

### 3-26-2020 National Conversation Full Chat Record

12:57:15 From Christina Mango to All panelists : JBFCs Mt Eden PROS

12:57:17 From Bryce Hewlett : Hi, everyone! Bryce Hewlett is here from Gloucester City, NJ!

12:57:18 From John Travers : Hello from John T Long Beach California

It's just great to see and hear People

12:57:30 From Linda Cramer : Linda advocate with Disability Rights Vermont

12:57:33 From Emily Scott : thanks for being there! this is Emily Scott from Horizon House Education Plus in Philadelphia

12:57:35 From Marlo Pasion : Hi everyone, this is Marlo from NYC

12:57:36 From Leslie Dannhaus to All panelists : This is Leslie Dannhaus from Waco, TX

12:57:37 From susan dembowczyk : Hi this is Susan Dembowczyk From Wllmington DE DSAMH Hello everybody

12:57:39 From Christina Mango : JBFCs Mt Eden PROS

12:57:39 From Rochelle Reimert : Checking in from Allentown, PA...Rochelle Reimert

12:57:41 From Gretchen Snethen : [http://www.tucollaborative.org/sdm\\_downloads/national-conversation-powerpoint/](http://www.tucollaborative.org/sdm_downloads/national-conversation-powerpoint/)

12:57:44 From Sue Eller : Damascus, Virginia

12:57:48 From Emily Scott : thanks

12:57:53 From Jeffrey VanDyke to All panelists : Hi everyone, Jeff from Muskegon Michigan

12:58:05 From Tracey Johnson to All panelists : Tracey Johnson/April Collins-Community Service Board of Middle GA in Waynesboro, GA.

12:58:06 From Cherstie Watson to All panelists : Cherstie Watson LCSW San Antonio, TX

12:58:08 From Danna Pittman to All panelists : HI from Muskegon MI!

12:58:10 From Jim Janusz : Hello, this is Jim, from Bradley, Illinois

12:58:10 From Eric McKee : Eric McKee, National Alliance on Mental Illness (NAMI) Hancock County, Findlay, Ohio

12:58:12 From Jennifer Nunez to All panelists : Jennifer from The Jewish Board, New York City,

12:58:16 From Ginger Smith : I am from Lone Star, Texas

12:58:22 From Susan Friedlander to All panelists : Susan Friedlander NYS Office of Mental Health, NYC Field Office Hello all!

12:58:28 From Kshari Dublin to All panelists : Hi Kshari.....Jevs Human Services, Phila, PA.

12:58:30 From Chad Booth to All panelists : hello this is chad for Steger Illinois

12:58:33 From Diane Fleser to All panelists : Muskegon, Michigan (Disabilty Network West Michigan)

12:58:38 From Jim Janusz : I work for Thresholds as a Peer Support Specialist

12:58:39 From Emilia Brown to All panelists : Emilia from Austin

12:58:47 From Ron Henderson to All panelists : Hey, I am Ron from Pennsylvania

12:58:47 From Emilia Brown to All panelists : team lead for a VA PRRC

12:58:48 From Richard BAron : This is Rick Baron,

12:58:48 From Jill Estes : Jill from Louisiana

12:58:54 From Terry Wasnick to All panelists : Terry from Duluth MN - checking in

12:58:54 From KimBoo York to All panelists : KimBoo York, assistive tech coordinator from Florida State University

12:59:10 From Terry Wasnick : Terry from Duluth, MN - checking in

12:59:22 From Mark Salzer to All panelists : Thank you all for sharing where you are from.

12:59:24 From stacy smith : Hello from NC! Stacy Smith here

12:59:25 From Danielle Spector to All panelists : Danielle from Bronx NY

12:59:29 From Melinda Briceno-Keith to All panelists : Melinda from Open Door CLubhouse,, Philadelphia, PA

12:59:30 From Angie Thinnes : Hi all. This is Angie from Kankakee, Illinois.

12:59:38 From Emily Scott : hi Everyone! its nice to have people from around the country! especially at this time!

12:59:41 From Olivia Jones to All panelists : Hi everyone, thanks for joining! We'll be starting shortly.

12:59:46 From Joshua Pickett to All panelists : Hello! Josh, from Long Beach, CA.

12:59:57 From Terry Wasnick : Agreed, Emily

13:00:03 From Patrick Smith to All panelists : Hello! Patrick Smith from San Antonio, Texas - I'm a psychology fellow at the VA PRRC

13:00:09 From Catherine Graves, CRS to All panelists : Hi all... I'm pretty sure I did everything right. No audio or video coming in for Catherine Graves, correct?

13:00:10 From Lisa Schade to All panelists : Lisa from Grayling,MI checking in

13:00:14 From leslie sladek to All panelists : Hi Leslie From Traverse City MI

13:00:17 From Andrea Vassar to All panelists : Hi!I'm Andrea from Temple U.

13:00:20 From Luther Richert to All panelists : Luther from Los Angeles here

13:00:20 From Jim Janusz : Hello, Angie. Nice to meet you! Nice to meet everyone!

