

DLSNC Staff Self-Care Resource Sheet - January 2021

Teaching and working at DLSNC is rewarding but *difficult*, and especially during a global pandemic. Most of us get regular emails about how to survive distance learning, the importance of self care, etc. So, the information is there if we need it AND have time to digest more information as we adapt to this ever-changing and vexing situation!

Your counseling department at DLSNC wanted to make you aware of some resources we all can access, as well as information in case you or your loved ones need a higher level of mental health support.



Employee Assistance Program (EAP)

Did you know? DLS employees have access to an Employee Assistance Program* (EAP)!

The Employee Assistance Program is a FREE and CONFIDENTIAL benefit that can assist you, your dependents, and household family members with any personal life problems, large or small.

- To access these services, call 1-800-826-9231 or text 503-850-7721. Learn more at www.modaeap.com.
- For a brochure that describes our EAP services offered through Cascade Centers, [click here](#).
- ** Even though our EAP is through our Moda broker, ALL employees have access to it, not just those with Moda health insurance.*

1. Confidential Coaching and Counseling

- a. All DLSNC employees, their spouses, domestic partners and dependents can access three free sessions (per incident) with a masters-level counselor in person, over the phone, or online for concerns such as:
 - Stress and Burnout
 - Relationships and Family
 - Depression and Anxiety
 - Alcohol and Drug Use
- b. Why use your EAP rather than your health insurance mental health benefits?
 - You do not need a mental health diagnosis to speak with an EAP counselor, whereas you do to bill health insurance.
 - Accessing mental health services through your EAP can often help you get started with a provider faster than cold-calling therapists. They will attempt to match you with a therapist who is taking new patients and accepts your health insurance, in case you choose to continue beyond the 3 free sessions.
- c. Crisis counselors are available 24/7/365.

2. Work/Life Balance Services: Moda EAP will help locate resources related to:

- a. Eldercare
- b. Childcare
- c. Identity theft
- d. Housing
- e. Pet parent support

3. **Legal:** Call for a free consultation and then receive a discount thereafter.
 - a. Cascade offers members access to this premium website and its services which include 1,000s of enhanced legal and financial forms, more than 45 financial calculators, professionally written articles, FAQ's, and much more.
 - b. Local attorneys and member law firms within your local community are available to assist you when legal needs arise.
 - c. Local mediators to mediate your dispute with our local mediators

4. **Financial Services:**
 - a. Home ownership program - discounts for buying, selling or refinancing
 - b. Financial coaches will help you develop a plan to improve your financial well-being. Find out what your financial situation looks like right now with a Financial Check-up.
 - c. Financial professionals from some of the best financial organizations are available to assist you with your financial goals.
 - d. Financial Library: Hundreds of professionally written articles covering a wide variety of financial topics.

5. **Well-Being Tools:**
 - a. Will Kit questionnaire, preparation and notarization for free.
 - b. Online legal tools
 - c. Tax preparation Q & A and discounted services towards tax preparation.

Moda Benefits - Wellness & Fitness Tools

For those with Moda health insurance, Moda offers personalized wellness services, discounted gym memberships and discounted healthcare products. See what's available to you.

1. **Health Coaching** - 1-877-277-7281 or email through website. As a Moda Health member, you have access to seven care programs that help you manage your medical conditions, including:
 - Cardiac care
 - Diabetes care
 - Respiratory care
 - Women's health and maternity care
 - Depression care
 - Lifestyle coaching
 - Spine and joint care

2. **Discounted Gym Membership:** Stay active in the gym or at home. With Active&Fit Direct™ program, you have access to:
 - 11,000+ fitness centers across the country
 - The option to switch fitness centers to make sure you find the right one
 - 1,500+ digital workout videos so you can work out at home or on-the-go
 - Activity tracking from a variety of wearable fitness devices and apps

3. **Lifestyle Coaching:** With the Active&Fit Direct Healthy Living program, members receive unlimited one-on-one, motivational, goal-oriented lifestyle coaching in areas such as; fitness, nutrition, stress, and sleep. Coaches work with members to achieve new milestones while empowering them to live healthier. Enroll in the Active&Fit Direct program to start telephonic coaching and more! Free options or full program for \$25/month. <https://www.activeandfitdirect.com/>

