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## Focus on Our Mental Wellness

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**Supervisor Dave Cortese** <SupervisorDaveCortese@davecortese.com>  
To: Gnosis Test Email <michaelefranzino@gmail.com>

Wed, May 13, 2020 at 4:32 PM



Dear Friends,

As we continue to follow Shelter in Place guidelines to stop the spread of COVID-19, I'd like to remind you that your mental health during this crisis is just as important as your physical health which, for good reason, has been the focus of the County's efforts.

The disruption of our normal lives and the uncertainty of the future can cause anxiety, depression and even anger and tension among family members or other living units during this Shelter in Place stay-at-home order from the Public Health Department. Children, especially, can suffer from not being at school or not being able to see their friends.

In recognition of May as Mental Health Month, The Santa Clara County Behavioral Health Services Department is highlighting #Tools2Thrive – what individuals can do daily to prioritize their mental health, build resiliency in the face of trauma and obstacles, support those who are struggling, and work toward a path of recovery.

The Behavioral Health Services Department's [homepage](#) has downloadable information sheets to help residents effectively cope during these times. Topics include Coping with Stress, Taking Care of Children, and Grieving. Some resources are also available in Chinese, Farsi, Spanish, Tagalog, and Vietnamese. BHSD has also created a [Facebook graphic](#) with helpful phone numbers.

One of the easiest tools anyone can use is taking a [mental health screening](#) from Mental Health America. They are also offering a [Mental Health Month Toolkit](#) filled with tips, articles, online media materials, and more.

Mental Health is also the focus of this month's Office of Immigrant Relations [newsletter](#), which is full of varied additional resources.

### **Grief Counseling**

The [Bill Wilson Center Centre for Living with Dying](#) has launched a hotline for those that have lost a loved one to COVID-19. Residents who live in Santa Clara County and would like to talk with someone, can call at 408 243-0222. Grief counseling is available in 150 languages. You can view this information on [Facebook](#) and [Twitter](#).

### **Coronavirus Dashboards Update**

As of Tuesday, there are 2,364 confirmed cases of COVID-19 in the County and 130 deaths. There are currently 102 people hospitalized in the County who are confirmed to have COVID-19. So far, 42,720 people in Santa Clara County have been tested, with a 5.5 percent positive rate. The dashboards are updated daily at the [Public Health website](#).

### **Weekly Online Town Halls with Dave**



**LIVE ON FACEBOOK:  
@DAVECORTESEGOV**

Join me every Saturday for an Online Town Hall streamed live on my Facebook page:

[www.facebook.com/ davecortese.gov](https://www.facebook.com/davecortese.gov).

The live discussion can be streamed on Saturday, May 16, May 23, and May 30 from 3 to 4 p.m. Ask questions through Facebook, call in and ask your questions at 408-287-3587, or text my Office at 408-480-7833. You do not need to have a Facebook account to stream this Town Hall.

### Media/In the News

Did you get a chance to see recent coverage of our work in your local news and media outlets? Visit my [website](#) to learn more and read recent coverage.

On Tuesday, the Board of Supervisors approved my [pilot program](#) to support our foster youth navigate a post-pandemic world as well as my proposal to provide coverage and purchase equipment for 15,000 families in areas with limited or no broadband service during and after COVID-19. Both of these initiatives were covered in this recent San Jose Spotlight [article](#). Young people are our future, and I look forward to seeing how this support gives them the opportunity to thrive.

San Jose Spotlight: [County to consider plan to offer WiFi, devices to neediest South Bay families](#)

NBC Area: [Santa Clara County Supes Decline Extending Eviction Moratorium for Now](#)

### D3 Website Hosts COVID-19 Resources and Updates

My [website](#) hosts a dedicated section, updated regularly, that is focused on COVID-19. Here, you can view all of our previous newsletters, recordings of our town halls, and learn about resources and recommendations around the current public health emergency. We hope you, your family, friends and fellow community members may find this information useful during this time.

### Online Exhibits and Galleries

[International Children Assistance Network \(ICAN\)](#) recently produced [Vietnamese-American Journey](#), a collection of stories that capture unique insights into the history and journey of the Vietnamese American community. The exhibit coordinated by Andy Nguyen is a culmination of interviews and storytelling workshops with ICAN facilitators and San José residents.

The San José Museum of Art is offering an online education page called [Museum From Home](#) that provides daily tutorials and videos for those who want to stay a part of the art scene from home.