13:00:48 From Yumiko Ikuta to All panelists : Hi all, Yumi Ikuta, Director of Rehab overseeing contracted programs at the NYC Dept. of Health & Mental Hygiene, Bureau of Mental Health

13:00:49 From Bev Weinberg to All panelists : Hi! This is Bev Weinberg from Integrate for Good in PA

13:00:49 From Ellwyn Andres : Ellwyn from Harrisburg PA

13:01:14 From Cheryl DeHaven : Hello from Virginia

13:01:40 From Ann Goldman to All panelists : Ann Goldman, Family Support Org, Monmouth County, NJ

13:01:40 From Kevin Bagby to All panelists : Hi Cheryl! :)

13:01:42 From Catherine Graves, CRS to All panelists : Catherine Graves, Maryland, NARIC

13:01:54 From Julie Kipp to All panelists : Julie Kipp - Bronx REAL PROS, The Jewish Board in NYC

13:02:33 From Olivia Jones : for everyone that is still joining, here's a link to the powerpoint that will be used during this conversation: [http://www.tucollaborative.org/sdm\\_downloads/national-conversation-powerpoint/](http://www.tucollaborative.org/sdm_downloads/national-conversation-powerpoint/)

13:03:00 From Kevin Bagby : Hi Cheryl! :)

13:03:23 From Evan Feuer : Hi all from NYC

13:03:38 From Dwayne Harden to All panelists : I am Dwayne and I am from Delaware

13:04:26 From Cheryl DeHaven : Hey Kevin Bagby:)

13:04:36 From Jim Janusz : This is great news for our people!

13:04:40 From Matthew Federici to All panelists : I checked my local library and they are open

13:05:47 From Mark Salzer to All panelists : I was wondering if libraries could stay open and let in a select number of people at a time.

13:06:28 From Sydney Taylor to All panelists : Hi all! If you have questions for the panelists please use the Q & A chat box so we can make sure the panelists see them. If you'd like to have discussions among attendees you can do that here!

13:07:35 From Kristin Monical to All panelists : Hi From and OT student in Chicago!

13:08:59 From Julie Kipp : Whoops, I just put panelists

13:09:06 From Julie Kipp : Julie Kipp - Bronx REAL PROS, The Jewish Board in NYC

13:09:36 From Sydney Taylor : Hi all! If you have questions for the panelists please use the Q & A chat box so we can make sure the panelists see them. If you'd like to have discussions among attendees you can do that here!

13:09:59 From Tracey Johnson : Tracey Johnson/April Collins-Community Service Board of Middle GA in Waynesboro, GA.

13:10:52 From Aaron Foster to All panelists : Aaron Foster, RI International, Director of Education and Employment, Recovery Education Center (Arizona Recovery College)

13:11:01 From Evan Feuer : Hi Julie Evan from Zucker Hillside PROS here

13:11:19 From Bev Weinberg : I'd love to learn if any attendees or panelists have found inclusive volunteerism helpful for affecting health outcomes.

13:11:33 From elizabeth breier to All panelists : Hi all, Liz from The Center for Rehab and Recovery/The Coalition here

13:11:50 From Lindy Feigenbaum : Are there slides (PPTs) to download? Thanks.

13:11:56 From Dwayne Harden to All panelists : My Friend Beth is also with us via the phone she is in Wilmington, DE.

13:12:21 From Mark Salzer to Bev Weinberg and all panelists : Hi Bev! I hope we get to share ideas about that when we get to the civic engagement area.

13:12:29 From Olivia Jones : for everyone that is still joining, here's a link to the powerpoint that will be used during this conversation: [http://www.tucollaborative.org/sdm\\_downloads/national-conversation-powerpoint/](http://www.tucollaborative.org/sdm_downloads/national-conversation-powerpoint/)

13:13:06 From Bev Weinberg : Hi Mark...great!

13:13:09 From Dan Evenhouse to All panelists : I am in San Francisco Veterans Affairs Health Care System and have been doing groups by videoconference for 10years10

13:13:20 From Raymond Federici to All panelists : Am co facilitator Various online meetings using zoom

13:13:37 From Aaron Foster : Aaron Foster, RI International, Director of Education and Employment, Recovery Education Center (Arizona Recovery College)

13:13:48 From Jennifer Nunez : Jennifer from Bronx Real PROS at The Jewish Board - NYC.

13:13:50 From susan dembowczyk : Local church Zoom Services, Pen Pals

13:14:00 From Dan Evenhouse to All panelists : Dan Evenhouse SFVA

13:14:35 From Evan Feuer : Hi Jennifer Evan from Zucker Hillside PROS here

13:15:01 From Julie Kipp : Hi Evan

13:15:14 From Jennifer Nunez : Hi Evan!

13:15:17 From Zana Daniels to All panelists : Zana Daniels from Bronx Real PROS at the Jewish Board NYC

13:15:21 From elizabeth breier to All panelists : Hi Pros people :)

13:15:29 From Waynette Brock : For those that don't have access to technology we are using the one tap dial in option that is included with our zoom subscription so that folks are able to call in and join our morning and evening check in groups..

