

VPTAC Resource Sheet for Rape Prevention and Education Recipients

Supplemental Resource Sheet for *Managing RPE Program Implementation During COVID-19* Webinar (April 2, 2020 at 2:00 pm EST)

Managing Stress

COVID-19: Resources for Managing Stress

<https://www.ptsd.va.gov/covid/index.asp>

Includes strategies for managing stress and improving wellbeing during the COVID-19 outbreak provided by the National Center for Posttraumatic Stress Disorder (PTSD) and posted on the U.S. Department of Veterans Affairs website. It includes general resources (offered in English and Spanish) for all and specific strategies for providers to support clients and themselves.

Seven Crucial Research Findings That Can Help People Deal With COVID-19

<https://www.apa.org/news/apa/2020/03/covid-19-research-findings>

Includes a review of lessons from research by the American Psychological Association related to the psychological and behavioral effects of previous disasters that can be applied to the COVID-19 outbreak.

COVID-19 Resources for Healthcare Staff

<https://www.healthcaretoolbox.org/tools-and-resources/14-health-care-toolbox/tools-and-resources/599-covid19-resources-for-healthcare-staff.html>

Developed by the Children's Hospital of Philadelphia Research Institute, the Health Care Toolbox includes resources for supporting healthcare staff in identifying signs of secondary traumatic stress and learning coping and resilience skills. Many of the resources are applicable to frontline staff in a range of systems, including violence prevention and intervention work.

Headspace

<https://www.headspace.com>

Includes resources for supporting the practice of mindfulness in daily life, in work settings, and now, in response to the COVID-19 outbreak. Also includes mindfulness tools for individuals and employers, as well as specific tools for healthcare providers on the frontlines of the COVID-19 outbreak.

Briefing Note on Addressing Mental Health and Psychosocial Aspects of COVID-19 Outbreak - Version 1.0

https://mcusercontent.com/c2523f4cbcd5f394e2158b43f/files/d92de91b-bf7f-4cf8-86fb-44957ab46970/MHPSS_COVID19_Briefing_Note_FINAL_26_February_2020.pdf

Developed by the Inter-Agency Standing Committee for Mental Health and Psychosocial Support in Emergency Settings, founded by the United Nations, this document includes recommended steps for providing support during the COVID-19 outbreak, including strategies for supporting frontline workers. This is version 1.0 of the document and will be updated regularly (contact <http://mhps.refgroup@gmail.com/> to receive copies of the most recent version).

Secondary Traumatic Stress: A Fact Sheet for Organizations Employing Community Violence Workers

<https://www.nctsn.org/resources/secondary-traumatic-stress-fact-sheet-organizations-employing-community-violence-workers>

Developed by The National Child Traumatic Stress Network, this fact sheet provides community violence workers with information about secondary traumatic stress (STS) and strategies to prevent or reduce STS that could be applied to general work stressors as well as additional stressors currently faced by providers related to the COVID-19 outbreak.

Headington Institute

<https://headington-institute.org/home>

Provides resources created by the Headington Institute to support staff wellbeing in humanitarian and emergency response organizations. Many of the resources can be applied to other frontline providers who are doing work with groups exposed to high rates of adversity and trauma, including sexual violence.

Resources that may be particularly useful include:

- Supports for workers specifically related to COVID-19: <https://headington-institute.org/topic-areas/732/covid-19>
- Resources for understanding and addressing vicarious trauma among providers: <https://headington-institute.org/topic-areas/125/trauma-and-critical-incidents/246/vicarious-trauma>

The Vicarious Trauma Toolkit

<https://vtt.ovc.ojp.gov>

Includes a comprehensive set of resources, developed by the Office for Victims of Crime, for addressing and mitigating the effects of vicarious trauma within the fields of victim services. Also includes individual and organizational tools and strategies for fostering staff wellness.

7 Ways Survivors of Sexual Violence Can Practice Self-Care When Retraumatized During Tragedy

<https://www.nsvrc.org/blogs/seven-ways-survivors-sexual-violence-can-practice-self-care-when-retraumatized-during-tragedy>

Provides information on traumatization—the possibility of trauma and the feelings associated with it resurfacing during tragedies. Describes self-care practices that can assist in coping with retraumatization during tragedy.

Coronavirus 2019 (COVID-19): Manage Anxiety & Stress

https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html

Developed by the Centers for Disease Control, this webpage describes possible mental and physical consequences of stress during an infectious disease outbreak. Lists groups that may be more strongly affected by stress during an outbreak, such as older people, those with chronic diseases or mental health conditions, and health care providers and includes recommendations for parents, individuals with higher risk for health complications, and health care providers and responders.

We Have to Take Care of Each Other: Mutual Aid for COVID-19 and Beyond

<https://www.autostraddle.com/we-have-to-take-care-of-each-other-mutual-aid-for-covid-19-and-beyond/>

Defines and explains the concept of mutual aid, offers a collection of resources, and highlights its importance in the context of COVID-19.

