

Full chat record from 4/28/2020 webinar

12:58:49 From Andrew East : Good morning

12:59:20 From Mark Salzer : Good morning, Andrew and everyone!

12:59:27 From Terrance Nixon : Good morning Andrew and all!

12:59:27 From Jim Vollendroff to All panelists : Good Morning and welcome!

12:59:32 From Fred Clark to All panelists : Good morning all!

12:59:39 From Judith Maney to All panelists : Good Morning

12:59:41 From Kenneth Heaton to All panelists : Good Morning from Bright and sunny Spokane

12:59:42 From Mark Salzer to All panelists : Make sure when using chat to make sure it is going to everyone if you want to do that

12:59:43 From Joshua Wallace to All panelists : Can you verify that the audience will all be muted?

12:59:48 From Melody McKee to All panelists : Good Morning! So exciting!

12:59:51 From Teresa McKeehan to All panelists : Good Morning!

13:00:00 From Jamie Thornberry to All panelists : It is going to be a great day. Good morning friends!

13:00:07 From Amber Shirk to All panelists : Good Morning

13:00:11 From Teresa Lang to All panelists : how do I muste

13:00:15 From Meg Montgomery to All panelists : Good morning, this meeting looks a little different. I am looking for the Mute option. Are we all auto-muted?

13:00:15 From Heather Venegas : Good morning everyone!

13:00:28 From Kenna Brooks to All panelists : hello

13:00:31 From Jesse Camacho to All panelists : Good morning

13:00:36 From Milissa Leatherwood : Good Morning :) Checking in from Tenino WA

13:00:51 From Jim Vollendroff to All panelists : Hello Tenino!

13:00:52 From Justine McClure : Good Morning! Thank you for bringing everyone together. Justine from AFSP

13:00:56 From Jesse Camacho to All panelists : I'm checking in from Spokane, Washington

13:01:04 From Kenneth Heaton : Morning attendees

13:01:05 From Garret Holley : Morning!

13:01:08 From Sandra Puehl : Good morning from Fife, WA

13:01:08 From Jim Vollendroff to All panelists : Welcome Spokane!

13:01:14 From Meg Montgomery to All panelists : Here from Liberty Lake, WA :)

13:01:15 From Kim Olander to All panelists : Good morning!

13:01:18 From Deborah Hartze to All panelists : Good morning

13:01:24 From Michelle Solomon to All panelists : Good morning from Renton

13:01:26 From Bud Nokes to All panelists : Good morning from Spokane

13:01:27 From David Chappell : Greetings from Lacey,WA

13:01:34 From Marie Roberts to All panelists : Good Morning from Longview Washington..

13:01:36 From Jason Doty to All panelists : Good morning everybody

13:01:44 From Melinda Mueller to All panelists : Good morning everyone

13:01:58 From Kimberly Maki to All panelists : Good Morning from Tumwater, WA

13:02:02 From Nicole Luppens to All panelists : Good morning from Spokane Washington

13:02:06 From Darlene Poe to All panelists : Good morning from Olympia, WA

13:02:06 From Jim Vollendroff : Welcome Longview!

13:02:09 From Moranne Aaron-Berel to All panelists : Hello!!! P2P The Arc of Snohomish County, WA

13:02:17 From Nicole Vangrimbergen to All panelists : Greetings from Everett, WA

13:02:18 From Linda Wilkinson : Hi Milissa, hi everybody from Matlock WA

13:02:22 From Jim Vollendroff : Hello Olympia!

13:02:28 From Kathleen Merriam to All panelists : Aloha from Kathleen in Hawaii! xo

13:02:40 From Milissa Leatherwood : Hey Linda :)

13:02:42 From kellie cecotti to All panelists : greetings from Washington state

13:02:42 From Janavieve Cook to All panelists : Hello from Tacoma

13:02:47 From Olivia Jones : Hello everyone! Yes, all participants are muted. We'll be sharing options for participating in just a moment!

13:02:49 From Lauren Simonds to All panelists : @Kathleen - welcome Hawaii!

13:02:59 From Julie Hinkemeyer to All panelists : good morning everyone

13:03:01 From Meg Montgomery to All panelists : thank you

13:03:04 From Lauren Simonds : @Kathleen - Hawaii, welcom

13:03:12 From Georgia Butler to All panelists : I cannot hear Bryan

13:03:13 From jason sterba to All panelists : good morning!

13:03:14 From PAULA WIND to All panelists : Hi from Chehalis

13:03:20 From Alysyn Miranda : Good morning, all! Lovely day today!

13:03:23 From Eric Hood : Good Morning From Spokane

13:03:28 From Jason Aliberto to All panelists : Good morning

13:03:30 From Jack Akagi to All panelists : hello.

13:03:36 From Renee Tanael : Hello, I am in Moses Lake, WA

13:03:41 From Jamie Thornberry to All panelists : Mount Vernon

13:03:53 From Jessica Reyes : Good morning from Marysville WA and PROVAIL

13:03:55 From Tabby Stokes : Good morning from Vancouver WA

13:03:55 From Allison Arthur to All panelists : Good morning from Port Townsend

13:03:56 From Jill Wubbenhorst to All panelists : Good morning from Everett, north of Seattle

13:03:57 From Mike Kratochwill : Hello from Lake Stevens

13:03:58 From Stacey Devenney to All panelists : Good Morning!

13:03:59 From Alida Gowan to All panelists : Hello from Spokane!

13:04:00 From Luke Tolley : Can someone post that link in the chat please?

13:04:00 From Janavieve Cook : Hi from Tacoma

13:04:06 From YVETTE WILSON to All panelists : Good Morning From Fab Lab located in Tacoma WA

13:04:08 From Meg Montgomery : Hi from Liberty Lake

13:04:09 From Jack Akagi : there we go

13:04:10 From Megan Simmons : Morning from Seattle

13:04:11 From jason sterba : good morning to all!

13:04:14 From Alida Gowan : Hello from Spokane!

13:04:14 From Janice Schutz : Good Morning From Federal Way!

13:04:15 From Amy Fitzpatrick to All panelists : Good morning from DSHS Everett CSO!

13:04:16 From Kathy Davidson to All panelists : Hi from Yakima

13:04:16 From Susie Brandelius to All panelists : From Susie Brandelius at the Forks, WA AAA

13:04:17 From Keith Harris : Hello from Spokane WA

13:04:19 From Jim Vollendroff : Good morning and welcome everyone! We are at over 500
logged on!

13:04:20 From Deborah Dahlmann : Hello from Olympia

13:04:21 From Jenni Brown to All panelists : hi from lake Stevens

13:04:23 From Laura Hamilton to All panelists : Good Morning from Wenatchee

13:04:26 From McKinley Romero to All panelists : good morning from Spokane:)

13:04:30 From Laurel Lemke : Good morning, connecting from Lakewood, WA.

