

Every Member Counts

SOUTH DAKOTA NATIONAL GUARD

SPECIAL EDITION

Special Edition Focus

Mission: Service Member & Family Support enhances and empowers the lives of our customers with consistently exceptional service & support.

Service Member & Family Support

Phone: 1-800-658-3930

THE FOCUS IS FOR SERVICE MEMBERS & FAMILIES, VETERANS, RETIREES & SURVIVORS

IN THIS ISSUE

COVID-19 Emergency Financial Relief Program

The PenFed Foundation can provide financial assistance specifically for National Guard Soldiers and Airmen affected by the COVID-19 crisis. In most cases, the financial assistance can be approved and issued to the Service Member within 24 hours of the approval.

Military Heroes - The COVID-19 Emergency Relief Program was created to provide financial assistance to all Veterans, Active Duty Service Members, National Guard and the Reserves who are experiencing a financial setback due to the negative economic effects of the COVID-19 pandemic. The grant amount will support 1 month of payment up to \$1500 in the following areas:

Rent, Mortgage, Auto Loan/Lease and Utilities.

The other programs that the PenFed Foundation offer are:

- 1) Emergency Financial Assistance,
- 2) Family & Caregiver Support Grants,
- 3) Dream Makers Home Buying Grants,
- 4) Veteran Entrepreneur Investment Program (VEIP).

For more information please visit the PenFed Foundation website at:

<https://penfedfoundation.org/apply-for-assistance/coronavirus-emergency-financial-assistance/>

MILITARY ONESOURCE

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Disclaimer: The announcements that appear on this page(s) or attached are intended to inform Soldiers, Airmen, veterans, and their families of special offers provided to Service Members, veterans and their families and are not intended to constitute an endorsement by the South Dakota Army and Air National Guard, the United States Army, the United States Air Force, or the Department of Defense. It is strictly intended to be used for informational purposes only.



Due to the increasing spread of scammers taking advantage of fears surrounding the Coronavirus, the Federal Trade Commission (FTC) issued the following guidance:

Hang up on robocalls. Don't press any numbers. Scammers are using illegal robocalls to pitch everything from scam Coronavirus treatments to work-at-home schemes. The recording might say that pressing a number will let you speak to a live operator or remove you from their call list, but it might lead to more robocalls, instead.

Fact-check information. Scammers, and sometimes well-meaning people, share information that hasn't been verified. Before you pass on any messages, contact trusted sources. Visit "What the U.S. Government is Doing" for links to federal, state and local government agencies.

Know who you're buying from. Online sellers may claim to have in-demand products, like cleaning, household, and health and medical supplies when, in fact, they don't.

Don't respond to texts and emails about checks from the government. The details are still being worked out. Anyone who tells you they can get you the money now is a scammer.

Don't click on links from sources you don't. It could download a virus onto your computer or device. Make sure the anti-malware and anti-virus software on your computer is up to date.

Watch for emails claiming to be from the Centers for Disease Control and Prevention (CDC) or experts saying that have information about the virus. For the most up-to-date information about the Coronavirus, visit the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).

Ignore online offers for vaccinations. If you see ads touting prevention, treatment, or cure claims for the Coronavirus, ask yourself: if there's been a medical breakthrough, would you be hearing about it for the first time through an ad or sales pitch?

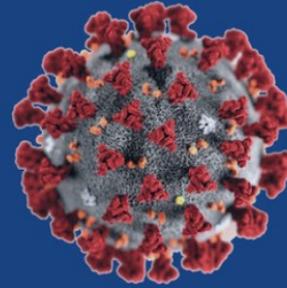
Do your homework when it comes to donations, whether through or crowdfunding sites. Don't let anyone rush you into making a donation. If someone wants donations in cash, by gift card, or by wiring money, don't do it.

Be alert to "investment opportunities." The U.S. Securities and Exchange Commission (SEC) is warning people about online promotions, including on social media, claiming that the products or services of publicly-traded companies can prevent, detect, or cure coronavirus and that the stock of these companies will dramatically increase in value as a result.

<https://www.consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing>

Don't Let COVID-19 Infect You With Insurance Fraud

TOP 5 COVID-19 SCAMS



- 1 Fake "corona" insurance**

Watch for fake health-insurance agents selling low-priced insurance to cover coronavirus "treatment." Scammers may try to sell low-cost "corona insurance" or health policies that claim to have a coverage provision. Simply hang up on robocalls.
- 2 Cancelled health insurance**

Beware of bogus calls warning you that your health insurance was "cancelled." You may be given a tollfree line to call, or urged to click a link that installs malware. Most of these are attempts to steal your personal information.
- 3 Corona medicines, tests**

Scammers are peddling fake vaccines, drugs, "all-natural" or "organic" medicines — all "insured and paid for" by your health policy. But the novel coronavirus is exactly that — new — and there is no known cure yet.
- 4 Senior scams**

Beware of free virus "tests" at senior centers, health fairs or in your home. Scammers might ask for your Medicare number, SSN and other information to steal your medical identity. Talk to your doctor if you need a test. Call your insurer directly to answer your coverage questions.
- 5 Bogus travel insurance**

Be wary of pitches for travel insurance that claim to cover coronavirus related trip cancellations. Most standard travel insurance policies may not cover viral outbreaks or pandemics. Know know what your policy does and doesn't cover.