13:15:49 From KimBoo York to All panelists : (request: could ppl stop moving the cursor around? it's very distracting. thank you!)

13:16:17 From Marta Garcia to All panelists : That is great, Waynette!

13:16:35 From Emily Seymour : Hi all, I'm Emily - Bronx REAL PROS, The Jewish Board in NYC

13:16:44 From Dana Longstreet to All panelists : Would you please mention where we can find the PPT slides? Thank you

13:16:46 From Cheryl DeHaven : Virtual recovery meetings in substance use disorders are all over the place. Wondering who may be hosting virtual mental health support groups. Anyone know?

13:16:50 From Olivia Jones : for everyone that is still joining, here's a link to the powerpoint that will be used during this conversation: [http://www.tucollaborative.org/sdm\\_downloads/national-conversation-powerpoint/](http://www.tucollaborative.org/sdm_downloads/national-conversation-powerpoint/)

13:16:58 From Evan Feuer : Hi Emily - Evan from Zucker Hillside PROS here

13:16:59 From Tammy Heinz to All panelists : This is a resource that I and my organization have been involved in...<https://connectednation.org/>

13:17:02 From Dan Evenhouse to All panelists : will this be available after call is over? Dan Evenhouse SFVA

13:17:11 From Emily Seymour : Hi Evan!

13:17:43 From Olivia Jones : Dan, the slides will remain on our website after the call is over.

13:18:02 From Dana Longstreet : Dana Longstreet, Queens Defenders - hello all!

13:18:07 From Marta Garcia to All panelists : Hi Cheryl, I think I saw something on that from SAMHSA, However, don't quote me, but I would suggest checking with them.

13:18:29 From Keris Myrick to All panelists : hi Keris multitasking here in Los Angeles ca

13:18:40 From Nev Jones : Cheryl, many mental health orgs and peer groups hosting virtual peer support groups!

13:19:01 From Mark Salzer to Keris Myrick and all panelists : Hi Keris. Glad you could make it.

13:19:02 From susan dembowczyk : WWW.getselfhelp.co.uk You Tube Check out your YMCA DE has virtual classes

13:19:12 From Cheryl DeHaven : Thanks Nev. do you know if on FB or other places?

13:19:50 From susan dembowczyk : Also MoodJuice-mcgill.ca/counselling

13:19:56 From Aaron Foster : All of our recovery/peer support classes/groups have gone online and members are LOVING it; sometimes participating more and enrollment has increased as a way of staying connected

13:20:25 From susan dembowczyk : IN the Rooms for Recovery meetings

13:20:25 From Mark Smith : <https://www.communitytechnetwork.org/> non-profit to advance digital literacy for underserved populations

13:20:27 From Bev Weinberg : Aaron...so interesting!

13:20:35 From susan dembowczyk : Close enough!!

13:20:43 From Emilia Brown : Mark, I've found them very helpful!!

13:20:53 From susan dembowczyk : Joe and charlie on youtube

13:21:06 From Evan Feuer : any way that these additional resources can be sent to the group?

13:21:10 From Miso Kwak : I'd love to hear ideas on how people who have limited mobility can participate in civic activities, volunteering, outdoor activities etc. e.g., blind/visually impaired folks who rely on public transit/paratransit

13:21:12 From Waynette Brock : You can support individuals incarcerated directly by sending money to their prison account so they can purchase extra food and hygiene items such as soap, toothpaste etc...

If you know someone incarcerated who needs canteen money, please post:

1. Full name
2. Prison ID#
3. STATE
4. Address for facility (If you have it)

If you'd like to send someone money, click on the "JPay" link below and reply to the person you did so and how much you sent. That way can make sure everyone is being taken care of!

Below is the JPay link to send money:

<https://www.jpaw.com/>

- 13:21:18 From susan dembowczyk : I have it on my screen
- 13:21:31 From Miso Kwak : keyboard shortcut for pc users to raise hands is alt plus Y
- 13:21:49 From Paulette Grant to All panelists : ssa.gov has postponed reviews until the pandemic is over
- 13:22:06 From Evan Feuer : Hi Yumi!
- 13:23:08 From Mark Salzer to All panelists : We will need to keep this moving so we can get to all areas even briefly.
- 13:23:17 From susan dembowczyk : Digital Peer Support
- 13:23:29 From Richard Burton to All panelists : This is a good time to learn basic skills for digital storytelling and local news by making short subjects of 1-3 minutes to share on YouTube. iPhones have imovie and windows/android wemovies. com
- 13:23:31 From Mark Salzer to All panelists : Maybe go through all areas and then open it up?
- 13:23:42 From Ann Goldman : Can you ask her how to reach out to volunteer? I have a son in Queens who is looking to help/volunteer.
- 13:23:49 From Emily Seymour : Yumi, do peers need a provisional certification to volunteer?
- 13:24:10 From Bryan McCormick to All panelists : can we let people know we'll compile ideas and suggestions and then send them out subsequently? This could help us to move along
- 13:24:11 From Dana Longstreet : Contact info for the NYC hotline?
- 13:24:38 From Joshua Pickett to All panelists : There is a donation based yoga studio in long beach (Yogalution) offering classes via zoom throughout the day every day. Great resource for managing anxiety and stress in these times
- 13:24:51 From Nev Jones to All panelists : A lot going on in Chat. Will we be able to save all the questions and suggestions here and share or respond later?
- 13:25:07 From susan dembowczyk : Google your library-offering free movies,and other links for activities
- 13:25:14 From Olivia Jones to All panelists : Yes, I'll save the chat
- 13:25:28 From Nev Jones to All panelists : Cool Olivia!
- 13:25:34 From Emily Scott : ii work with college students who get so much out of in person groups like Active Minds and Shout at Temple.it would be great to be able to transfer in person support groups to online groups.
- 13:25:37 From Terry Wasnick : was Next Door mentioned?

