



Welcome to BUILD

February 18, 2021

Brought to you by

BUILD

BLACKS UNITED IN LEADERSHIP & DIVERSITY

A Land Acknowledgement Gift

**From the Frain, Donelson, and Blackhorn families of the
Kahosadi People from Southern Oregon to BUILD BRG of
Washington State**

Our voices were silenced, our ways and dances banned
How could we share when there was no space to understand
Yet, we are still here

Our realities hidden from history
Our truths deliberately shrouded in mystery
But, We are still here

Yet, BUILD welcomed us with open-armed hospitality
Sharing with each other, in mutual generosity
Acknowledgment that, we are still here

Our stories shared and sung: histories, trauma, triumph, and hope
Learning, Understanding, Healing, and Growth
Recognition that, we are still here

Together we build bridges of past, present, and future unity
Honoring the strength and resilience of both our communities
Celebrating that, we are ALL still here

Together we awaken positive self-identity, inspire curiosity
Together in this moment, this space, we create a new history
Because We ALL are still here

We will bring the truths of the past to light
We will unmask the wrong and the right
Because We ALL are still here

Together we will speak the truths of past, present, and future
Reclaiming, revitalizing, inspiring, as future generations we nurture
Because We ALL are still here

You see this sacred land and our people, and we see you
True and full humans, with respect and honor due
Walking our talk at one with the lands, for we are ALL still here

You hear the songs of nature and our people, and we hear you
Standing straighter and stronger together, as humans welcomed and
true
Joining our voices for a better future, for we ALL are still here

Together we will dance, with the truth of our hearts in each step we
make
Songs of ancestors and future generations, in every breath we take
Because we are ALL still here

Today we stand together on this sacred and much loved land.
Taking a new step in life's dance, hand in hand
Because we ALL are still here

Honoring in song all the generations, whether potential, living, or
dead
Honoring the connection of all life and our shared path ahead
For WE, ARE, ALL, still here

Be well. be welcomed. be honored - Ariss



Black National Anthem

<https://www.youtube.com/watch?v=6Dtk9h1gZOI>



Virtual Meeting Technology

- ▶ Participants are muted upon entry. Please raise your virtual hand if you would like to speak.
- ▶ BUILD leadership will be on video. Participants are welcome to enable your video or not, it's up to you.
- ▶ Please right click on your name (however it shows up) on the participant list and change it to your first and last name. This helps us with attendance and assigning breakout rooms.
- ▶ If you are a breakout room facilitator, please add FA to your name so we can easily find you.

For a better virtual experience:

- Disconnect from VPN, or
- Download and use zoom for free on your personal device

If you experience connections problems:

- Disable your video, or
- Leave and return to the meeting

If problems persist:



- Call in to 253-215-8782 (Mtg ID 969 768 274 Password 146309)
- Click/Tap **MEET** using the in-call controls
- Click/Tap **MERGE**
- More about merging a phone call and meeting [here](#)



A Day in the Life of the BUILD Chair

Edwina Martin-Arnold, Co-Chair




- 
- Serve as the primary representative of BUILD within the state community and to the public
 - Advocate for and on behalf of BUILD membership and the Black community
 - Provide input, feedback, and guidance regarding the Black perspective
 - Make decisions regarding when and how to share information and support issues
 - Collaborate with OFM partners and attend OFM BRG Chair meetings
 - Collaborate with Executive Committee and facilitate monthly Board meetings
 - Coach and mentor Subcommittee Leads and facilitate monthly SC Leads meetings
 - Oversee the work of subcommittees and transition of SC leadership
 - Delegate work and oversee the timely completion of deliverables
 - Develop and approve BUILD communications and oversee website and social media content
 - Respond to requests for BUILD collaboration, participation, presentations, and training
 - Support membership participation and assist in addressing concerns
 - Work closely with the Executive Sponsor to develop and guide a vision for BUILD
 - Elevate complex and/or controversial issues to the Executive Sponsor and OFM
 - Develop general membership meeting agendas and slides, and facilitate meetings
 - Make decisions on relevant content, and identify and vet speakers and facilitators
 - Oversee planning of special events and provide support as needed
 - Maintain guiding documents (charter, by-laws, operating procedures) and fundamentals map
 - Oversee a small budget, produce an annual report, and manage the election process
 - Work closely with the Executive Assistant on all matters
- 

PREVIEW

A Week in the Life of the BUILD Chair

Time Spent = 3 hours

PREVIEW

MONDAY Time spent = 45 minutes	TUESDAY Time spent = 40 mins	WEDNESDAY Time spent = 1 hour	THURSDAY Time spent = 10 mins	FRIDAY Time spent = 25 mins
<p>The week starts with a conversation with the Executive Sponsor, Marcus Glasper, who is also the Director of the Washington State Lottery. With his many years of leadership experience and close connections with key leaders in state government, you feel confident operating in a highly visible environment. You know you have his support and can rely on and learn from him. You check in with him frequently to discuss your ideas, questions, and concerns, and to get his guidance in decision making.</p>  <p>Meanwhile, you received a couple emails from your Executive Assistant who manages BUILD's email inbox. They've sent you a request from a state agency to participate in a panel discussion for their diversity advisory group and another requesting input on an inclusive language guide. You reach out for more information, then connect with Marcus and your Co-Chair to collaborate on the best approach and the team's availability.</p>	<p>You get a follow up voice message from a potential speaker you reach out to. They are interested and want to talk more about what type of content you are looking for. After you talk with them, you check in with Marcus about your plans.</p> <p>You agree to book the speaker, so you send a confirmation email and update the meeting agenda you are drafting. You also create a slide in your presentation for the speaker's introduction.</p>	<p>You get an email from a subcommittee leader that they have left state government and are stepping down from BUILD. You thank them for their service, then reach out to the remaining lead to provide support. You talk with them about the status of their committee. They share they are a little worried because it seems challenging to get volunteers. You share ways to engage and encourage people. After talking for a while, they offer to reach out to someone on their team.</p> <p>You also receive an email from your Executive Assistant requesting you review a communication they are preparing to send to membership. You reply with a few edits and suggest an additional resource to add.</p>	<p>You get a suggestion from a subcommittee to share about an upcoming event that you are concerned about because it involves proposed legislation. You have learned that this is a sensitive issue that you need to discuss with Marcus. The event is a couple weeks out, so you decide to address the request with him next time you talk.</p> <p>Later you decide to check in with your OFM partner to find out the status of BUILD's request to use state funds to pay for the renewal of our website. They tell you the topic is on the agenda for the next BRG Leads meeting, but they believe it will get approved.</p>	<p>You decide to spend some time updating the annual report with the activities that have been completed in the last month, and call your Executive Assistant to plan the agenda for the Executive Committee Board meeting next week.</p> <p>You also check in with the History and Activities subcommittee lead to get an update on how plans for BUILD's next event is coming.</p>