**Coalition Against
Insurance Fraud**

Prevent the spread of COVID-19 fraud and share this message

Source: insurancefraud.org/Covid-19.htm

MILITARY ONESOURCE

As always, our priority at Military OneSource is to serve you, our military personnel and families. As the Department of Defense responds to the ever-changing effects of the coronavirus disease, we are committed to providing up-to-date information, resources and answers regarding its impact on military life. Use these Military OneSource and community resources (noted by *) and services to stay active and healthy.

We have created a dedicated section on our website at <https://www.militaryonesource.mil/coronavirus> for Department of Defense-related coronavirus updates and impacts. Check frequently, as we will update regularly in addition to posts on social media - [Facebook](#), [Twitter](#), [YouTube](#), [Instagram](#), and [Pinterest](#).

- Coronavirus Support Update Military OneSource Resources
- Guidance for Department of Defense Civilians
- What Do Travel Restrictions Mean for Service members
- When You Have to Travel: Preventing the Spread of COVID-19
- Checking for Coronavirus Related Closures on an Installation
- Request Emergency Financial Assistance if Impacted by COVID-19
- Scam Alert Related to Coronavirus Disease
- Links to information from the Center for Disease Control

Mental Health

- **Counseling:** If stress about any situation is getting the better of you, eligible members can call to schedule a [Non-Medical Counseling](#) appointment or live chat through our website.
- **Support articles:** Support your lifestyle with stress reducing tips and more: [Take Charge of Coronavirus Anxiety](#), [If Your Kids are Worried About the Coronavirus](#) and more.
- **Handle Life's Challenges:** [Moving Forward](#) (bottom of page) teaches problem-solving skills to help handle life's challenges.
- **Relax with [Chill Drills](#):** drills can help slow your heart rate, lower your blood pressure and reduce the level of stress hormones in your body. Download from the Military OneSource website or order yours free.

Physical Health: Stay Active and Healthy

- **Military OneSource Health & Wellness Coaching** (additional flyer) <http://bit.ly/MilitaryOneSourceHealth> Call for support to stick to your goals and stay active and healthy at 800-342-9647!
- **Gale Health and Wellness** http://bit.ly/MilitaryOneSource_MWRDigitalLibrary
- **Workout Videos:** <https://www.fitnessblender.com/videos> (click on videos for free workouts, not programs) *
- **American College of Sports Medicine, Staying Physically Active During the COVID-19 Pandemic** <http://bit.ly/3b7sGjp> *
- **At Home Workouts and Tips to Stay Healthy**, Mueller Sports Medicine <http://bit.ly/2wZFfPk> *
- **YouTube channels:** access free videos dedicated to home exercises from targeting specific muscle development exercises, to cardio and yoga. *
- **Planet Fitness:** United We Move: offering free at home workouts for everyone live streamed from their [FaceBook](#) page. Visit site for details. *
- **Visit topics related to sleeping well, managing emotions,** http://bit.ly/MilitaryOnesource_sleepwell

Stay Busy

- **MWR Digital Libraries:** Have you checked out our [online libraries](#) for ways to stay busy for adults and kids? Interactive science, school curriculum, hobbies and interests, learn a language, read a digital newspaper or magazine, read or listen to a book, prep for a test, build a business plan, resume and so much more!
- **Learn a language:** Take a course in one of 70 different foreign languages with [MWR Digital Library – Mango Languages](#)

- **Complete Taxes with MilTax**: Free tax services that address military life. Self-paced tax software including tax prep, e-filing and personalized support.
- **Unemployment**: related to COVID-19 information <https://dwd.wisconsin.gov/covid19/public/ui.htm>. *
- **Register to Vote Absentee**: request an absentee ballot at <https://myvote.wi.gov/en-us/VoteAbsentee> *
- **Free Online Learning at Home**: <https://funinfirst.com/free-online-learning-at-home/> *
- **Fix/Maintain an Automobile**: thousands of year, make and models to service your vehicle with [Gale Chilton Automotive Maintenance Library](#).
- **Research your ancestry**: Use the free [Ancestry Library](#) to unlock your families past or the [Fold3 Library Edition](#) for those family and friends who served from the Revolutionary War onward.
- **How parents can homeschool their kids during the COVID-19 pandemic**, NBC-2 <http://bit.ly/3d9Uupd> *
- **Cincinnati Zoo Botanical Gardens**: introduces an animal each day in their habitat *
- **Atlantic White Shark**: offers free [Shark Story Hours](#) each day at 10 am EST *
- **Virtual Tours of Museums, Exhibits and Points of Special Interest**: over 300 museums, exhibits, points of special interests and real-time journeys with [Virtual Free Sites](#). *

