

WEBVTT

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00:00:00.000 --> 00:00:11.878

It's 1030 and it looks like we have the gang all here. I don't have any quick reminders to toss that you this morning. So I am going to turn it right on over to Val to get us going.

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00:00:11.878 --> 00:00:15.329

All right Thank you. Hi. Good morning. Everyone.

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00:00:15.329 --> 00:00:19.528

So, just a lot of good news to report.

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Over the of the month of February, and I wanted to start with that.

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Um, you know, we do keep track to comp, thanks to everybody for reporting, but cases in the community for individuals with developmental disabilities.

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We've had no new cases reported of individuals and services since March. 2nd.

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February was the lowest month for community cases. At 89. we haven't been that low since June of last year when we had 21 cases.

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So far for the month of March, we've only had 3 cases reported total cases for individuals supported by the division is 1793 total death or 59 that number is also not got gone.

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We've had 260 providers who have supported an individual through hub at 19. so that's excellent news. I just got off the fusion cell call where our reproductive rate in the state is below 1. that's 1 of those factors.

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That is really, really important when we are looking at.

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00:01:22.650 --> 00:01:28.560

Resuming activities, so, reproductive rate both. And hospital admissions are going down.

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Uh, so lots of really, really, really good news and access to vaccination will be increasing. So I want him to talk about that next.

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Yesterday, Governor parson announced an independent pharmacy roll out for vaccinations.

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Independent pharmacies will be getting 15%.

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Of the vaccinations right now they've identified a 161 pharmacies in 84 counties that will start getting access to that. I could just posted in the chat a link to those participating pharmacies.

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When you open that, those are actually listed by highway patrol region. So it's not alphabetical.

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And not necessarily intuitive, so please look through the entire list for your county and your pharmacies don't just give up on page 1. I know when I first started looking at it. I was like, oh, there's no pharmacies in Cole county.

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We were actually on 1 of the later pages page 6 or something.

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00:02:26.129 --> 00:02:31.740

So, take a look at that list, these pharmacies maybe pharmacies that are.

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Close to you, they may be pharmacies that you as a provider you as an individual you as a family already have a relationship with. But please know, you don't have to have a relationship with these pharmacies to get access to the vaccinations.

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It's just an effort to get it as local as we can.

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And There'll be more pharmacies that get added to this list. So, this is not at all inclusive list of pharmacies. Thank you. Hack it. So, hi could showing the 1st page is region a, which is going to be the Kansas City highway patrol reason.

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00:03:01.439 --> 00:03:06.689

And then you can scroll through and see how it's by region. Not really buy.

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County name or even by pharmacy names, but.

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Please take a look at that these pharmacies I don't think they will start getting those next week. We're not sure what day they will start getting those, that they should be getting about 200 doses a week. So, we know a lot of folks can't manage a mass vaccination clinic.

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We know a lot of again in the spirit of meeting people where they're at, when they're there we know that we have employees that change their mind. This is just that.

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Another tool for us to get access to vaccine and.

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At a much smaller scale, much more manageable, much more local scale.

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Also just wanted to let, you know, that Walmart highly Sam's club and health smart are all also doing vaccination clinics that are outside of these doses of vaccine.

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I just pulling up right now a registration process for help smart in St. Louis. They have an online registration process. So that's another tool to get access to vaccine for both individuals who support.

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And for staff members, there was another question on the Johnson and Johnson vaccine, and how that will be distributed. So, the state got a 1st round of the Johnson and Johnson vaccine. That's already been

distributed. Then we've been told, we won't get any more for a couple of weeks.

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And so I know really, we're really trying to focus the Johnson and Johnson vaccines.

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On places where individuals.

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Are not as captive as an audience, because it is a single dose vaccine.

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And so that's going to be part of the focus around.

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That and we will, and we'll let, you know, more as we hear more about that. We don't have a ton of that.

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Back we don't have a ton of that at this time information on the J and J vaccine but,

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I do know,

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00:04:52.043 --> 00:05:06.894

the conversation really is about how do we get it into places where a single dose is going to be more meaningful in terms of population of folks that we know we're going to struggle with getting to come back in to get that 2nd does or have somebody bring in to get

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00:05:06.894 --> 00:05:07.074

that.

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00:05:07.074 --> 00:05:15.233

2nd, so good news on the vaccination access to vaccinations and expansion of the access to those vaccinations.

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I'm also good news on the J and J front has having that added to the arsenal is also a really good news and we'll continue to give you that information. If we have it available.

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The next thing with all of that, I think every marketing stuff off my list, because I'm not necessarily go hand for her.

