

Community & Virtual Connection Resource Guide

Created By Spirit Team

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Community & Virtual Connection Resource Guide Summary

Overview

It goes without saying that we are facing an ever and rapid changing situation that has impacted all aspects of our life. To provide support to our fellow coworkers, the Spirit Team has compiled a list of general resources for employees and their families to use. It is important to note that just like the situation we are facing, the knowledge and availability of the resources mentioned in this guide is rapidly changing as well. For that reason, some resources listed may not be accessible or applicable to individuals in the future.

Intended Use

This resource guide is not a substitute for any information and resources provided by SHP, SHS, and SHS associated entities. Rather, this resource guide is intended to provide coworkers with complimentary resources for personal use.

User Acknowledgement

The resources mentioned in this guide are based on suggestions made by Spirit Team Members. The resources mentioned in this guide are merely options that coworkers can choose to use or choose not to use. Some resources listed in this guide may not be accessible or applicable to individuals in the future.

A Message from the Spirit Team

We hope you find this resource guide useful during and after this time. We are a subcommittee invested in supporting our coworkers – near and far, in person and virtually. We are here for you! Thank you for your ongoing support—it means so much to us! To contact us, please email: SHPOspiritTeam@samhealth.org

Sincerely,

Spirit Team

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General Employee Resources

Section Overview: This section provides a high-level overview of general employee resources that eligible SHS Employees may benefit from.

SHS Employee Life Assistance Programs

A more comprehensive list and details about SHS Employee specific resources may be provided to all SHS Employees via email and SHS Insider soon. In the meantime, please know that as an eligible SHS Employee you have access to the following Employee Life Assistance Programs and more:

- SHS Employee Assistance Program (EAP)
- SHS Employee Emergency Fund
- SHS Employee Life Assistance

For the complete list and details, visit the Employee Portal on SHS Insider, or [CLICK HERE](#) .

SHS Employee Health

SHS Employee Health has resources and information available to maximize your worksite comfort. For the complete list and details, Employee Portal on SHS Insider, or [CLICK HERE](#) .

Performance Manager

While we still have many tasks to complete in our daily work-life, it is important to stay on top of our job specific education grid requirements. If you have additional time, you may benefit from participating in Performance Manager's Computer-Based Learning (CBL) opportunities, where you can expand your knowledge on a variety of topics. Know your job specific education grid requirements and CBL opportunities by logging in to Performance Manager.

COVID-19 Specific Employee Resources

- **COVID19 Staff Support Line:** This quick and easy access is for the SHS workforce to provide professional mental health support via phone. The line will be staffed by mental health professionals who are able to provide in the moment care depending on the need: grief and loss support, dealing with health anxiety, burnout and compassion fatigue, as well as providing self-care options, grounding techniques and community resources.
Contact: **541-768-1260**
Hours: Monday – Friday from 7 a.m. to 5 p.m. and 8 p.m. to 10 p.m.
Saturday and Sunday from 10 a.m. to 3 p.m.
- **SHS Coronavirus Task Force:** The SHS Coronavirus Task Force communicates with SHS Employees via email (shscoronavirustaskforce@samhealth.org) and through the SHS Insider Emerging Pathogens page. To access, [CLICK HERE](#) .

General Community Resources

Section Overview: Our local communities care about us and have compiled lists of resources for us all to benefit from during this time. For your convenience, hyperlinks to local community resource websites have been included in this document.

Corvallis Community Specific

- For quick access to resources provided by the City of Corvallis and city closure information, [CLICK HERE](#) .
- To support **local businesses/shops/wineries/restaurants/fitness studios**, the City of Corvallis and Benton County have compiled a list of businesses for you to continue receiving services from during our ever-changing situation. To view this list, follow this link (<https://yescorvallis.org/resources/>) and select the “Complete Benton County Business Guide,” or [CLICK HERE](#) to open in Google Drive.

Albany Community Specific

- For quick access to resources provided by the City of Albany and city closure information, [CLICK HERE](#) .

Lebanon Community Specific

- For quick access to resources provided by the City of Lebanon and city closure information [CLICK HERE](#) .

Philomath Community Specific

- For quick access to resources provided by the City of Philomath and city closure information [CLICK HERE](#) .