Education

- **Internet**: Charter will offer free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription and at any service level up to 100 Mbps. To enroll call 1-844-488-8395. Installation fees will be waived for new student households. *
- **Scholastic**: offering free online courses so your kids can keep learning while schools are closed; the educational company has launched a "Learn at Home" website, <http://bit.ly/2x7DFdW> that has daily courses for students from Pre-kindergarten to grades 6 and higher. *
- **Khan Academy**: remote learning during school closures; resources for teachers and parents to include a daily schedule for children to follow. <http://bit.ly/2xDHhon> *
- **ABC Mouse Early Learning Academy**: offers ages 2-8 with code 'SCHOOL7771' to more than 850 lessons across 10 levels of learning with [ABC Mouse](#). *
- **The Learning Network** - Teach and Learn With The Times: Resources for Bringing the World Into Your Classroom. <https://www.nytimes.com/section/learning> *
- **Military OneSource MWR Digital Libraries**; Here are some examples of what is available for free to Military Families. http://bit.ly/MilitaryOneSource_MWRDigitalLibrary. See attached to view the entire library for even more!
 - **Teachables** provides access to more than 15,000 teacher-created, vetted printables to support instruction. Download activities for any pre-K to 6th-8th grade subject: math, science, reading comprehension, STEM, writing and beyond. Printable lesson plans, reading passages, games and puzzles, clip art, and skills sheets.
 - **Mango Languages** is a digital language-learning program for learners of all levels, with courses in more than 70 different foreign languages, 21 English language courses and 44 specialty courses.
 - **Explora Primary** features a database of colorful and fun resources that help children in grades K – 5 learn about animals, music, health, history, people and places, science, math and sports.
 - **ScienceFlix** offers more than 50 complete units of study with over 6,500 science-related assets in a variety of media, providing students with a better understanding of science concepts and ideas through hands-on projects, videos, multiple text types, interactive features and more.
 - **Tutor.com** for military children gives kids access to online tutoring and homework help from live, expert tutors in more than 16 subjects. Tutors can help with tonight's homework or catch your child up on missed concepts and lessons, all for free.
 - **Universal Class** over 70 crafts and hobbies classes, more than 45 home school courses, and so much more!

**MILITARY
ONE SOURCE**

One source connecting you to your best MilLife

Visit www.militaryonesource.mil or call: 800-342-9647

[Facebook](#) | [Twitter](#) | [YouTube](#) | [Instagram](#) | [Pinterest](#)

MILITARY FAMILY LIFE COUNSELORS ARE AVAILABLE FOR PHONE CONSULTATIONS

Q. Who are Military Family Life Counselors (MFLC)?

A. MFLC(s) possess a master's or doctorate degree in a mental health field and are licensed or certified in a SD to practice independently.

Q. Who is eligible for support?

A. Members of the SDNG and their families. Eligible individuals may receive up to 12 non-medical and financial counseling sessions per person, per issue.

Q. What types of issues can MFLC(s) address?

A. Military and family life counselors assist service members and their families with circumstances occurring across the military lifecycle and are aimed at enhancing operational and family readiness. MFLCs provide support to individuals, couples, families, and groups, for a range of issues including but not limited to: relocation adjustment, separation, anger management, parenting, parent/child communication, relationship/family issues, coping skills, anxiety, feelings of lack of control, and grief and loss.

Q. What issues are not appropriate for non-medical counseling?

A. Non-medical counseling is not intended to address active suicidal or homicidal thought or intent or other threats of harm to self or others, Family Advocacy Program cases, sexual assault, child abuse/neglect, domestic violence, alcohol and substance abuse, mental health conditions that have required recurring in-patient hospitalizations, someone prescribed psychoactive medication, someone currently receiving therapy by another practitioner, fitness for duty evaluations and court ordered counseling.

Q. When and where can I meet a MFLC?

A. Typically MFLC(s) can meet at their work locations (Armories) or within 50 miles. However, in this unprecedented times, MFLC(s) are available telephonically.

**Please reach out to Judy or Krista to arrange consultation as the need arises;
they are here to support you!**

Krista Preston, MS, LPC

Email:

NGCampRapidSDSurge@magmflc.org

cell: 605-630-4497

Judy Zimbelman, MSW,

Email:

judyz@sio.midco.net

(605) 212-2376

Feeling stressed or anxious about the ongoing COVID-19 outbreak and need someone to talk to?

There are several counseling options to assist with the stress and related issues.



**MILITARY
ON-SOURCE**

Military Crisis Line at 800-273-8255, then press 1, or access online chat by texting 838255



**United
Way**



**United Way Worldwide's
COVID-19 Community
Response and Recovery Fund**

Supports communities by helping local United Ways respond, and bolstering 211, the go-to information resource in times of crisis. Calls to 211 for help with basics have risen more than 300% in some areas, and are expected to top 27 million calls over the next six months. That's more than twice the usual call volume that 211 fields in a typical year.

During times of uncertainty and crisis, people come together to support one another. COVID-19 is a new test of our collective strength. As millions are on lockdown and businesses are closing, unemployment is spiking. Paying rent and utilities, getting food and finding basics like diapers is tougher than ever before.

NOTE: You can dial 211 to speak to someone about local assistance at any time. The 1-866-211-9966 number you may have seen on social media is only available for residents of Indianapolis. Please be aware that financial assistance related to COVID-19 is not available for individuals everywhere.

CSTS | Department of Psychiatry | Uniformed Services University | 4301 Jones Bridge Road, Bethesda, MD
20814-4799 | www.CSTSONline.org

Helping Homebound Children during the COVID-19 Outbreak

Emergency measures, such as requiring that children remain at home are critical methods to limit the spread of infection from the coronavirus (COVID-19) outbreak. Despite its positive public health benefits, for an individual child, being homebound can serve as an opportunity to spend time with family, but also can result in insufficient physical activity, irregular sleep patterns, weight gain, and decreased fitness. As many parents know, boredom and frustration are common during time required

The lifestyle changes may also contribute to social isolation from peers and teachers, anxiety, and tension among family members due to a lack of personal space at home.

to be home and inside. The lifestyle changes may also contribute to social isolation from peers and teachers, anxiety, and tension among family members due to a lack of personal space at home. Importantly, public fear about COVID-19 that stigmatizes and scapegoats specific populations can further increase a child's

and family's sense of isolation. Clinicians and parents can consider the following approaches to better manage homebound periods for children and families.