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Another thing that we are excited, and I know that a survey went out that last week. I think maybe this week, I can't always remember by day to be read together. So.

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Um, but by next or that antigen, rapid testing, it's going to be made available for DB, community providers, resident staff.

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That has not been available in the past, and it's still not available on the open market. So you still can't just go out and order like final antigen test. There are requirements that providers have to follow if they want to access those by next tests.

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That you're going to be able to do, so, under a standing order with the state. So the requirement really is the reporting requirement, and you have to be trained before they will send them to you and then you can get access to them. But you have to report all reasonable, positive and negative results.

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So that was also exciting news and glad to be a part of that roll out as well.

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And then with all of that information, we're able to start talking about reopening and resuming activities.

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And so remember everything that we talk about in terms of reopening is still very much person centered.

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So 1 of the things that we are ready to resume is targeted case management in person visit.

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And we would we plan we are announcing today and we'll continue with all of our other efforts.

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That we, we expect that everybody will have to move to.

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Face to face visits for targeted case management no later than April 1st, and you can do so sooner.

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Of course, there are lots of questions that kind of whenever we say that. So the 1st question, and we previously had the map that showed what counties were open and what candidates were not open. So that map is still useful.

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It's just right now, the intent is that all counties are open at this point.

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And by April, 1st, those activities should resume.

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Now, remember, there are.

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We will if we need to move county back into the remote status, we will do that. That's very similar to the process that we followed over the summer where counties would go on for 30 days and then come off.

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That that doesn't change if we need it. Hopefully we don't need to go back to that.

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Does this mean, I think another question we'll get is is it expected to be in person open error in the home monitoring.

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I I think you still need to be careful, so you absolutely still have to wear a mask. You absolutely should limit your amount of time inside and around people, because that's just standard practice across across the world right now.

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But that doesn't mean that you can't go in and look around that doesn't mean that if you, if it's.

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More comfortable to go sit outside after that and and continue to visit. That's also an okay thing to do. You've got to look at this at a person centered basis blanket statement.

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Never apply in our world and they don't apply for this also.

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Our providers going to be able to review support coordination, planner, planning and monitoring in person.

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They cannot refuse, but we need to evaluate the situation. So we know that we are still going to have homes that are under quarantine for cobit. Don't be surprised if that happens.

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Because staff will still be positive because we may still have positive residents. So we know that there are going to be cases where you cannot get into the home for those kinds of reasons. But you have to look at this on a case by case basis.

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Clarification regarding if this TCM open up expectation includes all yes. All state staff and consumers.

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We based this decision on.

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The positivity rate in the community, and the positivity rate for the state and the reproductive rate of the virus.

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Vaccination has helped decrease those things and that's why we are able to move forward, but vaccination is not an individual's vaccination. Status is not the reason that we're doing this or not doing it.

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It is the case rate in the community, the reproductive rate of the virus.

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Overall, and we really do understand the value of masking and social distancing. All of those things should still be considered.

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Is there? Yes, I already answered that question so I know that we will be rolling out all of this information on the various websites.

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So, but I did want to put it out here on this call as well.

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And then along with that comes resuming activities.

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So the department has been given some guidance from the CDC on how to resume activities and our state operated centered.

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And we have begun planning what that looks like. So I kind of and again, this is planning and it's on an individual level and you can't.

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Because I say this doesn't mean this works for everyone so please.

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Don't forget early on back in the summer when we talked about people accessing the community. All of that is coming back into play again that they're responsible ways to do that.

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So 1 of the things that we are doing in our facilities is we are allowing individuals to access to communities if they are 15 days post. 2nd vaccinations. Of course now there's Johnson Johnson. So that just maybe 15 days plus vaccinations.

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But that includes attending church going out to each shopping, being family, home business.

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They must wear a mask at all times. Same as social distance. They must wash their hands. They must avoid large crowds. So, 1 of the things that we talk about.

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Here is if, you know, someone's leaving to go to a large family reunion or a large wedding.

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And we know that's gonna be fully indoors. That's probably still not a responsible decision to make at this time for that individual. Even if they're fully vaccinated. Especially if that individual is going to come back and live in a home where there may be folks that aren't vaccinated.

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So you do need to look at all of those factors when you're making these kinds of decisions.

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Also, in terms of going to restaurants, we know some restaurants are really good at following covid protocols. We know some restaurants completely disregard covid protocol. So, take that into consideration when you're looking at what restaurant you want to go to.

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Also, how staff access our locations we have started to change that.

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So, for any staff we have that are fully vaccinated, we no longer require the staff to fill out the screening form.