13:25:52 From Robin Weiss to All panelists : Contact your favorite political candidates and ask how you can help

13:26:04 From Mark Salzer to All panelists : Next Door can be a great community building resource

13:26:32 From Bryan McCormick : Great suggestion Robin Weiss!

13:27:31 From Angelika LoPresti to All panelists : @ Dan - also at VA in Tucson. I had to go through Chrome

13:27:47 From Evan Feuer : does anyone know if AA/NA groups are responding to social distancing?

13:28:19 From Terry Wasnick : have heypeers.com and supportgroupscentral.com been mentioned? Also forlikeminds.com — the first two are Zoom webinar support groups - forlikeminds.com is more forums. Also 7cups.com — been around for a long time - free- members / listeners - some have more training than others.

13:28:20 From Miso Kwak : I know that there are AA groups happening virtually

13:28:22 From Matthew Federici to All panelists : Ellwyn I think it is a best practice to offer good story telling training for people before speaking on their experience before public. Gina Calhoun who you know has a good course. We can look at an online course for that. Reach out to me about this mfederici@copelandcenter.com

13:28:34 From Lisa Schade to All panelists : Most AA groups are doing virtual meetings

13:28:44 From Terry Wasnick : 7cups.com is all text based, as far as I am aware.

13:28:44 From Angelika LoPresti to All panelists : The VA offers several apps and has a how to downloads those apps. They are available to everyone

13:28:51 From Emily Seymour : Thanks Terry!

13:29:08 From Evan Feuer : that is great to hear Miso

13:29:37 From Terry Wasnick : Welcome. I'm trained / have worked as a Certified Peer Support Specialist in MN - not presently working, but love to figure out and share resources!

13:29:47 From Kshari Dublin : Phone calls work for Individuals with severe disabilities, Google Duo has worked with Individuals that are capable.

13:29:48 From Evan Feuer : Is there anyway we can make a central resource hub with all of these great suggestions from the chat?

13:29:49 From Cheryl DeHaven : beautiful Mark!!! so appreciate the holistic approach

13:30:14 From Katherine Artiga to All panelists : Churches are offering services virtually

13:30:36 From Ginny Chandler to All panelists : Dan, while not the ultimate solution, creating a 'handout' with step-by-step instructions to use the technology platform can take some of the



intimidating unknowns away. Try listing everything that's needed to get started (computer with mic, phone, invitation link, etc) and put screenshots into the handout at each step. Hope this idea can help a bit, and thanks for what you do!

13:30:39 From Ron Henderson to All panelists : Majority of my clients are younger, online video gaming has been helping.

13:30:48 From Sydney Taylor : Evan- we'll be collecting all the resources linked and mentioned and we'll send them out to you all after the webinar

13:31:21 From Miso Kwak : would it be possible to compile the resources shared on the chat and share on the TU collaborative website?

13:31:22 From Evan Feuer : thats great thank you Sydney!

13:31:32 From Aaron Foster : We have a Recovery Education Center alumni group on Facebook and they have really been active during this time - supporting each other, sharing resources and connecting

13:31:48 From Miso Kwak : Thank you Sydney

13:32:39 From Lecia Whyte-Rodriques to All panelists : I have been looking for things on youtube, like chair yoga and journaling for my guys to do while home, and sending out the links everyday

13:32:40 From Miso Kwak : I singin a choir and we are working on producing a virtual choir video in addition to having a Facebook group

13:33:05 From Mark Salzer to All panelists : Miso, I love the online choir efforts I am seeing. Amazing.

13:33:18 From Olivia Jones : here's a link to the powerpoint that will be used during this conversation: [http://www.tucollaborative.org/sdm\\_downloads/national-conversation-powerpoint/](http://www.tucollaborative.org/sdm_downloads/national-conversation-powerpoint/)

13:33:34 From Robin Weiss to All panelists : Don't read this Matthew F! (I'm not trained by Copeland) I'm a working Peer in NJ and am working (So far) strictly by phone until our agency approves our telehealth method. I was assigned a special caseload to connect with and I'm helping clients do a WRAP.

13:33:39 From Howard Diamond to All panelists : I'm a New York Certified Peer Specialist. Finding difficult to make connections with other people that are Peer Specialist. Or just being with people.