Support the Family Structure while Homebound

To prepare, families can develop plans of action together. When appropriate, include children in the family planning and preventive behaviors to help support their sense of agency and control.

- Plan physical activities that can be done while homebound
- Maintain a healthy diet, good sleeping habits, and proper hygiene practices (e.g., regularly washing hands, covering mouths when coughing and sneezing, avoiding contact with face).
- Maintain routines related to bedtimes, meals, and exercise.
- Ensure basic supplies (e.g., food, water, soap, first aid provisions) and medications are readily available while homebound.
- Encourage children's participation in household chores to facilitate their sense of accomplishment.
- Plan enjoyable family activities, such as games, movies, and exercise.
- Maintain a positive mood.
- Practice patience and tolerance, which can be difficult during this time and model healthy habits for the entire household.
- Engage in relaxation techniques to reduce stress.
- Avoid increased use of alcohol or tobacco.
- If a usual family activity, consider attending religious services online.

Communicate Openly

During times of uncertainty, open communication is critical to helping children feel safe and secure.

- Stay informed.
- Explain COVID-19 and the purpose of being homebound in an age-appropriate and positive manner to children. Parents must gauge what their children can understand.
- Create an environment where children feel comfortable expressing their concerns and asking questions.
- Remind children that being homebound is temporary.
- Promote children's sense of goodness, or "altruism", by explaining that being homebound helps to keep other members of their community safe.
- Reassure children they will receive appropriate medical care if they become ill.
- Check in with children frequently to address newly emerging fears and misconceptions.
- Limit and closely monitor children's use of media to reduce potential confusion, worry, and fear.
- Address misconceptions regarding stigma. For example, avoid terms other than "coronavirus," such as "Chinese virus," as these increase stigma and perpetuate misconceptions about the disease.
- Clarify what is known and what is unknown to prevent the spread of misinformation.

Connect to Helpful Support

During periods of physical isolation, connect to important sources of social support to help alleviate stress. Families may also benefit from services provided by local community organizations and mental health professionals.

- Develop plans for maintaining children's connections to friends and other family members via phone and/or internet.
- Ensure your child's medical team is involved to help monitor any pre-existing conditions.
- Utilize available homeschool or distance learning opportunities that combine the educational needs of children with their physical and mental health needs.
- Contact a mental health professional if you notice signs of anxiety and depression in children including changes in appetite, sleep disruptions, aggression, irritability, and fears of being alone or withdrawn.

Resources

General:

CDC:

www.cdc.gov

Red Cross:

www.redcross.org

WHO:

www.who.int/en

Infectious disease information specific to children:

CDC:

www.cdc.gov/childrenindisasters/index.html

AAP:

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Children-and-Disasters/Pages/default.aspx>

COVID-19 Resources and Information

<https://dps.sd.gov/emergency-services/emergency-management> up-to-date information on the resources, preparation and stats. You can use to find school closures and guidance documents from the Public health.

<https://www.militaryonesource.mil/coronavirus> Find up-to-date information about Military OneSource services and resources: what is new, what remains the same and what has changed?

<https://www.helplinecenter.org> Support and resources to including housing, income and expenses, where to find local food banks and additional support.

<https://www.needhelp-payingbills.com> There are thousands of financial assistance programs that may help struggling families. **Please note this varies by state.**

<https://www.redcross.org> can help with mental health, disaster relief and support financial needs.

<https://www.sfacf.org> Funds help residents in the Sioux Falls and surrounding area to avoid evictions and financial hardships if they are unable to work.

<https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>

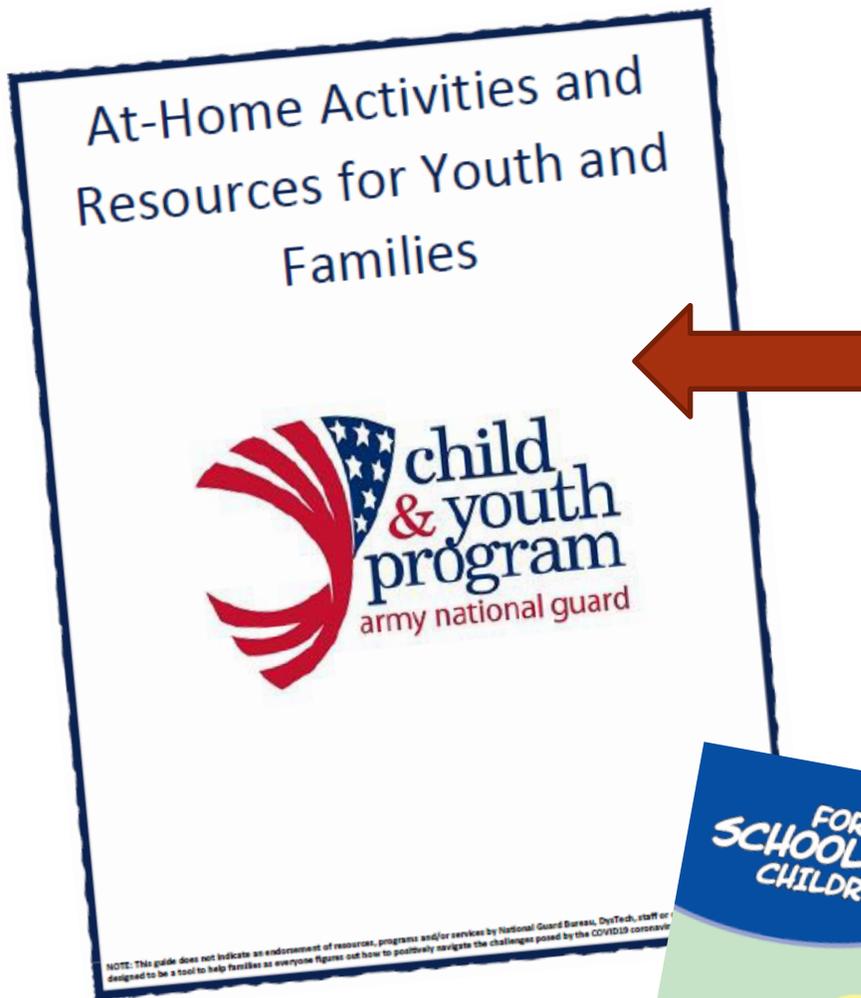
The CDC has information on ways to manage mental health during this Coronavirus pandemic. There is also information for parents, responders and people who have been released from quarantine.

