



Central Oregon's health care community is coming together to bring health and wellness programming directly to people in their living rooms, on their phone, or streaming on a computer.

Combat COVID-19 Community Support is an informal coalition of health care organizations and other community leaders in Central Oregon. The group is producing a series of live stream video events and virtual groups focused on caring for your health during the pandemic. These events will be directed towards the general public, serving as a critical resource for trusted health information and to combat social isolation.

Combat COVID-19 Community Support strives to bring the support, knowledge and skills necessary to cope with this pandemic. Programming will be geared toward authentic discussions, personal stories, coping strategies and helpful information during the COVID-19 crisis. The possible topics are endless but, as an example, the first week of live programming will include:

- **Monday April 6th at 6:00pm: Stories of Resilience: Quarantine Life with Kevin Brooks** - Tiffany Murphy, This Topical Life podcaster, live interview with Kevin Brooks, motivational speaker
- **Tuesday April 7th at 12:00pm: In this together: Managing chaos & creating resilient children during uncertain times** – Dr. Amy Stoeber, psychologist, parent educator, and public speaker
- **Thursday April 9th at 4:00pm: Trouble Sleeping During the Pandemic? Managing anxiety and sleep difficulties during COVID-19** – Dr. Jason Prinster, psychologist at High Lakes Health Care
- **Friday April 10th at 2:00pm: Managing diabetes at home during COVID-19** – Dr. Travis Monchamp, MD, Endocrinologist at Endocrinology Services NorthWest
- **Friday April 10th at 10:00am: Dealing with Older Adult COVID-19 Worries** – Tim Malone, LCSW, older adult mental health specialist with Gero Care Solutions, LLC
- **Interactive virtual groups:** Coming soon!

The “*Combat COVID-19 Community Support*” Facebook page officially launch on April 1st. Central Oregonians can view the page to see a schedule of live stream and recorded live events each week. The events are also available on YouTube.

“Like” the Facebook page and see the schedule of live events:

<https://www.facebook.com/combataicovidco/>

Subscribe to the YouTube channel: <https://www.youtube.com/channel/UCaO7N-7aWyK5iJN3YgTU5Pg>



Funding and resources for *Combat COVID-19 Community Support* comes from the Advancing Integrated Care in Central Oregon project (AiC), which was funded in 2018 by the Central Oregon Health Council. The grant aims to increase access to coordinated and integrated care. Approximately \$100,000 will be redirected from the AiC project to implement *Combat COVID-19 Community Support* through the end of 2020. Additionally, a COVID-19 grant from the Central Oregon Health Council funds the local virtual event partner, Hand in Hand Productions.

Health care partners that have voiced their support for Combat COVID-19 Community Support include:

- Central Oregon Health Council
- High Lakes Health Care
- Brightways Counseling Group
- PacificSource Health Plans
- Weeks Family Medicine
- Central Oregon Pediatric Associates
- Mosaic Medical
- Central Oregon Independent Practice Association
- Rimrock Trails Treatment Services
- La Pine Community Health Center
- Deschutes County Health Services - Public Health
- BestCare Treatment Services
- Summit Medical Group Oregon
- Deschutes County Behavioral Health
- St. Charles Health System

Virtual Event Partner



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