

LCPR

Louisiana Center for Prevention Resources




A Message from LCPR STAFF COVID-19 Update

As we experience unprecedented challenges, LCPR wants to reaffirm that our services will remain available and unabated.

We are experiencing rapid changes in our lives from multiple perspectives which can be very challenging to our wellness. Factors such as working from home with children who are not in school is not normal. The shelves at Walmart are bare, yet it is not hurricane season. We do not have the option to go out to dinner, workout at the gym, attend worship services or be surrounded by friends and family.

While facing these unexpected challenges, we want to remind you that prevention is so important. Prevention informs us that a sense of well-being is a choice. We can choose to think positively amid all the changes. As we journey through this season of uncharted territory in our finances, occupation, and social interactions we must continue to keep our dimensions of wellness balanced.



LCPR can still support you in strengthening your overall wellness through our online courses. We offer courses that will address an array of topics such as substance abuse prevention, mental health awareness and so much more.



**24/7 Help
COVID-19**

Dial 211
Text LACOVID to 898-211
Visit LA211Help.org

Louisiana 211 is partnering with the Louisiana Department of Health to ensure citizens can access to the most current information available for COVID-19.
United Ways throughout Louisiana proudly supports the Louisiana 211 Statewide Network.

United Way  **LOUISIANA DEPARTMENT OF HEALTH** 

Keep Calm During Covid-19 Phone Line

1-866-310-7977

TALK CONFIDENTIALLY TO TRAINED COUNSELORS
24/7 TO HELP YOU COPE WITH STRESS & ANXIETY



Coronavirus Disease 2019
CDC is responding to the novel coronavirus outbreak.

[Learn More About COVID-19](#)

**Global COVID-19
Prevention**

**For updated info on LDH COVID-19
resources & guidance visit:**

- LDH Coronavirus

The online courses will be available until June 30, 2020. For more information regarding course availability, please visit our website at www.subr.edu/lcpr

Sincerely,
LCPR STAFF

Webpage: <http://ldh.la.gov/Coronavirus/>

- OBH
Webpage: <http://ldh.la.gov/index.cfm/subhome/10>
- COVID-19 Behavioral Health
Info: <http://ldh.la.gov/index.cfm/page/3883>
- COVID-19 Provider
Resources: <http://ldh.la.gov/index.cfm/page/3880>
- Resources for
OTPs: <http://ldh.la.gov/index.cfm/page/3887>
- LDH Opioids
Website: <http://ldh.la.gov/index.cfm/subhome/54>

For questions about COVID-19, please call 211 or visit <http://ldh.la.gov/Coronavirus/>. You can also visit the Louisiana Governor's website at www.gov.louisiana.gov for updates.

Wellness Resources

Mental - Physical - Spiritual

SAMHSA Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation during an Infectious Disease Outbreak
<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

Tips for the Public: Managing your Stress
<https://hhs.texas.gov/sites/default/files/documents/services/health/covid19-stress-tips.pdf>

Share Facts about COVID-19
<https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-h.pdf>

Coping with Stress during the 2019 nCOV Outbreak
https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2

Coping with Disaster or Traumatic Event
https://emergency.cdc.gov/coping/pdf/Coping_with_Disaster.pdf

Online and Telephone 12 Step Recovery Support (i.e. AA, NA) and Non-12 Step Recovery Support (i.e. SMART Recovery)
<https://attcnetwork.org/centers/mountain-plains-attc/online-support-groups>

The LCPR offers technical assistance to community coalitions that are interested in developing their infrastructure to promote eligibility for federal funding.

The Center for Disease Control (CDC) announced the extension for *Drug Free Communities* (DFC) applications to, June 08, 2020. For additional information, go to: [CDC-RFA-CE20-2003, Drug-Free Communities \(DFC\) Support Program – Competing Continuation, Department of](https://www.cdc.gov/ce20/2003/Drug-Free-Communities-DFC-Support-Program-Competing-Continuation-Department-of)

National Drug & Alcohol Facts Week is March 30 - April 5, 2020

Click on the image for more information



Visit our
website

Staying Connected During Difficult Times

Louisiana Center For Prevention Resources
Department of Psychology Office: 313 Augustus C. Blanks Hall
225-771-2392 | www.subr.edu/lcpr