<https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions> - Education companies offering FREE subscriptions due to school closings

<https://www.sba.gov> SBA Updates Criteria on States for Requesting Disaster Assistance Loans for Small Businesses Impacted by Coronavirus (COVID-19):

<https://dlr.sd.gov/ra/default.aspx> Dept of Labor Reemployment Assistance provides temporary financial assistance for people who have lost their jobs.

Please check with your mortgage lender if you have concerns about its potential impact on your loan.



Click on these 2 resources for resources for your family!



Hello from the SDNG Child & Youth Program!

We hope that you and your families are safe and well. This is a time of change for our kiddos and families as we address the situation at hand, along with navigating new schedules and routines, cancellations, and closures.

Know that we are thinking about you and your children during these ever-changing times. Additional information and resources can also be found on the ARNG CYS website (<http://www.arngcys.com>).

Please feel to reach out to me with questions.

Taryn Broomfield - Lead Child & Youth Program Coordinator

O: 605-737-6919 | M: 605-377-8244

Email: taryn.m.broomfield.ctr@mail.mil



How To Cope With Sheltering in Place

Introduction

Sheltering in place means people are asked by local officials to stay where they are for a period of time. You may be at your own or a relative's home, school, or work. Sheltering in place may be required because of an emergency such as a threat of violence, a weather situation such as a tornado or hurricane, or a public health situation like an infectious disease outbreak. You may hear shelter in place also referred to as a "lockdown."

This tip sheet describes reactions often associated with sheltering in place. It also suggests ways to care for yourself and your family during the experience and provides additional resources you may find helpful.

What To Expect: Typical Reactions

Sheltering in place can be stressful. If you are sheltering because of an immediate threat of violence or severe weather, your first priority is to ensure that you and those in your care are safe—lock the doors, stay away from windows, and stay in interior rooms if possible.

Everyone reacts differently to stressful situations. Typical reactions to sheltering in place because of an immediate problem include:

- Anxiety about the situation
- Fear and worry about your own safety and that of your loved ones from whom you may be temporarily separated
- Concern about being able to effectively care for children or others in your care

- Uncertainty, anger, or frustration about how long you will need to remain sheltered, and uncertainty about what is going to happen

In shelter in place situations lasting longer than a few hours, you may also experience:

- Feelings of isolation, loneliness, sadness, or boredom
- Guilt about not being able to perform normal work or parenting duties
- Fear over loss of income
- Changes in sleep or eating patterns

Ways To Cope During Sheltering in Place

UNDERSTAND THE RISK

Consider the real risk of harm to yourself and others around you. For example, during a situation such as an infectious disease outbreak, the public perception of risk is often inaccurate. Media coverage may create the impression that people are in immediate danger when really the risk for infection may be very low. Take steps to get the facts:

- Stay up to date on what is happening, but avoid watching or listening to news reports 24/7 since this can increase anxiety and worry. Remember that children are especially affected by what they hear and see on television.
- Look to credible sources for information about the situation.

MAKE A PLAN

You can prepare in advance for a potential shelter in place in the following ways:

- Assemble an emergency supplies kit that includes at least 2 weeks' worth of water and shelf-stable food, medications, pet food, flashlights, and extra batteries.
- Ask your employer and your children's school administrators or daycare providers what their plan is for a shelter in place order.
- If you need ongoing medical care for a chronic health, mental health, or substance use condition, learn in advance what to do from your health care or treatment provider in the event that you cannot come to the office or clinic.



- Develop an emergency plan with family members that includes having each other's contact information and ensuring that all members will check in with one another as

soon as possible if you are not sheltering in place together.

- Collect fun activities, books, games, and toys that can keep your children entertained, and books, movies, and games that will keep you occupied.

USE PRACTICAL WAYS TO COPE AND RELAX

You can do many things to keep yourself calm while sheltering in place.

- Relax your body often by doing things that work for you—take deep breaths, stretch, meditate or pray, wash your face and hands, or engage in pleasurable hobbies.
- Pace yourself between stressful activities, and do something fun after a hard task.



