



ROCK CAIRN COUNSELING + CONSULTING, LLC
PERSONALIZED DIRECTION FOR YOUR PATH

March 16, 2020

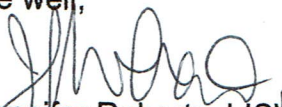
I am sitting down to write this letter with full awareness that these are unprecedented times. With COVID-19 at the top of every headline, there are few people who have not been affected physically, emotionally or financially. Anxiety is normal in times of uncertainty and can present itself in many different forms. I have some tips at the end of this letter that I hope will serve as a reference, but simply noticing your feelings without judgement and trying to be patient with each other is a good place to start.

According to the New York Times, "Experts have also been urging people to practice voluntary 'social distancing.'" In that same article, it was explained that social distancing is most effective if practiced by everyone and not just those that are vulnerable. "Every single reduction in the number of contacts you have per day with relatives, with friends, co-workers, in school will have a significant impact on the ability of the virus to spread in the population," said Dr. Gerardo Chowell, chair of population health sciences at Georgia State University

In light of this, Rock Cairn Counseling will begin offering telehealth (video) services in addition to face to face sessions on March 24, 2020. I would encourage all of you that are able to consider this option. At this time, I will continue to have face to face sessions for those in need, but I want to be realistic that it is possible that I may have to discontinue face to face in the near future. If this occurs, I will continue to monitor the options and keep you as informed as possible. I know that this type of change can bring many questions and I will be happy to talk with each of you to answer them to the best of my ability. I have answered some common questions regarding this after my signature line.

In the meantime, please take care of yourselves. Follow the recommendations from the CDC (references provided at the end) and if you are not feeling well or have been in contact with anyone who has been ill, please cancel your appointment. There will be no fees for cancels related to illness as we all need to do our best to take care of each other.

Be well,


CISW-S

Jennifer Roberts, LISW-S

EMDR/IA Approved Consultant & Certified EMDR Therapist

Reference: New York Times: 3-16-2020. "Wondering About Social Distancing? Answers to your most common questions about the best practices for stemming the tide of the coronavirus pandemic."

7547 MENTOR AVE STE 100, MENTOR, OH 44060

WWW.ROCKCAIRNCOUNSELING.COM

P. 440-536-1004 F. 844-397-0351



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Common Questions Regarding TeleHealth

Will the video be confidential?

- Videos are conducted using a HIPPA compliant platform. The videos are not recorded and your information will be secure. I will be in a secure and sound proof location, and it is important to be mindful of your own surroundings when on the video, as sound can carry.

Will I need to do anything additional?

- There are additional consent forms to complete for telehealth, but they are short and simple and will be sent electronically (nothing to print or scan).

Will my insurance pay for a video session?

- While many insurances did not previously cover video sessions, most are making allowances for this difficult time. If you are unsure, you can call the number on the back of your insurance card and ask if they will cover telehealth for behavioral health. You can also reach out to me and I will help sort this out for you.

Do I have to switch to video? What are my options?

- At this time, we are not discontinuing face to face sessions, but this is a real possibility in the near future. Many other mental health professionals have already switched their services to video only for the safety of everyone. Video is the closest option to traditional therapy, but it is ok if this does not work for you. For some clients, a waiting period may be appropriate and still others would prefer phone calls (no video). If you elect to have your session over the phone, I am happy to accommodate that. Just be aware that most insurances will deny these types of claims.

Will video be awkward?

- Any change takes some getting used to, but the technology allows for smooth connections that produce an effect most people find is similar to being in person.

What kind of technology do I need to participate in video sessions?

- Any technology with an internet browser will work. There will be a link to click on at your scheduled time, and then you type your name; that's all!



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Tips to Stay HEALTHY and CALM

H - Have a laugh! Turn on a comedy, read a funny story, write a funny story, just find a way to laugh. Laughing helps us all de-stress and should not be underestimated.

E - Eat nutritiously. I know this can be difficult with limited resources, but reaching for something that has nutritional value instead of junk food can do wonders for your mood.

A - All your senses. Tapping into each of your 5 senses is a useful way to get your brain onboard to manage anxiety and stress. Make it fun - if you live with others, take turns blindfolding yourselves and trying to guess different objects from how they feel or taste. Use your safe/calm place resource, or practice the Earth, Air, Water, Fire exercise.

L - Leave your house! I know we are practicing social distancing, but that does not mean you can't leave your house. Go for a hike, walk in your yard, take a drive to some outdoor location you have never checked out. Technology makes it easy for us to find places near and far, and you might find your new favorite.

T - Think about the positive. Focus on what is good about this time (trust me there are things!). Maybe it is getting more time with your children, or maybe you are working from home and can use your work breaks to catch up on laundry. Maybe it is just the opportunity to take a much needed rest. If you can appreciate what these unique circumstances provide, you will be far better off than if you allow the negative to consume you.

H - Help others. There is little that boosts our moods as quickly as being able to give back. If you are in the position to help others in any way, I would encourage you to do so. That may be as simple as making phone calls to check in on others you know, or grabbing extra groceries for your neighbor. If you have children, encourage them to come up with their own ways to help out.

Y - Yearly tasks. This is a great time to do those yearly tasks that you might normally have to squeeze in somewhere else. Wipe down cabinets, clean out a closet, or work on organizing your garage. It can be a great sense of relief to get something off your to-do list!



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C- Create. Use this time for creating something. Project ideas abound on pinterest. You would be surprised what supplies you might be able to find around your house. Once we become adults, we often dismiss this creative part of ourselves, and tapping into it can be a wonderful way to de-stress.

A- Active. As tempting as it will be to binge watch TV and zone out, staying active will be more beneficial to your mental health. Get outside if you can, or try walking up and down your steps a few times every hour. There are plenty of creative tips for exercising indoors on YouTube and other websites.

L- Limit your exposure to social media and news outlets. It is important to stay informed, but too much can add to your stress. Consider setting times to check for updates once or twice per day and unplugging after you do so.

M- Mindfulness. Be aware of your reactions without judging yourself. Is your mind racing? Are you noticing a particular body sensation? Take a few deep breaths and allow that experience to be whatever it is. You can also try some videos to help at www.traumamadesimple.com

Additional Resources:

The Ohio Department of Health has opened a call center to answer questions about COVID-19. The call center is open seven days a week from 9 a.m. to 8 p.m. and can be reached at 833-427-5634.

More information regarding COVID-19 can be found at
<https://coronavirus.ohio.gov> and
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>.