Linn-Benton Food Share

- Could you or someone you know benefit from food assistance at this time? Follow this link to the Linn-Benton Food Share website (<http://communityservices.us/nutrition/detail/category/linn-benton-food-share/>) and click on the “Need help with food?” button, or [CLICK HERE](#) to view available options in your area.

Local Parks & Trails

While opting outside is ideal and can help people connect in nature, it is important to stay up to date with information about local parks, trails and public land closures.

- For updates about OSU Research Forest closures, visit: <https://cf.forestry.oregonstate.edu/>
- For updates about Benton County Parks and Trails, visit: <https://www.co.benton.or.us/parks>
- For updates about Linn County Parks and Trails visit: <https://linnparks.com/>

Connecting with Local Faith-Based Organizations

Some local faith-based organizations are offering Zoom meetings, live streaming, or recordings for their members and those who are interested to participate. Some local faith-based organizations are providing additional virtual opportunities to connect and practice faith with others (e.g., book studies, prayer sessions, conversation/check-in groups). Below are ways to interact with the faith-based organizations belonging to some of the more commonly practiced religions in our area:

- **Christianity:** To find a church or a specific denomination near you, use: <https://www.churchfinder.com/>
- **Judaism:** To connect with the local synagogue, visit: <https://beitam.org/>
- **Islam:** To connect with the local Mosque, visit the Salman Alfarisi Islamic Center – Corvallis Masjid [Facebook page](#)

Oregon State University

To assist and engage community members during this time, OSU is providing students AND community members with opportunities to learn and/or earn certificates online for FREE or low cost. Below are some known course offerings:

- **Punch through Pandemics with Psychological Science (FREE)**
In this free online course, experts in psychology will help you handle feelings of anxiety, stress, loneliness and isolation. Participants will also learn ways to cope and communicate. For more information & to enroll in this course, [CLICK HERE](#) .
- **Intro to Oregon Master Gardener Program (FREE)**
Hosted by the *Master Gardener-Short Course Series*, this course will introduce you to the Oregon Master Gardener Program and the role Master Gardener volunteers play. For more information & to enroll in this course, [CLICK HERE](#) .
- **Vegetable Gardening Online Course (FREE)**
Hosted by the *Master Gardener-Short Course Series*, this course will teach you how to select a site, prepare soil and plant vegetables properly as well as gain skills to successfully produce food and identify common insect and disease problems. For more information & to enroll in this course, [CLICK HERE](#) .
- **Open Education Resources—Short Courses (Low Cost)**
OSU's Open Educational Resources offers a variety of short courses for participants to learn and complete within ~20 hours. For more information about course offerings & to enroll in any of these courses, [CLICK HERE](#) .
- **Professional and Continuing Education Courses (Low Cost)**
OSU's Workspace curriculum design can help you level up your skills and grow professionally within 5-weeks. For more information about course offerings & to enroll in any of these courses, [CLICK HERE](#) .

General Virtual Resources

For Your Spiritual Needs

Now is the time to re-connect with yourself, to harness your sense of purpose, belonging, and meaning in life. In addition to connecting with your local faith-based organization, practicing yoga, mindfulness, gratitude, and self-reflection can help you to sooth your soul and work through challenges.

- **Online Yoga (FREE)**

Whether you are new to yoga or an experienced instructor, Do Yoga With Me provides an online platform for individuals to practice yoga in the comfort of their own environment. Class styles and class length vary, so you have the freedom to choose. While there is a subscription option, there are free yoga video recordings that are free to access. To learn more and to take a yoga class now, [CLICK HERE](#) .

- **Practice Mindfulness with Online Audio Recordings (FREE)**

There is a growing amount of mindfulness resources in the world, making it difficult to sift through the information and find a starting place. These FREE online mindfulness audio recordings from [Mindful.Org](#) can provide a great introduction to practicing mindfulness. To access the mindfulness audio recordings, [CLICK HERE](#) .

- **Practice Mindfulness through Apps (FREE)**

Mindfulness takes practice and time. Fortunately, technology can help! Mindfulness apps are intended to guide and assist you in developing a positive habit for mindfulness. The following FREE mindfulness apps are recommended by the founders of [Mindful.Org](#):

- **Calm**
- **Insight Timer**
- **Smiling Mind**
- **Stop, Breath & Think**
- **UCLA Mindful**
- **10% Happier**

Note: All apps mentioned are FREE, although additional app features may require a subscription purchase.