13:33:40 From George Ellis to All panelists : I have a group that do face time walks in your own community.

13:34:23 From Mark Salzer to All panelists : George, The facetime walks are a great idea.

13:34:34 From Robin Weiss to All panelists : oops!! If they want one.

13:34:45 From Matthew Federici to All panelists : I find combining recreation with family and friends works best because being a parent time is limited. I even combine this with civic life through the scouts

13:34:52 From Emily Scott : i have heard that more people are playing games on line where they can virtually chat with others. like words with friends

13:35:16 From Dan Evenhouse : I'm trying to figure out how to do a music group virtually, big problem is audio, ie, getting good quality audio, anyone have a solution for that? -- Dan Evenhouse  
LCSW SFVA

13:35:19 From Miso Kwak : also Netflix party extension

13:35:26 From Raymond Federici to All panelists : i was working with my peers in learning on how to use thier smartphone to access and connecting to the comunity support online, we are so behind other recovery communities with this support. My hope is to one day have a class where particioates learn how to use the technology, Amazon Fire Tablet and take ownership of the device when class over....hoping to discover a tech grant for when we all return to work

13:35:31 From Alan Johnson to All panelists : Here in Boulder, Co the local AA, NA, etc. have links to virtual meetings. aa.org, and bouldercounty@aa.com

13:35:33 From Nev Jones to All panelists : Howard—have you connected with the Academy of Peer Services? They're doing virtual networking specifically for peer. Providers over the next couple weeks: <https://us15.campaign-archive.com/?e=&u=119d7192dab896117d2f11311&id=6aa6bcb8fe>

13:35:39 From Emily Scott : also, some people are putting up holiday lights....

13:35:47 From Matthew Federici to All panelists : Spotify you can create a collaborative playlist

13:35:52 From Cheryl DeHaven : you can perform on FB live as a musician and ask for virtual tips through a site like venmo

13:35:54 From Merideth Toler to All panelists : lots of musicians are offering online concerts for free or donation

13:35:58 From Nev Jones : Howard—have you connected with the Academy of Peer Services? They're doing virtual networking specifically for peer. Providers over the next couple weeks: <https://us15.campaign-archive.com/?e=&u=119d7192dab896117d2f11311&id=6aa6bcb8fe>

13:36:00 From Luther Richert to All panelists : Many individuals experiencing homelessness now have Obama phones. Google Duo works on these phones. A challenge even before the pandemic is charging phones. This has become even harder with Library and other facility closures. Our outreach teams have purchased mobile solar chargers to help address this challenge.

13:36:07 From Keris Myrick to All panelists : we are doing a chalk walk in our neighborhood - writing positive messages and drawing pictures on the sidewalk and encouraging others to join in when they go on their neighborhood walks

13:36:10 From Emily Scott : i love the scavenger hunt!

13:36:15 From Mark Salzer to All panelists : Hi Dan. I hear symphonies are getting together online. I guess one needs to sacrifice audio sometimes.

13:36:18 From Dan Evenhouse : thanks Cheryl! -- Dan

13:36:21 From Amy Cuellar to All panelists : One of the Veterans I serve coordinated a teddy bear scavenger hunt on Next Door, which involved asking neighbors to put a stuffed animal in their windows so that neighborhood kids could search out the stuffed animals while remaining socially distant.

13:36:23 From Lynn Woodward to All panelists : We go on walks areoundneighnorhood and call friends when we are infront of their houses to wave to them :)

13:36:25 From Bryce Hewlett : Yes! Great idea!

13:36:39 From Kshari Dublin : On line Card Games such as Spades where you actually play with a partner that is chosen for you. Real Djs have been hosting free on line concerts.

13:36:51 From Mark Salzer to All panelists : Amy, I LOVE the scavenger hunt idea. Brilliant.

13:36:51 From Miso Kwak : Acapella app allows you to self-record multi parts and share the video

13:36:53 From Vanessa Dash to All panelists : I love the idea of putting up lights as bright colos life me up

13:36:54 From Emily Scott : also, a great time to write a letter...

13:37:18 From Keris Myrick : we are doing a chalk walk in our neighborhood - writing positive messages and drawing pictures on the sidewalk and encouraging others to join in when they go on their neighborhood walks

13:37:25 From Galaxy S8 : Beth Sikma Wilmington DE

13:37:32 From Galaxy S8 : yes

13:37:32 From Emily Scott : yes

13:37:35 From Miso Kwak : Dan, I have not yet found a way to play together in real time because the web connection creates a delay that makes real time playing together practically impossible

13:37:36 From Merideth Toler to All panelists : ScrabbleGO to play with others online

13:37:52 From Miso Kwak : so a way to get around that is to collect individual player's video and edit them together

13:37:54 From Mark Smith : edx.org or coursera.org are great resources for taking college classes

13:38:16 From Stacey Harward to All panelists : pen pal's for the elderly get the youth to write letters to older adults in Nursing homes.