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We are still monitoring local positivity rates. So less than 3% in your community would be ideal less than 5% is still considered low positivity and is also good.

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But those are things that you can look at, when you're trying to make decisions around staff and accessing the community. Also, we are starting to allow visitors onsite.

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00:12:25.828 --> 00:12:32.908

Access to the site and access to the individual supported is going to be dependent on vaccination status.

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For in the facilities, and that's based on some guidance.

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00:12:36.119 --> 00:12:43.198

So, and and also we will still be screening any visitors that come on site and we will, we will be implementing.

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By next testing for visitors now we have, we haven't officially.

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00:12:47.339 --> 00:12:53.668

Started doing more open visits we are working towards that. We have been allowing visits that are social distance.

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00:12:53.668 --> 00:13:01.259

Like, the screen in between them outdoors, we've been doing that all along so we're trying to figure out how to phase in those other kind of visits.

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So, you definitely should be planning for resuming activities and that when I say planning, I mean, planning at that individual level, and you should definitely be planning for case management to.

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To to resume on a non remote basis at this point.

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There is some more information, and there was a question to chat that I'm going to look at.

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00:13:22.139 --> 00:13:34.109

Accurate wait list information for individuals, waiting for our service with feedback, late, last calendar year that would be available. And the governor's recommendation. Hold on. I get it gets lost when I scroll down.

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00:13:34.109 --> 00:13:39.749

In the bed, and including funding for a number of waivers slots, we would like more accurate feedback.

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So right at this point in time, and I'm going to try to pull this up. I'm talking, because I don't want to stumble over the numbers we have all of we have.

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What is in the budget today actually supports as eliminating the wait list at this point in time.

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We can't do it all at 1 time, although we will be reevaluating that in April to see if we can move more quickly. But at this time, on the residential side, and I'm going to try, like, if I'm not trying to pull up this and high, because I think going somewhere to pull up somewhere. Yeah. Go ahead.

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00:14:08.693 --> 00:14:10.403

I could go to that witness information page.

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00:14:10.708 --> 00:14:14.369

So, we do have this on our on our website.

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So, there's the residential wait list and the in home white list, if you can go ahead and click on either 1 of those.

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And this is as of there's a date. So, as of March 1st, we just look at the 12 column please, because we only support individuals with the score of 12 in the residential wait list.

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There are 147 individuals on the residential waitlist.

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Now, next Monday, that's going to look a lot differently and I believe we're, we are posting this every week. I think correct I guess.

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So, we will, this will look different because we do award slot at the beginning of the month and we award, I believe, 26 residential slots per month at this time.

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So you will see this number looks different next week. So the 1st of the month member's really especially the 1st of the month on March. 1st, a better idea of where we're at is if you look at.

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00:15:05.399 --> 00:15:18.024

The number on, like, next week That'll be a better idea of where we're at but we do 26. okay. I found my blood. We do 26 per month on the residential overall. We should be able this fiscal year to remove 194 individuals from the waitlist.

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And then on the community support side, what she's gone to there are currently 524 individuals on the community support waitlists and we are right now removing 90 per month.

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00:15:31.078 --> 00:15:34.349

And there is no partnership or hope whitelist at this time.

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00:15:34.349 --> 00:15:47.489

So that continues to to get addressed. And, like I said, hopefully, we can take a look at the number of individuals on the wait list as of April 1st, the number of dollars we still have available and see if we can just fully open those whitelist.

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So, that's information on that do the persons who want to go to the pharmacy do they have to be in the current tier? Yes.

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Yes, that's an excellent question. I'm glad you brought that up.

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00:15:58.649 --> 00:16:04.918

They're still only going to vaccinate individuals that are activated here and that's for us.

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00:16:04.918 --> 00:16:12.058

Really anybody who's under contract with the Department of mental health so, all of our providers staff and residents.

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00:16:12.058 --> 00:16:23.818

Any all of the business developmental disabilities employees are in that tiers and then anybody with an intellectual and developmental disability. All of those tiers are activated.

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But that was an excellent question. I'm glad you brought that up they are activating a new tier on March 17th. That's 1 b tier 3.

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that's really a lot of individuals that are kind of outside of our world that includes teacher's child care providers, telecommunication workers, electrical workers.

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Other essential employees that have a central jobs that maybe aren't always directly in contact with people, but it's very, very important position.

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00:16:53.339 --> 00:16:56.339

That 1 can't hear.

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00:16:56.339 --> 00:16:59.849

Yes, okay.

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00:16:59.849 --> 00:17:06.328

What P, E will be available to support coordinator so you have access to order.

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00:17:06.328 --> 00:17:12.449

Um, highly definitely should be wearing masks. You may want to be wearing a double math, but those that is available.