- Do activities you enjoy—eat a good meal, read, listen to music, take a bath, or talk to family.
- Talk about your experiences and feelings to loved ones and friends as often as possible, if you find it helpful.
- Maintain a sense of hope and positive thinking; consider keeping a journal where you write down things you are grateful for or that are going well.

If you are feeling overwhelmed with emotions such as sadness, depression, anxiety, or feel like you want to harm yourself or others, call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

STAY CONNECTED

Staying connected with family, friends, and others you trust is one of the most helpful ways to cope with any stressful situation. Because of advances in technology, it's possible to connect with others during a shelter in place situation. You can:

- Take advantage of current technology such as Skype or FaceTime to talk “face to face” with friends and loved ones.



- Check in with people regularly using text messaging.
- Plug into social media sites such as Facebook and Twitter to gain insight into what is going on in the world—just be sure that sources you follow are credible and avoid sites that produce stress or worry.
- Sign up for emergency alerts via text or email to ensure you get updates as soon as they're available.
- Call SAMHSA's free 24-hour Disaster Distress Helpline at 1-800-985-5990, if you feel lonely or need support.

- If you need to connect with someone because of an ongoing alcohol or drug problem, consider calling your local Alcoholics Anonymous or Narcotics Anonymous offices.

TALK TO YOUR DOCTORS ABOUT TELEHEALTH

Many health care providers can now interact with patients via Skype, FaceTime, or email. In an emergency requiring sheltering in place for several days or longer, such as an infectious disease outbreak:

- Ask your provider whether it would be possible to schedule remote appointments for mental health, substance use, or physical health needs.



- If you're worried about physical symptoms you or your loved ones may be experiencing, call your doctor or other health care provider.
- In the event that your doctor is unavailable during shelter in place and you are feeling stressed or are in crisis, call the hotline numbers listed at the end of this tip sheet for support.

What To Expect: After the “All Clear”

After a shelter in place order is lifted, most people will be able to resume normal activities. Some people, including children, may have a hard time getting back to usual routines. To support children:

- Explain that the danger is over and the situation was not their fault.
- Try to get back to normal routines and activities as soon as possible.
- Encourage them to talk or write about their feelings, but don't pressure them.



If you or your loved ones experience symptoms of extreme stress—such as trouble sleeping, problems with eating too much or too little, inability to carry out routine daily activities, or use of drugs or alcohol to cope—speak to a health care provider or call one of the hotlines listed at right for a referral.

Helpful Resources

Hotlines

SAMHSA's Disaster Distress Helpline

Toll-Free: 1-800-985-5990 (English and español) SMS:
Text TalkWithUs to 66746

SMS (español): “Hablanos” al 66746 TTY: 1-800-846-8517

Website (English): <http://www.disasterdistress.samhsa.gov>

Website (español): <http://www.disasterdistress.samhsa.gov/espanol.aspx>

SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP (24/7/365 Treatment Referral Information Service in English and español)

Website: <http://www.samhsa.gov/find-help/national-helpline>

National Suicide Prevention Lifeline

Toll-Free (English): 1-800-273-TALK (8255)

Toll-Free (español): 1-888-628-9454

TTY: 1-800-799-4TTY (4889)

Website (English): <http://www.suicidepreventionlifeline.org>

Website (español): <http://www.suicidepreventionlifeline.org/gethelp/spanish.aspx>

**Note: Inclusion or mention of a resource in this fact sheet does not imply endorsement by the Center for Mental Health Services, the Substance Abuse and Mental Health Services Administration, or the U.S. Department of Health and Human Services.*



Provides
Employment Support during COVID-19 Crisis

Resumes & Job Seekers Assistance

Contact your local provider

Emy Hauck
CSFL
Watertown, SD
(605) 882-9327 (o)
(605) 877-1382 (c)
emy.l.hauck.ctr@mail.mil

Tony Grandy
CSFL
Sioux Falls, SD
(605) 357-2974 (o)
(605) 877-1186 (c)
tony.b.grandy.ctr@mail.mil

Tom Sitzler
CSFL
Rapid City, SD
(605) 737-6656 (o)
(605) 209-4565 (c)
sitzlertom@hotmail.com

Cheryl Adamson
ESP
Rapid City, SD
(605) 737-6011 (o)
(907) 750-2225 (c)
jptgod@hotmail.com
cheryl.l.adamson2.ctr@mail.mil

Did you know you can get books sent to your house for free using the United Through Reading app?

Service members can video record themselves reading a book and be available on demand for the children in their lives to watch anytime.

To request your free book, go to utr.org/app.



EMPLOYER SUPPORT OF THE GUARD AND RESERVE TIPS FOR GUARD AND RESERVE SERVICE MEMBERS

Many employment challenges can be avoided by being candid with your employer about your obligations as a member of one of the National Guard & Reserve. Don't take your employer's support for granted!

Here are some tips on how to keep your supervisor informed:

Talk to Your Employer: Tell your employer about your military assignment and skills you have gained in the military. Many people hold military jobs that relate directly to their civilian careers.

Federal Law: Know your rights and responsibilities as outlined by Federal law in the Uniformed Services Employment and Reemployment Rights Act (USERRA). The law guarantees the right to take time off from work to meet your military responsibilities. If you, your supervisor and your personnel office are familiar with USERRA, potential misunderstandings can be minimized. ESGR is a free resource that can help you understand your rights and responsibilities under USERRA, and assist your employer with USERRA compliance.