[History San José](#) presents “[Artists for Hire: Painting for the Market in Santa Clara Valley.](#)” The museum collection includes close to 500 paintings by artists local to California’s Santa Clara Valley, and especially San José. Painters such as A. D. M. Cooper, Andrew Putnam Hill, and Elizabeth A. Rockwell supplemented their income from sales of their work by accepting commissions from wealthy landowners, businessmen, and corporate entities throughout the area.

[Anno Domini](#) has been promoting urban contemporary culture and its many faces since 2000. What began as a space where new, emerging and often ignored artforms could flourish and be celebrated has come to be recognized nationally for consistent vision. Their latest exhibition is called “[SKRAPS](#),” a print collection of sketches by Yasushi Matsui documenting his travels with ink and watercolor on scrap paper found along the way and bound in hand-made sketch books.

[The Rosicrucian Egyptian Museum](#) is home to the largest collection of Egyptian artifacts on exhibit in western North America. Virtual visitors can walk through the museum with a [360 Museum Tour](#).

[The San José Museum of Quilts & Textiles](#) celebrates the art and culture of textiles. It is the nexus for fiber artists, art lovers, collectors, quilters, and crafters who share a passion for fiber art and a deep commitment to its preservation and evolution. Visit their [Museum From Home](#) page for mask tutorials, quilt Zoom backgrounds, and more.

Have an exhibit or other virtual resource to share? Please email [LiaisonOfficer@eoc.sccgov.org](mailto:LiaisonOfficer@eoc.sccgov.org).

### **Family Resource Roundup**

[Virtual Community Connection Hour](#): The San José Public Library’s Family Learning Center Coordinators have created a virtual weekly resource connection on Thursdays at 1 p.m. Residents can ask questions in English, Spanish, or Vietnamese and get reliable information in a safe, secure space. To protect participants' privacy, these meetings will not be recorded, and participants will have the option to rename themselves in the chat. Those under 18 years of age should have a parent/legal guardian with them during the meeting.

[The Tech Interactive at Home](#): This is a collection of fun and easy activities for parents and educators. It also includes resources and links to educational IMAX films. There are lesson plans and activities that teachers and parents can adapt for at-home learning. There are a variety of materials for different grade levels, subjects and levels of independence.

[Daily Story Time](#): JOY of SEWA is a charitable foundation dedicated to helping those in need through 'sewa' (selfless service). Each day at 6 p.m., different readers share stories of hope, kindness, and compassion. Past sessions can be found [here](#).

### **Resource Guides from the Public Defender’s Office**

The Public Defender’s Office’s “Community Resource Guide” and “Youth & Family Resource Guide” are available online in English, Spanish and Vietnamese. The goal is to help those in need obtain vital services during the Covid-19 Shelter in Place Order.

The [Public Defender’s Office website](#) will continue posting the most up-to-date version of these documents.

### **Childcare Resource Portal**

Santa Clara County and the County Office of Education in partnership with county and city leaders and community organizations has launched a new [online portal](#) to provide essential workers access to childcare during the Shelter in Place Order.

The portal also provides organizations that provide childcare services with useful content that can help them access the most up-to-date information about available resources. In addition to a growing list of childcare providers and resources, the new portal now features: Spanish language translations, alternative payment and subsidized funding information, and an [interactive map](#) of childcare locations.

### **Scam Alerts**

The California Department of Social Services (DSS) and counties has become aware of a [fake letter](#) telling clients they must get tested for COVID-19 in order to continue their benefits. It also tells clients that if they test positive, their children will be removed from their homes and placed into foster care. The letter asks people to visit a website, as well. The letter, its contents, and the website listed in the letter, are fake. Please disregard this letter. DSS and Counties will never ask about health status in connection to an application for benefits. Questions or concerns about the authenticity of materials from the DSS can be directed to (916) 651-8848 or [piar@dss.ca.gov](mailto:piar@dss.ca.gov).

Also, please be aware of [stimulus payment scams](#). The IRS won't be reaching out in person or by phone, email or mail asking for any kind of information to complete your economic impact payment.

The Santa Clara County Department of Employment and Benefit Services has posted warnings on its [Facebook page](#) that you can view [here](#) and [here](#).

As always, you can reach my office at 408-299-5030, email me at [dave.cortese@bos.sccgov.org](mailto:dave.cortese@bos.sccgov.org) or visit the District 3 webpage at [supervisorcortese.org](http://supervisorcortese.org).

Stay safe,



Dave Cortese  
County Supervisor, Third District



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Click [here](#) to manage your communication preferences