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00:17:13.648 --> 00:17:20.368

And you should be able to access that for your employer. I have set up for April. Can I keep.

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00:17:20.368 --> 00:17:33.959

Meetings as schedules we really need to start review. That's an excellent question to that. You've set up for April already via Webex. Can I keep these meetings that schedule? We need to transition these meetings to in person meetings at this time.

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00:17:33.959 --> 00:17:37.469

So, let's but definitely work to get that done.

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00:17:37.469 --> 00:17:44.068

Okay, there is a couple other questions that came in. Has there been hold on.

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00:17:44.213 --> 00:17:59.003

This is an excellent question. So, has there been any updates on the end of the nuclear national state of emergency? There has not been any update on that, although all, we have no reason to believe that things won't get extended that we fully believe they will.

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00:17:59.338 --> 00:18:04.618

Especially with all activity going on with the variance across the world at this point.

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00:18:04.618 --> 00:18:16.078

Then the other question that I am going to address is, has there been any discussion about providers or others requiring at the conditioner provision of service for consumer to have the vaccine as a requirement for getting services?

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00:18:16.078 --> 00:18:28.348

There has not been any discussion about that. If there is a requirement in the future, could there be some sort of appeals process for the person's due process? And that would definitely be something we would want to take under consideration. If that is.

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00:18:28.348 --> 00:18:35.398

A requirement for participation with user, so excellent question way to be thinking of this user. We're not there yet.

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And the vaccine is still with still under emergency use authorization.

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00:18:39.509 --> 00:18:46.229

So, I think those are questions that we can look more to whenever we get closer to potential.

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For places to be mandating vaccine I'm also and I'm going to say this again, because I I know I've said it a lot already today.

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00:18:53.909 --> 00:18:59.278

But the vaccine gets us to a point of normalcy. It doesn't. It's.

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00:18:59.278 --> 00:19:05.038

And it keeps people, it keeps individual safe, but we still have to be looking at those caseloads in our counties.

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00:19:05.038 --> 00:19:13.169

We still have to be looking at that reproductive rate. We still have to be looking at that positivity. Right? Those are the things that we're looking at. Whenever we're talking about reopening.

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00:19:13.169 --> 00:19:19.348

Okay, so I am done now and I am going to pass this ball over to Leslie.

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00:19:20.608 --> 00:19:30.088

Thanks now, just some quick updates, the comprehensive and community support renewals as well as the partnership and both amendments to align with those renewals are currently.

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Under review with CMS, the community support waiver amendment to increase factor C or waiver slots from 4500 to 4800 is now being reviewed by Mo, health net.

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00:19:41.368 --> 00:19:49.169

Before it gets submitted to CMS as well, and we have a question from Thomas way Meyer with county connections and Troy.

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Is it true that the scheduled K and all the DV provider specific guidance will ineffective 6 months after the end of the national state of emergency.

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00:19:56.519 --> 00:20:00.239

Or may some of the directors guidance be repealed lifted sooner.

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So, yes, Thomas next K agenda and we'll end no later than 6 months after the expiration of the.

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And as you know, it was renewed in January, January, 21st, 21.

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So, it's effective 90 days, which is April 21st, 21.

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00:20:15.568 --> 00:20:22.378
So the appendix K that 6 month, Mark would be as of right now October 18th of 2021.

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00:20:23.398 --> 00:20:30.989
And that's all I have. Thank you. Please. Okay. Next up is when the.

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00:20:32.669 --> 00:20:41.278
And Wendy, we cannot hear you. I see your lips moving, but I don't hear you.

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00:20:41.278 --> 00:20:44.278
Better yes.

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00:20:44.278 --> 00:20:51.598
Absolutely. Okay. I have 1 question here. I think that it was answered by Val and the course of hers is, is.

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00:20:51.598 --> 00:21:05.638
We are a TCM provider, and recently in a staff meeting sc's indicated that there were provider teams that have indicated that they are ready to get back to home service monitoring. I understand we are currently remote, which.

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00:21:05.638 --> 00:21:12.298
We just announce that we're not remote anymore anymore and can do open air visits.

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00:21:12.473 --> 00:21:19.794
Is it acceptable if the teams agree that in home service monitoring can be completed with a Pre screening tool being completed?

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00:21:20.034 --> 00:21:20.544
So,

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00:21:20.574 --> 00:21:27.894
I'm going to answer this because we may have phases where we go back to remote monitoring and yes,

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00:21:27.923 --> 00:21:35.693

if the providers and the tcm's agree on an in person monitoring with the proper protocols in place and Pre screening,

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00:21:35.963 --> 00:21:41.993

you can do the in person monitoring that just use the proper protections in place.

