

CCS WELLNESS INITIATIVE

SUMMER 2020 Newsletter

WELLNESS UPDATES



Join Mental Health America to take a look through a critical lens at mental health and how trauma has impacted the lives and well-being of BIPOC, while celebrating resiliency in the face of adversity.

Mental Health America (MHA), is the nation's leading community based non-profit dedicated to addressing the needs of those living with mental illness and to promote the overall mental health of all. MHA recognizes July as Black, Indigenous People and People of Color (BIPOC) Mental Health Month. Each year, MHA develops a public health campaign dedicated to the needs of BIPOC. This July's content for their 2020 BIPOC Mental Health Month toolkit includes:

- Links to updated information on their website
- Lists of resources specifically for BIPOC and LGBTQ+ communities
- Handouts on racism and mental health and racial trauma
- An infographic built from MHA screening data on BIPOC and LGBTQ+ mental health
- A Call to Action for people to share how discrimination and/or racism have affected their mental health using the hashtag #ImpactofTrauma
- And more!

▶ **Click here to download the 2020 BIPOC Mental Health Month Toolkit and visit Mental Health America's website for helpful information. For additional mental health resources and tools, offered FREE through the district, scroll down to the WELLBEING RESOURCES section.**

STAYING HEALTHY WHILE SOCIAL DISTANCING

NOTE: For the most up-to-date COVID-19 information from CCS, please visit staysafeccs.org

The CCS Wellness Initiative is thinking of you, your families and our CCS community during this unprecedented time of coronavirus. As an effort to maintain your wellbeing during our time apart, we encourage you to browse the tabs under STAYING HEALTHY WHILE SOCIAL DISTANCING on our [wellness website](#) that include resources and tools for helpful information on staying physically active, eating well, managing stress and more! We will be updating these materials frequently, so make sure to check out our wellness website often.

If you have any questions or concerns please email Jackie at jbroadrickpatton2086@columbus.k12.oh.us or Smita at syerramilli@columbus.k12.oh.us. We wish you good health and safety!

IMPORTANT NOTICE ON GYM MEMBERSHIPS

Due to the continued closure of the District, even though some gyms in Ohio have chosen to reopen, CCS will **not** be reinstating gym memberships as a benefit for our employees at this time. Stay tuned for more details and in the meantime check out our [PHYSICAL ACTIVITY](#) tab on our wellness website for ideas to stay active.

WELLBEING RESOURCES

WELLBEING AT HOME TOOLKIT



Our partners at **Alyfe Wellbeing Strategies** have created a Wellbeing at Home toolkit for you to download.

Take care of yourself over the summer and into fall! The Well-being at Home Wellness Kit is designed to provide you with numerous resources to help you stay on top of your well-being every day. Being stuck at home can cause difficulties for physical health, mental health, and social health. From workouts for at home to grocery lists to tips for sleep and managing your mental health, this kit has you covered. [Click here to download toolkit and resources.](#)

EMPLOYEE ASSISTANCE PROGRAM

Guidance Resources is Columbus City Schools' **Employee Assistance Program (EAP)**. Personal issues, planning for life events or simply managing daily life can affect your work, health and family. Guidance Resources provides FREE, confidential, 24/7 support, resources and information for personal and work-life issues affecting you and your dependents.

	CALL 800.774.6420		ONLINE GuidanceResources.com Use Web ID: CCS		APP GuidanceResources Now
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UNITED HEALTHCARE PUBLIC CRISIS LINE

UHC's toll-free emotional support help line at **(866) 342-6892** is free of charge and available to anyone, so you can share it with family and friends. Caring professionals will connect people to resources. It will be open 24 hours a day, seven days a week. This line is open to anyone who needs help - it's not a requirement to be a UHC covered member. In addition, emotional-support resources and information are available online at liveandworkwell.com.



TALKSPACE

United Healthcare has a partnership with the popular mental health app, **Talkspace!** Something on your mind? Message a dedicated therapist anywhere, anytime. With Talkspace online therapy, you can regularly communicate with a therapist, safely and securely from your phone or desktop. Make progress. No office visit required. [Learn more about utilizing your Talkspace benefits by clicking here.](#)



SANVELLO

Sanvello is an app that offers clinical techniques to help dial down the symptoms of stress, anxiety and depression - anytime. Connect with powerful tools that are there for you right as symptoms come up. Stay engaged each day for benefits you can feel. Escape to Sanvello whenever you need to, to track your progress and stay until you feel better.

