Dear Healthy IDEAS partners,

We wanted to reach out to our Healthy IDEAS implementers and to agencies currently involved with technical assistance around future training. This is uncharted territory for all of us and we appreciate any feedback you have during this time regarding the program.

You should be consulting within your own agencies and following internal procedures and protocols and decide how to proceed with implementation. This email serves as some guidelines to you all.

Trainings:

- Training for Healthy IDEAS will now be done remotely. There is an online, self-guided portion and an 8-hour training done via zoom. Please reach out to www.healthyideasprograms.org and submit an inquiry form if you are interested in hearing more about remote trainings.

Current Healthy IDEAS clients:

- Given the circumstances, we encourage you to develop procedures to implement Healthy IDEAS via phone or video conference (skype, zoom, etc). You may continue to support your clients with education, referral, and linkage and work on behavioral activation steps remotely.
- If your agency is allowing in-person contact, you may proceed that way if you choose.
- We also recognize that current clients may be experiencing adding stress and anxiety. You may want to think about ways to help clients remotely such as sending them the pleasurable activities list or sharing practices to manage stress.
- We will also support the decision to pause the Healthy IDEAS program for the time being.

New Healthy IDEAS clients/referrals:

- We do recommend starting the Healthy IDEAS with new clients remotely via telephone, zoom etc.

Again, please share any feedback or concerns with us and we are here to answer any questions. Thank you for your support and be well.

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