13:04:34 From Rayeong Chang to All panelists : Good morning from Seattle

13:04:35 From Emily Johnson to All panelists : Good Morning from Lynnwood

13:04:41 From Shannon Foley : <http://www.tucollaborative.org/keeping-connected-while-staying-apart/>

13:04:43 From Kathleen Thorp : Good morning!

13:04:44 From Jim Vollendroff : Glad to see all corners of the state represented.

13:04:47 From Dannette Chambers : Good morning from Tonasket

13:04:47 From Corinne Zibelli to All panelists : Hello! Hello from Issaquah! :-)

13:04:50 From Kim Hitchcock to All panelists : Good Morning from Yakima Parent Child
Assistance Program

13:04:51 From Doug Stauffer : Good Morning from Tacoma, WA!

13:04:53 From yolanda difabio to All panelists : Good morning and can you pl post the link in
the chat thank you

13:04:53 From Jerri Stanley : Good morning Jerri. Stanley from Vancouver WA

13:04:53 From Diane Fobes to All panelists : Hello, from Diane Fobes from Auburn

13:04:55 From Luke Tolley : Thank you Shannon!

13:04:59 From Kassie Fauth to All panelists : Good Morning from Cheney WA

13:05:12 From Crystal Reed to All panelists : Good Morning from Whidbey Island

13:05:12 From Shelley Wright : Good Morning from Rainier School in buckley Washington

13:05:16 From Jennifer Lengyel to All panelists : Good morning from Kent

13:05:28 From Terrance Nixon : Hello all from Spokane WA!

13:05:44 From Sherrie Hetherington to All panelists : Good morning KCVP seattle

13:05:50 From Wendy Einer : Hi! Cloudy in Olympia

13:06:03 From Irene Stewart to All panelists : Hi, everybody, from Seattle!

13:06:07 From brad currah to All panelists : Hello from tacoma

13:06:13 From Brandi Jo Russell to All panelists : Hello! A bit chilly too!

13:06:18 From Gracie Schauls to All panelists : Good morning from Colville WA!

13:06:19 From Katheryn Larson to All panelists : Good Morning from Kate Larson Rainier School

13:06:37 From Nancy Brubaker : Good morning from Olympa

13:06:58 From Jim Vollendroff : Hello Olympia!

13:07:00 From Irene Stewart : Hi again, from Seattle!

13:07:03 From Brandi Jo Russell : Thank you for that!

13:07:06 From Julie Hinkemeyer : good morning from Spokane valley

13:07:08 From brad currah : Hello All from Tacoma.

13:07:08 From kellie cecotti : Hello all from Marysville, WA

13:07:32 From Debbie Anderson : Good Morning from Lacey!

13:07:35 From Jim Vollendroff : Welcome Marysville!

13:07:45 From McKinley Romero : Ah yes, I have it selected properly now:)

13:07:51 From Vickie Gutheridge : From Yakima WA

13:07:52 From Michelle Solomon : HEY JIM!!! :D

13:07:53 From Herminia Esqueda : From Sunnyside, WA

13:07:56 From Lori Moore : Good morning from Skagit County, WA!

13:07:57 From Brandi Jo Russell : Olympia!

13:08:00 From Jim Vollendroff : Welcome Debbie from Lacey!

13:08:26 From Jim Vollendroff : Hi Michelle! Great that you are here!

13:08:29 From Jamie Lewis to All panelists : Good morning from Vancouver

13:08:54 From Janice Wharton to All panelists : hello fromJanice in Roy

13:09:01 From Jesse Camacho : Hello from Spokane, Washington

13:09:01 From Lou Ann Carter to All panelists : Hello from Everett.

13:09:13 From Emily Dunn to All panelists : A friend is telling me she can't join because it said it has reached a 500 person max? Is there a limit?

13:09:16 From Kathleen Merriam : Sending you all lots of aloha from Hawaii! Great to be with you! I'm from WA and used to partner with Temple when in MA:) Aloha, Kathleen xo

13:09:16 From Irina Wood to All panelists : Hello from Sedro-Woolley, WA

13:09:24 From Kimberly Maki : Good Morning from Tumwater!

13:09:33 From Theron Dixon : Welcome and happy Tuesday from the Long Beach Washington Peninsula.

13:09:37 From Melody McKee : Wow! Welcome from Roy!

13:09:47 From Jim Vollendroff : There is a limit - it is being live streamed on Facebook live.

13:09:53 From KATHERINE GRILLO to All panelists : From Katherine Grillo from Yakima

13:10:15 From Tess Cannon to All panelists : Hello, From Vancouver WA

13:10:31 From Dolly Kilstrom to All panelists : Hi everone from Dolly's Loving Care AFH in Yakima

13:10:56 From Jim Vollendroff : Love changing the convesation from social to physical distancing,

13:11:13 From Brenda Frost : Here from Montesano good morning

13:11:13 From Jim Vollendroff : Welcome Dolly!

13:11:33 From Melody McKee : Montesano! Welcome!

13:11:38 From Jim Vollendroff : I'm originally from Aberdeen! Welcome Montasano!

13:11:38 From brad currah to All panelists : So, would you like us to share some stories on this web chat?

13:12:01 From Olivia Jones : stories, suggestions, resources for remote community participation - whatever you have to share!

13:12:08 From Jim Vollendroff : please do Brad,

13:12:12 From Kim Welling to All panelists : hi from Burlington WA

13:12:14 From Brenda Frost : I'm at work in the office today, my one day a week in Aberdeen.

13:12:22 From Mark Salzer : Yes, share anything that others could do to promote meaningful activities and connections.

13:12:22 From Vickie Gutheridge : At Sundown M Ranch we are using Zoom for my IOP groups and I am working hard at keeping my patients engaged and allow them to share their struggles and their

successes. I am encouraging them to connect with others their group mates by facetime, skype and some are even meeting in the outdoors and taking hikes with groups less than 5 people.

13:12:41 From Gerardo Andrade to All panelists : Go Cougs!

13:12:52 From Janavieve Cook : The Peer Alliance Workforce has Community Connections Zoom webinars that covers Vets, Co-Occurring, family solutions

13:13:12 From Janavieve Cook : for WA state

13:13:53 From Mark Salzer : Please share examples of what you are doing to promote meaningful activities now while we shelter in place.

13:14:13 From Jim Vollendroff : Nice work Sundown M Ranch! Go Cougs!

13:14:50 From Janavieve Cook : Pierce Alliance zoom webinars also have family game night where we play games

13:14:54 From Ann Cotton : Greetings from Vancouver, WA

13:15:14 From Char Carte : Keep a positive attitude with clients.. facebook group for past and current coworkers

13:15:16 From Jim Vollendroff : Love the idea of game nights!

