

Keeping you and your family healthy

Community Partners,

With news of the [Governor's Statewide Stay at Home Order](#), it is clear the COVID-19 pandemic will continue to bring significant disruption to our daily lives in the days and weeks ahead. Let's all be committed to doing our part to [help slow the spread](#) and protect the health of ourselves, our employees and our neighbors.

[Please be assured that Solvista Health is open for business and continuing to serve the behavioral health needs of our community.](#)

We have capacity to serve. We've redesigned our care delivery practices to protect the health of our clients and employees by minimizing face-to-face contact.

- Our full continuum of mental health and substance abuse services are being provided via telehealth - using televideo, phone and other telehealth computer technology. Our treatment teams have proactively reached out to all current clients via phone to determine the best method for ongoing care. *This includes individual and group therapy, peer services, case management, supportive employment, Assertive Community Treatment, early childhood and school support services, recovery care management, care coordination, crisis care, psychiatry and medication management.*

Did You Know? There have been dozens of peer-reviewed studies and research articles demonstrating that telehealth for mental health and substance use services can be as effective as in-person treatment. Telehealth even offers additional benefits by reducing travel, wait times and other barriers to care. We loved seeing people at our offices, but we can still provide high quality services remotely!

- 24/7 Crisis Care remains in place. This includes an inspiring partnership with our regional hospitals and law enforcement agencies who are using iPads and telehealth protocol to connect to Solvista Health crisis services. As always, to access crisis services, please call Solvista Health directly at 719-275-2351 or contact the Statewide Crisis Line at 1-844-493-TALK (8255). Or, text "TALK" to 38255.
- While behavioral health services will be provided over phone and telehealth, our Medical Clinic located in Cañon City is still open Monday-Friday 8:00 a.m. -5:00 p.m. If you are experiencing a fever, cough or difficulty breathing, please call the office first at 719-275-2351.

As we all know by now, [physical distancing](#) (also known as social distancing) is perhaps the most critical practice to slow the spread of COVID-19. Many people are increasingly relying on video-audio technologies like Face Time and Zoom to stay visually connected with loved ones, friends and the workplace. These are helpful antidotes to the sense of isolation and anxiety that can occur with physical (social) distancing. Solvista Health is also excited to launch a new series of short videos to support everyone through these times – [check out the first one here and share with your networks!!](#)

Finally, I want to share 5 simple reminders for healthy coping in your household:

1. **Listen to your kids**, encourage their questions, provide every assurance that they are safe and that you are caring for them. Remind them of the things you are doing together to stay healthy (like frequently washing hands for 20 seconds with soap and water and limiting social activities).
2. **Practice regular deep breathing**. Focus on deep breathing for two-minutes every hour to calm your body, oxygenate your brain, and reduce stress. Step outside if you can for maximum effect. Kids need this too!
3. [Honoring the guidelines of the Stay at Home Order](#), **get outside in the sunshine and play**. Fresh air, sunshine and physical movement are proven health enhancers, positively affecting body, mind and emotions. It's a great way of experiencing freedom when we are feeling confined or isolated.
4. **Rest**. Physically, mentally, emotionally. Maintain a regular sleeping schedule. Nothing prepares us better to face whatever challenges a given day may bring, yet it's often the first thing we sacrifice in times of distress.
5. **Limit exposure to news and social media**. Anxiety can be as contagious as any virus. Consider checking for updates no more than twice daily. Many reliable information sources on COVID-19 are reporting at one specified time each day. Bear in mind that kids are especially susceptible to oversaturation and they often pick it up from adults!

The need for compassion and support for one another have never been greater. As neighbors in the community, let's commit to sharing them generously!

Gratefully and optimistically,
-Brian

Brian Turner, MPH

Chief Executive Officer

Solvista Health

Serving Chaffee, Custer, Fremont and Lake Counties

mobile: 719-792-2037

website: www.solvistahealth.org