

MILITARY & VETERANS SECTOR UPDATE

CORONAVIRUS
DISEASE 2019 (COVID-19)

FRIDAY, MAY 15, 2020



COVID-19
ONLINE FORUM Q&A

Thank you to everyone who was able to join us for this week's telebriefing for military, veterans and their families!

Make sure you join us next Thursday, May 21 from 10 - 11 AM
for another online forum and Q&A with special guest,
Dr. Luke Bergman, Director of Behavioral Health at the County of San Diego!

Special thanks to our May 14th Telebriefing Guests:



Tina Atherall, DSW, LMSW
Chief Executive Officer,
PsychArmor®



Jessica Romero, MPH
Community Educator,
Southern Caregiver
Resource Center



Michael Maus, RN
Caregiver Support
Coordinator
Veterans Affairs

Public Health Order Updates – Effective May 10, 2020 Safe Reopening for Businesses Continued

****UPDATED** San Diego County Public Health Order (May 9, 2020) - [See PDF](#)**

The state released a [Resilience Roadmap](#) for modifying its stay-at-home order which allowed certain businesses to reopen with restrictions starting May 8.

Following direction from the state [announced May 12](#), the following businesses may also now reopen after completing a [Safe Reopening Plan](#):

- Office-based businesses (telework is still strongly encouraged)
- Businesses in malls or strip malls for curbside pickup only
- Car washes
- Pet grooming
- Landscape gardening
- Outdoor museums, open gallery spaces

For more information and other local updates, visit www.coronavirus-sd.com

County Resources for Military & Veterans



Visit our [County site for Military/Veterans/Families and Serving Organizations](#)

General COVID-19 Frequently Asked Questions – [Click here](#)

Military and Veterans-Specific Frequently Asked Questions – [Click here](#)

In Case You Missed It...

Caregiver and Respite Resources

The Southern Caregiver Resource Center offers free and confidential caregiver support services from clinical coaching (specific to military and veteran caregivers), respite, bilingual education and programs, and more. For more information, please visit www.scrs.care or call 1-800-827-1008.

The Veterans Affairs Caregiver Support Program recognizes that caregivers play a critical role in caring for Veterans every day, and even more so now, in the time of COVID-19. For more information on programs and resources, please visit www.caregiver.va.gov.

The PsychArmor® Institute is a 501(c)(3) nonprofit that provides critical resources to Americans so they can effectively engage with and better support military service members, Veterans and their families. For Caregiver Support, respite services, and other resources, visit www.psycharmor.org.

Food Pick-up & Drive-Thru Events

Courage To Call is hosting a collaborative free drive-thru food and diaper distribution event tomorrow, May 16, at 12 p.m. at Grossmont College (8800 Grossmont College Dr, El Cajon, CA 92020) for military active duty, veterans, guard, reservists and their families. Distribution is first come, first served. Military/ Veteran ID required. For more information, visit www.courage2call.org/event/food-distribution-drive-thru-3.

The US4Warriors Foundation hosts monthly Food4Warriors distribution events throughout the county. Their next event will take place on May 22 at the VFE Post 5477 (123 Palm Ave, Imperial Beach, CA 91932). Registration closes on May 19. For more information and to register, visit www.us4warriors.org/food4warriors.

Veteran's Association of North County (VANC) continues to provide food to active duty, veterans, and their families. Registration is required. For more information or to register to receive food, visit www.vanc.me/food.

Other Resources

Armed Services YMCA San Diego enhances the lives of military members and their families in spirit, mind and body through programs relevant to the unique challenges of military life. For more information, visit www.asymca.org/events-san-diego-1-1.

Art for Veterans provides free online literary, performing, and visual arts resources for all ages and skill levels. Enjoy the education, entertainment and healing benefits of the arts during COVID-19 at www.artsforveterans.org or call 619-806-2075.

2020 US Census There's still time to respond! All veteran and military households are strongly encouraged to complete the US Census. The process is quick and easy, and only takes about 10 minutes to complete. www.census.ca.gov.