13:38:20 From Howard Diamond to All panelists : NevJones, that is basically my only connection. I need one on one talk

13:38:23 From Cheryl DeHaven : I saw someone do chalk walk activities , like drawing circles and say spin here... squares, hop here.... do it in front of your house and watch folks participate

13:38:43 From Kristin Monical : I'm doing a news or story swap with some of my clients who have limited access to electronic resources. Some are picking a story they read in a newspaper or magazine to share, another is picking Bible stories/verses to share.

13:38:50 From Raymond Federici : its is hard to learn a skill from a stranger...we are more open to trying new thinks from someone we know.

13:39:11 From KimBoo York to All panelists : I suggest online journaling platforms like worpress.com, Dreamwidth.org for people wanting to write, share, and comment collectively. Comms can be created on some platforms for people to contribute to together.

13:39:31 From Mark Salzer : Amy, I LOVE the scavenger hunt idea. Brilliant.

13:39:56 From Mark Salzer : Hi Dan. I hear symphonies are getting together online. I guess one needs to sacrifice audio sometimes.

13:40:06 From Matthew Federici to All panelists : Great session. Got go. Thanks for your inclusion.

13:40:21 From Vanessa Dash to All panelists : Good opportunity to show or share a personal talent or skill on social media, ie singing, cooking lesson

13:40:29 From Emily Scott : also, you mentioned it earlier, volunteering in person, if you can...

13:41:12 From Vanessa Dash to All panelists : Love the idea of art displays in windows!

13:41:14 From Yumiko Ikuta to All panelists : The NYC Met is also streaming opera at <https://www.metopera.org/>.

13:41:19 From Alan Johnson to All panelists : Please also reflect about those homes where children are shelter in place, as it is here in CO. Our church has a Zoom meeting every day for 45 minutes to interact, be creative, to see friends that they cannot see now etc. Let's not forget the kids and the stress levels that are increasing. And what do parents need to know and how to manage. It is very, very hard for many homes when all are living with "cabin fever."

13:41:35 From Emily Scott : what is the name of the art in the window #?

13:41:45 From Merideth Toler to All panelists : Sketchbook Project - you can participate in at "pay what you want" instead of the regular cost.

13:42:02 From Tammy Heinz to All panelists : <https://mailchimp.com/presents/sxsw/>

13:42:03 From Raymond Federici : the system did not prepare anyone for this. I have good experiance with teaching peers with using thier cellphones,smarphones to access facebook, and email.

13:42:04 From Wes Rider to All panelists : @Dan Everhouse- Using an external mic on your cell phone can greatly improve the audio quality. I have been using a Shure MV88 for some time. I believe it is only compatible with iPhones but not 100% positive. Lots of other options out there though for Android phones...

13:42:42 From Kyra Baker : Hi Emily! It's called One Philly: Coronavirus Public Art Project. I think it will be covered in the press soon, and will share whatever we find!

13:42:50 From Merideth Toler to All panelists : teachers are posting lessons online for kids; art projects anyone could participate in.

13:42:52 From Tom Jackson to All panelists : one thing I've e found is that older relatives who won't do smart phones will do iPads.

13:43:00 From Emily Scott : say hello to people when you see them walk by...

13:43:03 From Kshari Dublin : Family Group Chat

13:43:27 From Bev Weinberg : I can share a letter/card writing activity idea once we open it up for discussion.

13:43:47 From Raymond Federici : i was working toward seeking funding to have a ongoing tech class on how to use the Amazon Fire Tablet. They are easy to use and affordable.

13:43:51 From leslie sladek : my family plans on playing scattegories via phone. Presently we haven't tried yet as all are essential workers

13:44:13 From Merideth Toler to All panelists : I'm hosting a virtual art round robin with friends on Facebook

13:44:15 From Olivia Jones : thanks, Bev! feel free to email to us as well.

13:44:30 From Raymond Federici : for the members of the program I worked at.

13:44:45 From Merideth Toler : oops just switched to panelists and attendees

13:44:49 From Kyra Baker : Meredith, I'm very interested in hearing more about the round robin!

13:45:11 From Cheryl DeHaven : Thank you all for doing this!!! So helpful. I will be sharing these resources widely

13:45:48 From Merideth Toler : Kyra - email me if you like! - tolerm@vinfen.org

13:46:46 From Howard Diamond to All panelists : anyone here from Long Island

13:47:15 From Terry Wasnick : Raymond — re: Amazon

13:47:26 From Merideth Toler : sewers making masks for the hospitals

13:48:09 From Miso Kwak : That sounds like a great idea!

13:48:42 From Terry Wasnick : oops — Raymond — re: Amazon Fire — I know someone who could use assistance with using such a tablet — she doesn't know how to use it and has limited computer access otherwise — could you help me with resources to help her? My email is terryann2345@gmail.com — and I'm also fine if others wish to email if seeking help with researching various resources — I have a marketing degree and really wish to do what I can to help make a difference. Thank you.

13:49:11 From Bryan McCormick to Alan Johnson and all panelists : Hi Alan, my daughter is a professor of early childhood education. I shared this source with her <http://mailchi.mp/ecdan/covid19>

13:49:12 From Merideth Toler : I'm sure all the food pantries could use donations!