Blacks United In Leadership and Diversity continues to BUILD!

Nominate yourself or any BUILD community member to serve on our 2021-2022 Executive Leadership Team!

These are professional development opportunities leading a statewide program in a volunteer capacity

Do you know a BUILD community member who:		
<p>Has the ability and/or desire to: Provide leadership to BUILD Mentor other leaders Advocate on behalf of BUILD</p> <p>BUILD needs a confident leader who has a strong organizational perspective including a vision for BUILD, and the ability to evaluate risk in decision making. They also have strong leadership competencies and skills in some of these areas:</p> <ul style="list-style-type: none">Collaborative and adaptive approachProblem SolvingCritical ThinkingCommunication, both written and oralFosters engagementOrganization and time managementFacilitation and conflict resolutionDelegates appropriate workAbility to make tough decisions	<p>Has the ability and/or desire to: Provide leadership to BUILD Mentor others Learn and grow</p> <p>BUILD needs an aspiring leader who is developing an organizational perspective and continues to grow their leadership competencies and skills, and who can advocate on behalf of BUILD.</p>	<p>Has the ability and/or desire to: Provide admin support to BUILD Learn and grow</p> <p>BUILD needs an assertive support person who has developing administrative management competencies and skills in some of these areas:</p> <ul style="list-style-type: none">OrganizationCommunicationCollaborationProblem SolvingCritical ThinkingComputer
Nominate them to be BUILD's next Chair!	Nominate them to be BUILD's next Co-Chair!	Nominate them to be BUILD's next Exec Assistant!
<p>Email nominee names to BUILD@ofm.wa.gov by April 30, 2021</p> <p>All nominees will be contacted to discuss their interest prior to being announced as a candidate.</p> <p>*Elections will take place in June 2021 for the July 1, 2021 to June 30, 2022 term*</p>		

Incoming leaders will receive all of the training, support, and mentoring they need from the outgoing leaders and our Executive Sponsor to be successful!

Expand*Grow*Serve*Inspire*Influence*Impact

The background features a dark grey field with repeating horizontal bands of geometric patterns, including zig-zags and small circles. A diagonal band of solid dark red runs from the top right towards the bottom left, and a diagonal band of solid dark green runs from the bottom left towards the top right, intersecting the red band.

Legislative Updates

Terrance McCall

The Black Family: Representation, Identity & Diversity

BUILD

BLACKS UNITED IN LEADERSHIP & DIVERSITY

Agenda

- The Black Family: Representation, Identity and Diversity
- Angelique M. Davis, JD
- Break
- Black Inventions Scavenger Hunt
- Genealogy, Connecting Past and Present
- Memoriam
- Caring for Our Elders
- Helping Black Families Navigate the Pandemic
- Musical Performance

The Black Family: Representation, Identity and Diversity Introduction

Lesa Gomez and Jo-El Modeste

https://www.youtube.com/watch?v=onA_WsAh4E0&feature=youtu.be

Angelique Davis, JD

- Associate Professor of Political Science at Seattle University.
- Former Director of the African & African American Studies Program.
- Works with Maria Hamilton on Mother's United Voices.