Volunteer Opportunities Organizations actively looking for volunteers in San Diego county, including the San Diego Medical Reserve Corps, can be found at www.justserve.org/sdcounty.

“Great Plates Program” launched to Deliver Free Meals to Seniors in the County

As of May 14, qualified older adults in the region can now sign up to get three free and healthy meals a day delivered to their home for a limited time through the “Great Plates Delivered” program.



The Great Plates initiative is a collaboration between the County and local restaurants. The goal of the program is to help older adults, who are at a higher risk of developing complications from COVID-19, to avoid going out to restaurants or the grocery store to get food. The meal delivery is scheduled to run through June 10, though it may be extended.

For more information about the program, enrollment and eligibility requirements, visit www.aging.sandiegocounty.gov/greatplates

Mental Health Resources



May is Mental Health Month. Mental Health Month was launched in 1949 to raise awareness about mental health conditions, offer support and encouragement and provide local resources to help anyone experiencing a mental health challenge. Below is a list of resources available to support you as we continue to navigate the COVID-19 pandemic. You are never alone, and we are here for you.

The Spartan Pledge is commitment among veterans to not take their own lives but rather stand with their fellow soldiers in times of despair. For more information and to take the pledge, please visit www.descendantsofsparta.com/pledge.

Courage to Call is a free, confidential, veteran-staffed, 24/7 helpline dedicated to assisting active duty military personnel, veterans, reservists, guard members, and their families. For more information or to chat with a veteran, visit www.courage2call.org, or call the hotline at 1-877-698-7838.

The County’s Access and Crisis Line (ACL) is confidential, toll-free, and available 24/7. If you or someone you care about is experiencing a suicidal or mental health crisis, please call 1-888-724-7240.

The It’s Up to Us campaign is designed to empower San Diegans to talk openly about mental illness, recognize symptoms, utilize local resources and find resources and help. www.up2sd.org

The National Suicide Prevention Lifeline, 1-800-273-8255, provides 24/7, free and confidential support for people in distress, and prevention and crisis resources for you or your loved ones.

Be Kind to Your Mind - 5 tips from the CDC to cope with stress during COVID-19:

1. **PAUSE.** Breathe. Notice how you feel
2. **TAKE BREAKS** from COVID-19 content
3. **MAKE TIME** to sleep and exercise

4. **REACH OUT** and stay connected
5. **SEEK HELP** if you ever feel overwhelmed or unsafe

More resources to help you manage mental health and cope during the COVID-19 pandemic can be found [here](#).

All Department of Veterans Affairs National Cemeteries are open and will continue to provide interments for Veterans and eligible individuals. Immediate family members (10 or less) may witness the interment, if requested. Due to COVID-19, committal services and the rendering of military funeral honors will not be conducted until further notice, however, families may schedule a committal service at a later date. For more information contact your local cemetery.



The VA's National Cemetery Administration (NCA) has also set up a [special website](#) to honor and remember veterans during this time. Each day, the NCA will add the names, branch of service and location of burial for each Veteran interred in a national cemetery on the previous day.



Additional County of San Diego COVID-19 telebriefings are available throughout the week (via Zoom) for a variety of community sectors. For information, updates, and Q&A with other sectors, view the full telebriefing schedule [here](#).

COVID-19 Posters Available



To request English or Spanish posters for your installation, please e-mail COVID-Military-Veterans@sdcounty.ca.gov with your contact information, drop-off location, and delivery instructions. A member of our Outreach & Education Team will contact you to coordinate delivery and obtain any additional details (if necessary).

Additional resources and materials are available [here](#) for your use.

Stay Informed About COVID-19



[Coronavirus in San Diego County](#)
Daily updates on positive cases



About Coronavirus

How the virus spreads, symptoms, and prevention



Resources and Materials

FAQs, posters, videos, and other materials



Prepare for Pandemic

Plans, supplies, and social distancing



Military and Veterans Resources

Information for military/veterans/families and serving organizations



Testing

Current testing recommendations