Coronavirus Sanity Guide

<https://www.tenpercent.com/coronavirussanityguide>

Features a podcast episode that explores meditating during a pandemic and provides guided meditation for basic relaxation, as well as a guided meditation made specifically for coronavirus responders.

10 Ways to Ease Your Coronavirus Anxiety

<https://www.nytimes.com/2020/03/18/smarter-living/coronavirus-anxiety-tips.html>

Explains various strategies for coping with anxiety associated with the coronavirus pandemic. Examples of strategies include identifying the source(s) of anxiety, connecting with others, and asking for help when needed.

OptionB

<https://optionb.org/>

Provides personalized resources through an interactive tool designed to help individuals facing challenges. Users can select the following topics: grief and loss, health, illness and injury, abuse and sexual assault, family challenges, incarceration, resilience, and raising resilient children.

Coronavirus Podcast Playlists: Manage Stress And Stay Informed

<https://www.npr.org/2020/03/25/819164321/coronavirus-podcast-playlists-manage-stress-and-stay-informed>

Created by National Public Radio (NPR), this playlist provides curated podcast episodes related to the coronavirus, including information on the virus itself, as well as discussions on the pressure of the virus on mental health and finances.

Coping with Coronavirus: Managing Stress, Fear, and Anxiety

<https://www.nimh.nih.gov/about/director/messages/2020/coping-with-coronavirus-managing-stress-fear-and-anxiety.shtml>

Contextualizes the effect of the coronavirus pandemic on mental health, including examples of how its associated stress can impact individuals with specific mental illnesses.

Mental Health and COVID-19 – Information and Resources

<https://mhanational.org/covid19#MentalHealthInformationForDiseaseOutbreaks>

Posted by Mental Health America (MHA), this website houses an extensive list of resources related to the effects of COVID-19 on mental health, including information for parents, caregivers, older adults, survivors, LGBTQ+ individuals, and more. This site also provides information about anxiety during an outbreak, financial support, and tools to connect with others.

VOICES of HOPE: A Mindfulness Coloring Book by and for Survivors

<https://files.constantcontact.com/4cb8739a001/58a1d3da-f353-4208-b2bd-1179c515fec8.pdf>

Developed by Voice of Hope, this mindfulness coloring book was developed by survivors for survivors.

How Can Parents Find Safe Child Care in Emergencies?

<https://stopitnow.org/advice-column-entry/how-can-parents-find-safe-child-care-in-emergencies>

Provides recommendations for finding safe child-care, such as selecting someone already known to you, trusting your intuition, reviewing references, and discussing safety planning.

Using Virtual Platforms

Remote Work Toolkit from GoToMeeting

<https://www.gotomeeting.com/work-remote/resources>

Provides information and tools to transition to remote work including managing a remote team, implementing remote work, hosting online events, and online education.

Zoom: Support During the COVID-19 Pandemic

<https://zoom.us/docs/en-us/covid19.html>

Provides information on how to most effectively use Zoom including training resources and tips on effective remote working, hosting virtual events, online education, and telehealth.

Skype vs. Zoom: Video Chat Apps for Working from Home Compared

<https://www.cnet.com/news/skype-vs-zoom-video-chat-apps-for-working-from-home-compared/>

Provides information about Skype and Zoom and compares their capabilities and costs. It also details how to set up an account with these platforms.

How to Hold a Virtual Meeting for Free

<https://www.pcmag.com/how-to/how-to-hold-a-virtual-meeting-for-free>

Developed by *PC Magazine*, this article provides a summary of free virtual meeting options, such as Join.me and Zoom, including a review of video conferencing software. It also describes what options are available when using a paid subscription.

Choosing a Video Conferencing Service

<https://www.businessnewsdaily.com/9555-choosing-a-video-conference-service.html>

Developed by *Business News Daily*, this article provides an overview of video conferencing services and a ranking of options based on different business needs.

Understanding the Videoconferencing Tools Available to Your Non-Profit

https://blog.techsoup.org/posts/understanding-the-videoconferencing-tools-available-to-your-nonprofit?utm_campaign=By%20The%20Cup&utm_source=hs_email&utm_medium=email&utm_content=85436219&_hsenc=p2ANqtz--eIXdCoKSCTyxFMC1UBaLVrjKyQBsUuz3dQfe4-Nqm-H3ulHK3nW_om_U5XWl6s09vm2FIGUJLV9tgM_uUVBQTm7lQ&_hsmi=85439012

Provide in-depth information about videoconferencing tools such as Zoom, TeamViewer, Microsoft Teams, and Google Hangouts. This article features a side-by-side comparison of these tools examining costs, maximum meeting participants, accessibility, integration capabilities, and other features.

