**Moorpark EA Member Outreach**

Dear MEA Members,

The Covid-19 school closure is in its fourth week. We won’t be back in our schools for the rest of the year. While this crisis has brought out the best qualities in us, many of our members feel enormous stress. They might struggle with isolation, the strains of caring for their families while working, missing their colleagues, missing their students, worrying about students’ ability to access food, and grappling with knowing this virus could touch the lives of somebody we know and love. The *LA Times* reported on April 5, 2020 that suicide prevention hotlines are seeing an enormous increase in call volume. We need to be mindful that one of our members may need help.

Let’s reach out to our colleagues to see how they are doing and provide the support and resources they may need. Can you please try to send a personal correspondence, even if it is really brief, to members at your site? To that end, here is a list of resources to try to help our colleagues. Thank you so much for what you do for us!

**Outreach Plan**

* Rep Council/Exec Board please reach out to members at your site via phone, email text, or virtual meeting platforms to check to see how members are doing
* Answer any questions they may have and refer her/him to Brian (mrpkea@gmail.com) and/or Jake (janderson@cta.org)
* Ask them if there are any association-provide trainings their site might need, such as staying safe in distance learning, staying safe with technology, COVID-19 related sick leave, and STRS etc.,
* Let them know that CTA (www.cta.org) provides numerous free training opportunities
* Remind them that there are additional resources at Moorparkeducators.com.

**Teaching Resources**

**CTA Resource Guide for COVID-19:** <https://californiaeducator.org/2020/03/16/schools-coronavirus-what-you-should-know-2/>

**CTA Webinars for Distance Learning:** <https://www.cta.org/en/Professional-Development/Events/Trainings/IPD-Trainings.aspx>

**Resources on Distance Learning**

International Society for Technology in Education - <https://www.iste.org/explore/10-strategies-online-learning-during-coronavirus-outbreak>

Tools and Tips for Teaching Remotely- <https://www.freetech4teachers.com/2020/03/tips-and-tools-for-teaching-remotely.html>

Checklist for Distance Learning- <https://sharemylesson.com/teaching-resource/covid-19-school-closure-checklist>

Preparing Students for Distance Learning- <https://www.commonsensemedia.org/blog/how-to-get-kids-ready-to-video-chat-for-online-classes>

**District Technology Resources**

**Moorpark**: Use on-line *Help Desk* (Technology Services and Support, Director of Technology, David Roberts)

**District Information on Student Meal Distribution**

**Moorpark USD:** Monday-Friday 10a-12p @ Flory Elementary

**Health Care Resources**

**CVT:** Elizabeth Perez: elizabethp@cvtrust.org

**Anthem:** <https://www.anthem.com/coronavirus/>

**Kaiser:** <https://healthy.kaiserpermanente.org/southern-california/get-care>

**Financial Resources**

**CalSTRS Member Services**: pension information www.calstrs.org

**The Standard**: CTA Supplemental Health Care and IRA plans (contact [Yvette.steptoe@thestandard.com](mailto:Yvette.steptoe@thestandard.com) or 323 219-7572)

**Mental Health Resources**

**CTA Resource on Wellness:** <https://californiaeducator.org/2020/02/10/trauma-selfcare-tipsheet/>

**Tips on Dealing with Fear and Stress:** <https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm>

**Tips for Dealing with Depression:** <https://www.helpguide.org/articles/depression/coping-with-depression.htm>

**Ventura County Suicide Prevention Website (resources for adults and children):** <https://www.vcoe.org/Comprehensive-Health-and-Prevention-Programs/Suicide-Prevention>

**Ventura County Substance Abuse Helpline:** 844-385-9200

**Los Angeles County Suicide Prevention Hotline:** 800-854-7771

**Los Angeles County Substance Abuse Helpline:** 844-804-7500

**Didi Hersch Suicide Line:** <https://didihirsch.org/chat/>or800-273-8225

**Didi Hersch Suicide Prevention Training:** <http://stage.didihirsch.org/training/upcoming-trainings/>