167

00:21:42.324 --> 00:21:45.534

There's also a question that came in from Thomas way. Meyer.

168

00:21:45.808 --> 00:21:50.699

I'm asking about hobbies and I am still.

169

00:21:50.699 --> 00:22:02.788

Sorting through information on the answer to that question. Thomas. I'm sorry I don't have the answer for you right now, but we will get it in our answers and also put it on the webinar answers for next.

170

00:22:02.788 --> 00:22:15.894

The next time around that's really all I had that there are some other questions in the chat Val, that committee and and Wendy I'm not going to address.

171

00:22:15.894 --> 00:22:19.104

I'm not I can't address all these questions because the questions.

172

00:22:19.409 --> 00:22:33.804

A lot of times folks are typing questions into the chat at the time that I'm saying something. And so I cannot put all of these questions into context. That's I'm not saying that that's that's where we need to be, but we will work on getting work items out there.

173

00:22:33.804 --> 00:22:47.064

It is March been we are several days from April. 1st, so work with us. I'm glad you put those questions and that that's why we brought this up and we will work on getting some essay cues out around case management and resuming case management.

174

00:22:47.368 --> 00:22:51.479

Generally, though, what I feel the theme of these questions is.

175

00:22:51.479 --> 00:22:55.588

Is what about family they say no, we're.

176

00:22:55.588 --> 00:23:10.169

What about vaccination? And again, vaccination status is something that helps protect you, but what we look at are reproductive rates and positivity rates in the community. And so we are going to have to continue to educate folks around that.

177

00:23:10.169 --> 00:23:19.798

Another question is, are the regional offices reopening we are in the process of working on that with our staff, in terms of them being open to the public. That is.

178

00:23:19.798 --> 00:23:32.969

Another thing that we are working on, but the point that we are trying to make here is it is so important that we start seeing people face to face again. And we start seeing environments.

179

00:23:32.969 --> 00:23:42.479

We have a responsibility and we need to start doing that again and we believe we can do that again very safely at this point in time.

180

00:23:42.479 --> 00:23:55.403

So there is a lot of those type of questions in here, but that's those are the things that we look at to make these decisions. And we do believe you can do this very, very safely at this time. I know that we will take all of these questions out of the chat.

181

00:23:56.153 --> 00:23:58.433

This is another good question that I found.

182

00:23:58.884 --> 00:24:10.374

Is there any information on vaccine for children? Children are still not eligible under 16 to be back. At this point. They are doing those trials at this time. I love this question too.

183

00:24:10.374 --> 00:24:17.784

And we will, and I'm going to bring this 1 up every time. I roll my mouth things like fall down. I'm going to click so it doesn't do that.

184

00:24:18.088 --> 00:24:28.044

I will signature still be able to be accepted electronically and are we going to be updated coded guidelines posted in writing? So that's also something that we are working on.

185

00:24:28.044 --> 00:24:35.574

And 1 of the things that we talked about as a group before, because we do there would be a lot of questions coming into this call when we brought this up, which is why we did it.

186

00:24:35.848 --> 00:24:47.578

Is what are the things that we have in place right now that we want to continue? So, the good things that we've done during case management that have improved our process, we're going to try to figure out how to continue those things.

187

00:24:47.578 --> 00:24:54.388

Oh, okay. Repeat what tier level for vaccination mysterious? Yes, I will.

188

00:24:54.388 --> 00:25:03.689

So, currently, Missouri is under tier 1. B1 B2 on March, 7th or 15. I think I haven't written down. Hold on.

189

00:25:03.689 --> 00:25:10.528

On March 15th, we will be moving to 1 b tier 3 for vaccination.

190

00:25:10.528 --> 00:25:23.878

So that will be the tier vaccination that we are moving to, on March, 15. that includes about 500000 missourians, including teachers, childcare providers. So I, we've been starting to get questions around teachers.

191

00:25:23.878 --> 00:25:32.098

So, the 1st question is now that the 2nd covered mutation entering as the not tested positive on regular code, is that yes.

192

00:25:32.098 --> 00:25:39.479

Uh, the variance we have lots of ways to detect variance in Missouri, and we are working on in expanding those.

193

00:25:39.479 --> 00:25:43.739

Okay, and again I am going to.

194

00:25:43.739 --> 00:25:55.138

Path on the rest of these questions at this point in time trying to see if there's anything not related to TCM reopening. Thank you for all these questions, though. That's again why we did it so that we can hear from you.