For more information & partake in any of these mindfulness apps, download the app from your Smart Device App Store.

For Your Environmental Needs

Now more than ever, it is crucial for us to focus on surrounding ourselves with people and places that are safe, pleasant, and stimulating. While we may need to adapt to our situation and new surroundings, it is possible for us to make efforts towards preserving, protecting, and improving the world around us for future generations.

- **E(ART)H – Without ART, the world is just “EH”**

Unleash your creativity (or your kiddo’s creativity) with some simple craft supplies and create drawings/paintings to display from your windows so pedestrians can view and smile. Perhaps you’ll kick it up a notch and purchase some window paint online from Amazon and write words of encouragement on your windows to spread kindness.

- **Local Gardening Resources**

It's not too late to start your garden! Whether you choose to grow vegetables, herbs, fruit, flowers, or grass, our local gardening community is here to support you virtually and with delivery/pick-up options.

- **Susan's Garden & Coffee Shop**
Offering Online Orders and Curbside Pick-Up -- [CLICK HERE](#) .
- **Shonnard's**
Offering Online Orders, Delivery, and Curbside-Pick Up -- [CLICK HERE](#) .
- **Corvallis Sustainability Coalition's Garden Resource Guide**
Access to tips and much more -- [CLICK HERE](#) .

- **Decluttering Your Life**

Examining the space where we spend the most time can help us to understand our sources of stress and begin to organize the areas of chaos in our life. Whether it's your junk drawer, your closet, the garage, or your Facebook Friends list, these resources may be of use to you:

- **Tidying Up with Marie Kondo**
Learn how to apply 5 (five) phases of organizing and letting go of things you no longer use – Available on [Netflix](#) or [YouTube](#) search.
- **Project 333**
A unique approach to learning how to be more with less, starting with your wardrobe and going beyond – [CLICK HERE](#) .
- **Social Media Cleanse**
Business Insider offers some helpful tips about how to clean up your social media presence to be more reflective of who you are today -- [CLICK HERE](#) .

[For Your Social Needs](#)

Continue to make the ones you love and care about a priority in your life. Extend a message of encouragement, offer assistance, or simply say, "Hello". Consider catching up with old friends and practicing active listening to improve your communication skills. Below are some ways you can virtually connect with others:

- **Social Media Platforms with Video Chat Features**

While virtual connection is not always ideal, seeing someone's face and facial expressions can make it easier to embrace the space between us. Take Happy Hour, Coffee Breaks/Dates, Teatime & Game Nights to a whole new level!

- **Google Hangout**
- **WhatsApp**
- **Viber**
- **Facebook Messenger**

- **Snapchat Video**
- **Netflix Party – A New Netflix Feature!**
Now you can watch Netflix together...from a far! Netflix Party is a new way to watch Netflix with your friends and family online. Netflix Party synchronizes video playback and adds group chat to your favorite Netflix shows. Login to your Netflix account to learn more!
- **Go Old Fashion – Send a Card!**
Bring back the lost art of card making, writing, and sending. All you need is a piece of paper, an envelope, stamp and an address!

For Your Financial Needs

Prepare for your financial future now! Learn what steps you can take to eliminate debt, build credit, establish financial security, and adapt to changing economic situations and landscapes. In addition to your **SHS employee financial planning resources found on the SHS Insider Page**, check out **Dave Ramsey’s website to learn more about how you can control your finances – [CLICK HERE](#)** .

For Your Occupational Needs

Let’s face it—working from home has its perks and challenges! Learning to adapt to new work environments is a life-skill that is not taught in school, but rather on the fly—and aren’t we flying?!?! Below are some resources for those who may need some advice on how to maintain focus and productivity while working from home.

- **How to Improve Your Focus & Complete Tasks Faster**
The Pomodoro Technique has received much praise for its use to improve individual’s focus on work and ability to complete more tasks given a shorter amount of time. While this is not a multitasking tool, it can help you to manage your time more efficiently. For a written explanation of the Pomodoro Technique, [CLICK HERE](#) . For a YouTube Tutorial, [CLICK HERE](#) .
- **5 Tips from TIME about Working Remotely -- [CLICK HERE](#)** .
- **Gentle Reminders about Workspace Communication**
 - *Establish regular and timely communication with your Supervisor/Manager & Team Members*
 - *Practice active listening*
 - *Check-in with your coworkers – Ask them how they are doing*
 - *Ask for help when you need it-- or before you need it*

