

# MILITARY & VETERANS SECTOR UPDATE

CORONAVIRUS  
DISEASE 2019 (COVID-19)

FRIDAY, MAY 22, 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 28 from 10 - 11 AM**  
for another online forum and Q&A with special guest, Colonel Charles Dockery,  
Commanding Officer, Marine Corps Air Station Miramar!

## Special thanks to our May 21<sup>st</sup> Telebriefing Guests:



**Dr. Luke Bergman**  
Director, County of San Diego Behavioral Health Services



**Shari Houser**  
Clinical Director, Steven A. Cohen Military Family Clinic at Veterans Village of San Diego

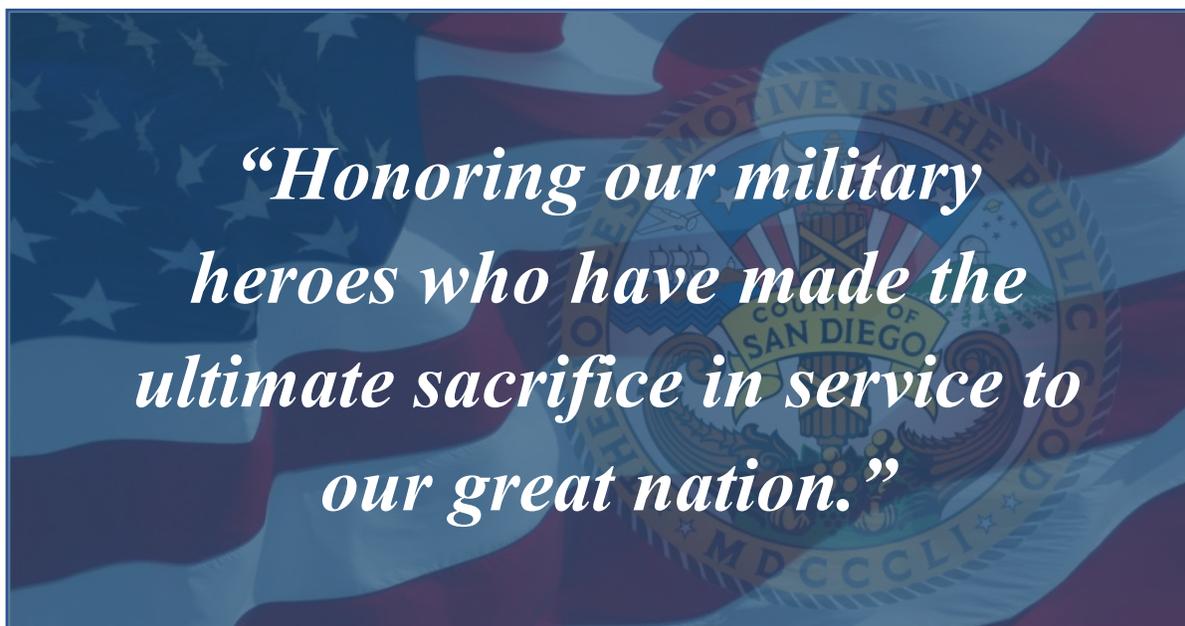


**RanDee McLain, LCSW**  
Program Manager, Courage to Call, Mental Health Systems



**Tony Teravainen, RN**  
President, CEO & Co-Founder, Support the Enlisted Project, Inc.

## Memorial Day 2020



While remembering our country's brave lost in battle may take new forms this Memorial Day due to the pandemic, the absence of public ceremonies should not (and will not) stop our citizens from honoring all of our military heroes who have died in service to our nation. Even the most challenging times cannot diminish our gratitude for those who have made the ultimate sacrifice - Each has given a priceless gift to defend and protect our freedom. This Monday, and every day, we honor you and express our deep gratitude.

*- The Military and Veteran's Sector Team*

---

## 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](#)

---

## State Approves County Plan: Dine-in Restaurants & Retail Stores May Now Open, with Modifications

On Thursday, May 21, the state approved the County of San Diego's Plan to move farther into Stage 2 of the [California Resilience Roadmap](#), **allowing in-person customers at restaurants and retail businesses, with modifications**. Businesses must follow County guidance, and complete and post their safe reopening plans.

Read the full County News Center article [here](#),

**For more information and other local updates, visit [www.coronavirus-sd.com](http://www.coronavirus-sd.com)**

## In Case You Missed It...



**Support The Enlisted Project (STEP)** is a 501(c)3 nonprofit that builds financial self-sufficiency among junior active duty enlisted members and recently discharged enlisted Veterans and their families facing financial crisis through individualized counseling, education, emergency grants and other support programs. STEP has activated in emergency response to provide local military families with critical basic needs and financial support to address the impact of COVID-19 pandemic. For more information, visit [www.stepsocal.org](http://www.stepsocal.org)

**The Steven A. Cohen Military Family Clinic** at Veterans Village of San Diego provides high-quality mental healthcare services accessible to all post-9/11 active duty service members and their families, caregivers, and others. Services are available regardless of discharge status, role while in uniform or combat experience. The highly-skilled clinicians at the Cohen Clinic at VVSD treat a variety of behavioral health challenges, including depression, stress and anxiety, post-traumatic stress disorder, substance misuse, sleep problems, hyper-vigilance (being on high alert), anger, grief, transitional challenges, and relationship and family difficulties. For more information visit [www.vvsd.net/cohenclinicsandiego/](http://www.vvsd.net/cohenclinicsandiego/).



---

## Mental Health Resources



**Courage to Call**, led by Mental Health Systems in partnership with 2-1-1 and Veterans Village of San Diego offers 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](http://www.courage2call.org), or call 1-877-698-7838, or 2-1-1.

**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](http://www.up2sd.org)

**VA Veteran Suicide Prevention and Crisis Line**, 1-800-273-8255 and Press 1 to talk to someone, or Send a text message to 838255 to connect with a VA responder.

**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](#).



**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](mailto: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



