All IPA Members,

During these critical times our communities rely upon the excellent work from many volunteers. The leadership of IPA has inquired with FSSA Division of Mental Health and Addiction (DMHA) and the Indiana State Department of Health (ISDH) to determine how IPA members might support Indiana’s needs during this crisis.

Fortunately, our Indiana State Department of Health (ISDH) has an established crisis network for the public through the Indiana 211 Call Center. The Call Center has been deluged with calls during this COVID-19 crisis. As a result, the individuals who staff the Call Center have had such volume that they are overworked and need emotional support too.

We need to “Help the Helpers”.

The District 5 Resilience and Emotional Support Team (or REST Team) is responsible for providing resources and emotional support to those impacted by a critical incident or disaster. The REST Team primarily provides Psychological First Aid, responder resilience training and support, and offers resources and referrals for psychosocial needs. In conjunction with the Indiana Department of Homeland Security, the behavioral health response team was activated about two weeks ago.

The mission of the team is to provide emotional support to the Indiana 211 Call Center staff and some of the staff with the Indiana State Department of Health. The team is calling for both Mental Health and Peer Professional volunteers for crisis response to COVID-19.

The coordinator for District 5 is Kimble Richardson, with Community Health Network. Additional leaders with this crisis management team come from DMHA, Mental Health America of Indiana, IU School of Social Work, IDHS, IN 911, IN 211, Indiana CISM Network, Marion County Public Health Department, Families First, Eskenazi Mental Health Center, IU Health, and Community Health Network.

After considerable effort, the team has developed a response infrastructure, brief intervention model, Just in Time Training, and two listservs that will house resources, a volunteer roster, sign-up schedule for staff support, a coordinator on-call schedule and clinical supervision oversight. Initial Just in Time Training will begin Wednesday, April 1.

If you are willing to serve as a volunteer for this mission to “Help the Helpers”, please follow this link: https://www.surveymonkey.com/r/D5_COVID19_Volunteer.

If you have any questions, please contact Kimble Richardson.
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Frequently Asked Questions
1. Hours are flexible and can be scheduled as you are available.
2. All contact is virtual with no in-person meetings expected.
3. Professional liability for those volunteering within their license scope is waived in the recent CARES legislation passed by Congress.
4. What you can expect:
   a. To receive *Just in Time Training*
   b. To work in nontraditional workspace and environments
   c. To provide evidence-informed, evidenced-based, and non-traditional mental health services such as Psychological first aid, triage, crisis intervention, assessment, and basic support
   d. To offer Early Psychological Intervention and support
   e. To provide resources and connections to support networks

Thank you for your support of this important project. IPA and Psychology will once again provide a valuable resource for our communities.

IPA Leadership Team