Remote Work: Tips and Tricks on How to Stay Productive [Infographic]

<https://www.socialmediatoday.com/news/remote-work-tips-and-tricks-on-how-to-stay-productive-infographic/574633/>

Developed by *Social Media Today*, this infographic provides key tips to help maximize time, create a structured work environment, and keep separation between work and home life.

A Guide to Managing Your (Newly) Remote Workers

<https://hbr.org/2020/03/a-guide-to-managing-your-newly-remote-workers>

Developed by *Harvard Business Review*, this article provides strategies to address challenges and improve the engagement and productivity of remote employees.

The Coronavirus Crisis Is Showing Us How to Live Online

<https://www.nytimes.com/2020/03/17/technology/coronavirus-how-to-live-online.html>

Developed by the *New York Times*, this article provides an overview of how the internet is being used to share resources and connect digitally, both professionally and personally.

Coronavirus Have You Working Remotely? 5 Tips to Work from Home

<https://www.forbes.com/sites/leliagowland/2020/03/12/coronavirus-have-you-working-remotely-5-tips-to-work-from-home/#222155fc4fe0>

Explains practices that can aid in being more productive and managing stress while working from home.

Creative Thinking About Sexual Violence Prevention Work

Information on COVID-19 for Survivors, Communities, and Domestic Violence/Sexual Assault Programs

Link: <https://www.futureswithoutviolence.org/get-updates-information-covid-19/>

Futures Without Violence offers links to resources and tools for survivors of violence, members of our communities who are vulnerable due to economic and health insecurity, and care providers. Topics include safety plans and self-care, remote workplace and technology resources, financial relief for vulnerable communities, and protections for immigrant families. Links to resources are provided for survivors, domestic and sexual violence advocacy organizations, shelter care, and community care. Contact the National Health Resource Center on Domestic Violence at health@futureswithoutviolence.org to recommend additional information and resources; this web-based resource will be regularly updated.

Resources from the National Network to End Domestic Violence (NNEDV)

All resources listed below are written for domestic violence programs, sexual assault programs, and victim service agencies that offer support for survivors.

- **Using Technology to Communicate with Survivors During a Public Health Crisis**
<https://www.techsafety.org/digital-services-during-public-health-crises>
Offers strategies and resources, including an online [Digital Services Toolkit](#) (available in English and Spanish), on using technology to connect with survivors remotely, while ensuring that their personal safety and privacy is taken into account when communicating.
- **Best Practices When Using Mobile Devices for Advocacy**
<https://www.techsafety.org/resources-agencyuse/mobilecomputing-bestpractices>
Offers tips and strategies, including a checklist, when using mobile devices to reach and communicate with survivors.
- **How to Operate as a Remote Workplace During a Public Health Crisis**
<https://www.techsafety.org/remote-work-public-health-crisis>
Offers a set of tools to consider for communicating with survivors remotely.
- **COVID-19: Coalition Guidance for Programs**
https://nnedv.org/wp-content/uploads/2020/03/Library_Coronavirus_Guidance_for_DV_Shelters_NNEDV_12MAR2020.pdf
Provides information for coalitions to use in providing technical assistance or guidance.

Impact of COVID-19 Pandemic on Violence Against Women and Girls

<http://www.sddirect.org.uk/media/1881/vawg-helpdesk-284-covid-19-and-vawg.pdf>

Published by Violence Against Women and Girls (research and advice service for the United Kingdom government) for Social Development Direct, this brief provides an overview of emerging global evidence of the effects of the COVID-19 epidemic on violence against women and girls. The brief also includes lessons from similar epidemics such as Ebola, cholera, and Zika.

Resources for COVID-19 Response

<https://www.nsvrc.org/blogs/resources-for-covid-19-response>

The National Sexual Violence Resource Center (NSVRC) offers resources on topics such as sexual assault, domestic violence, racial justice and equity, economic justice, homelessness, self-care for survivors, and more. Contact the NSVRC at resources@nsvrc.org to recommend additional information and resources related to COVID-19.

Preventing and Managing the Spread of COVID-19 Within Domestic Violence Programs

<https://vawnet.org/news/preventing-managing-spread-covid-19-within-domestic-violence-programs?eType=EmailBlastContent&eld=2e6ca34a-940d-43a9-864d-78219a47cfa2>

Provides resources and guidance for domestic violence programs as they respond to COVID-19. Includes information for shelters, faith-based and community organizations, and general educational resources.

Implementing Community-Level Work in a Virtual World

How the Coronavirus Affects Social Determinants of Health

<https://patientengagementhit.com/news/how-the-coronavirus-affects-social-determinants-of-health>

Published by *Patient Engagement HIT*, this article highlights key social determinants of health and how our response to the coronavirus outbreak needs to take them into account and address them. It recommends ways to quell the spread of COVID-19 in housing insecure populations, vulnerable populations with limited food security, and rural areas with limited access to healthcare.