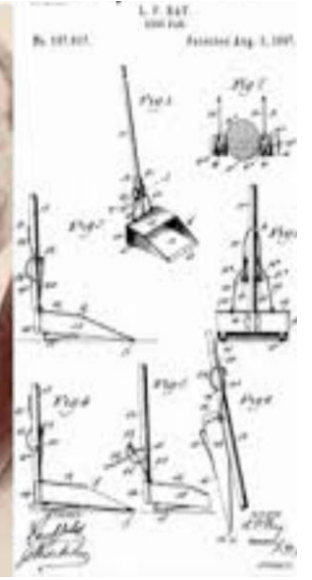
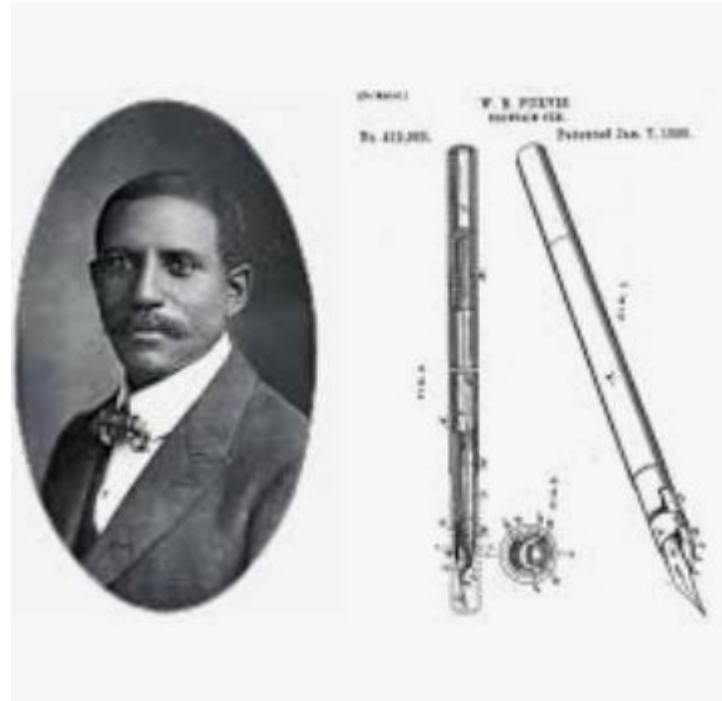
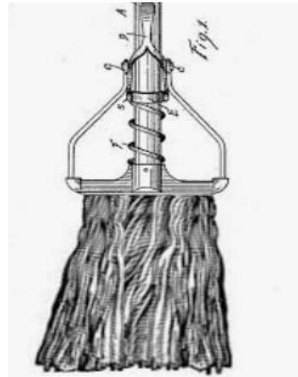
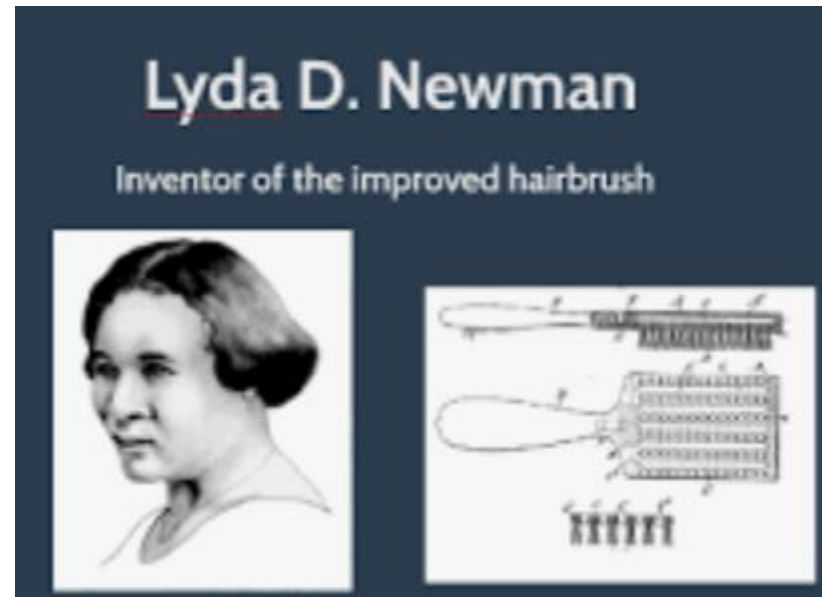
Wellness Break