For Your Physical Needs

There are many virtual resources to help you and your family stay active and nourished. Below are some recommended by members of the Spirit Team:

- **Strava—App (Exercise & Fitness)**
Strava is a **FREE** mobile app and website designed to track your running/walking, biking, and swimming stats and GPS. Join virtual challenges to motivate yourself or compete with family, friends and coworkers. To partake in this virtual experience download the Strava App from your Smart Device App Store, and/or visit the Strava website by [CLICKING HERE](#) .
**Note: A group of SHP coworkers started a club that hosts virtual runs every Thursday. To join the club, <https://strava.com/clubs/trail-explorers> and request to join.*
- **Splendid Barre Corvallis (Exercise & Fitness)**
This local fitness studio is offering **FREE online** barre and yoga classes through Instagram on Live Stream and posting video recordings on their Facebook page. For more information about Splendid Barre and their FREE online class opportunities, [CLICK HERE](#) .
- **Barre3 (Exercise & Fitness)**
This fitness franchise is offering a FREE 15-Day Trial of their online barre classes. For more information about Barre3 & this opportunity, [CLICK HERE](#) .
- **Nike Training Club--App (Exercise & Fitness)**
The Nike Training Club app provides FREE workouts for everything from bodyweight-only sessions, invigorating yoga classes, targeted training programs, and full-equipment home workouts for all fitness levels. To partake in this virtual experience download the Nike Training Club App from your Smart Device App Store, and/or visit the Nike Training Club website by [CLICKING HERE](#) .
- **SworKit Fitness & Workout--App (Exercise & Fitness)**
Whether you're an absolute beginner, intermediate, or advanced, the SworKit App helps you to achieve and maintain a fitness level you want. To partake in this virtual experience download the SworKit App from your Smart Device App Store, and/or visit the SworKit website by [CLICKING HERE](#) .
- **Oregon State University Moore Family Center for Whole Grain Foods, Nutrition & Preventative Health (Nutrition)**
This local nutrition resource allows you to filter using dietary restrictions and meal types to find something the entire family can enjoy. To view the website, [CLICK HERE](#) .
- **SHS Recipe Page (Nutrition)**
Find healthy recipes to support and nourish the growing needs of your family. To access recipes, [CLICK HERE](#) .

For Your Intellectual Needs

Expand your knowledge or learn a new skill (personal or professional) during your free time.

- **Free Online Courses from Harvard**
Now is your chance to say you took a class from Harvard! Harvard offers a variety of free online learning opportunities to the general public. Whether you're interested in learning about 18th-Century Opera, Pyramids of Giza, Cuisine Chemistry, or R Basics/Data Science, Harvard may have a class for you. For more information about course offerings and how to enroll, [CLICK HERE](#) .
- **Free Online Course from Yale University: The Science of Well-Being**
The Science of Well-being is oftentimes referred to as the "happiness" course offered by Yale University. This free online course engages participants in a series of challenges designed to increase personal happiness and build more productive habits. For more information & to enroll in this course, [CLICK HERE](#) .
- **Duolingo**
Have you ever wanted to learn a new language? Or perhaps you need to brush up on a language you learned during high school? Duolingo is an app-based platform that facilitates language learning opportunities from beginner to fluent. Currently, Duolingo offers lessons in 35 international languages. In addition to the app-base content, users can benefit from an array of resources (podcasts, worksheets, friend groups, etc.) to enhance and personalize their language learning experience. For more information & partake in this free language learning experience, download the Duolingo App from your Smart Device App Store, and/or visit the Duolingo website by [CLICKING HERE](#) .
- **Little Free Libraries**
While local public libraries may be closed for the time being, your neighborhood's Little Free Libraries may still be open! Little Free Libraries are the mini "Book Houses" tucked away or creatively displayed in our neighborhoods. Little Free Libraries promote recyclable use, knowledge, and sharing through books. As a common courtesy, take a book, leave/return a book, to find a registered Little Free Library near you, [CLICK HERE](#) .

For Your Emotional & Behavioral Needs

Below offers a list of resources for individuals to use during times of emotional need or support. The list also includes resources for individuals who may currently be experiencing situations that could contribute to an increased need for emotional support (e.g. poor academic performance, homelessness, domestic abuse, etc.). While some emotional need/support experiences can be sudden and/or temporary, there are also emotional need/support experiences that can be ongoing and long term. To reflect this, the list below is comprised of a mixture of resources for individuals to use based on individual preferences. Please note that the list does not exhaust all options.