Annual Training and Drill Schedules: Keep your supervisor informed about your Guard & Reserve duties. The earlier you provide your supervisor with drill schedules, annual training plans and any extra time-off requirements, the more smoothly things will go. Remember you must give your employer advance notice of any military service whenever possible; it is recommended that this be done in writing. Giving employers the maximum lead-time enables them to plan for your absence.

Non-Training Active Duty: Many Guard & Reserve members perform tours of active duty that are not for training. This can range from short active duty tours and support exercises to years of active duty. Under USERRA, prior notice of military duty must be given to your employer. Military duty in this category is generally subject to a cumulative 5-year time limit under USERRA. After being absent for five years you may no longer have reemployment rights with your employer.

Emergency/Contingency Duty: As a Guard & Reserve member, if you are activated involuntarily for war or a national emergency, your period of service will not count against the cumulative 5-year limit established under USERRA. In most cases, voluntary duty is also exempt from the 5-year limit if it is in direct support of a contingency operation.

Scheduling: If you miss work while performing military service, your employer is not obligated to reschedule you to make up the time lost. However, if employees who miss work for non-military reasons are afforded opportunities to make up the time lost, you must be treated in the same manner. Further, you cannot be required to find replacement workers for shifts you miss during the performance of military service.

Vacation and Accrual: Federal law allows you the option to use earned vacation while performing military service, but you cannot be required to do so. The only case where you could be required to use your vacation would be if your company has a planned shutdown period when everyone must take vacation, and your military service coincides with that period of time. Your employer is not required to provide for vacation accrual while you are absent from work performing military service, unless accrual is permitted for employees on nonmilitary leave of absence of similar length and situation.

Pay: Although some private and many government employers provide full or partial civilian pay to employees absent on military duty, the law requires only an unpaid leave of absence be provided by the employer. Federal employees are entitled to time off at full pay for certain types of active or inactive duty in the Guard & Reserve. More information is available from the Office of Personnel Management site at www.OPM.gov.

Reward Your Supervisor: Show appreciation for supportive employers by nominating your supervisor for a Patriot Award. It's a free and easy way to say thanks. The Department of Defense will send your supervisor a personally prepared certificate of appreciation if you, the Guard & Reserve member, simply nominate them for the award. Take time to "brag" about your supervisor today! Visit www.ESGR.mil/PA to nominate your employer.



ESGR DEVELOPS AND PROMOTES A CULTURE IN
WHICH ALL AMERICAN EMPLOYERS
SUPPORT AND VALUE
THE MILITARY SERVICE OF THEIR EMPLOYEES.

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Personal Financial Counselors are **here to support** you virtually.



Are you off a military installation, but still desire financial support?



Would speaking to a professional, virtually, give you peace of mind?

Are you ready to boost your monetary might?



Did you know Personal Financial Counselors (PFCs) can provide no-cost support services virtually?

PFCs offer a wide range of training and workshops on topics such as money management, budgeting and developing spending plans, debt and credit card management, consumer rights and obligations, homebuying, retirement and estate planning, taxes and more.

PFCs can provide face to face counseling and/or deliver presentation to service members and their families using telephonic or electronic modes like the Zoom platform.

PFCs are:

- Professional with experience and specialized training
- They hold a minimum of a bachelor degree
- They hold National certifications for financial counseling and education

Follow the Office of Financial Readiness



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www.FINRED.USALEARNING.GOV



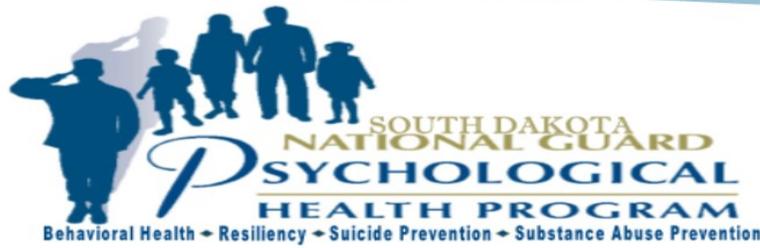
<https://www.medium.com/@DoDFINRED>

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Special Edition 1 – March 2020

- ◆ 2*1*1
- ◆ Corona Virus White Paper—Unclassified
- ◆ How Do I talk to my child(ren) about COVID 19
- ◆ Suicide Prevention Information
- ◆ Top 5 COVID-19 Scams
- ◆ How to Combat Cabin Fever
- ◆ Resource Highlight—Text4Hope

Responding to COVID-19

211 provides a 24/7 hotline which is connected to a trained team that is able to provide up to date information.

If you need assistance finding food, or basic essential needs, call 211 to speak to someone who can help.



If you or your organization are offering help to those in need, please let us know by submitting that information through the links below.

CORONAVIRUS (COVID-19) HEALTH/MEDICAL RELATED INFORMATION

- Food/Basic Needs Information and Availability
 - One Sioux Falls Fund Information
 - Black Hills Regional Food Response
 - Special Hours for At-Risk Populations
- Closures/Cancellations
 - Home with your kids? Resources for parents
- Program Restrictions
- COVID-19 and Your Mental Health
- Small Business/Employment/Child Care Assistance Information
- Want to Volunteer?



<https://www.helplinecenter.org/2-1-1-community-resources/>

Remember,
 your mental health
 is just as
 important
 as your
 physical health.



