



COVID-19 *INFORMATION & RESOURCE GUIDE*



Additional information and updates at www.dwhn.org

TABLE OF CONTENTS

EDUCATION.....	
BrainVentures for K-12	3
Khan Academy	3
Wide Open Academy	3
The Children's Center	4
Triumph Church Tablet Giveaway	5
EXTRACURRICULAR ACTIVITIES.....	
Fathering During COVID-19	6
Mazaam	6
Virtual Summer Camps	6
FOOD.....	
New Paradigm for Education	7
Triumph Church Grocery Giveaway	7
YMCA of Metro Detroit	8
FINANCE.....	
MANAGING BILLS & EXPENSES	
Auto Loan Relief	9
Auto Insurance	10
Budgeting	11
Credit Card & Debt Relief	12
Eviction & Rent Moratoriums	13
Mortgage & Personal Loan Lenders	14
Service Providers	15
Student Loan Assistance	16 - 17
INCOME & EMPLOYMENT.....	
Expanded Unemployment Benefits	18
Paid Leave of Absence (FFCRA)	18
Temporary Gigs or Work	19 - 20
MENTAL HEALTH.....	
Detroit Wayne Integrated Health Network	21
Henry Ford Health System	22
MyStrength	23
TESTING SITES.....	
City of Detroit	24
Wayne County	25
MISCELLANEOUS RESOURCES.....	
Government	26 - 27
Wayne Metropolitan Community Action Agency	28

EDUCATION

BRAIN VENTURES



BrainVentures take a child on a visually guided, scaffolded learning adventure. BrainVentures give a child choices of learning activities, provide multiple learning modalities, engage a child in constructing animations, videos, photo albums, stories and in exploring field trips, games and simulations.

From music to math, from science to the arts, BrainVentures light a child's imagination and increase a child's understanding of the world.

BrainVentures are fully compatible with Google Classroom, Schoology, etc. [BrainVentures](#) are fun – providing interactive educational opportunities outside of school – and they are **free!**

KHAN ACADEMY



Khan Academy offers practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace in and outside of the classroom. We tackle math, science, computer programming, history, art history, economics, and more. Our math missions guide learners from kindergarten to calculus using state-of-the-art, adaptive technology that identifies strengths and learning gaps. We've also partnered with institutions like NASA, The Museum of Modern Art, The California Academy of Sciences, and MIT to offer specialized content. [Click here to learn more.](#)

WIDE OPEN ACADEMY



Wide Open School is a free collection of the best online learning experiences for kids curated by the editors at Common Sense. There is so much good happening, and we are here to gather great stuff and organize it so teachers and families can easily find it and plan each day.

THE CHILDREN'S CENTER



It's important to keep your child on a routine while they are home from school or daycare. A school day offers children a set routine they can count on. If you're looking for tips on maintaining a consistent schedule, try these at home.

[Daily Schedule for Children Ages 2-4](#)

[Daily Schedule for Children Ages 5-8](#)

[Daily Schedule for Children Ages 9-12](#)

[Daily Schedule for Children Ages 13-18](#)



TRIUMPH CHURCH TABLET GIVEAWAY



Pastor Solomon Kinloch, Jr.

Triumph is committed to bridging the digital divide for the youth of our local community! **Each Friday**, THEY are giving away tablets to K-12 students to ensure their ability to learn virtually in this COVID-19 pandemic environment.

Tablets are distributed on a **first come, first served basis** while supplies last. Registrants will receive notification of their pick-up date and time via telephone or email

from an Office of the Pastor representative. Tablets are distributed on a no-touch, drive-through basis from their East and Flint Campuses.

Please note that Detroit area residents must register with Triumph Detroit and Flint area residents must register with Triumph Flint.

Registration is FREE, but required. [Register](#) to receive a tablet for your K-12 child in **Detroit**. After registering, you will be contacted by the Office of the Pastor via email or telephone with the date and time of your tablet pick-up.



Tablet Giveaway

Helping Our Students Bridge the Digital Divide

Next distribution • Friday, May 22, 2020

**Registration Opens
Monday, May 18, 2020 • 12 Noon**

Registration required. Register at www.TriumphCh.org
First Come, First Served while supplies last.
For K-12 students from low-income families only.



Sponsored by Triumph Church
Supporting Sponsor: Alivista Technology

EXTRACURRICULAR ACTIVITIES

FATHERING DURING COVID-19



Brought to you by Wayne State University's School for Social Work.