13:49:25 From Gretchen Snethen : For those in nursing homes: There are some great in-room activities that Lynda Buettner describes in some of her research

13:49:46 From Marta Garcia to All panelists : Check in with the activity professionals or recreational therapists at your local nursing home. They'll know the needs of their residents.

13:50:12 From wenyu xie to All panelists : Maybe we can talk to the service providers to see what people with special needs actually need during this time, and go from their.

13:50:16 From Marisa Villanueva : nursing homes have a activity leader and use donations fro

13:50:18 From Emily Scott : another idea might be making phone calls for a political candidate or important civic cause.

13:50:38 From Marisa Villanueva : provide donations with games and puzzles.

13:50:57 From Lecia Whyte-Rodriques to All panelists : If they can get her to a window, you can visit where she can see yo

13:51:04 From Bev Weinberg : <https://www.abc12.com/content/news/Lapeer-County-nursing-home-comes-up-social-distancing-BINGO-for-residents-568968421.html>

13:51:06 From Kshari Dublin : @Terry.....word of mouth, flyers. phone calls

13:51:34 From Emily Scott : go to the window....maybe pass photos or a special something to a worker to give

13:51:40 From Mark Salzer : Bev Weinberg is a fountain of wonderful ideas!

13:52:08 From traci ploufe : Any discussions around nicotine dependence and assisting vulnerable populations . I heard there was a 2.5 hour wait for cigarettes at a local reservation which his closing in a couple days. Primary care offices are also on a skeleton crew and dealing with pandemic crisis issues .

13:52:26 From Bev Weinberg : You're too kind, Mark! I have two ideas I can share that we're doing now...after we talk about nursing homes...actually could be good there too!

13:52:29 From Stacey Harward to All panelists : most NH are generally one floor contact the Nurses station and let them know when you will be out side her window and that way you can see her and they should have a portable phone that all residents are allowed to use to call her and have a window chat

13:52:34 From traci ploufe : This is Traci from upstate new York traci@mhainessex.org

13:52:43 From leslie sladek : who are the providers of free conference calls Yumi? we haven't had success

13:53:32 From Terry Wasnick : there is a site called freeconferencecall.com - can be both on the phone and can also be set up to be accessed online

13:53:39 From Mark Salzer : leslie, how about freeconferencecall.com?

13:53:53 From michael owen to All panelists : I have interviewed some people with mental illness who were homeless and then published their stories. The individuals liked seeing their stories in print. This is something I could do now, I think.

13:54:25 From rharvey to All panelists : Hi I am Raul Harvey from Bronx Real PROS of the Jewish Board. TO the question of how to support a family member in a nursing home. My mother in law is in a nursing home and the nurse who attends to her is very kind to allow my mother in law speak to my wife over her cell phone on video chat. Is not much but it seems to help both my wife and my mother in law.

13:54:44 From leslie sladek : Thanks Mark will check it out

13:54:45 From susan dembowczyk : We have been working on obtaining hotels/motels in De for the Homeless providing shelter,food and telephones. People being accepted are tetsed for COVID19

13:54:56 From Amy Cuellar to All panelists : @Traci, smokefree.gov has a wealth of online resources for smoking cessation. Also, they have a phone number for those without internet - 877-44U-QUIT

13:54:57 From Mark Salzer : Raul, I am so pleased that the nurse is supporting you all in this way.

13:55:51 From rharvey to All panelists : Thanks Mark is very comforting.

13:55:58 From Howard Diamond : Hi, Traci P. are u connected with Academy of Peer Services?

13:56:02 From Miso Kwak : Collaborating with local motel/hotels sounds like a good idea!!

13:56:02 From Bev Weinberg : operationgratitude.org

13:56:05 From pat munsell to All panelists : You 01:37 PM

some optioins - write on messages on sidewalks, hunt for color/art work in neighborhood windows while walking. go on line and get a scavenger hunt for your neighborhood, rural verses city, beach vs forest

clean up the road you live on

13:56:16 From susan dembowczyk : Try It!!!

13:56:37 From Jill Estes : Thanks Bev!

13:56:41 From Terry Wasnick : @Ksahari - thanks

13:56:47 From Raymond Federici : Got your text terry, sent you an email.

13:56:49 From susan dembowczyk : Grocery stores are also doing free delivery

13:56:49 From Yumiko Ikuta to All panelists : My email is yikuta@health.nyc.gov for those who'd like to contact me directly. I can make intro to Program Directors of programs if they're OK with sharing ideas/info.

13:57:00 From Layla Olia to All panelists : sara-smiles.org

13:57:22 From Kyra Baker : Thanks Layla!

13:57:27 From Merideth Toler : I'd like to see the extra phone services again

13:57:29 From Bev Weinberg : Skippack Pharmacy accepting cards for seniors. Skippack Pharmacy P.O. Box 1371 Skippack, PA 19474

13:57:52 From Marisa Villanueva : other ideas at risk youths and challenges of

13:58:03 From Yumiko Ikuta to All panelists : Can you send the PPT and links to attendees since you have our emails?