13:15:18 From Diane Fobes to All panelists : My People ask; How do we know what the Real current rulings on social distancing are? (there are so many shared assumptions)

13:15:42 From Renee Tanael : I am involved in couple of books club and we zoomed our last two discussion. it's not the same but we can still connect.

13:15:52 From Candace Holmes to All panelists : Greetings from Davenport, WA

13:15:55 From Janavieve Cook : Pierce Alliance has yoga, humor and creative zoom mtgs for art like slam poetry

13:16:04 From yolanda difabio : virtual ASL happy hours as well as family game nights

13:16:04 From Betsy Berndt to All panelists : Hello from Castle Rock, WA

13:16:04 From Janice Schutz : Washington State Community Connectors has been holding weekly Zoom meetings with the Family Liason from DBHR so families can get updates and share concerns. We are also co-hosting the Friday night Zoom with PWA for families.

13:16:57 From Rayeong Chang to All panelists : Hi Victor!

13:17:07 From Jim Vollendroff : Love the work of Washington State Community Connectors!

13:17:30 From Mark Salzer : We will be able to respond to raised hands in about 30 minutes

13:17:33 From Jim Vollendroff : Hi Rayeong!

13:17:56 From Wendy Einer : Our program serves people in nursing facilities with intellectual disabilities or related conditions. We have a service called Community Engagement where someone is able to go out into the Community with a paid provider. That has come to a complete stop due to NFs being on lockdown. We are all about technology! iPads have become extremely important for the providers to keep in touch and talk about what connections they have made in their community and how to maintain connections and improve connection with family. Joy for today And HOPE - This will end someday!

13:18:01 From Kathleen Merriam : Wow! What an incredible panel! Awesome experience! So excited! Thanks so much!!!

13:18:36 From Rayeong Chang to All panelists : Thank you, Jim for organizing this meeting!

13:18:47 From Laura Van Tosh to All panelists : Hi Kathleen! So glad you're here.

13:19:21 From Jim Vollendroff : Thanks Kathleen! It is a great panel this morning!

13:19:23 From Jenni Brown to All panelists : using smart phones and iPads with the app Marco Polo has really helped me and clients to make face to face connections on our own time

13:19:31 From Megan Simmons : YWCA Pierce County (Tacoma) Children's and Counseling Programs are creating a weekly comic coloring book and activity packets for families that we are working with and providing these "at home" kits to support kids and families in conversations about worry, frustration, boredom, and encountering "big feelings" in this time.

13:20:03 From Mark Salzer : Gretchen has a 1-year-old. :)

13:20:14 From Kim Welling to All panelists : love it!

13:20:17 From Melody McKee : @YWCA Pierce County - that is AMAZING

13:20:18 From Dolly Kilstrom to All panelists : Hi I am Dolly Kilstrom I am the owner of Dolly's Loving Care AFH. I have 2 employees with me Cheryl Rodriguez and Andre Cadousteau

13:20:21 From Jim Vollendroff : Love seeing all the examples of resources and tools everyone is using!

13:20:23 From brad currah : My daughter is part of a faith-based youth group which has reached out to assisted living homes. The homes identify mostly older folks who are feeling especially isolated, and sending names, envelopes and stamps to kids in the youth group. Many of those kids claim to be "bored," (especially the extroverted ones) and are given opportunities to write letters as pen pals to some of these isolated people in their community. Let's face it, the kids are feeling isolated from the outside world as well. My daughter loves it.

13:20:38 From Linda Wilkinson : Looking specifically for integrated community opportunities for adults with DD, Mason/Thurston counties if anyone knows of any.

13:20:54 From Michelle Solomon : Whoo! Shout out to the RTs!!!

13:21:05 From Laura Van Tosh to All panelists : Hi Mark and Jim - In my own time, I'm helping to GOTV and involved locally with others. Elections will look differently, you know this!

13:21:39 From Jim Vollendroff : "My daughter is part of a faith-based youth group which has reached out to assisted living homes. The homes identify mostly older folks" Love this! Great for all parties!

13:22:04 From Wendy Einer : Hey Linda - Do your folks get services with DDA? Community Respite is awesome! It will make a comeback - when we get back to new normal!

13:22:17 From Jim Vollendroff : Hi Laura! So glad you are here!

13:22:26 From Linda Wilkinson : Wendy yes they do, I will make note of that! Thanks

13:23:14 From Wendy Einer : Some folks may be eligible for Community Guide/Engagement, as well.

13:23:44 From PAULA WIND : I work with D D folks .we zoom weekly and do Garden tours.Show and Tell.etc

13:23:50 From Jim Vollendroff to All panelists : Nice job jumping in Lauren!

13:24:13 From Kathi Whittaker to All panelists : Not clear how to access web sitesunable to copy while on webinar...

13:24:22 From Mark Salzer : we have storytelling resources on our website

13:24:28 From Linda Wilkinson : We are doing video bingo but mainly for our supported living clients

13:24:38 From Jade Catherine Osilla to All panelists : @Mark, which website?

13:24:39 From Mark Salzer : tucollaborative.org

13:24:44 From Jade Catherine Osilla to All panelists : Thanks :)

13:24:51 From Wendy Einer : Excellent! We have folks in nursing facilities that get together virtually to discuss crafts - jewlery making, crocheting, and arts making music

13:25:04 From Emily Ames to All panelists : Linda - I do as well! We are starting to do zoom classes weekly. Feel free to email me if you are interested in learning more about them to see if it would be a good fir for folks you are working with - emilya@larchetahomahope.org

13:25:04 From Madeline Napel : I'm working Dandylyon Drama to provide zoom acting classes for young adults with DD. Most of our students typically rely on DDA respite funding for our classes, but we're having trouble getting approval to use DDA funds for online classes— the process has been long and circuitous. Is anyone else navigating this?

13:25:05 From Terri Gerber to All panelists : I'm looking for idea's for my 20 year old daughter, who is high functioning DD and high anxiety. Doing comm. College online, but with no close friends how to help her during this time.

13:25:45 From Emily Ames to All panelists : Yes Madeline, our org is also trying to figure that out as well, seems like it has been varying from case manager to case manager.

13:26:18 From Seika Brown : Hey Terri! The gates foundation offers storytelling events that is hosted by the organization called "Story tellers for change" maybe check it out and I might be able to send you the link for the next webinar

13:26:31 From Wendy Einer : Keep asking! Go up the chain of command! Different DDA programs are trying to increase flexibility in services during the crisis!

13:26:35 From Olivia Jones : these are great ideas!

13:26:46 From Emily Ames to All panelists : Thanks for that encouragement Wendy!

13:26:46 From Jamie Thornberry : When I am not with my sons I call them and read them their stories. They love it, this may make elders happy, to hear the old moral stories.