If you're looking for ways to take care of your kids during this challenging time without pulling your hair out, parenting and fatherhood expert Carolyn Dayton has compiled the following [helpful tips and resources](#) for fathering during this challenging time.

MAZAAM



The application Mazaam is an engaging and animated app for children to develop their understanding of music through a range of games and levels. It is ideal for parents to work alongside their child, play games with them, and check their understanding. It can be downloaded in the Apple App Store or the Google Play Store and is **free until June 30, 2020**.

VIRTUAL SUMMER CAMPS

The coronavirus pandemic has thrown a serious wrench into most summer camp plans for kids. Thankfully, there are still options for kids and parents to keep busy and active while maintaining safe social distancing through virtual summer camps.

These programs will keep your children happy while we all work through the COVID-19 crisis. For summer classes for kids or even fun summer school for kid ideas, here's the [best virtual summer camp ideas](#) for kids K-12.

FOOD & GROCERIES

NEW PARADIGM FOR EDUCATION

FOOD DISTRIBUTION WILL CONTINUE

We are committed to continue to serve the children of our community through this challenging time. **Food will be available for drive up pickup at all of our locations on Tuesdays & Thursdays. Meals are for ANY youth up to age 18 and young adults with special needs up to age 26.**

Detroit Edison Public School Academy (DEPSA) - 1903 Wilkins; 48207
New Paradigm College Prep - 4001 29th St.; 48210
New Paradigm Glazer Academy - 2001 LaBelle St.; 48238
New Paradigm Loving Academy - 1000 Lynn St.; 48211
University Yes Academy - 14669 Curtis St.; 48235

UPDATED SCHEDULE
Tuesdays & Thursdays
11AM-2PM



UPDATED SCHEDULE
Tuesdays & Thursdays
11AM-2PM

TRIUMPH CHURCH

Triumph Church and New Era Detroit
provide



Every Weekday
Monday, May 18 - Friday, May 22, 2020

NO-TOUCH PICK-UP	DELIVERY
<ul style="list-style-type: none">• Unemployed/Laid-Off• Seniors <p>Monday • Wednesday • Friday 10am - 2pm Triumph Church - East Campus 2760 East Grand Blvd. • Detroit, MI 48211</p>	<ul style="list-style-type: none">• Single mothers w/out transportation• Disabled• Seniors 65+ <p>Tuesday & Thursday 10am - 2pm</p>

Register online at www.TriumphCh.org
(Please see Requirements)

During this season of the COVID-19 pandemic, their Crisis Care Grocery Giveaway takes place every **Monday, Wednesday and Friday from 10AM - 2PM** at their East Campus (located at 2760 East Grand Blvd., Detroit, MI 48211).

Delivery is available for these individuals on Tuesday and Thursday of each week if no transportation is available. [Register now.](#)

YMCA OF METRO DETROIT



LaGrasso Bros. is partnering with the YMCA to provide more fruits and vegetables to families. **Beginning Friday May 29, 2020** each family will receive 15 pounds of fresh produce every Friday **until June 30, 2020** while supplies last as part of the USDA farm to family program. Families are given 4 breakfasts and 4 lunches per child for a grand total of 8 meals per child.

Please see the [location and distribution schedule](#) for specific locations dates and times.

MEALS FOR KIDS

YMCA OF METROPOLITAN DETROIT

The YMCA of Metropolitan Detroit — in partnership with the Michigan Department of Education — will support our communities efforts to provide healthy meals for youth up to age 18 & up young adults with special needs up to age 26.

Simply pull up your vehicle during the designated time. Children do not need to be present. Parents & youth may receive up to 4 meals per child, depending on availability.