195

00:25:55.138 --> 00:26:00.628

I'm trying to see if there's anything not related to that.

196

00:26:02.159 --> 00:26:06.148

Oh, okay.

197

00:26:06.148 --> 00:26:12.209

These are all about case management, but again, remember.

198

00:26:12.209 --> 00:26:17.638

We're saying this, because we think it's face to re, enter the community and we have a responsibility.

199

00:26:17.638 --> 00:26:22.618

For the safety for the individuals that we support so please please, please remembering that.

200

00:26:22.618 --> 00:26:35.548

There's a question about opening days, and again we expect some guidance for nursing additional guidance to come around around nursing homes, skilled, nursing.

201

00:26:35.548 --> 00:26:40.828

We kind of expected that this week. It hasn't come out yet. So we continue to wait for that.

202

00:26:40.828 --> 00:26:50.969

So, the last thing we're going to do, and this is going to take, I think this video is about 10 minutes long, but I really hope that you stay on and watch this and we will stay on and monitor this chat.

203

00:26:50.969 --> 00:27:00.179

But 1 of the things that is getting ready to happen in Missouri, actually on March 7th is when Missouri had a 1st recorded case of Corona virus.

204

00:27:00.179 --> 00:27:04.378

And anniversaries and this whole, most of the time.

205

00:27:04.378 --> 00:27:16.558

When you have an anniversary for a disaster, you have an anniversary for a disaster, because you had a tornado, or you had a fire, or you had this anniversary. It's definitely different.

206

00:27:16.558 --> 00:27:26.729

So 1 of the things that we are really, really concerned about is how families, individuals and members of our teams.

207

00:27:26.729 --> 00:27:35.068

Um, how all of that is, is going to impact both across the next year, because this disaster.

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00:27:35.068 --> 00:27:38.699

It's still going on and it's blasted over a year at this point.

209

00:27:38.699 --> 00:27:43.888

And so Becky gear who runs our office of disaster services here.

210

00:27:43.888 --> 00:27:50.878

Um, is a national trader around anniversaries and crisis counseling and preparing people for anniversaries?

211

00:27:50.878 --> 00:28:05.128

So, we're going to show this video I'm not going to say anything more at the end of this video. Please. I understand if you can't even get through this because this is hard, but we need to be thinking about how we support folks.

212

00:28:05.128 --> 00:28:11.939

And and be aware of potential warning signs, and when people may need more help as these anniversaries approach.

213

00:28:11.939 --> 00:28:17.999

So, we will keep monitoring the chat, so feel free to continue to put things in the chat.

214

00:28:18.443 --> 00:28:30.233

Please stick with us through the next 10 minutes. I think it's really, really important to see this and start thinking about how this affects your life, your jobs, your employees, your friends, your family.

215

00:28:30.324 --> 00:28:40.134

So, thank you for everything you do, and thank you for sticking with us for the next 10 minutes. This will also be available. If you like it and what to use it, we can get this to, you.

216

00:28:40.469 --> 00:28:45.058

Separately as well, so thank you very much again and stick with it.

217

00:28:46.979 --> 00:28:53.219

Hello, my name's Becky gear and I work with the Missouri Department of mental health in the office of disaster services.

218

00:28:53.219 --> 00:29:01.048

1 of the things I've been doing over the past year is training crisis, counseling team all around the country including right here in Missouri.

219

00:29:01.048 --> 00:29:04.588

On the FEMA and Samsung crisis counseling program.

220

00:29:04.588 --> 00:29:07.709

1 of the topics we train on.

221

00:29:07.709 --> 00:29:12.598

With anniversaries and in particular anniversaries associated with disasters.

222

00:29:12.598 --> 00:29:17.608

And what the anniversary of Kobe, this is really a timely conversation that we can have.

223

00:29:17.608 --> 00:29:23.249

Before we jump into this presentation, though, I do want to take a minute to just pause.

224

00:29:23.249 --> 00:29:29.699

And reflect where we have been this past year and everything we've been through this past year.

225

00:29:29.699 --> 00:29:33.298

I also want to take this opportunity to thank you.

226

00:29:33.298 --> 00:29:37.439

Thank you for everything you've done. Thank you for everything. You continue to do.

227

00:29:37.439 --> 00:29:45.479

This has been a hard year, and as we talk about the anniversary, this can bring up memory or thoughts that can be unpleasant.

228

00:29:46.739 --> 00:29:53.009

It's also important for each, and every 1 of us to recognize that we are all in different places in this recovery journey.

229

00:29:53.009 --> 00:29:56.878

We all have different experiences, but this pandemic.

230

00:29:56.878 --> 00:30:01.499

And many of these experiences may be negative and may not be associated.