SCAVENGER HUNT

BLACK
HISTORY MONTH



1892 -
Present





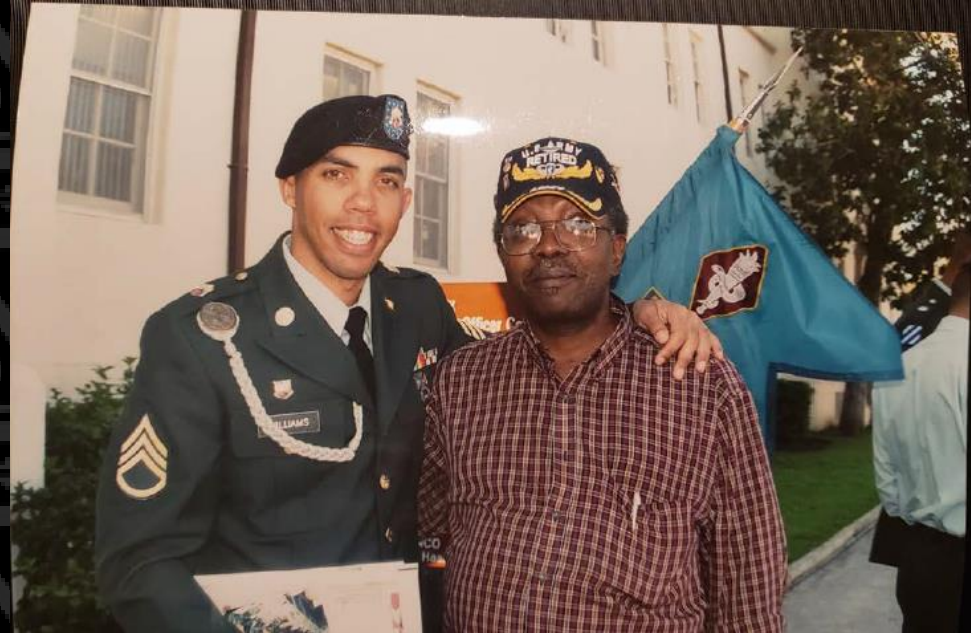
Genealogy, Connecting Past and Present

Marvin Williams

<https://www.youtube.com/watch?v=raTMBCXgKpY&feature=youtu.be>



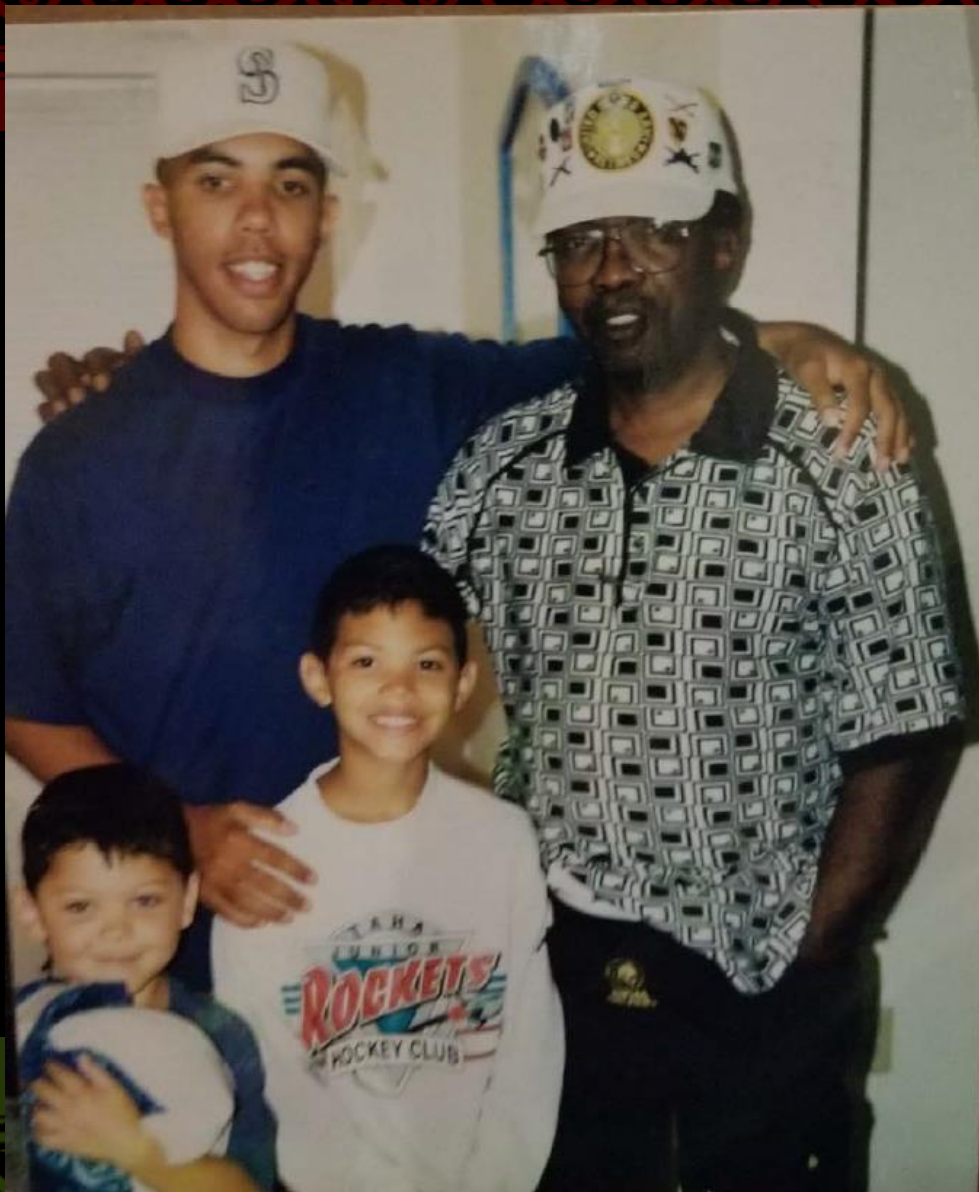
My Parents



The Family Legacy

3 out of 4 Generations of
Army Soldiers

- **Pops**
- **Bronzen (CPT)**
- **Payton (SPC)**



WWII POW (Pacific) (Gpa)

Vietnam (Pops)

Iraq (Marvin & Kano)

Afghanistan (Marvin)

Sons (None ☺)



1.Curtis

2.Roxzan

3.Kenny

4.Wendy

5.Candace

6.Marvin

My Family



Jamie

Bronzen

Payton

Jada



MY FAMILY

JAMIE
BRONZEN
PAYTON
JADA
MARISA
KAREN
ALLYSSA
EMMA

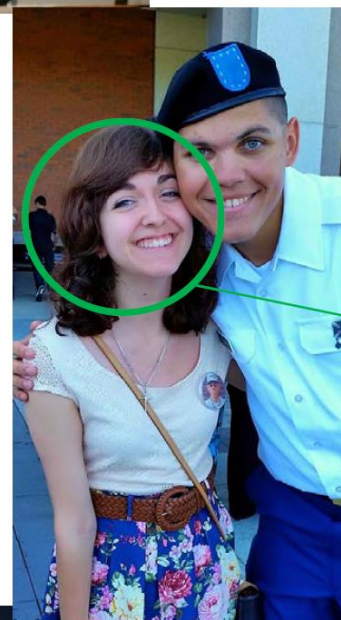


Future
Daughter in
law **Karen**

Wife's Nephew **Kevin**

Future
grand
daughter
Allyssa

Future
grand
daughter
Emma



Marisa (Daughter in-law)

CUTEST PICTURE EVER!











