

Charlestown Coalition

COVID-19:

RESOURCES FOR THE CHARLESTOWN COMMUNITY

The **Charlestown Coalition** is carefully monitoring and assessing the developments and consequences of COVID-19 and its impact on the Charlestown Community, our partners, and loved ones.

In an effort to continue addressing the needs of the community, we've compiled a resource packet to help navigate the COVID-19 crisis.

Please visit our website, CharlestownCoalition.org/covid-resources frequently as this resource will be updated as new information is released.

Please reach out if you have questions about any of the Coalition's work during this time.



Family Support Circle

The Charlestown Family Support Circle will continue to work remotely/safely with youth, families and members of the community who are in need of support during this time. If you need assistance or would like to get more involved in the task force, please feel free to contact Phenice at (617) 726-0058 or Pzawatsky@Partners.org.



Youth Programming

Turn It Around Thursday youth programming will be conducted virtually via Zoom until further notice. Mswati Hanks, Turn It Around's Program Coordinator, will be staying in touch with all Turn It Around members and assessing their needs as well as the needs of their families. Contact Mswati at (646)-247-6208 or MHanks1@Partners.org.



Addiction Recovery Services

Shannon Lundin, Program Manager of Addiction and Recovery Services, will continue to reach out to individuals struggling with substance use disorders in the community via phone or virtual meetings and assist with connecting people to appropriate levels of care during the COVID-19 crisis. Contact Shannon at (617)-320-9058 or SMLundin@Partners.org.

Find us online: CharlestownCoalition.org



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Helpful Hotline Numbers

- **John F. Kennedy Family Service Center, Inc.** - Free breakfast & lunch meals are available in Charlestown (55 Bunker Hill St.) to all Boston children and youth while Boston Public Schools are closed.617-241-8866
- **Project Bread Food Source Hotline** - Information on food pantries and community meal programs.617-724-0054
- **MASS Dept. of Housing and Community Development** – Emergency Housing Assistance, shelter services for families.866-584-0653
- **Lawyers for Civil Rights** - Free legal support to individuals, families, community groups, and small businesses in response to COVID-19.617-981-4308
- **Boston Public Health Commission** - Recovery Services1-855-494-4057
- **NAByPhone.com**- Teleconference Meetings and Cyber Phone Recovery 24/7 Infinity Marathon Meeting: Daily Clean Time Celebration. Be sure to use *6 to mute and unmute your phone to cancel background noise.712-770-5326, Access Code 499271#
- **Haven - (Helping Abuse and Violence End Now)** - For survivors of domestic violence and their children.617-724-0054
- **SafeLink Statewide Domestic Violence Hotline** -During this time of COVID-19, SafeLink is still available for safety planning and support for survivors of domestic violence and their children 24 hrs a day.1-877-785-2020
- **Emerge** - Emerge is a certified program that provides group services to individuals who use abuse and control in their intimate relationships. During COVID-19 they are offering groups remotely and open to new referrals.617-547-9879
- **Parental Stress Line** - Parents and caregivers who are experiencing any kinds of problems related to their children can call the Parental Stress Line for support.1-800-632-8188
- **Boston Emergency Services Team (BEST Team)** - If you or someone you know is experiencing a mental health-related crisis BEST provides services to the greater Boston area; to children, adolescents, adults, including the elderly, the homeless, mentally ill and multi-cultural populations.1-800-981-4357
- **Boston Trauma Response Team** - Provides rapid crisis response to homicides affecting young people (13-24), short-term case management, coping groups, and follow-up psychological first aid services.617-431-0125

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Checklist to Prepare and Protect your Family and Household in case of an Outbreak

☐ Plan and prepare



- Get up-to-date information about local Covid-19 activity from public officials and departments.- Create a list of important organizations and providers your household can call in case of emergencies.- Choose a designated room that can be used to separate family members who are sick or under monitoring

☐ Take everyday preventive action



- Wash your hands frequently
- Avoid touching your eyes, nose and mouth
- Let family members who are sick or have underlying issues stay at home and away from the office, school or crowded places
- Cover your cough or sneeze with a tissue then throw the tissue in the trash
- Clean and disinfect frequently touched objects and surfacesAvoid sharing personal items

☐ Stay in touch



- Stay informed about the local outbreak situation- Notify your work or school if your schedule or arrangements need to change- If you live alone, ask family, friends, and health care providers to check on you during the outbreak- Stay in touch with family and friends with chronic medical conditions

☐ Take care of your household's emotional health

- Outbreaks are stressful for both adults and children. Children may respond differently to stressful situations.- Talk with your children and answer their questions- Let them voice out their fears or worries- Practice meditation- Stick to a schedule