BIRMINGHAM FAMILY YMCA

400 E Lincoln St, Birmingham, 48009
• Mon. Wed. & Fri: 1:00-1:30pm

BOLL FAMILY YMCA

1401 Broadway, Detroit, MI 48226
• Mon. Wed. & Fri: 2:15-2:45pm

BRIGHTMOOR ARTISANS

22735 Fenkell Avec, Detroit, 48223
• Tues. Thurs. & Fri: 1:30-2:00pm

CENTER FOR SUCCESS

1600 E. Grand Blvd, Detroit, 48211
• Tues. Thurs. & Fri: 12:30-1:00pm

DETROIT RIVERFRONT CONSERVANCY

Cullen Plaza 1340 Atwater Detroit, 4820
• Tues. Thurs. & Fri: 1:30-2:00pm

DOWNRIVER FAMILY YMCA

16777 Northline Rd, Southgate, 48195
• Tues. Thurs. & Fri: 11:30-12:00pm

FARMINGTON FAMILY YMCA

28100 Farmington Rd, Farmington Hills, 48334
• Mon. Wed. & Fri: 12:00-12:30pm

IGLESIA EDIFICANDO VIDAS

7373 Michigan Ave, Detroit, 28210
• Tues. Thurs. & Fri: 2:30-3:00pm

JEFFERSON OAKS

22001 Republic Ave, Oak Park, 48237
• Tues. & Thurs. 3:45-4:15pm

LAKESHORE FAMILY YMCA

23401 E. Jefferson Ave, St Clair Shores, 48080
• Mon. Wed. & Fri: 2:30-3:00pm

LIVONIA FAMILY YMCA

14255 Stark Rd, Livonia, MI 48154
• Tues. Thurs. & Fri: 12:30-1:00pm

MACOMB FAMILY YMCA

10 N River Rd, Mt Clemens, 48043
• Mon. Wed. & Fri: 1:30-2:00pm

NORTH OAKLAND FAMILY YMCA

3378 E. Walton Blvd., Auburn Hills, 48326
• Mon. Wed. & Fri: 12:00-12:30pm

SOUTH OAKLAND FAMILY YMCA

1016 West 11 Mile Road, Royal Oak, 48067
• Tues. Thurs. & Fri: 11:30-12pm

KULICK COMMUNITY CENTER

1201 Livernois Street, Ferndale, 48220
• Mon. Weds. & Fri: 3:45-4:15

YMCA HEALTHY LIVING KITCHEN

PEACHES & GREENS

8838 3rd Ave, Detroit, MI 48202
• Mon. Tues. Wed. Thurs. & Fri: 10:00-4:00pm

MANAGING BILLS & EXPENSES

AUTO LOAN RELIEF

If your finances have been affected by COVID-19, your auto loan lender may offer payment or debt relief, such as deferred payments, lowered interest rate, or waived late fees. We've collected information from CreditKarma on what help major lenders may be offering and eligibility guidelines.

[Acura Financial Services](#)

[Ally Financial](#)

[Bank of America](#)

[BMW Financial Services](#)

[Capital One Auto Finance](#)

[Carmax Auto Finance](#)

[Chase Auto](#)

[Chrysler Capital](#)

[Ford Motor Credit](#)

[GM Financial](#)

[Honda Financial Services](#)

[Hyundai Finance](#)

[Infiniti Financial Services](#)

[Kia Motor Finance](#)

[Lexus Financial Services](#)

[Lightstream](#)

[Mercedes-Benz Financial](#)

[Nissan Motor Acceptance](#)

[Santander Consumer USA](#)

[Toyota Financial Services](#)

[USAA](#)

[Wells Fargo Bank](#)

[Other Lenders](#)



AUTO INSURANCE

As many Americans are under stay-at-home orders and are driving less, auto insurers have announced relief options that partially refund premiums and offer other assistance for customers facing hardship.

[Allstate](#)

[American Family Insurance](#)

[Amica](#)

[Esurance](#)

[Farmers](#)

[Geico](#)

[Liberty Mutual](#)

[Mercury Insurance](#)

[Progressive](#)

[State Farm](#)

[Travelers](#)

[USAA](#)



BUDGETING

Flying Financially Free

Victor J. Coleman, Jr., PhD

ABOUT VICTOR



Dr. Victor J. Coleman Jr. is an acclaimed motivational speaker from Toledo, Ohio. Born into a poverty-stricken life, Victor has battled depression, drug and gang affiliations, along with low self-esteem and scholastic performance.

Harnessing those painful experiences, Victor has employed those experiences to make an invaluable impact in the lives of others. Victor encourages others to take flight towards their ultimate destination - **greatness.**

He allows his life to be an "open book" with complete transparency because

he genuinely believes, that through his story, others will find the tenacity to succeed beyond their current circumstances.

In 2010, Victor graduated from Full Sail University with a Bachelors of Science Degree in Entertainment Business. In 2013, he received his Masters Degree in Entertainment Business. In 2019, he defended his dissertation on cross-ethnic mentoring, completing his PhD in business management, specializing in leadership.

