

## **FOR IMMEDIATE RELEASE**

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### **The Child Center Adjusts to Continue Mental Health Services During COVID-19 Crisis**

As the COVID-19 Crisis persists, The Child Center recognizes that for many families across Lane and Deschutes counties, day-to-day life has been upended and become all the more challenging. For many, uncertainty surrounding income coupled with daily routines being changed as we answer the call for social distancing is creating new stress and adding to already ongoing stress. During this time The Child Center recognizes how important it is to have access to mental health care that can be accessed from your home, and is free of charge to you.

All of our therapeutic staff are able to access various platforms to provide therapy to clients, and clients need only have a phone or computer with internet access at home. This is especially important for children and youth who have seen their daily routines involving school, friends, after school activities all changed. For a child already dealing with mental health issues, it's especially important to provide them with as much sense of normalcy as possible, which TCC aims to do by providing them with continued access to their therapist. "It may feel a bit strange at first," Bill Wellard, Executive Director of The Child Center said, "but therapy via telehealth is ultimately very similar and just as useful as therapy in an office setting. This is our way of making sure that during an incredibly stressful time, our clients and the community have as much support as we can give them."

While for many families the question of any additional cost beyond basic necessities may seem daunting, TCC bills to both Trillium and Pacificsource, as well as to private insurance. In addition to this service, TCC has reconfigured their Day Treatment program to allow for the children most in need to return to scaled down classrooms which meet the COVID-19 regulations for the number of people together. TCC had already increased their sanitizing procedures, and begun working on reconfiguring and prepping the classrooms to increase safety and space so children could return. The Day Treatment program will resume after April 1st.

"We know for many families this time is stressful and they need all the support they can get, which is why we've taken extra steps to find a way to re-open our Day Treatment program. By limiting our students and staff, and by adhering to strict protocol surrounding sanitizing, temperature monitoring, and of course handwashing and interpersonal contact, we can create a space for children who need these mental health services, and help ease some of the stress their families are feeling."

Current clients of the Day Treatment programs at TCC will have a staff member in touch with them shortly if they haven't already. For questions please call 541-726-1465.