4. **Discover your Health Style:** Everyone has a style, especially when it comes to health. Find out yours by taking the Health Style Survey. Your answers will reveal your unique style and give you insights to be your healthy best, every day.
5. **Healthcare products and specialty care savings:** We give you access to ChooseHealthy™. Use it to save on fitness brands and services from specialty healthcare providers. You can also access online health classes and articles for no extra cost. <https://www.choosehealthy.com/home?pc=BM>

Accessing Mental Health Services w/your Health Insurance

What are my mental health benefits if I have Moda Insurance?

Most likely, you have a \$25 copay for mental health counseling. To find a summary of your mental health/behavioral benefits:

1. Go to modahealth.com and log in
2. Go to Member Dashboard and click on “Benefits” tab
3. Click on “Medical”
4. Find drop-down menu that says “View benefit details for” and select “Mental Health and Chemical Dependency”, which will take you to a page summarizing your coverage, copays, etc.



What are my mental health benefits if I do not have Moda Insurance?

This depends on what insurance you have. Generally there is a number on the back of your insurance card for mental health or behavioral health benefits. If not, go to the website for your health insurance.

How do I find a mental health counselor/therapist for me or a member of my family?

There are different ways to find a good therapist. Here are some options we would recommend:

1. Go to Portland Therapy Center at <https://www.portlandtherapycenter.com/>, a collective of Portland metro area mental health professionals.
 - a. Enter filters such as your insurance, your neighborhood, language, ethnicity, faith, and specialty. They include filters for sliding scale therapists, and a list of Oregon Health Plan (OHP) providers.
2. Go to Psychology Today: Find a Therapist at <https://www.psychologytoday.com/us/therapists>
 - a. Enter filters such as your insurance, your neighborhood, language, ethnicity, faith, and specialty.
3. Ask one of your DLSNC counselors. They can help you walk through this often confusing process! pwood@dlsnc.org, rpatrick@dlsnc.org or vsanchez@dlsnc.org

What questions should I ask a therapist to see if they are the right fit for me?

By far the most important quality in a therapist is your level of comfort and trust with them. Their skills and training matter too, of course, but aren't really going to be effective if you don't have a high level of comfort and trust. Keep trying until you find a therapist you feel comfortable with.

Some other questions you can ask as you decide:

- How long have you been practicing?
- What licenses and certifications do you have?
- How many clients have you had with similar circumstances to my own? When was the last time you worked with someone similar to me?
- How often do you usually see clients (weekly, every other week, etc.), and for how long (3 months, 6 months, etc.)?
- How much do you charge? What are your sliding-scale options?

Other Resources

Articles

[Caring for Others by Caring for Ourselves](#): *Self-care isn't selfish - When helpers can't help, everyone loses.* Short and concise description of the five pillars of self-care.

[Guidance on Successfully Working from Home](#) by in2vate.llc

[How to Care Deeply Without Burning Out](#) Sharon Salzberg and Dan Harris explore how to recognize the signs of empathy fatigue and maintain a balanced, mindful, compassionate response (short article and video).

[Self-Care for Teachers of Traumatized Students](#) (The Resilient Educator) It can be difficult for educators, who are so often over-tasked and under-resourced, to prioritize self-care. But doing so is incredibly important and beneficial, both for educators and their students, especially when it comes to supporting students affected by trauma. Teaching is emotional labor, so here are some ways for trauma-informed educators to cope, care for themselves, and prevent burnout.

Fitness Apps & Incentives (\$\$\$ = get paid or donate money for achieving your fitness goals)

Achievement Join over three million members getting paid for health actions and who are contributing to cutting edge research! Our diverse community has contributed to more than 15 prospective studies, which are often published in medical journals like American Heart Journal and Journal of Medical Internet Research. On the Achievement platform, we pay you to: track steps, log food, log meditation sessions and answer surveys or opt into a programmatic health challenge

Charity Miles (\$\$\$) Get in shape and donate to your favorite charity! The app essentially donates money to [the charity of your choice](#) any time you "walk, run, bike, skip, dance or any human-centered activity." By using your smartphone's GPS, Charity Miles can easily track your movement and track your activity. The more you move, the more money your charity receives.