As a result of his dedicated efforts, Victor founded the **V.J. Coleman Jr. Flight School** in 2010; a coaching and mentoring organization that continues to encourage others to take flight toward their own spiritual, physical and mental destinations of success.

In 2019, Victor also launched **Flying Financially Free**, a financial literacy course where he educates others on budgeting, credit, debt payoff, and real estate. In this course, Victor shares the exact blueprint that helped him live rent and mortgage free, putting him in a position to pay for his college education.

Victor continues to impact the lives of his family and friends daily while aspiring to share his message with the world. His life experiences and expertise in leadership and mentoring enable him to reach and empower a wide population throughout the nation.

Join him as you prepare to **take flight!**

Dr. Victor J. Coleman Jr.
@VJColemanJr

Phone: 877-358-7255

Text Line: 419-909-6196

Email: info@vjcolemanjr.com



[Download](#) your free budgeting sheet now.

For
Financial
Tips
TEXT ME:

4 1 9 - 9 0 9 - 6 1 9 6

Dr. Victor J. Coleman Jr.
@VJColemanJr



DR. VICTOR J. COLEMAN JR.

CREDIT CARD & DEBT RELIEF

As the world continues to cope with the impacts of the COVID-19 crisis, government officials throughout the U.S. have taken important steps to curb the spread of the virus. At the same time, many businesses, financial institutions and government entities are stepping up to provide some relief to those who are worried about their financial security.

Lenders that report data to credit bureaus as required by the [Coronavirus Aid, Relief and Economic Security \(CARES\) Act](#) will not cause consumer credit scores to go down. Experian supports the CARES Act and is urging all consumers who are in financial distress as a result of COVID-19 to contact their lenders and reach an accommodation.

To help you navigate the relief options currently available in the U.S., we've researched the following list of financial and non-financial institutions' from Experian where you can find more information on relief measures. This page will be updated as more resources become available.

Banks and Credit Card Issuers

[American Express](#)

[Apple Card from Goldman Sachs](#)

[Bank of America](#)

[Capital One](#)

[CBC Federal Credit Union](#)

[Chase](#)

[Citibank](#)

[Citizens Bank](#)

[Deserve](#)

[Discover](#)

[Fifth Third Bank](#)

[Gesa Credit Union](#)

[Merrick Bank](#)

[Navy Federal Credit Union](#)

[ORLN Federal Credit Union](#)

[Suntrust/Lightstream](#)

[US Bank](#)

[USAA](#)

[Wells Fargo](#)



EVICTION & RENT MORATORIUMS

On March 27, 2020, the Coronavirus Aid, Relief, and Economic Security (CARES) Act was signed into law. It includes immediate protections from eviction.

Governor Whitmer signed a new [Executive Order \(EO\)](#) that continues to stop most evictions in Michigan during the COVID-19 (coronavirus) emergency. This means that tenants will not be evicted, including if they aren't able to pay all their rent during the emergency. Landlords can still make a demand for rent, but their demand **cannot include a demand for possession, or other threat of eviction, based on the nonpayment of rent.** Sellers in land contracts also cannot issue land contract forfeiture notices.

The EO says that court eviction orders must not be enforced. There is an exception that allows for removal of tenants and mobile home owners if they pose substantial risk to another person or an imminent and severe risk to the property.

If you think you are being evicted in violation of this EO, use the [Guide to Legal Help](#) to find a lawyer or legal services office in your area. Even though many law offices are closed to the public, many offices are still open with lawyers working remotely.

This EO took effect on March 20 and will last until **June 11, 2020 at 11:59pm**. If the EO is not extended and it expires, enforcement of eviction orders can start again.

For more information, visit [Michigan Legal Help](#).



MORTGAGE AND PERSONAL LOAN LENDERS

[Avant](#)

[Best Egg](#)

[Earnest](#)

[Eloan](#)

[Fannie Mae](#)

[Freddie Mac](#)

[HSBC](#)

[Laurel Road](#)

[Lending Club](#)

[LendUp](#)

[Marcus by Goldman Sachs](#)

[Mariette/Best Egg](#)

[Mariner Finance](#)

[NetCredit](#)

[OneMain Financial](#)

[Oportun](#)

[Opploans](#)

[Payoff](#)

[Personify](#)

[PNC](#)

[Regional Finance](#)

[Regions](#)

[Rise](#)

[Santander](#)

[SoFi](#)

[TD](#)

[U.S. Bank](#)



SERVICE PROVIDERS

In addition to financial institutions, many service providers have also taken steps to help consumers impacted by COVID-19. Some of these providers are offering payment relief, waiving fees and extending certain services.

