Independent Living(IL) Statewide Call

April 27th, 2020

- Agenda:
  - Update from OCYF
  - Review resources
  - Feedback from older youth
  - Promising IL practice
  - Plan to schedule regional networking calls

Teresa Musser

Statewide IL Coordinator, OCYF

Resources

- YAB
  - Website http://www.payab.pitt.edu/covid-19.htm
  - Facebook https://www.facebook.com/PAYouthAdvisoryBoard/
  - Regional Zoom Calls
- IL Listserv
  - Federal Guidance https://www.acf.hhs.gov/cb/resource/covid-19-resources?utm_campaign=covid19&utm_medium=email&utm_source=covid19031920
  - PA Specific Resources
- All County Calls

Feedback from Older Youth

- How has the COVID-19 affected you?
  - I lost my job and can no longer attend college.
  - I can’t finish my class and I only had one test left.
  - I can’t work. It’s really hard to find a job right now.
  - I haven’t seen my family outside of my house, and it makes me pretty sad.
  - It's not really affecting me. I work in retail, so I am still working, it's just been slow at work
  - It’s making it hard to find work, not one is hiring during this crisis.
  - My brother can't come see me. I really want my brother to be able to come here.

Feedback from Older Youth

- How have you been practicing social distancing?
  - Staying inside
  - I still go outside because staying inside makes me depressed.
  - I've been home this whole time and only go out if I need to.
  - I am a homebody normally, so it hasn't really changed much.
  - We can't leave the house except to go outside in the yard.

Feedback from Older Youth

- What are some activities you can't wait to return to?
  - Going to school and work
  - IL group
  - Going to the store
  - Visiting friends and going to social events
  - Watching professional sports

Feedback from Older Youth

- Have you started any new hobbies since being quarantined?
  - I've started cooking more at home.
  - I just clean more. I find places that I've never thought of cleaning, example the ceiling!
  - I have more time to paint.
  - I have started scrapbooking. I have been wanting to for a long time, but just started recently due to being home so much.

Promising Practice

- Technology: Zoom, FB messenger, Facetime, Facebook, Skype
- Independent Living Needs Assessment completed with youth to take a brief "snapshot" of any immediate need the youth has.
- IL Facebook pages utilized to provide resources and a way to communicate
- Lend IL computers to youth
- Dropping off items to youth: food, phone cards, hygiene products
- Medical clinic provides triage over the phone
- Therapists are now able to provide teletherapy

Promising Practice

- Work on resumes through Google docs
- Virtual wellness: take a walk on FaceTime, do the same workout video, cook a meal
- Watching current events/news to create discussion, process information
- Mental health check ins
- Encourage new hobbies painting, yoga, reading etc. and report back to the worker on their experience
- Virtual college tours
- GED study session
- Driver’s permit study session
- Assist youth with schoolwork
- Help youth create a schedule and routine
- Adjust stipends to allow youth to earn them for participating in virtual sessions
- Plan for future activities such as IL camp, YAB projects, IL classes etc.
- Utilize Zoom to play a game

Next Steps

- Resources will continue to be shared for both staff and youth
- Regional IL calls will be scheduled
- CWRC and OCYF are available for TA and support

Questions?

Teresa Musser temusser@pa.gov
Meghan O'Hare meo43@pitt.edu