

WRIGHT-PATT MILITARY & CIVILIAN COVID-19 Guide to On-Line and Webinar Resources

Updated 1 Dec 20

This document provides crisis/intervention, resilience building resources and webinars to support you and your family during the COVID-19.

General Resilience Resources and Webinars

Wright Patterson AFB COVID-19 website: <https://www.wpafb.af.mil/coronavirus>

State of Ohio Covid-19 hotline: 1-833-4-ASK-ODH

(Hotline is manned seven days a Week, from 9:00 a.m. to 8:00 p.m.)

Other Counties:

Champaign (937) 653-0110

Miami (937) 573-3500

Shelby (937) 498-7249

Clark (937) 390-5600

Montgomery (937) 225-6217

Warren (513) 695-1228

Darke (937) 548-4196 option#5

Piqua (937) 778-2060

Greene (937) 374-5600 option#1

Preble (937) 472-0067

Military OneSource: Provides resources and tools to help service members and families live their best MilLife, and assists service providers in their important roles of support. Register for an upcoming webinar, listen to a podcast on a variety of topics or enroll in one of the many self-directed courses that are part of MilLife Learning. Military Families Learning Network is an additional resource that offers free, live webinars on different platforms that allow service providers to collaborate on issues unique to military families from anywhere. To see all available webinars, podcasts, and self-directed courses, visit: <https://www.militaryonesource.mil/training-resources>

CDC - Helping Children Cope with Emergencies: <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

National Association of School Psychologists - Talking to Children About COVID-19: A Parent Resource:
[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

York Times – Talking to Teens and Tweens About Coronavirus: <https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html>

National Public Radio (NPR) – Just for Kids: A Comic Exploring The New Coronavirus:
<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

The National Child and Traumatic Stress Network: <https://www.nctsn.org/what-is-child-trauma/trauma-types/disasters/pandemic->

[resources](#)

Caregiver Resources: Parents can do a lot to answer children’s fears. Here are the facts as we know them: although COVID-19 is certainly frightening, it is very unusual for children or otherwise healthy parents under 60 to become very sick. Therefore, you can honestly answer your children’s fears by saying that you’re not worried about them or yourselves. This is especially important because public health experts predict most of us will be infected before the pandemic is over—but the vast majority of people will have only a mild illness. Should the day come when you or your children are infected with COVID-19, they will be prepared and less frightened. Sometimes, children may worry but don’t know how to bring up the topic. Starting the conversation with simple, open-ended questions: “What have you heard about Coronavirus?” “What are you most worried about?” will help key into your child’s thought and concerns. You can find more insight from Dr. Bob Sege on love in the time of Coronavirus: <https://www.acesconnection.com/blog/love-in-the-time-of-coronavirus-hope-informed-thoughts-for-parents>.

For Parents: Resources for parents for how to talk with children about COVID-19. These strategies emphasize reassurance of child fears and anxieties, modeling proper hygiene, establishing routines in the case of school closures, and monitoring media use:

- [2019 Novel Coronavirus \(COVID-19\), American Academy of Pediatrics](#)
- [“How to Talk to Kids About Coronavirus,” *New York Times*](#)
- [“What Parents Need to Know About Coronavirus,” *New York Times*](#)
- [How to Talk to Your Kids About Coronavirus, PBS Kids](#)
- [Tips for Families: Talking About the Coronavirus, Zero to Three](#)
- [Coronavirus and Parenting: What You Need to Know Now, NPR](#)
- [Talking to Kids About the Coronavirus, Child Mind Institute](#)
- [Mental Health and Coping During COVID-19, Centers for Disease Control and Prevention \(CDC\)](#)
- [How to Prepare for Extended School Closings—and Not Lose Your Mind, Upworthy](#)
- [Healthy Families America website](#)

For Kids: Age-appropriate resources for children (e.g., songs and videos) regarding proper hygiene, illness, and visits to medical professionals:

- [Coping After a Disaster \(Ready Wrigley Books\), Centers for Disease Control and Prevention \(CDC\)](#) (Available in [Spanish](#))
- [Ready Wrigley Prepares for Flu Season, Centers for Disease Control and Prevention \(CDC\)](#) (Available in [Spanish](#))
- [A Germ-fighting Superhero, Daniel Tiger’s Neighborhood/PBS Kids](#)
- [Step-by-step Handwashing with Elmo, Sesame Street/PBS Kids](#)
- [The Man with the Yellow Hat Explains How Germs Work, Curious George/PBS Kids](#)
- Online Learning Resources and Podcasts for kids
 - [Resources from Atlanta Parent Magazine](#)
 - [Free Resources from ProSolutions](#)

Family and Kids Activities:

[77 Simple STEM Activities for Families](#) or [Indoor Activities for Kids](#).