If you don't see your service provider below, visit your provider's website or contact them directly to see if they have any relief options for which you're eligible. You can also contact your utility companies, as many large U.S. servicers have new policies aimed at helping consumers during this time.

[AT&T](#)

[Cox](#)

[Spectrum](#)

[Sprint Wireless](#)

[T-Mobile](#)

[Verizon](#)

[Xfinity](#)



STUDENT LOAN ASSISTANCE



As part of the new federal legislation passed on Friday, March 27, 2020, Navient has suspended payments and interest accrual on all U.S. Department of Education (ED) owned loans until **September 30, 2020**. Navient has sent notification in writing to all eligible borrowers.

If you've been impacted by the coronavirus (COVID-19) and are having difficulty making payments on your loans, Navient is here to help you explore your options to reduce or postpone your payments.

They're doing their best to ensure our call centers are sufficiently staffed – like most of the country, the majority of their representatives are now working from home offices.

They ask for your understanding if you hear a dog barking or other background sounds. You can always access your account 24/7 on their website or their automated voice response system.

You can make a payment or learn about different repayment options for federal student loans online. Just [log in to your account](#) and go to **Repayment Options** in the left menu.

[Learn more about repayment options](#) for federal and private student loans.



If you are unable to make payments during the COVID-19 outbreak, you can take advantage of CommonBond's natural disaster forbearance, which allows payments to be paused for the duration of the national emergency. As with any form of forbearance, be aware that interest will still accrue, but there are no fees to participate. [Click here to learn more.](#)



As part of the Coronavirus Aid, Relief, and Economic Security Act, or the CARES Act, Great Lakes has suspended payments and interest accrual on all U.S. Department of Education (ED) federally held student loans until **September 30, 2020**. [Click here to learn more.](#)



As we navigate the challenges posed by the spread of COVID-19, FedLoan Servicing remains committed to supporting borrowers. To learn more about your options, [click here](#).



If you have been impacted by COVID-19, SoFi is standing by to help address any concerns you may have about being able to meet your payments. As you evaluate your options, it's important to weigh the benefits of short-term relief vs. your long-term financial plan.

If you cannot meet your next payment as a result of being impacted by COVID-19, please [click here](#) to learn about options to defer your payment to a later date.

Please note that for Student Loans and Personal Loans, while forbearance will allow you to skip payments in the short term, it will extend the life of the loan and cause your loan to accrue more interest over the life of the loan.



INCOME & EMPLOYMENT

EXPANDED UNEMPLOYMENT BENEFITS

The CARES Act signed into law by President Trump on March 27, 2020, gives states the option of extending unemployment compensation to independent contractors and other workers who are ordinarily ineligible for unemployment benefits.

Please contact [Michigan's unemployment insurance office](#), or call 1-866-500-0017 to learn more about the availability of these benefits.

Generally, you should file your claim with the state where you worked. If you worked in a state other than the one where you now live or if you worked in multiple states, the state unemployment insurance agency where you now live can provide information about how to file your claim with other states.

When you file a claim, you will be asked for certain information, such as addresses and dates of your former employment. To make sure your claim is not delayed, be sure to give complete and correct information. For more information, visit the [US Department of Labor](#).

FAMILIES FIRST CORONAVIRUS RESPONSE ACT (FFCRA)

The **Families First Coronavirus Response Act (FFCRA or Act)** requires certain employers to provide employees with paid sick leave or expanded family and medical leave for specified reasons related to COVID-19. The Department of Labor's (Department) Wage and Hour Division (WHD) administers and enforces the new law's paid leave requirements. These provisions will apply from the effective date **through December 31, 2020**.

[Learn more](#) about eligibility requirements and see if you qualify.

TEMPORARY GIGS & WORK

The reaction to the coronavirus, or COVID-19, has left many employees either with less, no work, or nervous about the finances needed to manage through the upcoming weeks or months while our nation copes with a pandemic.

If you are facing job reduction or elimination due to safety concerns related to the coronavirus, here are some employment fields where you can make extra cash right now.

Some businesses that are open during shelter-in-place orders are seeing increased demand for shoppers, delivery people and other roles which allow you to work on your own schedule. For some of these gigs, you don't even need your own vehicle!