Story of Wendy and I

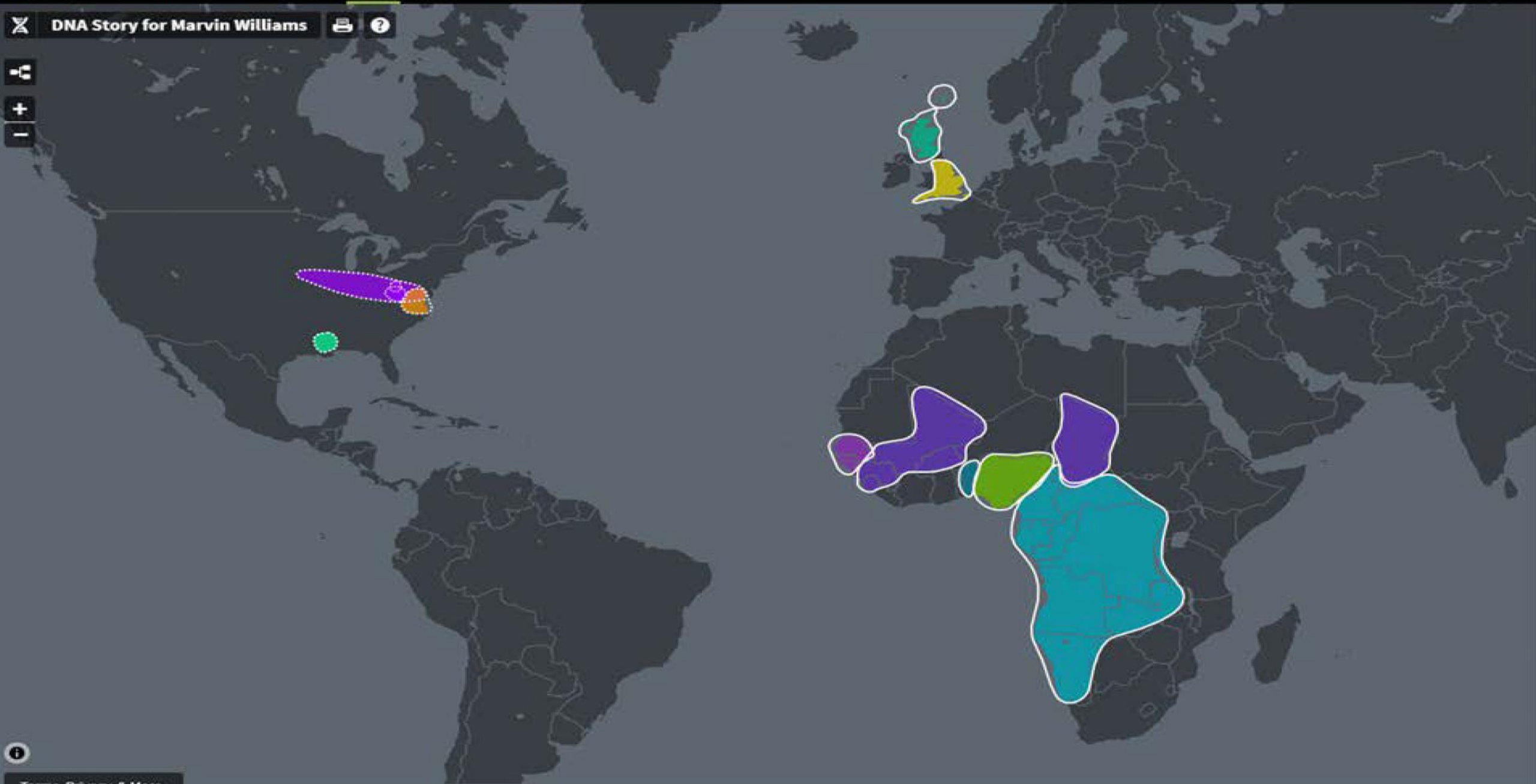
Ethnicity Estimate

[Share](#)

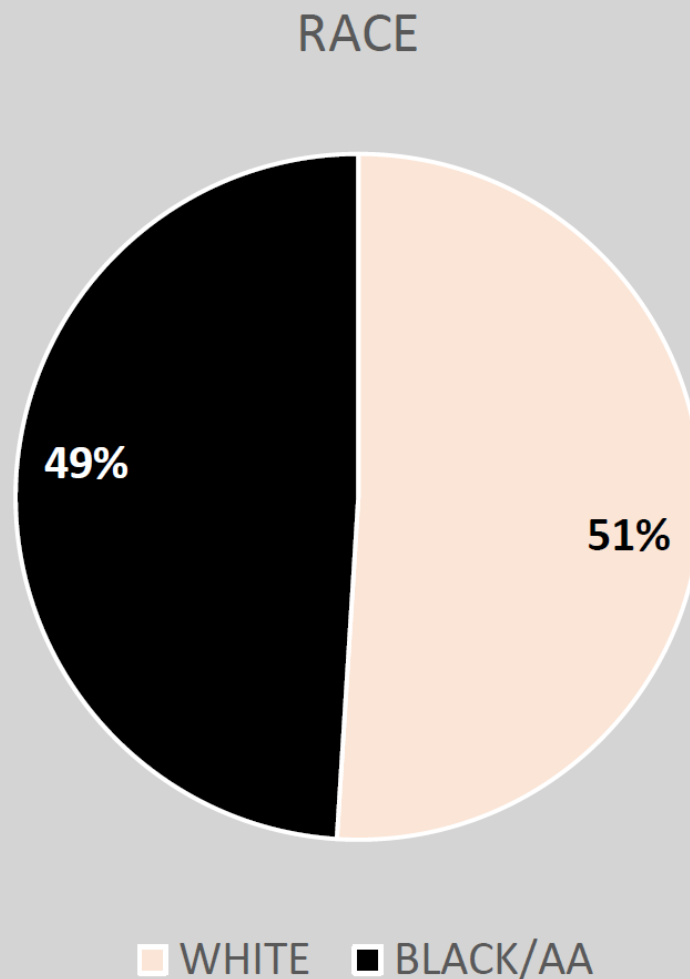
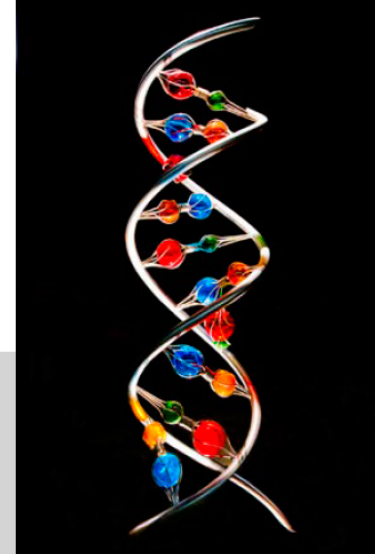
 England & Northwestern Europe	39%	>
 Nigeria	29%	>
 Scotland	12%	>
 Cameroon, Congo & Western Bantu Peoples	11%	>
 Benin & Togo	4%	>
 Mali	3%	>
 Senegal	2%	>

Additional Communities

 Early Virginia African Americans	>
From your regions: Cameroon, Congo & Western Bantu Peoples; Ni...	
 Mississippi & Louisiana African Americans	>
From your regions: Cameroon, Congo & Western Bantu Peoples; Ni...	
 Ohio River Valley, Indiana, Illinois & Iowa Settlers	>
From your regions: England & Northwestern Europe; Scotland	
 Upper Ohio River Valley Settlers	
 West Virginia Settlers	



My Genetic Racial Breakdown



Marvin Williams's DNA Matches

List Map

Filters ▾



Check out our **Moment in Black History** radio spot on **KBMS, KYIZ** and **KRIZ** during the month of February 2021.