13:26:50 From Seika Brown : It's focused for teens and young adults so perhaps your daughter may be interested :)

13:26:54 From Janavieve Cook : the Science of Well Being is a class on Coursera which is an uplifting free course. The Happiness Lab is a good podcast

13:26:56 From Terri Gerber to All panelists : Yes please thank you

13:26:56 From Bryan McCormick to Emily Ames and all panelists : Emily, your post only went to panelists, so you may want to repost to everyone

13:27:12 From Samantha Gosser to All panelists : previous screen please

13:27:22 From Olivia Jones : great idea Seika, that website is <https://www.storytellersforchange.org/>

13:27:30 From Emily Ames : Yes Madeline, our org is also trying to figure that out as well, seems like it has been varying from case manager to case manager.

13:27:41 From Emily Ames : Thanks for that encouragement, Wendy!

13:27:43 From Holly Leonard : We have had success billing DDA for respite for Zoom classes for our members who do not require "line of sight" care. We encouraged our families and caregivers to just keep asking their caseworkers to approve Zoom hours. They did and it worked!

13:27:48 From Ann Cotton : The Alano Club of Portland has stepped up and partnered with others to set up virtual/digital meetings for many different kinds of recovery support. Try www.portlandalano.org
<https://recoveryresourcespdx.com/digital-meetings>

13:27:58 From Cole Devlin to All panelists : I also recommend the Science of Well Being on Coursera! It is a fantastic class, and provides some great insight into the scientific factors of happiness.

13:28:01 From Pattie Marshall : <https://www.peerworkforcealliance.org/covidwebinarsaccess>

13:28:07 From Ann Cotton :

Emotional Freedom Technique/EFT tapping This gal is doing free sessions which are good for cravings, self-care and PTSD.

https://www.karenaquinas.com/special_events.html

13:28:26 From Brandi Jo Russell : HI Patty!

13:28:27 From Laura Cooley : Hi from Laura Cooley (with the Northwest Addiction Technology Transfer Center at UW in Seattle). Please join us Wednesday at 12pm (PT) for our webinar, Telemental Health Fundamentals: Preparing Your Office and Engaging Your Patients.

This 1-hour webinar will provide guidance to providers interested in delivering mental health services through telephone and/or videoconferencing. Participants will receive a brief overview of Telemental Health essentials, including technology selection, client screening, office space adaptation, documentation, responding to emergencies, and fundamentals of clinical engagement through this modality. Presented by Sara Smucker Barnwell, PhD, licensed clinical psychologist. Register for the webinar on our website: www.northwestattc.org

13:28:27 From Kathleen Merriam : Does Five mean 5 minutes for 5 things to do?

13:28:42 From Jim Vollendroff to All panelists : FYI - Lots of comments/questions related to those livign with DD.

13:28:43 From Olivia Jones : "all panelists and attendees" OR "everyone" depending on how it shows up for you

13:28:54 From Emily Ames : That's really encouraging Holly! We are trying to get approval for our zoom classes online as well.

13:28:56 From Pattie Marshall to Brandi Jo Russell and all panelists : hi brandijo! Pattie here.

13:28:57 From Gretchen Snethen : Hi Kathleen! 5 refers to connecting to 5 individuals

13:29:03 From Tyler Schrenk : Hi, my name is Tyler Schrenk. I am a C1 quad. We are hosting a series of webinars to pass along important knowledge that can be useful to people with disabilities. For example, we will be having a chat with Microsoft inclusive hiring program's lead, so individuals with disabilities can learn about inclusive hiring.

<https://attendee.gotowebinar.com/register/4699110793045857806>

13:29:05 From Gretchen Snethen : But I like the idea of striving for 5 activities

13:29:08 From Irene Stewart : Has anyone tried the AARP Friendly Voices service for scheduled phone calls to older people? If so, what is your experience?
<https://aarpcommunityconnections.org/friendly-voices/>

13:29:09 From Madeline Napel : Thank you all for your support and encouragement?

13:29:11 From Cole Devlin : Posting this again for attendees, lol - I also recommend the Science of Well Being on Coursera! It is a fantastic class, and provides some great insight into the scientific factors of happiness.

13:29:11 From Madeline Napel : !

13:29:20 From Clayton McCrary to All panelists : Hello, I am a student graduating this June and I am homeschooling my kids while research writing about teleservices/telehealth programs for Thurston county. Thanks for the opportunity 😊

13:29:31 From Wendy Einer : Always know who the Case Manager's supervisor is. Things change so much - Case Managers can't possibly know everything that has changed. Remember, they're not in an office and don't get face to face feedback and updates .

13:29:33 From Kathi Whittaker : How can I copy the web sites when I am at webinar.. .worried I would leave meeting...?

13:29:54 From Olivia Jones : Kathi, we will save all these resources and send them out to everyone!

13:29:54 From Jim Vollendroff to All panelists : Thank you Tyler! Great work!

13:30:09 From Jim Vollendroff : Thank you Tyler! Great work!

13:30:18 From Keith Henry to All panelists : will the slides be sent to us attendees?

13:30:20 From Wendy Einer : Thanks for the AARP tip! Going to use it!

13:30:45 From Olivia Jones : Keith, the slides, a recording of the webinar, and all the resources from the chat will be sent out!

13:30:46 From Gretchen Snethen : Kathi- We will share the resources that are identified in the chat after the webinar

13:30:56 From Keith Henry to All panelists : thank you

13:31:40 From Jim Vollendroff : Thanks for sharing the AARP service. I'm going to check this out!

13:32:03 From Jamie Thornberry : Thank you Irene S. I will use that website, I think I would love to read stories, like Hans Christian Andersen stories, to lonely elders!!!

13:32:07 From Jamie Thornberry : now I can

13:32:20 From Moranne Aaron-Berel to All panelists :
https://www.facebook.com/events/2641793885948306/?event_time_id=2641793905948304

13:32:21 From Tyler Schrenk : Tyler Schrenk here my nonprofit foundation provides technology donations to people with disabilities.

13:32:38 From Tyler Schrenk : thetsf.org

13:32:57 From Vickie Gutheridge : I received notification that Molina and CHPW are both giving phones to eligible patients along with up to 6 gig of data. so have your patients ask their provider of healthcare insurance and see if they are eligible for a free phone with unlimited text, 500 min of phone and 6 gig of data.

13:33:05 From Kathi Whittaker : What organization/s can assist adults w autism & are there volunteer groups to support .. in King co Snohomish Co. ?

13:33:11 From Moranne Aaron-Berel to All panelists :
https://www.facebook.com/events/167259021062374/?event_time_id=167259041062372

13:34:30 From Tyler Schrenk : kathi-If it has to do with technology my business is contracted with the state of Washington to provide services.

13:35:04 From Tyler Schrenk : www.assistivetechconsulting.com

13:36:07 From Melody McKee : Love seeing all the connections being made here!

