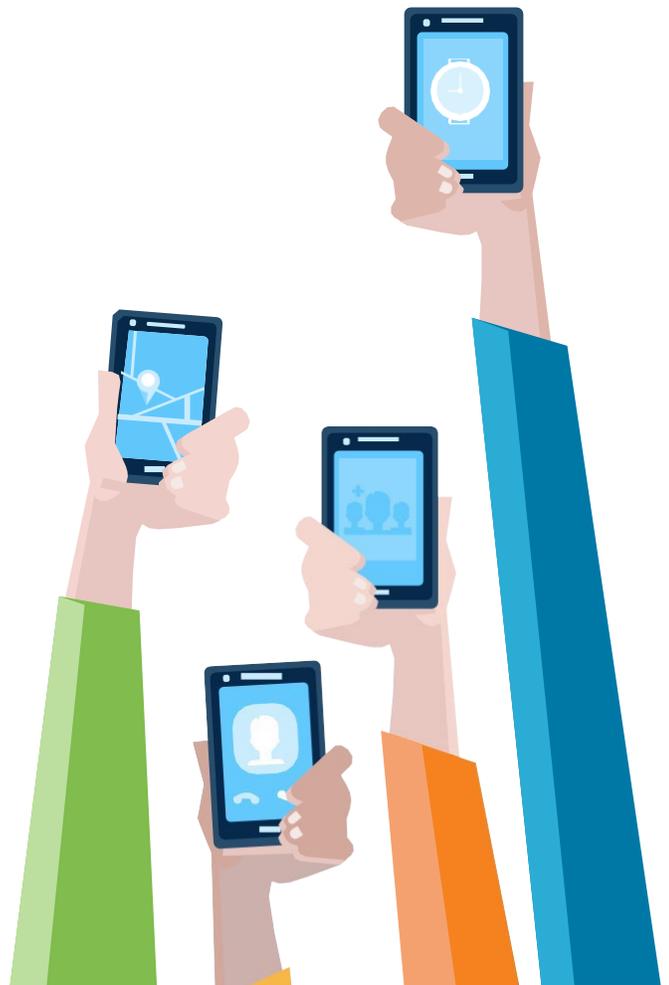
Help@Hand Project is a statewide collaborative and consumer-led project with 14 city and county behavioral health departments working together to bring technology-based mental health solutions to the public mental health system through a highly innovative “suite” of digital solutions. This project aims to expand access to mental health services by engaging and treating individuals that are unserved, underserved, and inappropriately served in the current traditional care delivery model. Help@Hand is funded by The Mental Health Services Act (MHSA); also known as Proposition 63.

In Santa Barbara, this project run led by a group of culturally diverse peers who are well versed in technology and are able to empower others to engage in self-care practices through the use of wellness technology. These practices expand and explore the wellness perspective through education about, and use of, wellness technology.

In response to the COVID-19 pandemic, the Santa Barbara Help@Hand project team has created this guide to offer technology wellness services to ANYONE in need. Our hope is that we can shift the focus away from the chaos of the emergency and focus on approaches that are filled with hope and solutions.

Our hope is to assist the community in their response to stressors and to help with the coping process during the outbreak of the coronavirus disease 2019 (COVID-19).

In Kindness and Loving Service,  
The Santa Barbara Help@Hand Team



## SOCIAL CONNECTION DURING ISOLATION CALIFORNIA CONSUMER PRIVACY ACT:

As we move forward with Social Distancing, it's important to be educated regarding the laws about using technology for Social Connectedness. Educating ourselves on current digital communication laws will help us better navigate internet boundaries and ethical guidelines. It will also ease anxiety, build trust, and enhance empowerment when using technology. The following diagram demonstrates some of the key elements of the new California Consumer Privacy Act.



Key elements of California's new data privacy law	
Requires businesses to give you all the information they collect about you.	Allows businesses to charge you more for their services if you opt out of letting them sell your data.
Requires businesses delete information they have collected from you, if you ask them to.	Allows you to sue companies that allow your personal information to be accessed or stolen through a data breach.
Requires businesses that sell personal information to create a simple way for you to opt out of having your data sold.	Forbids businesses from selling the personal information of children under age 16 unless the parent or the child opts in.