*Washington
Department of*
***FISH and
WILDLIFE***



Washington
Department of
**FISH and
WILDLIFE**



THANK YOU

In Memoriam

Lesa Gomez

<https://youtu.be/P2znGzKiyks>

Caring for Our Elders

Lesa Gomez

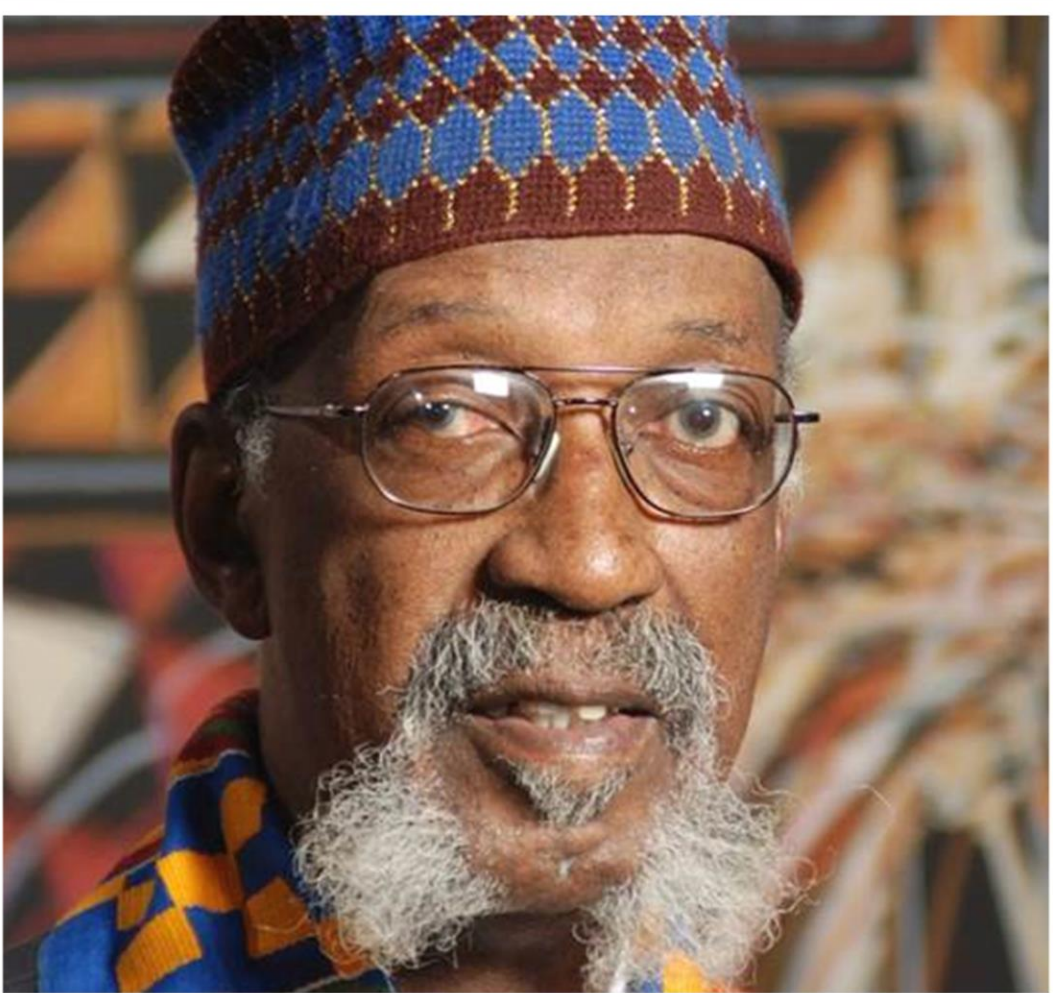
In this section we'll discuss:

- National Statistics
- Black Culture and Elder Care
- Finances and Elder Care
- Mental Health
- What you can do

National Statistics

- More than 4.5 million Black people are 65 and older (total population as of 2019 48.22 million)
- Black caregivers are almost 4 times as likely as white caregivers to spend more than a third of their income on care costs
- Black people are at higher risk of stroke
- 64% more likely to develop Alzheimer's or related dementia
 - Diabetes and obesity may contribute
 - More likely to be diagnosed in later stages of the disease
- Black male seniors are significantly less likely to receive treatment for osteoporosis.
- Black people are still not given the same pain treatment options as other groups.

Elder Highlight



“When I was a kid in Dayton, Ohio, I had the very good fortune to study the arts at an incredibly innovative place called the Living Arts Center. One of the instructors was the artist **Bing Davis**. The Center was intended for kids who might otherwise not be able to afford to learn this kind of expression of their creativity and the classes were free (until the grant money dried up and the Center closed). The bonus was that I was exposed to Black art and culture at a very young age and was taught a little about white privilege (but it wasn’t called that in those days). It was an amazing education in many ways.”

Submitted by Terry Hehemann

Black Culture and Elder Care

- More likely to care for elderly ourselves
- Black people are utilizing professional care services like nursing homes and home health aids more than they have in the past.
- “What happens at home stays at home.”
- Struggle in silence
 - Tuskegee Experiments and “The Father of Gynecology”
 - Embarrassment can lead to more problems
 - Be a safe space for your loved one to open up to
- We express pain, discomfort, and issues differently than other cultures

Finances and Elder Care

- Black seniors' income is on average \$18,000 less than other people 65 and older
- There is a high percentage of Black seniors who aren't "in poverty", thus unable to qualify for lower-cost services.
 - Results in a bigger financial burden and higher out-of-pocket costs than other groups – \$7,000 to \$8,000 more.
- Lower rates of insurance coverage contribute to the issues in getting quality care.
(32% of Black people have coverage compared to 44% of whites)

Elder Highlight

“When I think of black history, I think of my grandparents, the late John Hickman and Beatrice Coleman-Hickman, both born in the late 1800s. When I was a little girl, I would leave Wisconsin and visit my grandparents every summer in Mississippi. I remember my grandmother telling me to always work hard and do my best and always be kind to people even when they are undeserving and the kindness would be returned to me. Life was so simple, yet filled with profound happiness. **Those visits with my grandparents had a profound impact on how I view life as an adult. Life is and should be simple! I’ve learned not to overcomplicate things, just take it one day at a time, and always be kind to others.**”





Mental Health and Elder Care

- Difficult transition for both the parent/grandparent and the caregiver.
 - Parenting your parent
 - Resistance to help
- Depression in aging adults
 - Losing independence
- Burnout is common
- This is high stress work in general. Reach out for help if you need it!