13:36:17 From Seika Brown : I would recommend looking at wcaap.org im not too familiar with it however, it has local groups and services specific to adults w/ autism @kathi

13:36:18 From Emily Ames : for those who have had success with DDA respite over zoom, would you be willing to share your email/org contact? would love to connect if you have capacity for more questions in navigating that. We have been doing free zoom activites/classes the past month but are realizing we cannot sustainably do this so are trying to find different funding streams.

13:36:21 From Olivia Jones : great ideas, everyone!

13:36:27 From Jennifer Lengyel : Can we get a copy of the chat log also?

13:36:38 From Megan Simmons : For more local volunteer opportunities check out United Way in your area (they have been keeping updated lists online) and Mutual Aid Network which is throughout Western WA as well as VolunteerMatch

13:36:45 From Olivia Jones : Jennifer, we will be sending that out! great question

13:36:54 From Crystal Reed to All panelists : Jennifer, Copy and paste into word. That's what I do.

13:37:02 From Kathy Davidson : so many great ideas being shared

13:37:04 From Jenni Brown to All panelists : text smallgroup to 99000 to join one of 9,000 small group bible studies using zoom as platform via Rick Warren at Saddleback Community church

13:37:23 From Olivia Jones : Crystal, you can definitely do that, but we will also be sending out the whole chat! hope that helps.

13:37:41 From Crystal Reed to All panelists : Wonderful :)

13:38:35 From Jamie Thornberry : What is the name of the bad art facebook page Gretchen?

13:38:56 From Dolly Kilstrom to All panelists : We do worship in mornings and before bed. We also play dominos, keroke, and we have a clock makes music every hour everyone gets up and wiggles and uses the restroom.

13:39:17 From Michelle Fulbright : Try - JustServe.com for stay-at-home service opportunities <https://www.pinterest.com/amomstake/justserveorg/>

13:39:23 From brad currah : On the technology topic, my teenage daughters are really getting into snail mail lately. It's strange, novel, and maybe even a little hip. They're finding that during this "quarantine" it makes them feel even more connected to their friends in some ways... sometimes they struggle to understand the stamp technology. Wrong number of stamps, wrong placement, so their letters are often returned. They're learning, and really liking it. The flip side of that is that they can send mail to their grandmothers, who don't always have much computer tech. abilities. Grandmothers do however tend to be really good with Snail Mail technology - a fun for all way to connect.

13:39:47 From Robin Guyton to All panelists : could you include a link for the virtual board games?

13:39:56 From Kenneth Heaton : Wow, I can't do puzzles because of 5 cats

13:39:59 From Jamie Thornberry : For help in Skagit County, or to offer help, go to <https://www.communityactionskagit.org/>

13:40:16 From Natalie Onopchenko : Hello Everyone! Natalie Onopchenko here I am one of the interns working on ConnectionsRx peer support group. Me and Lindsay Green are on this call we would love to have more members see what we have posted! Feel free to request to join, thank you!!

13:40:48 From Michelle Solomon : Can you link the page to join?

13:40:56 From Melody McKee : My 12-year-old daughter made cards for neighbors and delivered them to mailboxes down our alley way. I was so touched by it, because she came up with the idea all on her own. She even wrote a card to the neighbors dog!

13:41:08 From Julie Hinkemeyer : is there a way to see all the panelist at the same time?

13:41:11 From Olivia Jones : the virtual board game site Gretchen mentioned is Tabletopia, but there are a lot of other options!

13:41:35 From Jim Vollendroff : Thanks Natalie! Glad you and Lindsay are here! Thanks for your work!

13:42:21 From Irene Stewart : Check online resources at your public library. Many have awesome resources available for free if you have a library card and PIN. Look for news, magazines, music, videos, training (Lynda.com and more).

13:42:28 From brad currah : My daughter will set up a chair for her boyfriend outside of our sliding glass door. He drives over and they talk on the phone while being 2 feet from each other (plus

glass). They're talking about playing the board game "Battleship" this week. Luckily the weather has been great, so it's a great date for them. I joke that this is the way all teens should always date :-)

13:42:33 From jackie harden : Livemusicproject.org has listings for live music also

13:42:34 From Jim Vollendroff : "My 12-year-old daughter made cards for neighbors and delivered them to mailboxes down our alley way. I was so touched by it, because she came up with the idea all on her own. She even wrote a card to the neighbors dog!" Love this!

13:42:40 From Jamie Thornberry : Postcards are so fun

13:42:53 From jackie harden : Group Muse - live music

13:43:00 From Bridgetl to All panelists : Same here with postcards!

13:43:18 From Wendy Einer : Melody, that is beautiful!

13:44:07 From Madeline Napel : Check out Disability Arts Online podcast called Disability And... in collaboration with Graeae Theatre

13:44:16 From Seika Brown : A great resource for your kids in K-12, is TEAM United. It a group of high school students that offer free tutoring services on many subjects in school!!

13:44:23 From Laura Simonds to All panelists : sorry, I lost my internet connection. I'm back now.

13:44:45 From Bridgetl to All panelists : We do porch concerts. My son needs to practice his violin and others can enjoy the music while they garden or are inside. One of our neighbors sets up a chair on the parking strip to enjoy at a safe distance.

13:45:08 From Melody McKee : @Bridgett - that is AWESOME

13:45:52 From Janavieve Cook : in Tacoma the tiny houses next to peoples park would love help with food

13:45:59 From Jamie Thornberry : For Volunteering in Skagit County email VolunteerCenter@CommunityActionSkagit.org

13:46:05 From Gretchen Snethen : I've been using an app called Postsnap, which allows you to create a postcard out of a photo and sends it!

13:46:11 From Bridgetl to All panelists : @melody Thank you! The neighbors have emailed me to say how much they appreciate it

13:47:19 From Jessica Whisman to All panelists : I am a program manager at a senior center. I have been running out of ideas to give our seniors. This webinar has been amazing and has given me many resources to give to the seniors in our community. A huge thank you to all of you for putting this together.

13:47:37 From Irene Stewart : Zoom Basic is free. If you have more than 8 people o the call, you get cut off automatically at 40 minutes. But everyone can log back in right away, using the same link, and continue talking. Really good for family and friend conversations!

13:47:42 From Lisa Illahee : I co-facilitate a Wellness Wednesday chat, presentation, check-in with HR staff to allow them to connect with each other. We talk about how we are managing, what we're watching, recipes, and we close out with a guided breathing exercise. It's stretching my comfort zone with videoconferencing.

13:47:46 From Olivia Jones : we're so glad to hear that, Jessica!

13:47:58 From Bridgetl to All panelists : @gretchen love that! Postsnap sounds cool

13:48:03 From Megan Simmons : Thanks Cole!

13:48:08 From Irene Stewart : Whoops, per my previous message re: Zoom Basic, I meant to say "more than 3 people"

13:48:09 From Jim Vollendroff : Thank you Jessica! Glad this has been helpful!