231

00:30:01.499 --> 00:30:04.679

What things we'd like to remember, or think about.

232

00:30:05.939 --> 00:30:13.318

We also have other challenges or challenging events in our lives that may be part of this, but it taken place over the last year as well.

233

00:30:13.318 --> 00:30:22.259

So because of that, I want to let, you know, that if you need to step away during this presentation, or even turn it off, that is okay.

234

00:30:22.259 --> 00:30:26.278

I ask you to do what you need to do to take care of yourself.

235

00:30:26.278 --> 00:30:36.749

At the presentation, I'm going to highlight some resources that are available, but I really want you to know that the Department of mental health adhere to support you. However, we can.

236

00:30:38.459 --> 00:30:44.308

So, we're going to take some moments together to really talk about what we need to be thinking about during this time.

237

00:30:44.308 --> 00:30:50.638

But also what we might be experiencing with an ourselves, or seeing within our staff and residence.

238

00:30:50.638 --> 00:31:01.138

Or even family and friends, anniversaries, allow us this time to reflect on healing. It allows of time to think about what.

239

00:31:01.138 --> 00:31:11.519

Has happened over this past year. Anniversaries are also that time when individuals communities come together to warn those the losses that have happened with this disaster.

240

00:31:11.519 --> 00:31:20.398

And every community does this differently, every community in our state, and it across the United States is going to decide on how.

241

00:31:20.398 --> 00:31:24.719

Or when or if they will observe the anniversary.

242

00:31:25.769 --> 00:31:33.808

So, we're going to talk about what could be typical anniversary triggers and dates could fall within there.

243

00:31:33.808 --> 00:31:38.249

Form Missouri, there's from day to day on your screen here.

244

00:31:38.249 --> 00:31:44.459

And these are dates from our timeline and disaster services that we can pick out.

245

00:31:44.459 --> 00:31:50.189

That may be something that stand out to you. So, March 7th, we have our 1st case.

246

00:31:50.189 --> 00:31:57.118

March 13rd, the governor person declared the state of emergency March 14th. We start seeing more cases.

247

00:31:57.118 --> 00:32:03.868

March 15, we start having schools announcing closures, March, 18th. We have our 1st death in Missouri.

248

00:32:03.868 --> 00:32:07.469

March 23rd, we start to see some shelter in place orders.

249

00:32:07.703 --> 00:32:20.483

April 10th, we have a 1st death within our own community within the Department of mental health and so it's important for us to remember that dates can look different for everyone. We, all have different anniversary dates with this.

250

00:32:20.604 --> 00:32:29.003

It's not like that typical disaster when we have 1 impact state. This can definitely look different as we go through this event.

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00:32:29.308 --> 00:32:38.939

Triggering events can occur at any time, and they usually follow that impact of a disaster. But again, we are not in this.

252

00:32:38.939 --> 00:32:42.989

Was really chemical disaster, so.

253

00:32:42.989 --> 00:32:43.884

Triggering events,

254

00:32:43.913 --> 00:32:44.453

Gary,

255

00:32:44.453 --> 00:32:58.854

they vary by the disaster itself by the community by the individual and we know some events can be predicted and we can predict that media is going to possibly be a triggering event because they are going to talk about where we've been in the last year,

256

00:32:59.153 --> 00:33:11.064

they might talk about the law that we have endured and so we know when each triggering events happen that that time during the anniversary can increase the stress level within our Natalie,

257

00:33:11.064 --> 00:33:13.134

the individuals but our communities as well.

258

00:33:13.469 --> 00:33:27.568

We also know there can be seasonal changes that remind survivors of the disaster. There are personal events like birthdays that might correspond with the disaster anniversary or even just remembering what you were doing this time last year.

259

00:33:27.568 --> 00:33:34.048

Personal losses also might be associated with the disaster thinking about what we have lost in the last year.

260

00:33:34.048 --> 00:33:37.798

Events we have lost people, we have lost.

261

00:33:38.304 --> 00:33:52.223

Jobs we have lost all of these could be an event, and these triggered events can change. They may increase their frequency around the disaster anniversary. They can occur unexpectedly. They're unique to each 1 of us.

262

00:33:52.614 --> 00:33:55.733

How I respond is going to be very different than how you respond.

263

00:33:56.068 --> 00:34:00.689

And they may not be something that we easily recognize within ourselves.

264

00:34:01.798 --> 00:34:13.079

So, during the anniversary, we know we might see feelings and hear feelings, fear, sadness and anxiety. People might start anticipating how this is going to look.