What to Know

- Many services are needed right now
- Some businesses need temporary help
- Gig work could continue after closures

[Amazon](#)

Amazon announced its intent to hire 100,000 new temporary driving, fulfillment and distribution professionals throughout the U.S. to support the surge in delivery demands. They even pledged to increase their average hourly wage by \$2 per hour.

[DoorDash Delivery Driver](#)

As a Dasher, you can be your own boss and enjoy the flexibility of choosing when, where, and how much you earn. All you need is a mode of transportation and a smartphone to start making money. It's that simple.

[GrubHub Driver](#)

- You only need a few things to get started:
- Car (or bike in select areas)
- Valid driver's license and auto insurance for drivers
- Valid state I.D. or driver's license for bike riders
- Smartphone (iPhone iOS 11 or later, or Android with 5.0 or later)
- All drivers must also be at least 19 years of age, but no previous delivery experience is required!

[InstaCart Shopper](#)

Shop and deliver groceries and everyday essentials with Instacart.

[*Lyft Driver](#)

Lyft matches drivers with passengers who request rides through their smartphone app, and passengers pay automatically through the app. Whether you're trying to offset costs of your car, cover this month's bills, or fund your dreams, Lyft will get you there. So, go ahead. Be your own boss.

TEMPORARY GIGS & WORK

[PostMates](#)

Sign up and they'll send you a free delivery bag and prepaid card so you can deliver food, drinks, retail, and more from anywhere in your city—literally.

[Roadie](#)

From side hustle to full-time and everything in between, Roadie is the most flexible way to earn money on the side. Whether you like driving local or long haul, the Roadie app makes it easy to earn cash and rewards.

[Shipt Shopper](#)

Deliver things people love, from the stores they trust. Shipt is a membership-based grocery marketplace, enabling delivery of fresh foods and household essentials.

*[Uber Driver](#)

Opportunity is everywhere. Make the most of your time on the road on the platform with the largest network of active riders.

***Note:** Due to COVID-19, there may be a waitlist to apply as a driver for Lyft and Uber. All of the gigs listed here require a background check.

MENTAL HEALTH

DETROIT WAYNE

INTEGRATED HEALTH

NETWORK

The Detroit Wayne Integrated Health Network is doing everything it can to communicate accurate information to its Members, Providers and the Community in the wake of the COVID-19/Coronavirus pandemic. Please check in often, by [clicking here](#) for updated information.