Resources from Centers for Disease Control and Prevention (CDC)

- **Interim Guidance: Public Health Communicators Get Your Community Ready for Coronavirus Disease 2019 (COVID-19)**

<https://www.cdc.gov/healthcommunication/phcomm-get-your-community-ready.html>

Provides information for state and local public health information officers, health communication specialists, health educators, and other public health professionals responsible for planning communication strategies before, during, and after an outbreak.

- **Crisis and Emergency Risk Communication Manual**

<https://emergency.cdc.gov/cerc/cerccorner/index.asp>

Includes guidance on how best to engage with communities and stakeholders in the early days of an emergency such as the COVID-19 pandemic. In the early stages of an emergency, the communication and marketing efforts are often focused on mitigating risk and “do no harm.”

Chapters in the CERC manual include:

- Psychology of a Crisis:
https://emergency.cdc.gov/cerc/ppt/CERC_Psychology_of_a_Crisis.pdf
- Messages and Audiences:
https://emergency.cdc.gov/cerc/ppt/CERC_Messages_and_Audiences.pdf
- Community Engagement:
https://emergency.cdc.gov/cerc/ppt/CERC_CommunityEngagement.pdf

- Social Media in a Crisis:
https://emergency.cdc.gov/cerc/ppt/CERC_Social%20Media%20and%20Mobile%20Media%20Devices.pdf
- **Schools, Workplaces, and Community Locations**
<https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>
 Offers CDC's community mitigation framework and how to prepare and take action for COVID-19 in a variety of settings such as home, work, schools, colleges/universities, community- and faith-based organizations, healthcare settings, homeless shelters, large community events, retirement communities, and correction and detention facilities.

The Coronavirus Crisis Is Showing Us How to Live Online: We've always hoped that our digital tools would create connections, not conflict. We have a chance to make it happen.

<https://www.nytimes.com/2020/03/17/technology/coronavirus-how-to-live-online.html?searchResultPosition=2>

Published by *The New York Times*, this article explores how to connect with one another, share information and resources, and come up with collective solutions to urgent problems.

Get Engaged Online in Sexual Assault Awareness Month

<http://endingsvtogether.pcar.org/site/R?i=2iGXtaASi1CgwQsGQG85SA>

Published by the National Sexual Violence Resource Center (NSVRC), this article provides ways for organizations to adapt their Sexual Assault Awareness Month (SAAM) activities to online platforms and other ways to participate in the SAAM campaign virtually. For example, you can host an online fundraiser, share messages about consent on social media, and participate in Denim Day on April 29.

10 Digital SAAM Activities for Your Campus

<http://endingsvtogether.pcar.org/site/R?i=udqJskVlpFVvqYcf7on2Xg>

Describes actions that campus communities can take to engage college students around sexual and gender-based violence prevention virtually. Suggestions include hosting a virtual event using Facebook Live, participating in the #30DaysofSAAM contest, or holding a virtual movie screening and online discussion.

Interim Guidance for Event Planners

<http://endingsvtogether.pcar.org/site/R?i=aYpdRCugR3J0v15g8OARrA>

Published by the CDC, this page includes recommendations for schools, higher learning institutions, and businesses about how to respond to COVID-19. Includes a list of considerations for postponing or cancelling mass gatherings.

7 Organizing Strategies in a Time of Social Distancing

<http://endingsvtogether.pcar.org/site/R?i=4Ik7ULy4Vk8lL84KYGKiXw>

Describes various ways to continue organizing during COVID-19, using strategies such as remote phone-banking, webinar chats with candidates, and virtual policy trainings.

Coronavirus Demands a Quantum Leap in Organizing

<http://endingsvtogether.pcar.org/site/R?i=Av7O2UAnL8VVKmsZ6lwXzQ>

Provides strategies for organizing virtually and engaging your team and community.

Marketing your Event During COVID-19

http://endingsvtogether.pcar.org/site/R?i=bq9c_m50RjA-4dOG6lbrXQ

Explains strategies for marketing an event during the coronavirus outbreak, including actions and messaging to avoid and ways to engage in proactive communication with prospective attendees.

COVID-19 Racial Equity and Social Justice Resource List

<https://www.racialequitytools.org/fundamentals/resource-lists/resources-addressing-covid-19-with-racial-equity-lens>

Provides a curated list of resources related to racial equity, social justice and COVID-19. Resources include analysis articles, tools, community care recommendations, and organizing and solidarity strategies.

Centering Equity on Times of Crisis and Uncertainty

<https://www.csh.org/2020/03/centering-equity-in-times-of-crisis-uncertainty/>

Enumerates and explains ways in which supportive housing providers can design response efforts that consider the needs of vulnerable populations.