How you can help!

- Be involved in the care process whether they are in a facility or using home health aid.
- Establish a rapport with your loved one's caregiving team.
- Help break the silence and ask questions!
- Look over your loved one's body for any potential issues and report them to their doctor(s)
 - Bed sores, bruising, signs of lack of circulation, etc
- Have a plan in place with the rest of the family to get relief when it becomes too much
- Be an advocate and enable empowerment
- Utilize resources
 - Area Agency on Aging (AAA)
 - Senior Information and Assistance (I & A)
 - Pierce County Aging and Disability Resource Centers (ADRCs)
 - Family Caregiver Support Program (FCSP)
 - Many more at dshs.gov
- If your loved one is in a care facility:
 1. Make sure they are repositioned to avoid bed sores.
 2. Visit often and at different times.
 3. Make sure that when they are fed that they are alert.

• Navigating the Pandemic

• Presentation for BUILD Black History Month



Community Resources

**we are
← all in this →
together**



Coronavirus (COVID-19)

COVID-19 is a new coronavirus that has been identified as the cause of an outbreak of respiratory illness globally.

SEVERE SYMPTOMS

- **High fever** (100.4 or higher)
- **Pneumonia**

PRIMARY SYMPTOMS

- Fever
- Runny nose
- Dry Cough
- Shortness of breath
- Fatigue
- Body Aches

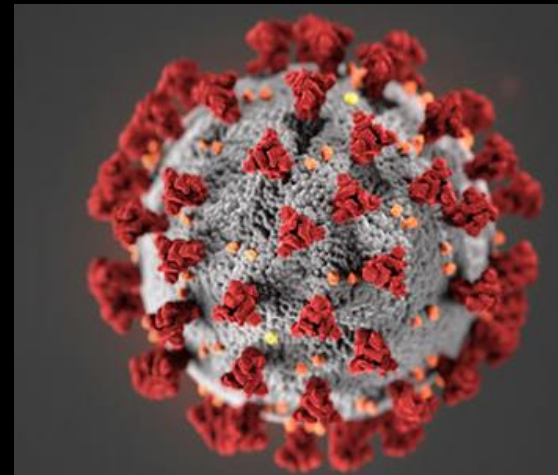
TRANSMISSION

Spread from person to person through sneezing or coughing.

Respiratory droplets containing the virus can remain on surfaces even after the ill person is no longer near.

UAB THE UNIVERSITY OF ALABAMA AT BIRMINGHAM

Accessing COVID-19 testing and vaccination?



Washington Department of Health has links for testing and vaccination sign up.

If you think you were exposed, or if you have symptoms of COVID, look up where to get tested:
[DOH Testing Information](#)

If you want to register for the COVID-19 vaccination:
[DOH Vaccination Link](#)



Help for Small Businesses

Coronavirus (COVID-19): Small Business Guidance & Loan Resources

Health and government officials are working together to maintain the safety, security, and health of the American people. Small businesses are encouraged to do their part to keep their employees, customers, and themselves healthy.

Notice: Paycheck Protection Program resumed January 11, 2021.

SBA, in consultation with the U.S. Treasury Department, reopened the Paycheck Protection Program (PPP) for First Draw Loans the week of January 11, 2021.

<https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>



Unemployment

Affected by COVID-19 – comparing pre-pandemic to now

2019 Unemployment rates 4th quarter nationally:

3.3 percent

5.8 percent for Black Americans

2020 Unemployment rates 4th quarter nationally:

6.5 percent

9.9 percent for Black Americans

Federal stimulus updates

- On Dec. 27, 2020 the federal stimulus that changes and extends CARES Act unemployment benefits was signed into law. Visit the esd.wa.gov/newsroom/covid-19 for the latest info.

- On Dec. 27, 2020, Gov. Jay Inslee announced a one-time payment of \$550 to many recipients of Pandemic Unemployment Assistance (PUA).

- To apply for this program or other unemployment programs: <https://esd.wa.gov/unemployment>



**Employment
Security
Department**

WASHINGTON STATE

Employment Opportunities

- BUILD holds job listings and workshops in Leadership:
<https://www.buildwa.org/blog/category/job>
- State of Washington Employment:
<http://careers.wa.gov/>
- Seattle Foundation Blog: Recognizing & Maximizing Black Leadership:
<https://www.seattlefoundation.org/Blog/Articles/2018/02/black-leadership>
- African American Affairs Employment Opportunities:
<https://caa.wa.gov/employmentopportunities>



Paid Family & Medical Leave Act

- Paid Family and Medical Leave is here for you when a serious health condition prevents you from working, when you need time to care for a family member or welcome a new child, or for certain military-related events.
- As with any illness, to be eligible for paid medical leave, a healthcare provider must certify that you are unable to work due to a serious health condition. If your healthcare provider certifies your illness meets the definition of “serious health condition” and you are otherwise eligible, you can use Paid Family and Medical Leave for COVID-19 cases.
- <https://paidleave.wa.gov/>



**Employment
Security
Department**
WASHINGTON STATE

Housing Assistance during COVID-19



The Washington State Department of Financial Institutions (DFI) protects consumers and advances the financial health of Washington State by providing fair regulation of financial services and educating consumers to make informed financial decisions.

COVID-19 Mortgage Relief and Assistance

Homeownership counseling and assistance is available to Washington residents.

Homeowners in distress may call DFI's toll-free number **1-877-RING-DFI (746-4334)** to talk to a member of our team and to get assistance in how best to contact their mortgage servicer, and to learn more about their options.