265

00:34:13.079 --> 00:34:23.099

And days, weeks and months before this even happened, there could be a lot of fear and concerned about how this this event is going to make us feel and how we're going to respond to it.

266

00:34:23.099 --> 00:34:30.208

We also know that there are some typical individual reactions that we might see around the disaster anniversary.

267

00:34:30.208 --> 00:34:43.588

Individuals can experience those reoccurring thoughts or feelings or dreams, but memories about the event, they might see repeated images and scenes associated with that event or we live that event in their mind.

268

00:34:43.588 --> 00:34:49.798

There might be grief and sadness related to lots of income or job, or loved 1.

269

00:34:49.798 --> 00:34:59.278

There could be fear and anxiety that resources around this time, at least jumping in and struggle responses and maybe even more about safety here.

270

00:35:00.264 --> 00:35:12.954

We also can see frustration, anger, start happening more people are being reminded about those losses and that's not just the losses of the loved ones that can be awesome time taken out of our lives.

271

00:35:13.344 --> 00:35:18.804

Our frustrations with the recovery process, or how long it's taking us to heal.

272

00:35:19.438 --> 00:35:25.739

So, we can see frustration and anger increasing. We also might see guilt about survival here.

273

00:35:25.739 --> 00:35:29.728

Some other individual reactions that we might see.

274

00:35:29.728 --> 00:35:38.429

Avoidance so some survivors try to completely avoid the reminder of the event or the day and of itself and treat it just like any other day.

275

00:35:38.429 --> 00:35:45.329

We might see some folks doing some remembrance activities, some commemoration or fellowship in the anniversary.

276

00:35:45.329 --> 00:35:53.728

Pondering those we've lost, we also might give reflection looking back on where we've come this past year. How how.

277

00:35:54.083 --> 00:36:07.914

We've overcome those challenges the courage, the endurance had taken the resource, the resource forcefulness that we have shown in the recovery process, and we also could see restlessness here.

278

00:36:08.034 --> 00:36:13.313

So that inability to really just hold still long enough to reduce the level of stress. You have.

279

00:36:13.679 --> 00:36:23.159

And in complicate grief, and this can take many forms. So, if that state of just being overwhelmed by your emotions, brought on by grief and law.

280

00:36:23.159 --> 00:36:31.108

Gallows humor is another 1 in that type of humor that can arise from stressful or dramatic or life threatening situation.

281

00:36:31.824 --> 00:36:43.884

So, during anniversaries, we do see an increase in anxiety and depression we see anger around the limits of assistance or the system or the red tape. We might see increased substitute here.

282

00:36:44.094 --> 00:36:50.454

We also could just may see stress about the lack of resources. That are available, or as resources run out.

283

00:36:51.893 --> 00:37:04.014

So, speaking of resources here from on your screen show, me hope is the prices counseling program here in Missouri, it can offer free, confidential help. It's being run statewide.

284

00:37:04.074 --> 00:37:16.793

Every person in this state is eligible for these services. If you find more information on the website, you can also call the disaster distress helpline that 895 5, 9, 9 0T. And that is a great resource to call.

285

00:37:18.659 --> 00:37:29.364

They are available 24 7, you can find a trained crisis counselor. There can also find more information on show me how Facebook and Twitter we share lots of good information. There.

286

00:37:29.364 --> 00:37:30.594

Damage cares,

287

00:37:30.594 --> 00:37:31.224

which,

288

00:37:31.253 --> 00:37:32.364

during the month of April,

289

00:37:32.364 --> 00:37:34.193

and even in March,

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00:37:34.193 --> 00:37:45.623

we're going to be running every Tuesday for 330 to 4 providing just 30 minutes to take out of your day to just step aside and do some self care some stress management and do something.

291

00:37:45.623 --> 00:37:47.454

That is a little bit different.

292

00:37:48.833 --> 00:38:01.134

We have some great resources on our website there around trust management and self care and then, of course, it's always important to remember that

the Missouri that employee assistance program. It is a great resource for you.

293

00:38:01.614 --> 00:38:10.673

You can reach out to the employee assistance programs through your organizations and set up services. They offer all sorts of different services.

294

00:38:11.010 --> 00:38:17.909

Please please, please reach out if you need assistance it is very common to need assistance.

295

00:38:17.909 --> 00:38:21.840

During these uncommon situations that were your end.

296

00:38:21.840 --> 00:38:25.289

So, now that we are here to support you at the Department of health.

297

00:38:25.289 --> 00:38:29.460

Thank you.

298

00:38:31.409 --> 00:38:38.280

Hello, my name's Becky gear and I work with the Missouri Department of mental health in the office of disaster services.