CREATED BY THE OHIO SUICIDE PREVENTION FOUNDATION

YOU MATTER. YOU ARE NOT ALONE.

How to Help *If You Think a Friend or Loved One May Be Considering Suicide*

Know the warning signs
 And trust your instincts. If you are worried about someone, it's worth taking the next step.

Offer to help
 Let your friend or loved one know that you are worried about them and want to support them. Just knowing that they are not alone will probably be a big relief.

Listen
 Listen – and pay attention to online conversations and posts – don't judge, and try not to act shocked, no matter what they say. Take them seriously.

Encourage them to get help
 Encourage them to go to an adult that they trust – a family member, teacher, or guidance counselor.

If they won't go for help or if you don't think they'll do it fast enough
 Tell an adult that you trust, right away. It is also important to call the National Suicide Prevention Lifeline (1-800-273-8255) if you're worried, stressed, or aren't sure who to tell. Don't keep it a secret, even if your friend made you promise. You could be saving their life.

Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)
<http://www.suicidepreventionlifeline.org/>

Sue Keller
 Suicide Prevention Program
 Manager
 605-737-6954

THINGS

to do

- Guns removed, safely stored/locked
- Medications monitored/limited
- Routinely assess suicide risk
- Consider hospitalization for high risk
- Check in with individual/follow-up

Putting time and space between someone experiencing suicidal thoughts and the means to carry out lethal behavior is a critical step to ensuring safety.

CABIN FEVER

Cabin fever is a popular term for a relatively common reaction to being isolated in a building or space for a period of time. While there is no actual diagnosis for cabin fever, it is ultimately rooted in intense isolation, which may reach the level of a specific phobia.

If you are experiencing cabin fever as a result of social distancing or self-quarantine in the wake of the coronavirus (COVID-19) pandemic, you may feel additional stress beyond what stems from simply being isolated. There are ways to combat the anxiety you may be feeling.

Symptoms

Not everyone suffering from cabin fever will experience the same symptoms, but it is important to know the symptoms. Many people report feeling intensely irritable or restless. Other commonly experienced symptoms can be:

Restlessness	Lethargy
Sadness or depression	Trouble concentrating
Lack of patience	Food cravings
Decreased motivation	Social Isolation
Difficulty waking	Frequent napping
Hopelessness	Changes in weight
Inability to cope with stress	

Coping With Cabin Fever

If you are feeling the effects of cabin fever, taking active steps to combat your feelings may be enough to help you feel better. Outlined are a few coping skills to combat cabin fever:

- **Get Out of the House:** If you are housebound, this may not always be possible. But if you are able to go outside, even for a short time, take advantage of that opportunity. Exposure to sunlight can help regulate the body's natural cycles, and exercise releases endorphins creating a natural high. Even a quick stroll can help you feel better quickly. If you are not able to leave the house at all, get close to a window and start moving around.

DURING SOCIAL DISTANCING AND QUARANTINE FROM COVID-19, YOU MAY EXPERIENCE THE FOLLOWING

Anxiety, worry or fear related to :

- Your own health status or others whom may have been exposed to the disease
- Resentment related to monitoring of potential symptoms, time taken off work and the potential loss of income and job security
- Challenges of security basic needs and being able to effectively care for your loved ones
 - Loneliness, Anger, boredom

COPING SKILL CORNER

Box Breathing

- Let out all of the air in your lungs to the count of *four*
- Keep your lungs empty for a count of *four*
- Inhale for a count of *four*
- Keep your lungs full for a count of *four*
- Repeat *four* times

Common signs of distress

- *Feelings of numbness, disbelief, anxiety or fear*
- *Changes in appetite, energy and activity levels*
- *Difficulty sleeping or nightmares and upsetting thoughts and images*
- *Physical reactions, such as headaches, body pains, stomach problems and skin rashes*
- *Worsening of chronic health problems*



TAKE THE FOLLOWING STEPS TO COPE WITH A DISASTER

- Take care of your body- Try to eat healthy, well-balanced meals, exercise regularly and get plenty of sleep.
- Connect with others– Share your concerns and how you are feeling with a friend or family member.
- Take breaks– Make time to unwind and remind yourself that strong feelings will fade. Exercise, stretch or meditate
- Stay informed– When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to or read the news for updates from officials.
 - Avoid too much exposure to news.
 - Seek help if needed.



BEHAVIORAL HEALTH TEAM

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—Parents—

Add this number
to your child
phone contacts

This service is
available for your
teen children. It
is for them, or for
them to get help
with their friends.

We may hope,
wish and desire
that we be the
person they turn
to....

But the reality
doesn't support
this. Give your
children a tool to
help themselves
and others!

helpline center

NEED TO TALK?
TEXT US...

Text icare to 898211

TEXT 4 HOPE
helpline center

I'M WORRIED ABOUT MY FRIEND. HOW CAN I HELP?

I FEEL STRESSED OUT ALL THE TIME

Text icare to 898211

Text4Hope is available 24/7 for South Dakota high school students

Supported by: **SANFORD HEALTH**
South Dakota Suicide Prevention
South Dakota Department of Health

Disclaimer: The announcements that appear on this page(s) or attached are intended to inform Soldiers, Airmen, veterans, and their families of special offers provided to Service Members, veterans and their families and are not intended to constitute an endorsement by the South Dakota Army and Air National Guard, the United States Army, the United States Air Force, or the Department of Defense. It is strictly intended to be used for informational purposes only.