The Sanvello app is available to you at no extra cost as part of your plan's behavioral health benefits. [For more information about the accessing the Sanvello app, click here.](#)



HEALTH & SAFETY RESOURCES

FACE COVERINGS

A reminder that face coverings are required in public in all counties that are designated as a Red Alert Level 3 Public Health Emergency or a Purple Alert Level 4 Public Health Emergency including Franklin County. Stay updated on current information on face coverings by [clicking here](#).

To defeat COVID-19 everyone must wear masks, follow social distancing guidelines, and practice healthy sanitization and cleaning practices. Homemade masks can help protect all of us. **For important mask safety tips, click here.**

COVID-19 TOOLKIT

As concerns surrounding the coronavirus grow, OhioHealth has gathered information from experts and other trusted health sources to calm worries and protect our community.

OhioHealth's toolkit has a wealth of resources on understanding COVID-19 testing, tips for social distancing, helping your family cope during the pandemic and more! [Click here to view toolkit.](#)



▶ **Are you experiencing issues with wearing a mask? Click here** to view tips will clear up some mask misconceptions and alleviate common frustrations you may have when wearing masks.

FREE COVID-19 TESTING

Columbus Public Health is now offering free, drive-thru COVID-19 testing in partnership with Mount Carmel, Ohio Health and The Ohio State University Wexner Medical Center. Anyone in the community with symptoms can now get a free test, Monday through Friday, from 9 a.m. to 4 p.m., at Columbus Public Health (240 Parsons Ave.)

Testing is critical to preventing the spread of COVID-19 and helps saves lives. If you're sick, it's important to get a test as soon as possible to protect yourself, your loved ones and the community. Here's what else you need to do know about COVID-19 testing at Columbus Public Health:



▶ **In addition to Columbus Public Health, nine other community sites throughout Columbus are also offering free COVID-19 testing.** You can find a list of test sites by visiting www.columbus.gov/coronavirus

STAFF WELLNESS SPOTLIGHT

STACY HOHMAN RN,MSN United Healthcare Nurse Liaison for Columbus City Schools

■ Greetings!! My name is Stacy Hohman. I am a Registered Nurse with UnitedHealthcare and the newest member of your CCS health and wellness team. I am reaching out today to introduce myself since being in person is not an option right now.

I am here to help you with your health and wellness needs. **If you need assistance in finding health care providers, navigating UHC tools, identifying resources for chronic condition, supporting or locating general wellness information, please reach out to me.** My contact information is below. Feel free to text, email or call me.

I know when I first began my wellness journey, I believed wellness meant being free of disease or chronic conditions. However, as I began to tackle my own health struggles I came to realize there was so much more to feeling good and living my best life than the absence of illness. For me, wellness has evolved into a conscious lifelong practice. Certainly keeping active and maintaining physical health is one piece of the puzzle (or pie....)....however, putting healthy foods into my body and taking care of my mental health are equally important.

Yoga and Pilates are just two examples of activities I enjoy doing to take care of my physical and mental health. Both require a certain amount of physical strength and have the added bonus of stretching the muscles to reduce tension from whatever may be stressing me that day. Furthermore, yoga provides for me the mental calmness I need to relax my mind and body. Nutrition is another aspect of wellness that I have become more in tune with over the last few years. I also find it to be one of the most challenging!! (Coming straight from a sugar lover....) However, I have found eliminating sugar has made me feel so much better mentally and physically! (Not to mention it has done wonders for my numbers!)

Now I need to get better at adding in those dark green vegetables....the point for me is to keep trying and to really listen to what my body is telling me. As the saying goes, it's a journey not a race. I look forward to working with many of you on your own personal wellness journeys. After all, helping others to become the best version of themselves is something that gives me great joy and that is good for my mental health! ■



To set up an appointment, contact Stacy by phone or email:

..... **MOBILE**
419-806-9669

EMAIL
shohman@columbus.k12.oh.us

Do you have a wellness success story? We want to hear about it. Tell us about your wellness journey and be featured in our Staff Wellness Spotlight. Please send your story to syerramilli@columbus.k12.oh.us