Local Resources

Find Someone to Talk to Today

If you or someone you know needs support for either an emotional and/or behavioral condition, consider finding a certified and/or licensed provider today, using the [Psychology Today Website](#). To access the website, and filter by preferences (condition, provider type, location, insurance), [CLICK HERE](#) .

Samaritan Health Services

Samaritan Health Services offers a variety of services to meet your needs. Visit their website to learn more -- <https://www.samhealth.org/>

Center Against Rape & Domestic Violence (CARDV)

CARDV is an organization located in Corvallis, OR that aims to provide services and support to those affected by sexual and domestic violence. CARDV also aims to provide education and leadership within the community to change societal conditions that cultivate these forms of violence. CARDV can provide the following services: 24-hour crisis & support phone line, crisis response, restraining order assistance, 24-hour emergency shelter, resources for sexual assault survivors, support groups, and presentations/trainings for educating to end violence.

Website: <https://www.cardv.org>

Phone: **541-754-0110**

Online/Mobile Apps

Recommended by the Anxiety & Depression Association of America (ADAA)

The ADAA reviewed some of the top Mental Health Apps and ranked them based on the following criteria: Ease of Use, Effectiveness, Personalization, Interactive/Feedback, and Research Evidence. To see how apps ranked, [CLICK HERE](#) . For more information & partake in any of these mindfulness apps, download the app from your Smart Device App Store.

- **Anxiety Reliever**
- **CPT Coach**
- **iCBT App**
- **MoodKit**
- **PTSD Coach**
- **T2 Mood Tracker**
- **AnxietyCoach**
- **Happify**
- **Live OCD Free**
- **MoodTools**
- **Sanvello**
- **What's My M3**
- **Breath2Relax**
- **HeadSpace**
- **MindShift**
- **Panic Relief**
- **Self-Help Anxiety Management**
- **WorryWatch**

National Helplines/Text Lines

Crisis

Crisis Text Line

About Organization: "Crisis **Text Line** is free, 24/7 support for those in crisis, connecting people in crisis to trained Crisis Counselors. Our first priority is helping people move from a hot moment to a cool calm, guiding you to create a plan to stay safe and healthy."

Phone: Text "CONNECT" to 741741

Website: <https://www.crisistextline.org>

Suicide

National Suicide Prevention Lifeline

About the organization: "The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals."

Phone: 1-800-273-TALK (8255) ; En Español: 1-888-628-9454

Website: www.suicidepreventionlifeline.org

LBG&T&Q Specific

The Trevor Project

About Organization: Provides immediate crisis services to individuals who identify as members of the LBG&T&Q community/Communities. Provides educational opportunities and ally awareness for preventing suicide and intentional self-harm.

Phone/Text: 1-866-488-7386

Website/online chat: <https://www.thetrevorproject.org>

Substance Abuse

Substance Abuse & Mental Health Services Administration (SAMHSA) National Hotline

About organization: "The SAMHSA National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental health disorders and substance or behavioral addictions. NOTE: SAMHSA's Helpline does not provide counseling and emotional support, but their trained specialists can transfer you to an appropriate intake center in your state or connect you with local assistance and support. They can refer you to therapists, counselors, treatment programs, and support groups in your area."

Phone: 1-800-622-HELP (4357)

Website: <https://www.samhsa.gov/find-help/national-helpline>

Eating Disorders

National Eating Disorders Association Information and Referral Helpline

About Organization: National Eating Disorders Association's helpline is a free and confidential service. Volunteers have extensive training and are prepared to help you find information, support, and treatment options.

Phone: 1-800-931-2237 or Text "NEDA" to 741741

Website: <https://www.nationaleatingdisorders.org/help-support/contact-helpline>

Poison

Poison Help Line

About organization: The national Poison Help Line is toll-free, confidential and connects you to a specially trained nurse, pharmacists or doctor at your local poison center. When accidents happen with chemicals, medicine, or household items, it is important to get help right away from a local poison expert. (Note: if someone is unconscious or has trouble breathing, then call 911.)

Phone: 1-800-222-1222

Website: <https://poisonhelp.hrsa.gov/the-poison-help-line/index.html>