AFRL: The Center partners with Wright-Patterson Education Center to create FREE STEM Resources (hands of experiments) for parents and families. The program is called WOW-DIY (Wizards of Wright Do-It-Yourself), it's a great resource for parents with young children at home during the COVID-1 crisis. Below is a synopsis with a link to the site. "Program currently provides Do-It-Yourself videos for easy experiments at home for all ages. It also offer WOW! TV, these are videos for teachers to use within their curriculum, virtually, or in the classroom. It is great resources for those with children, grand-children, nieces, nephews, or neighbor kids or parents looking for science experiments they can do from home!" The site is updated with 1 to 3 new experiments each week. Here is the link:

http://wpafbstem.com/pages/wow_diy.html

View PCA America's [list of activities](#)**Adults and Couples Activities:**

[Fun Things to do While Social Distancing](#) or [Fun Things to do While Everything's Closed During the Coronavirus Outbreak](#).

Wright-Patterson USO Center:

Service members, dependents, and retirees – stop by to grab a free snack and drink to enjoy in our socially distanced indoor and outdoor seating, or to use our brand new computers, public Wi-Fi, and video gaming systems. **Junior Enlisted Service members (E1-E6) – the Airman's Attic is open.** Stop by anytime we're open to "shop" for free, gently used uniforms, clothing, small housewares, and children's items. (937) 904-0541. Hours M-F from 9am to 10pm. Also open on UTA weekends (Saturday only) 1430 to 1700hrs.

Consolidated Hobby Complex:

The Arts & Crafts Center offers a state of the art facility to meet all your framing, engraving, and woodworking needs. This full service hobby complex is great for both DIY and custom ordered projects. Classes are also offered in a variety of artistic mediums, making the Arts & Crafts Center a great place to learn new skills or expand existing ones. The Auto Shop offers an Auto Class and Basic Car Care for Beginners. The instructor is certified by the National Institute for Automotive Service Excellence and offers one-on-one classes. He further personalizes his classes by teaching basic car care using the student's own car. Phone (937) 257-7025. Hours M-F 10am to 9pm, Sat 8am to 7pm. Closed Sunday & Federal Holidays.

Employee Assistance Program:

The Employee Assistance Program has a variety of on-line courses and resources. The following are the instructions for DoD civilians to access the site:

Login at <https://magellanascend.com/>

Next if you have an account, please sign on. If not, please create one. Then go to the LEARNING CENTER tab and click on this Next on the left side of the page, click on WEBINARS.

There are numerous webinars, from Financial, Relationships, Anger, Sleep, Relaxation, Anxiety, Depression, Nutrition and an upcoming live webinar on 4/8 on Budgeting, Relationships and Life Events. There are also Articles, Newsletters and Videos too.

Fitness Centers:

Dodge Fitness Center is one of three fitness centers on Wright-Patterson. Located next to the Wright-Patt Club, this two story-fitness center features a variety of cardio and strength equipment as well as basketball and racquetball courts and an indoor pool. There is even a family fitness room with a play area for young children. For more information and hours contact (937) 257-4225.

Wright Field Fitness Center is located on Area B. Converted from a hanger, this fully equipped fitness center offers a variety of activities to help you meet your fitness goals. In addition to your standard cardio and weight equipment, Wright Field Fitness Center features an indoor basketball court, functional fitness rooms, and racquetball courts. For more information and hours contact: (937) 904-9381.

Jarvis Fitness Center is open 24/7 to all individuals with a coded CAC card. Card coding is available during specific times. See our hours for more information. (937) 257-4469.

Staying active doesn't have to be boring! Dodge Fitness Center hosts a variety of classes to help you change up or expand your fitness routine. From Zumba to yoga to indoor cycling or high intensity interval training, there are plenty of fun ways to stay in shape.

Civilian Health Promotions Program

The Civilian Health Promotion Services program offers a multitude of health and wellness service that enhance the quality of life, improve productivity, encourage motivated and engaged employees, and promote a workplace culture of health. Due to COVID-19, CHPS offers several virtual services to help with health and wellness goals. DoD civilians are eligible for all services and many are also available to active duty military. If you have questions or would like to set up a virtual class, contact the CHPS office at CHPSsupport@us.af.mi.

Loneliness:

This video addresses we can be physically distanced but need to maintain our social connections even more to prevent combat an already increasing problem in our society right now, loneliness. <https://www.dvidshub.net/video/744766/thought-day-loneliness>

Self-Improvement or Leadership Training

Quarantine University:

The 412 Training Wing has started a social media site, creatively named, "Quarantine University" focused on professional development It utilizes local leaders (ALS instructors, CAA and others) in podcast formats as well as links to online courses, all designed to provide resources to Airmen. Below is the link:

https://www.facebook.com/groups/574695376589462/?tn-str=*F&fref=gs&dti=574695376589462&hc_location=group_dialog

AFLCMC Learning Resource Center: At this site, you will discover a handful of digital resources tailored to our workforce with the goal of helping you sharpen your skills as an Air Force professional. All of which I found to be intriguing, interesting, and thought provoking. In the coming days you will see an expansion of this site with additional content from your leadership team, functional managers, and peers.