If you would like to talk to a housing counselor, call the Washington Homeownership Hotline at **1.877.894.HOME.**





Difficulty with Rent?



If you are unable to pay rent due to COVID-19, you may qualify for rental assistance through one of the eviction rent assistance programs in your county.

Find out more here:

[Washington State Department of Commerce Rent Assistance webpage.](#)

Eviction Rent Assistance Program (ERAP)/Treasury Rent Assistance Program (T-RAP)

New funds announced by Gov. Inslee on Feb. 11 have not been distributed to service providers yet. They are working as fast as we can to amend contracts and will update this announcement soon.



Food Assistance

DSHS offers food stamps assistance the SNAP (Supplemental Nutrition Assistance Program, a federally funded program. Family income limits, and food assistance amounts, have increased during COVID. To apply contact:

<https://www.washingtonconnection.org/home/> or call 877-501-2233

Family Size	Monthly
1	\$2,127
2	\$2,873
3	\$3,620
4	\$4,367
5	\$5,113
6	\$5,860
7	\$6,607
8	\$7,354





MANAGING UTILITY BILLS DURING COVID-19 PANDEMIC

Washington utility companies cannot issue late fees or disconnect customer service for nonpayment until Oct. 15 ([Proclamation 20-23.7](#)).

Customers will still have to pay their utility bills once this temporary pause is lifted and should work with companies now to discuss options.



1-888-333-9882
consumer@utc.wa.gov

Consumer Protection Specialists are available to answer questions and concerns or take complaints regarding utility companies



www.utc.wa.gov

Visit the UTC website to access online complaint forms, get consumer information, energy saving tips and COVID-19 response information

Washington Utilities and Transportation Commission

LIHEAP (Low Income Home Energy Assistance Program) may have assistance available for bills to those who qualify. Applications can be found through your county assistance program:

<https://fortress.wa.gov/com/liheappublic/map.aspx>

Utility Bill Assistance



Customers who have been impacted by the COVID-19 pandemic and need assistance paying their utility bills should reach out directly to their utility companies.

Avista, Puget Sound Energy and Cascade Natural Gas have expanded bill assistance programs for customers.

Conservation Can Make a Difference



Many households are now spending their entire day at home and increasing their use of utilities. Taking simple steps like switching off lights, using a power strip, sealing leaks in faucets or windows and adjusting thermostats can add up to a substantial energy savings over the course of a month.

Lifeline for Phone and Broadband Services



Offering discounts on phone and broadband

Contact your telephone company or a participating wireless company about Lifeline, a federally funded program offering discounts on phone service for qualifying low-income individuals.



Education from Home Resources Online

Students Helping Seattle:

Visit www.studentshelpingstudentsseattle.com to volunteer to become a tutor or to join the waiting list to be matched with a tutor.

Pierce County Library System:

Online Homework Help - Online tutors are available every day* from 1 - 10 p.m., for one-on-one homework help. Live FAFSA help is also available. <https://www.piercecountylibrary.org/kids-teens/tools-students/online-homework-help.htm>

Youth Tutoring Program – Catholic Community Services

Statewide resources <https://ccsww.org/get-help/child-youth-family-services/youth-tutoring-program/>



Education from Home Resources Online

- League of Education Voters Resources for Online Learning.
<https://educationvoters.org/resources/covid-19-resources/>
- Everyone On- Low Cost Internet Service and Computers
<https://www.everyoneon.org/find-offers>
- 50 Local Free high speed Wi-Fi Locations is not available
<https://www.tacomalearns.org>
- COVID-19 Resources for King County
<https://www.kingcounty.gov/depts/health/covid-19/schools-childcare.aspx>
- Thurston County Public School Resources
<https://www.nthurston.k12.wa.us/keeplearning>
- Thurston County Internet Access Program
<https://www.nthurston.k12.wa.us/freeinternet>





Mental Health Resources

- **Employee Assistance Program**

To access EAP counseling services, complete an Online Referral Request or call 877-313-4455.

EAP also offers webinars like: Navigating Change, Self-Care, Working from Home, Working with People in Crisis

- **NAMI Washington**

If you are experiencing a mental health emergency, please call the Crisis Clinic at **866-427-4747** OR 206-461-3222

- Crisis Text Line: crisistextline.org - **text**

Software Apps that can help

- Do It Online with www.talkspace.com
- Teen Link: call or text 866-833-6546
- Sleep more. Stress less. Live better with www.calm.com
- HowRightNow.org
- Happify



Suicide Hotline
Help is available.
Speak with
someone today!
800-273-8255

- **Suicide Prevention Lifeline**[External1-800-273-8255](tel:1-800-273-8255)
- **OK2Talk Helpline Teen Helpline**[External1 \(800\) 273-TALK](tel:1-800-273-TALK)
- **Crisis Text Line** Text SIGNS to 741741 for 24/7, anonymous, free crisis counseling
- If you need someone to talk to about stress due to COVID-19, call Washington Listens at 1-833-681-0211. Someone is available to talk from Monday – Friday, 9 a.m. to 9 p.m. and weekends from 9 a.m. to 6 p.m. TTY and language access services are available.
- Warm Line for people living with emotional and mental health challenges: 877-500-WARM (877-500-9276)
- WA State Behavioral Health Toolbox for Families.
<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/BHG-COVID19-FamilyToolbox.pdf>



More SmartApss

[Healthy Minds Program](#) app for skill-based meditation learning

[Care for your coronavirus anxiety](#) — a project by [Shine Connections](#)

[HowRightNow.org](#)

[Headspace](#) guided meditation, articles and videos

[Stop, Breathe & Think](#) meditation and mindfulness app

[COVID Coach](#) from the U.S. Department of Veterans Affairs





Don't be afraid to ask questions. Don't be afraid to ask for help when you need it. I do that every day. Asking for help isn't a sign of weakness, it's a sign of strength. It shows you have the courage to admit when you don't know something, and then allows you to learn something new.

Barack Obama



Musical Performance

Lesa Gomez

https://youtu.be/yYi_STr-UAE



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