PACT (\$\$\$) The free PACT app is a clever healthy living smartphone app that keeps you accountable, both in terms of diet and exercise. The app works by allowing you to make weekly "pacts" with yourself to either eat healthier or exercise more. Once your pacts are set, you choose how much money you'll pay other PACT members if you don't reach them. On the flipside, if you do reach your pacts, you get paid by other members. So essentially you make money by staying healthy and you get paid by the members who don't. You might only make a few dollars a week, but the app keeps you accountable and makes for easy goal setting. Plus, it lets you connect to other popular health apps like RunKeeper, Fitbit, MapMyRun, and MyFitnessPal.

Stridekick Stridekick connects to a variety of fitness trackers so you can compete with your friends no matter which device they use. Don't have a fitness tracker? No problem. Connect using your smartphone or enter your steps manually. Create your own step challenges or join community step challenges.

WellCoin A mobile app that gives you rewards points (WellCoins) for doing healthy things, from sleeping seven hours a night, to drinking plenty of water, to going for a jog. Earn enough coins and you can redeem them for workout gear, healthy food, and even exercise classes in your area. The app is a great tool to help keep you accountable throughout the day.

Help Lines

If you or a loved one is having a mental health crisis:

Multnomah County Crisis Line - 503-988-4888 (24/7/365)

NAMI HelpLine (National Alliance for Mental Illness) can be reached Monday through Friday, 7am–3pm PST. 1-800-950-NAMI (6264) or info@nami.org. The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health conditions, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained and able to provide guidance.

Lines for Life:

SAFE + STRONG HELPLINE 1-800-923-HELP (4357) Free 24/7. Interpreters available. Safe + Strong Helpline is an emotional support and resource referral line that can assist anyone who is struggling and seeking support. Callers do not need to be in a crisis to contact this line. If you or a loved one is feeling worried, upset, or overwhelmed, give us a call. Our call counselor will listen, assess your needs, and problem-solve with referral to community services and resources if needed.

SUICIDE LIFELINE Call 1-800-273-8255 (24/7/365) or text 273TALK to 839863 (M-F 2-6pm PST)

OREGON BEHAVIORAL HEALTH SUPPORT LINE: Call 800-923-4357 (24/7/365)

In these challenging times, we provide emotional support, mental health triage, drug and alcohol counseling, or just connection with a person who cares. Callers do not need to be in a crisis to contact this line.

ALCOHOL & DRUG HELPLINE: Call 800-923-4357 (24/7/365) The Alcohol and Drug Helpline serves anyone who needs information, support or access to resources and treatment for alcohol or drug use.

MILITARY HELPLINE: Call 888-457-4838 (24/7/365) Support for service members, veterans, and their families that is independent of any branch of the military or government.

RECOVERY NOW: TREATMENT ACCESS LINE: Call 855-612-5576

A partnership with the Oregon Health Authority (OHA). The Treatment Access Line is a 24/7 line with an interactive data system designed to move towards a more streamlined referral process for Opiate Use Disorder (OUD) and Substance Use Disorder (SUD) treatment in Oregon.

SENIOR LONELINESS LINE: Call 503-200-1633. We support seniors in our community who are feeling lonely and having difficulty connecting.

YOUTHLINE: Call 877-968-8491, text teen2teen to 839863 or chat at www.oregonyouthline.org. A teen-to-teen crisis and help line. Contact us with anything that may be bothering you; no problem is too big or too small! Teens available to help daily from 4-10pm Pacific Time (off-hour calls answered by Lines for Life).

AYUDA EN ESPAÑOL: Cuando usted llama al número 1-888-628-9454, su llamada se dirige al centro de ayuda de nuestra red disponible más cercano. Tenemos actualmente 170 centros en la red y usted hablará probablemente con uno situado en su zona. Cada centro funciona en forma independiente y tiene su propio personal calificado.

ADDITIONAL RESOURCES: <https://www.linesforlife.org/resources/>

Not ready to call? Find local and national mental health and substance abuse resources for those struggling, and those with loved ones who are struggling.