* **Psychology First Aid for Staff/Trainees:** 
  + This model was developed for military service members and first responders and has been adapted for VA healthcare providers.
  + It is an eight-session intervention for staff. Primarily used for workgroups.
  + Reach out to Dyani Saxby for further assistance and or guidance.
    - [Dyani.Saxby@va.gov](mailto:Dyani.Saxby@va.gov)
  + If staff or trainees need help outside of our PRSS hours:
    - Minnesota Warmline, available 5pm-10pm, Mon-Sat
      * 651-288-0400
      * 877-404-3190
      * Text “Support” to 85511
* **Minnesota Psychiatric Society telephone support:** Available every day 9am – 9pm
  + - <https://www.mnpsychsoc.org/covid-care-schedule.html> to schedule
* **Chaplain support:** Chaplains are available 24/7 - You can call their offices – 312027, or you can call individual Chaplains:
  + - Father Damien Schill – 311487
    - Chaplain Emmanuel Ojo – 314663
    - Chaplain Timothy McGregor – 312770
    - Chaplain Jeremiah MacRoberts – 314485
    - Chaplain David Calhoun – 316968
* **Self-Care Toolkit:** 
  + 3 page document outlining various wellness resources for staff and trainees, brought to you by the Center for Integrative Health and Healing (CIHH)
  + Highlights include VANTS line daily mindfulness sessions, live virtual yoga via Pexip Infinity/V-tel, pre-recorded yoga sessions for both chair and mat-based yoga, free mindfulness and self-care apps, breathing and gratitude practices, and more.
* **Social Connectivity:**
  + Check with your specific training area on ways to stay connected socially, both personally and professionally, with other staff and trainees in your area and throughout the medical center.
  + Examples include: Skype/Zoom lunches, online Canvas interactions, virtual case discussions, Microsoft Teams and more.
* **Contribute Meaningfully from Home: Teleworking during a Pandemic**
  + Trainee Guidelines for teleworking 
  + Alternate Equipment Configurations 
  + Remote Access for Healthcare Professionals 
  + Telework Agreement 
  + *Optional* Training in TMS:
    - VA Privacy and Information Security Awareness and Rules of Behavior **(TMS #10176)**
    - VA Telework Training Module for Employees **(TMS #1367006)**
  + Telehealth (seeing patients virtually via VA Video Connect, VVC)
    - Review PowerPoint. 
    - Complete *optional* TMS training for VVC and Virtual Care Manager (VCM).
    - Set up a non-personal, non-VA email account to receive VCM appointment notifications.
    - Discuss details with supervising clinician.
* **FAQs about COVID-19** 
  + [http://vaww.minneapolis.va.gov](http://vaww.minneapolis.va.gov/)
    - VA Intranet (note this is only accessible from VA network)
    - Top left corner “Minneapolis VAHCS SharePoint”
    - <https://dvagov.sharepoint.com/sites/min/SiteDirectory/COVID-19/SitePages/Home.aspx>
* **Free Online Learning Resources**
* <https://ocw.mit.edu/index.htm>
* <https://www.nairatag.com/technology/free-online-courses-to-take-covid-19-massive-list/>
* <https://www.rosettastone.com/freeforstudents/>
* <https://www.oreilly.com/online-learning/government-free-access.html> (may only apply to trainees that are directly paid by the VA)