For more information, please watch the brief Cal Matters video explaining the California Consumer Privacy Act. Visit Cal Matters at: <https://bit.ly/californiaconsumerprivacvact>

To protect their data, some are choosing the simple Do Not Sell request, which prevents their data from being sold. When you make a Do Not Sell request, you'll have the chance to exercise many other privacy-related rights— including the right to view, edit, and delete personal data, and to know more about how your data is collected and shared. Visit Do Not Sell at: [www.donotsell.org](http://www.donotsell.org)

### HELP@HAND DIGITAL MENTAL HEALTH LITERACY

Partnering with the statewide Help@Hand collaborative and using input from local level Help@Hand peers, educational video tutorials were made. The goal of these videos is to empower communities to make informed decisions about how they use technology. Videos may be found here <https://helphandca.org/dmhl/>



## USING TECHNOLOGY TO STAY CONNECTED

Technology that we may have at home can make it easier to socialize despite restrictions. Socialization can help improve an individual's mental and emotional state, immunity system, cognitive functions, and self-esteem. Socialization can also reduce stress and anxiety. The below applications have been gathered through trainings held by leading mental health advocates throughout the state.

### SOCIAL APPLICATIONS



Marco Polo allows for friends to connect through short recorded videos. It allows for online continued communication on YOUR time. Reply with a short video when you are ready. Visit Marco Polo at: <https://www.marcopolo.me>

Simple. Secure.  
Reliable messaging.

With WhatsApp, you'll get fast, simple, secure messaging and calling for free\*, available on phones all over the world.

\*Data charges may apply. Contact your provider for details.

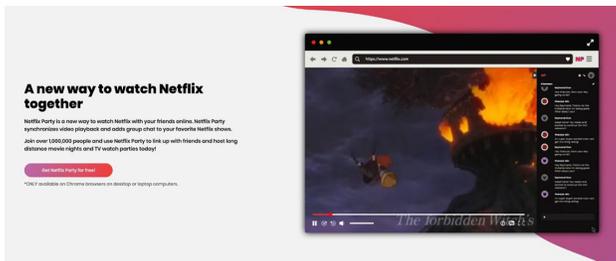
- Android
- iPhone
- Mac or Windows PC



WhatsApp serves as an international platform for people to text and call each other without paying international fees. COVID-19 is a global pandemic, so WhatsApp is a good tool to use when talking to friends and family around the world.

Visit What's App at: <https://www.whatsapp.com>

### HOBBY GEARED APPLICATION



NETFLIX Party allows for individuals to engage in a Netflix group chat so you and your friends can watch the same shows or movies and chat throughout the show! Visit Netflix Party at: [www.netflixparty.com](http://www.netflixparty.com)



Houseparty is the face-to-face social network where you can connect with the people you care about most. Share videos, play games, board games, and so much!

Visit Houseparty at: <https://houseparty.com>

# ALCOHOL AND DRUG SUPPORT

**NARCOTICS ANONYMOUS** can help you find the freedom to live your life without the use of drugs. Narcotics Anonymous is a fellowship of men and women for whom drugs had become a major problem. We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. Our Primary Purpose – to carry the message to the addict who still suffers.



Virtual Meetings:  
Zoom Meeting ID 494 965 5895

**ALCOHOLICS ANONYMOUS** is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.



Virtual Meetings:  
[https://www.aa.org/pages/en\\_US/options-for-meeting-online](https://www.aa.org/pages/en_US/options-for-meeting-online)

**Be Aware Be Prepared: Understanding an Opioid Emergency** provides educational materials to support overdose emergencies that happen every day in the United States, which is why you should Be aware and be prepared. Visit Be Aware Be Prepared at: <https://beawarebeprepared.com/resources/>

**The Opioid Overdose Prevention App** is the “Winner of the Opioid Overdose Prevention Challenge” organized by SAMHSA (The Substance Abuse and Mental Health Services Administration), the agency within the United States Department of Health and Human Services (HHS).



Learn the FIVE essential steps:

1. Call 911
2. Check for signs of overdose
3. Support breathing
4. Administer Naloxone Narcan
5. Monitor the person's response



Resources:

1. Understanding the problem
2. Conversation starters
3. Medicated Assisted Treatment (MAT)
4. Recovery Support
5. Relapse Prevention

## WEEKLY HELP@HAND PEER SUPPORT

The Help@Hand local team and the CA Statewide Peer Warmline are people who have been successful in the recovery process and who help others experiencing similar situations. Using understanding, respect, and mutual empowerment peer support workers help people become, and stay, engaged in the recovery process and reduce the likelihood of relapse. Peer support services can effectively extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking a successful and sustained recovery process.