13:58:09 From Bev Weinberg : Just realized...they switched to www.operationgratitude.com

13:58:23 From Olivia Jones : definitely, Yumiko!

13:58:25 From Cesar Mantilla : Thank you so much everyone for providing such great resources. They help with the feeling of helplessness I and others maybe feeling.

13:58:26 From Bev Weinberg : .com instead of .org for Operation Gratitude

13:59:15 From Emily Scott : thanks for all the resources

13:59:19 From Jessica Wolf to All panelists : Thank you for the presentation and info

13:59:33 From Kristin Monical : This has been so helpful! Thanks everyone!

14:00:04 From Emily Scott : i know a student that needs a phone badly

14:00:13 From Dan Evenhouse : I'd be interested in a subgroup that might be focused on getting Veterans with SMI connected to virtual media. Dan Evenhouse LCSW SFVA

14:00:21 From Emily Scott : she is a temple University student

14:00:35 From Catherine Graves, CRS to All panelists : Have to go do tele-therapy. Look forward to anything else that comes to us by email

14:00:51 From Lecia Whyte-Rodriques to All panelists : I know the VA hospitals normally take old phones as well as glasses



14:01:02 From Amy Cuellar to All panelists : @Dan, I would be interested in that subgroup, too

14:01:15 From Danielle Spector to All panelists : I think pertaining to the homeless population there also needs to be an emphasize on importance of being non judgemental and to practice kindness during this time ; it might be helpful to come up with realistic preventative measures homeless can take and handed out to them or if closed gyms can offer showers or a place of refuge at this time

14:01:18 From Emily Scott : she lost hers riding her bike to school.

14:01:42 From Olivia Jones : thanks for joining, everyone! we will share the powerpoint and chat resources shortly.

14:02:00 From Howard Diamond : anyone from NewYork

14:02:02 From robyn gantsweg to All panelists : would it be possible to get a document with everyone's comments?

14:02:19 From Emily Scott : it was so great hearing from everyone

14:02:40 From Yumiko Ikuta to All panelists : A lot of folks on Medicaid don't know that they can get free pre-paid cell phones through Assurance and Safelink.

14:02:42 From Mark Karmatz : mark's microphone is on now

14:02:46 From Dwayne Harden : I think this was a very helpful webinar and I would love to part of another.

14:02:53 From Patrick Smith to All panelists : @Dan reach out to me! I'm at a VA PRRC and would be happy to collaborate on ideas Patrick.Smith8@va.gov or get me on the gov't Skype!

14:02:55 From Kyra Baker : Thanks to everyone for attending! It's been lovely to connect with you all!

14:02:57 From robyn gantsweg to All panelists : so will they all be available on your website, or will an email go out?

14:03:00 From Bev Weinberg : Thank you for bringing all of us together!

14:03:04 From Marisa Villanueva : thank you very informative

14:03:04 From Kevin Bagby : Thank you!

14:03:04 From Mark Karmatz : TRY UNMUTING MARK

14:03:12 From susan dembowczyk : Thank-you for this great zoom and all of the information!!

14:03:12 From Marta Garcia to All panelists : Thank you!!!

14:03:22 From Dan Evenhouse to All panelists : yes this was great! Dan Evenhouse Sfva

14:03:23 From Eric McKee : Thank you all!

14:03:41 From Dwayne Harden : Will all the links be available at a later date?

14:03:53 From Andrea Bink : Thank you! Hi, Nev! Good to see you!

14:04:00 From Yumiko Ikuta to All panelists : This was great and thank you so much for organizing this.

14:04:06 From Olivia Jones : yes, we will send all the links, as well as a recording of the webinar.

14:05:11 From Raymond Federici : a resource that many dont know is possible is, repurposing older smartphones that the community donated

14:05:17 From Raymond Federici : donated

14:05:36 From Sydney Taylor : email us at [tucollab@temple.edu](mailto:tucollab@temple.edu)

14:05:50 From Emily Scott : i was at the international peer conference in San Diego and was hoping to go to peerpocalypse in Oregon!

14:06:07 From Bev Weinberg : Love that name!

14:06:26 From Lecia Whyte-Rodriques to All panelists : Thank you good webinar

14:06:32 From Chad Booth to All panelists : very Informative thanks

14:06:36 From Yumiko Ikuta to All panelists : My office oversees peer specialist training programs including Howie the Harp as well as peer advocacy programs so feel free to contact me about peer support. BTW I am a peer myself!

14:07:04 From Danielle Spector to All panelists : I think we can be involved in getting community involved to sharing their resources or brainstorming places people can go or resources they can use to be able to connect to social media and etc

14:08:30 From Yumiko Ikuta to All panelists : In NY many Peer Specialist conferences are being rescheduled but offering workshops webinars.

14:09:59 From Sydney Taylor : Hi all, we're now finished with the webinar! We'll be sending links to the powerpoint, as well as the links and resources mentioned in the chat, to you all soon. In a few days you'll also be able to find a recording of this discussion on our website, and it'll include transcripts. Thanks for coming!