13:48:33 From Gretchen Snethen : That's great, Lisa! We use some 'theme days,' too to help encourage engagement!

13:49:41 From Katherine Ngo : Thanks for touching on these important racial and social justice points Victor.

13:50:17 From Shannon Foley : I love that idea. 1 thing a day that sparks joy.

13:50:46 From McKinley Romero : yes, life cannot revolve around this pandemic totally

13:50:50 From Teresa McKeehan : Thank you Victor!!!! Wonderful ideas.

13:50:58 From Gretchen Snethen : THat's great advice! The news and pandemic are too readily available! I think it's important to limit that

13:51:01 From Melody McKee : Thanks Victor!!!

13:51:03 From Bridgetl to All panelists : Thank you Victor!

13:51:12 From Willa Evans to All panelists : Thanks Victor -- great reminder to take holistic approach

13:51:17 From Olivia Jones to All panelists : Question from the Q&A: Hey Cole! When you meet with your youth over video, what does that look like? Do you plan activities?

13:51:34 From Victor Loo : THANK YOU folxs for the comment. Please feel free to reach out to me anytime victor@acrs.org

13:52:00 From Victor Loo : victorL@acrs.org

13:52:09 From Megan Simmons : Thanks so much Victor :)

13:52:09 From Victor Loo : typo on the first email

13:52:32 From Jamie Thornberry : Thank you Victor!

13:53:37 From Tawnia Bezotte : Sorry Im a little late :)

13:54:13 From Tyler Schrenk : One more reminder if anyone wants to do another webinar today we are doing this. It is free. Do you or someone you know have a disability? Today we talk with Jessica Rafuse who leads Microsoft's inclusive hiring program. 12 PM PST. Registration: <https://attendee.gotowebinar.com/register/4699110793045857806>

13:54:30 From Megan Simmons : For staff connection at our agency we also implemented a day each week where we wear something with our work's color which is orange—so it's Wear Orange Wednesday tomorrow! Its a great way to feel connected from afar :)

13:54:33 From Jamie Thornberry : Awesome, thank you Laura, your story is inspiring

13:54:37 From lindsay green : Hello Everyone! I am Lindsay Green and I am an intern working on ConnectionsRx peer support group with Natalie! I've included the link to our Facebook group for anyone interested :) <https://www.facebook.com/groups/connectionsrx/>

13:54:40 From Megan Simmons : Thanks Laura!

13:54:46 From Laura Simonds to All panelists : Lsimonds@namiwa.org

13:54:47 From Laura Simonds to All panelists : Lauren Simonds

13:55:00 From Julia Weese : I am so much better in person. I prefer my interactions be in person. so right now I'm basically in pause mode socially. RE: reaching out regularly, it becomes more of a responsibility to me to be more active to reach out to this one and that one and etc...becomes a huge burden personally when I do this for work and keeping my team together and close. I spend more time reaching out and staying connected with my team. personally, rarely but I stay in touch with my sibling.

13:55:43 From Julia Weese : oh and I stay in touch with my adult son.

13:56:25 From Gretchen Snethen : @Julia- You definitely have to figure out what works best for you and giving yourself grace about how much you can connect!

13:56:27 From Bridgetl to All panelists : I like the work wear theme! We did that while in the office--tropical shirt Friday. Why not do it at home too! :)

13:56:34 From jodee thelen to All panelists : Thank you for this program shared information.

13:56:45 From Willa Evans to All panelists : Georgia -- thank you for the idea on a separate and more personal virtual mtg; that is what everyone is saying they're missing -- the personal connection with team mates

13:56:51 From Laura Cooley : Love that idea of staff checking in with one another. Thanks for sharing Georgia. This is work we strive to do with the Northwest ATTC in WA and Alaska and other states we serve. Supporting each other— so important. YAY!

13:57:01 From jodee thelen to All panelists : AA has meetings all over the country-I do one with my daughter weekly! In New York! Love it.

13:57:09 From LAUREN Simonds to All panelists : Hey All, I have to go! My bank just called me and we got our Payroll Protection ETRAN #. I have to do this immediately. Thank you for including me!

13:57:15 From Shannon Foley : I feel like I am grateful for the smallest things right now.

13:57:32 From Laurel Lemke : t

13:57:34 From Laurel Lemke : t

13:58:12 From Wendy Einer : Taking care of each other IS part of our job! Thanks!

13:59:18 From Milissa Leatherwood : My mom is in a facility in Spokane and I've never been there. I worry about how she is being taken care of. She calls me but not being able to have eyes on her is terrible. She says they don't allow cell phones and they don't have a computer for people to use.

13:59:41 From Olivia Jones : great points, Seika!

14:00:05 From Laurel Lemke : Thank you for the AARP Friendly Voices tip. I have appreciated the weekly updates they have on the phone and on Facebook. Tanyalee Erwin and I will begin offering a weekly 55plus Peer and Family Zoom meeting through the WSU Peer Workforce Alliance next Monday at 1:00 p.m. It has been fun working to plan the event.

14:00:05 From Candace Holmes : Milissa my mom is also in a facility and we have not seen her since March 18th when she moved in.

14:00:08 From Natalie Onopchenko : Seika I completely understand the virtual graduation thing! I am a senior at temple, I have decided to become grateful for it as well :)

14:00:08 From Madeline Napel : Thank you for representing young people in this conversation

14:00:09 From Vickie Gutheridge : From Vickie Gutheridge SUDP in Yakima, Thank you for all the great information and the ideas of how to help my patients and my peers at work to find new innovative things.

14:00:12 From Tyler Schrenk : milissa consider getting an amazon echo show

14:00:15 From Megan Simmons : Thanks so much Seika and congrats on graduati

14:00:15 From Jenni Brown to All panelists : marco polo is on par with snap chat

14:00:22 From Megan Simmons : Graduation!

14:00:26 From Megan Simmons : Woot!

14:00:32 From Perry Townsend : Great points, Seika! I love it.

14:00:43 From Melody McKee : Congrats Seika!!!

14:00:58 From Lisa Illahee : I reach out to my single friends. I know how hard loneliness is when you live alone. People like to be thought of and have a connection. Hidden Brain-A Social Prescription episode is a must listen to.

14:01:03 From jodee thelen to All panelists : YES!!

14:01:17 From Georgia Butler : Millisa, please email me at Georgia@peerspokane..org or call at 509-362-4113. I am connected to the agencies in Spokane and we can help. Thank you for reaching out

14:01:29 From Vickie Gutheridge : Congratulations Seika your going to have a amazing life. Continue to be the light for your peers.

14:01:57 From Shaida Hossein to All panelists : Can you repeat the app that is launching on May 1st Seika?

14:02:11 From Bridgetl to All panelists : can we get more info on that app?