### HELP@HAND PEER SUPPORT CALLS

Mon-Fri: 11AM-12PM

Mon-Fri: 5PM-6PM

### CALIFORNIA STATEWIDE PEER WARMLINE

Mon-Fri: 11AM-12PM

Mon-Fri: 5PM-6PM

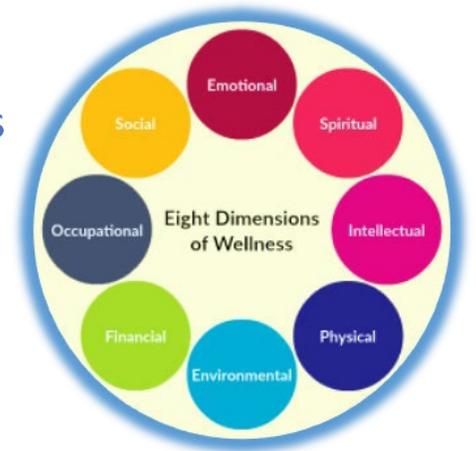
<https://zoom.us/j/5200068668>

[email.vramos@sbcbswell.org](mailto:email.vramos@sbcbswell.org) for Peer to Peer

Wellness calls after 4/30/2020

## WEEKLY CALENDAR BASED ON EIGHT DIMENSIONS OF WELLNESS

Substance Abuse and Mental Health Services Administration (SAMHSA) has identified eight dimensions of wellness to optimize health. The eight dimensions are: emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social. Wellness can be affected by the lack of support, trauma, unhelpful thinking styles, chronic illness/disability, and substance use. The eight dimensions are described below and are accompanied by examples of ideas and activities you can use daily to strengthen of each area.



### EMOTIONAL

Reflect each day on your emotions. What can your own emotions teach you? How can you express them?

### ACTIVITY

Consider journaling - we like journaling about places that make us feel safe and comforted.



### OCCUPATIONAL

Jump on RELIAS or any online training module to complete any trainings you may need or want to take that can support career growth and advancement.

### ACTIVITY

Add accomplishments or skills to your resume. Include trainings completed and don't forget to update contact information for your references.



## **SOCIAL**

Reflect each day on your emotions. What can your own emotions teach you? How can you express them?

### **ACTIVITY**

Consider journaling - we like journaling about places that make us feel safe and comforted.

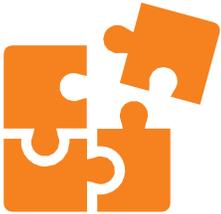


## **PHYSICAL**

Choosing activities that make our bodies feel healthy improves our ability to handle stress. This includes better understanding about medications.

### **ACTIVITY**

Check out free resources such as YouTube, to learn how to practice yoga and other exercises. Educate yourself on medicated assisted treatments that you may be on or even considering.



## **INTELLECTUAL**

Keep our brains active and our intellect expanding through conversations around growth.

### **ACTIVITY**

Sign up for a free computer class, start a blog, learn a new language, or read that book!



## **SPIRITUAL**

Connect to the broad concept of spirituality that represents one's personal beliefs and values and involves identifying meaning, purpose, and a sense of balance and peace.

### **ACTIVITY**

Read about other types of beliefs to help you become more understanding, accepting, and open-minded.



## **ENVIRONMENTAL**

Environmental wellness involves being able to be safe and feel safe. Let's do our part and self-quarantine as much as possible, and use precautions as necessary.

### **ACTIVITY**

Begin to organize or assess your home or living space. Look in magazines or online to find styles that you may like.



## **FINANCIAL**

Financial wellness involves things such as income, debt, and savings along with having a personal understanding of financial processes and resources. Let's become proactive.

### **ACTIVITY**

Make a gratitude list of all you have to ensure that you remain grateful during time of concern and discomfort.

# 24/7 ACCESS LINE

Toll-Free  
888.868.1649

Mental Health,  
Alcohol & Substance Use  
Information, Referrals  
& Crisis Support

If a crisis places anyone in  
immediate danger, call 9-1-1



[www.countyofsb.org/  
behavioralwellness](http://www.countyofsb.org/behavioralwellness)