<https://www.aflcmc.af.mil/WELCOME/Fact-Sheets/Display/Article/2123006/aflcmc-learning-resource-center/>

(No VPN required--access on government and personal computers, tablets, and phones.)

Franklin Covey Resources:

The 7 Habits Coach – How to Deal with Change and Uncertainty: <https://pages.franklincovey.com/7-habits-coach-change-uncertainty-webcast-series-sign-up.html> (also see attached PDFs).

This is a recorded 10-day 7 Habits webcast series to help you navigate very real problems in challenging times. It will provide valuable resources to help you, your family, your colleagues and friends thrive during uncertain times. Once registration is complete, the series will be delivered to your inbox each day for the next 10 business days. Any missed episodes and all of the videos will be posted to this page, including additional tools and resources to help people implement the 7 Habits in their lives: <http://franklincovey.com/7habitstools>

The Leader in Me – Family Resources: <https://www.leaderinme.org/family-resources/>

FranklinCovey is committed to helping families navigate the COVID-19 pandemic by opening our award-winning library of educational and 7 Habits content. New resources are added weekly.

Resource Center and OnLeadership Newsletter: <https://resources.franklincovey.com/>

Reducing Fear and Anxiety:

Fear is a natural human emotion. And it's something we are trained to suppress or ignore. But when leaders learn to accept and manage fear and anxiety, they—and their team members—can actually continue to function at the high levels required to reach their goals. In this article from Jennifer Colosimo, senior vice president at FranklinCovey, you'll learn why it's critical to allow and validate these emotions in yourself and your team members. In so doing, you'll foster greater empathy, connection, and a sense of control. You'll also learn how to separate your Circle of Concern® from your Circle of Influence® and start to experience the clarity and peace of mind that comes from focusing on what you can influence. For more information and ideas about how you can lead your organization through the current challenging environment, please visit: franklincovey.com/unpredictable.

Managing Conflict:

“Managing Conflict During Challenging Times” released by SAF/GC can be found on the link below. This has applicability both at work and in the household today. To access, click on this link (or copy and paste in web application) <https://usafcpd.adobeconnect.com/p3pc63rjdr6q/>.

Crisis and Specific AFSC/Job Series Training

American Foundation for Suicide Prevention (AFSP): This is a specific toolkit for mental health and the COVID-19 virus. Please see the following link to access: <https://afsp.org/campaigns/covid-19/>.

Psychological First Aid Online:

PFA online includes a 6-hour interactive course that puts the participant in the role of a provider in a post-disaster scene. This professionally-narrated course is for individuals new to disaster response who want to learn the core goals of PFA, as well as for seasoned practitioners who want a review. It features innovative activities, video demonstrations, and mentor tips from the nation's trauma experts and survivors. PFA online also offers a Learning Community where participants can share about experiences using PFA in the field, receive guidance during times of disaster, and obtain additional resources and training.

Skills for Psychological Recovery (SPR) Online:

Skills for Psychological Recovery (SPR) is a 5-hour interactive course designed for providers to help survivors gain skills to manage distress and cope with post-disaster stress and adversity. This course is for individuals who want to learn about using SPR, learning the goals and rationale of each core skill, delivering SPR, and supporting survivors in the aftermath of a disaster or traumatic event.

<https://learn.nctsn.org/course/index.php?categoryid=11>

Online Disaster Technical Assistance Center (DTAC) Training Courses-<https://www.samhsa.gov/dtac/education-training>

The following free online trainings are designed to help participants improve their awareness and understanding of the behavioral health effects of disasters and disaster and emergency response.

Service to Self: This 1-hour online course is specifically for fire and emergency medical services personnel. Accredited by the Commission on Accreditation for Pre-hospital Continuing Education (CAPCE), the course addresses occupational stressors; mental health and substance use issues including depression, posttraumatic stress disorder, suicidality, and alcohol use; individual and organizational resilience; and healthy coping mechanisms including demonstrations of stress management techniques.

Creating Safe Scenes: This 1.5 hour, CAPCE accredited, online course helps first responders assist individuals in crisis with mental illness or substance use disorder using safe, positive approaches. It helps first responders understand more about mental health, mental illness, and substance use disorders so they can better assess risks and apply the safest strategies for taking care of themselves and the individuals they are called to serve.

Shield of Resilience: This 1-hour, online course provides law enforcement officers with a foundational skill set to better understand and address the behavioral health stressors that are unique to law enforcement. It helps law enforcement officers learn to recognize signs and symptoms of stress, depression, post-traumatic stress disorder (PTSD), and suicidal thoughts and actions.

DTAC Webinars and Podcasts:

DTAC also offers webinars and podcasts that address mental health and substance use (behavioral health) responses to disasters. For a complete list, visit: <https://www.samhsa.gov/dtac/webinars-podcasts>