14:02:15 From Georgia Butler to Milissa Leatherwood and all panelists : Please call me at 509-362-4113 later today, we are happy to help you connect

14:02:17 From Jamie Thornberry : What is the name of the app Seika for May 1?

14:02:17 From Seika Brown : of course!

14:02:23 From Seika Brown : Sophrosyne

14:02:24 From Rayeong Chang to All panelists : thank you Seika for sharing ideas!

14:02:28 From Bridgetl to All panelists : Thank you!

14:02:29 From Seika Brown : that is the name!!

14:02:34 From Shaida Hossein to All panelists : thank you!

14:02:40 From Jamie Thornberry : Thank you!

14:02:41 From Seika Brown : of course :)

14:02:56 From Gretchen Snethen : If you're interested in the Facebook support group for individuals with lived experience the Collaborative is hosting, please request to join:
<https://www.facebook.com/groups/connectionsrx/>

14:02:59 From Laurel Lemke : Thank you, Seika.

14:03:32 From Becky Mitchell to All panelists : Than you Seika, congratulations on your graduation!

14:04:09 From Rob Peters to All panelists : Hello from Olympia, some of the other comments from above about parents being in facilities, and not being able to see or talk to them. The Centers for Medicare and Medicaid services just had a letter sent to them regarding having facilities (nursing facilities have access to communicate to family members outside the home by providing I Pads, cell phones etc.

14:04:58 From Milissa Leatherwood : She says she can't have any of that technology. She was in Pioneer East but she moved into another facility. I think it is called Karen's house or something like that and now she is about to be moved into another place. She says the new place she can have a phone but she goes back and forth...She has been in Spokane since November and had a stroke in December.

14:05:54 From Milissa Leatherwood : Thank you Georgia I will call you once this is over

14:05:58 From Abigail Shepherd : Is there a way to turn on subtitles for all from the host of the zoom?

14:06:37 From Georgia Butler to Milissa Leatherwood and all panelists : Please do contact me. I work with Karens House so we are able to work on connecting you

14:07:00 From yolanda difabio : Apparently not, I asked earlier. But they will on the website later.

14:07:37 From Shaida Hossein : You can have them wear a mask and have them sit in the backseat.

14:07:44 From Michelle Solomon : I've used Girlfriend Social in the past for connecting with other womxn-identifying individuals searching for platonic friendships online, and will recommend that to people that want to connect and build friendships now!

14:08:07 From Jack Akagi : good ideas.

14:08:07 From Olivia Jones to All panelists : Hi Abigail and Yolanda, we don't have the capacity to do live captioning, but we will be sending out the webinar video with closed captioning soon!

14:08:14 From Seika Brown : This is random but I would recommend looking at the teen action fair on the gates foundation! They are uploading videos around local WA changemakers. It might be an optimistic series to watch and pay attention to :)

14:08:16 From Shaida Hossein : For the question asked about how to keep physical distancing with volunteering: You can have them wear a mask and have them sit in the backseat.

14:08:32 From Jamie Thornberry : Thank you Georgia and thank you Shaida. Will do

14:08:48 From Abigail Shepherd : I think the bus system is free in Spokane right now also

14:09:31 From Jamie Thornberry : Georgia my email is thornjb242@gmail.com. I will try to find yours as well

14:09:46 From Georgia Butler to Jamie Thornberry and all panelists : My number is 509-362-4113

14:09:54 From Jamie Thornberry : Got it

14:10:53 From Kelsea Combs : I would love the link/resource for assistive tech for people with disabilities and making technology more accessible

14:11:02 From Irene Stewart : Re: the question about Zoom captioning in the Q&A window, this link might help. (I haven't tried it, just googled to find this.) <https://support.zoom.us/hc/en-us/articles/115002522006-Closed-Captioning-With-Zoom-Rooms>

14:11:11 From Allison Arthur : Totally agree with Cole!

14:11:40 From Leona Eubank : totally agree Cole

14:12:11 From Gretchen Snethen : We are not able to provide closed captioning, as our staff are not equipped to live caption and the software is not very sensitive to individual voices.

14:12:31 From SHANE RICHTER to All panelists : could Georgia speak to new normal

14:12:37 From Mary O'Leary : Appreciated Cole and others talking about mental health, and I see this is going to be significant moving forward, particularly since there is already a shortage of Psychiatrists.

14:12:53 From Gretchen Snethen : The recorded presentation will be captioned.

14:13:52 From Michelle Solomon : What was the telehealth resource you mentioned? Many patients I've worked with have had difficulty finding new telehealth providers.

14:14:04 From Seika Brown : sure thing I will send the link

14:14:53 From Michelle Solomon : Not to mention, unemployment will impact insurance coverage and less coverage means less mental health resources for people to get access to.

14:14:58 From Seika Brown : <https://broglieblog.com/2020/03/30/coronavirus-youth-mental-health-resources/>

14:15:17 From Seika Brown : that is the telehealth link article, a compilation of many options!

14:15:44 From Seika Brown : I know it says youth, but it is not limited to youth. These links have options for all people of all ages

14:17:37 From Milissa Leatherwood : Is there a link we can use to find online NAMI support groups for Washington state?

14:18:01 From Abigail Shepherd : This is where empowering folks to talk to state representatives and tell their story is really powerful in changing access and resources!

14:18:27 From Seika Brown : <https://www.namiwa.org/index.php/get-help-support/online-support-groups>

14:18:37 From Seika Brown : I think this is the link for nami support groups

14:19:52 From Pattie Marshall : We are doing job clubs at Peer Seattle/Spokane, virtual connections are currently being offered.

14:20:14 From Georgia Butler : Job Clubs are very important. Peer Spokane and Peer Seattle have Peer Employment Connections

14:21:41 From Mark Salzer : I believe I have heard about peer employment connections!!! Awesome.

14:22:44 From Gretchen Snethen : Question from Facebook Live: What can the tech community do to be of assistance right now?

14:22:57 From Judy Naillon to All panelists : Thank you for saying that!!!! so needed. Its crazy what is expected.

14:23:01 From PAULA WIND : Recreation Huge

14:23:28 From Abigail Shepherd : Thank you Victor! Really important to make space to feel difficult feelings.

14:23:44 From Vickie Gutheridge : From Vickie Gutheridge SUDP in Yakima Wa We are still open for inpatient and outpatient treatment for chemical dependency/substance use disorder treatment for those that may be suffering with addictions. Sundown M Ranch.org or call for intake at 509-457-0990 or directly to outpatient services at 509-457-1831 ext 9343 or 509-853-3288. WE are here to help with substance abuse issues.

14:24:17 From Melody McKee : Gretchen - Tech community - participate in developing creative solutions to broadband issues for rural communities. Contribute to creating resources for physical equipment for people who cannot afford it

14:24:19 From Teresa McKeehan : Good insight Victor!!!

14:24:27 From Garret Holley : <https://lcsnw.org/our-impact/behavioral-health/>

14:24:47 From Garret Holley : Lutheran Community Services is location in WA, ID, and OR

14:24:54 From Melody McKee : Gretchen - Tech Community - Offer coaching and TA to individuals and groups who need support around using tech

14:24:56 From Lisa Illahee to All panelists : I'm confused by the term "lived experience" don't we all have lived experience? or is this a mental health term?

14:24:58 From jodee thelen to All panelists : Thank you!

14:25:01 From Darian Johnson to All panelists : If you work with youth, a great way to connect and provide support to them is by holding drop in "gaming nights" over Discord. This is a platform that many youth already use to chat/video call/and message while playing video games. Here is the link where you can learn more <https://discordapp.com/>

14:25:03 From jodee thelen to All panelists : Love!!!

14:25:30 From Seika Brown : Super right Darian, my brother and his friends been using Discord so much!!

14:25:51 From Kelsea Combs : The tech community can reach out to community organizations that serve underserved/vulnerable populations and offer assistance and resources for access and accessibility to tech in order to stay involved and connected

14:26:11 From Melody McKee : @Kelsea - yes!

14:26:17 From Alysyn Miranda : Lutheran Community Services is an amazing organization!

14:26:18 From Olivia Jones : Lisa, we use the term "lived experience" to refer to a lived experience of mental illness. great question!

14:26:21 From Leona Eubank : this has been amazing, thank you all for your time!!

14:26:40 From Teresa McKeegan : Choice is a great word!! Thank you Mark. It helps to know that we do have choices, in what has been in many ways a "no-choice" situation.

14:26:42 From Sarah Marr : Thank you! This was wonderful.

14:26:50 From Wendy McClure to All panelists : Thanks!! This conversation has been so inspiring and uplifting! Great ideas and comments, and resources! Great facilitation Mark.

14:26:53 From Vickie Gutheridge : Thank you all for this conversation. From Vickie Gutheridge in Yakima

14:26:54 From Abigail Shepherd : THANK YOU!

14:26:56 From Luke Tolley : Lutheran Community Services in Spokane has their big fundraiser this weekend! They're doing a virtual gala. Check it out at ccgalaspokane.org

14:27:08 From Seika Brown : The tech community can be involved and aware. As well as researching and engaged in the conversation! Sharing resources and doing what you can to not just help others but yourself as well. Reflection is a gift we are given so using it :)

14:27:08 From yolanda difabio : Feeling excluded has been the Deaf experience for a long time. FYI the Hearing Speech and Wellness center is asking folks who work with Deaf and HOH to wear accessible masks with clear plastic for lip reading. Closed captioning is very important to happen whenever possible.

14:27:10 From Alicia Walker to All panelists : Thanks so much - Dayton WA

14:27:10 From Kassie Fauth : Thank you for all the information!

14:27:12 From Kathy Davidson : Thank you

14:27:12 From Jennifer Dempsey : Many thanks! This was a fabulous presentation and collaboration. Many good things coming from all of this! 😊😊

14:27:14 From Tina Washington : Thank you all from Oly!

14:27:21 From Jack Akagi : thank you

14:27:24 From Kelsea Combs : Thank you from the Max Higbee Center in Bellingham WA!

14:27:24 From Jessica Reyes : Thank you everyone!

14:27:31 From Teresa McKeegan : Thank you for all the speakers and organizers!!

14:27:40 From Deb Christopherson to All panelists : Thanks so very much for presenting this!!
What a wealth of information & supports!!! :):):)

14:27:40 From Laurel Lemke : Thank you!

14:27:45 From Laura Cooley : Thanks for this valuable webinar!

14:27:49 From kimberly clements : thank you all panelists

14:27:50 From Jesse Camacho : Thank you very much and be safe out there.

14:27:55 From Michelle Solomon : Thank you!!!

14:27:56 From yolanda difabio : Thank you

14:27:56 From Tamera Dingey : Thank you for setting this up so we can share.

14:27:58 From RWatkins to All panelists : Thank you. I will be sharing this with our Peer Support
specialist.

14:27:58 From Krista Sneller to All panelists : Thank you all!

14:27:58 From Irene Stewart : Thanks from Seattle!

14:28:00 From Amber Shirk : Thank you for sharing all of this. They really are helpful and as a
person who continues to work on mental health recovery, I am personally starting to feel the mental
health affects of being home and keeping physical distance from others. This was very helpful for both
those I work with and personally. I look forward to the recorded webinar to check back on.

14:28:01 From Heather Venegas : Thankyou for such a wonderful conversation. Our recovery
coalition is now holding virtual meetings and bringing in guest speakers from across the country as well
as our county, and hopefully more people will one able to join us!

14:28:02 From Mary O'Leary : Wonderful and helpful information.

Thank you so much

14:28:04 From Kris Klohe : Thank you

14:28:05 From Dannette Chambers : This was awesome

14:28:08 From Kenneth Heaton : Thank you

14:28:11 From Crystal Reed : you ALL are amazing. Thank you so much

14:28:12 From David Chappell : Thank you all!

14:28:14 From Cathy Valdez to All panelists : Thank you all for all of this helpful information!!

14:28:14 From Debbie Anderson : Thank you all! Great resources and look forward to sharing
these resources!

14:28:14 From Dana : Thanks for sharing such great info. Take Care:)

14:28:17 From Eric Hood : THank You

14:28:17 From Janavieve Cook : Thank you

14:28:18 From Jerri Stanley : Thank you

14:28:19 From Rebecca Ho : Thank you! There are also great resources for communities through their local health departments as well.

14:28:21 From Linda George to All panelists : this was AWESOME!!!!

14:28:22 From Tess Cannon : Thank you, Tess cannon

14:28:22 From Debbie Pettersson : thank you this was wonderful

14:28:24 From Brenda Frost : Thank you

14:28:25 From gmejia to All panelists : Thank you

14:28:26 From Dannette Chambers : Thank you!

14:28:28 From Fred Clark : Thank you!

14:28:28 From Gretchen Snethen : For resources from our last conversation, please visit www.tucollaborative.org

14:28:28 From Alida Gowan : Thanks so much!!!

14:28:29 From Sandra Puehl : Thank you!!

14:28:31 From Moranne Aaron-Berel to All panelists : Thank you

14:28:35 From Corinne Zibelli : Be well and safe everyone-thank you from the City of Bellevue!!

14:28:37 From Amber Coleman to All panelists : Thank you. Relevant and much needed.

14:28:43 From Michelle Fulbright : Thank you all...

14:28:46 From Krissy Valdez : Thank you so much.

14:28:48 From Dolly Kilstrom to All panelists : Thank you for all the good information

14:28:54 From Robin Guyton to All panelists : than I you