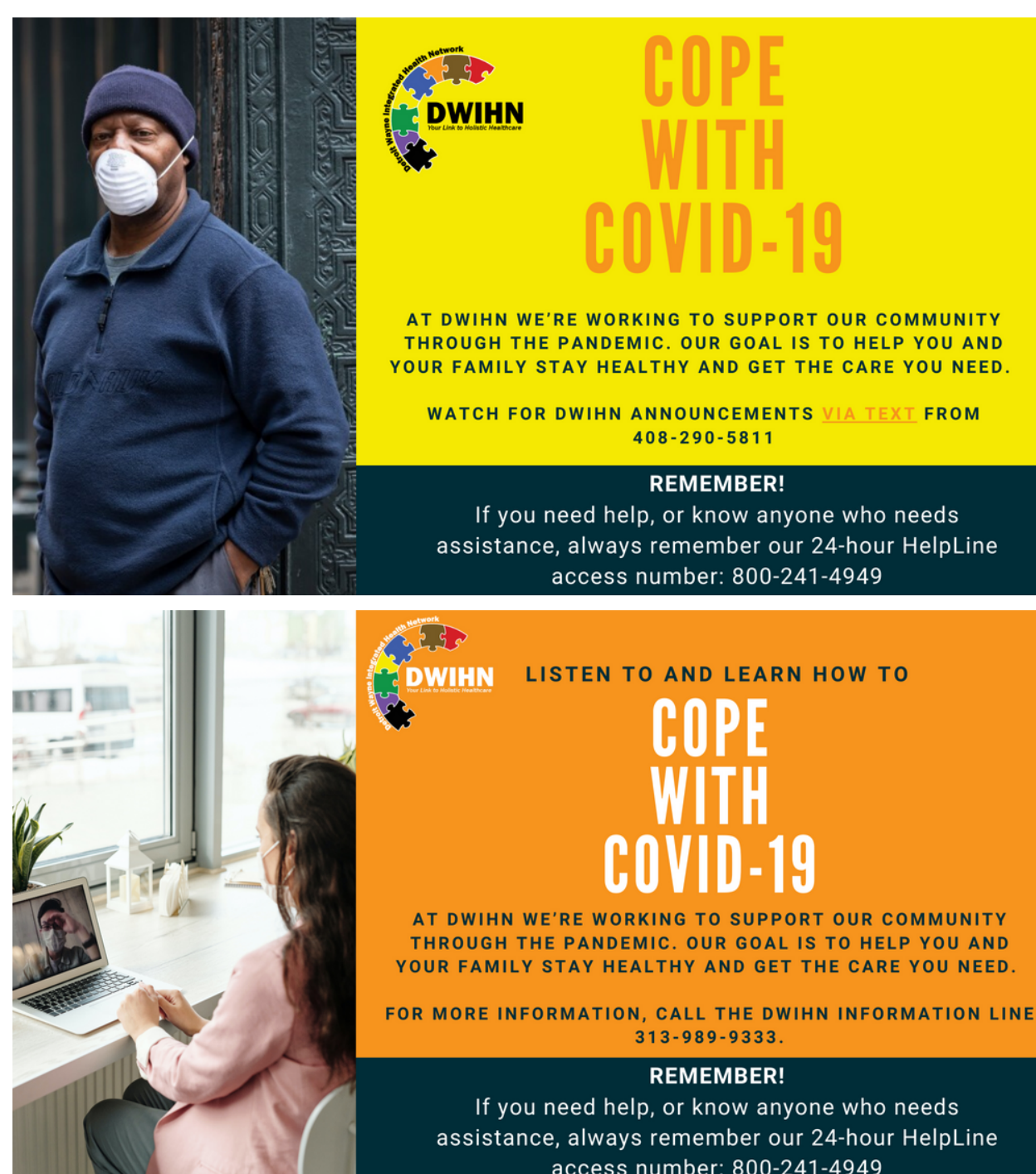
COVID-19 THERAPY LINE

With support from the Ethel and James Flinn Foundation, Skillman Foundation, Community Foundation for Southeast Michigan, and Michigan Health Endowment Fund is launching the first of its kind, the Detroit COVID-19 Therapy Collaborative, will provide free behavioral health supports and counseling to those who need help.

The Detroit COVID-19 Therapy Collaborative will launch **Thursday, May 21, 2020** and will be available to teens and adults ages 14 years and up through the rest of the year.

Individuals will be able to receive up to 12 therapy sessions via phone, tablet or computer. These sessions are with professional counselors to provide screenings, brief interventions and treatment. This is available for youth and adults who are approaching a crisis related to or triggered by the COVID-19 pandemic.

To access services, call or text 855-966-3313 or visit ReachUsDetroit.org.



COPE WITH COVID-19

AT DWIHN WE'RE WORKING TO SUPPORT OUR COMMUNITY THROUGH THE PANDEMIC. OUR GOAL IS TO HELP YOU AND YOUR FAMILY STAY HEALTHY AND GET THE CARE YOU NEED.

WATCH FOR DWIHN ANNOUNCEMENTS **VIA TEXT** FROM 408-290-5811

REMEMBER!
If you need help, or know anyone who needs assistance, always remember our 24-hour HelpLine access number: 800-241-4949

COPE WITH COVID-19

LISTEN TO AND LEARN HOW TO

AT DWIHN WE'RE WORKING TO SUPPORT OUR COMMUNITY THROUGH THE PANDEMIC. OUR GOAL IS TO HELP YOU AND YOUR FAMILY STAY HEALTHY AND GET THE CARE YOU NEED.

FOR MORE INFORMATION, CALL THE DWIHN INFORMATION LINE 313-989-9333.

REMEMBER!
If you need help, or know anyone who needs assistance, always remember our 24-hour HelpLine access number: 800-241-4949

HENRY FORD HEALTH SYSTEM

EMOTIONAL SUPPORT FOR ADULTS AND TEENS



Introducing the Henry Ford Community Emotional Support Line

Life naturally has its ups and downs. With the current health crisis, we are all dealing with new emotions and stresses that can feel overwhelming. If you're having feelings of anxiety or sadness that won't go away, or are worried about excessive drinking or drug use, we're here for you. Our licensed therapists are available to provide an assessment and guide you to community resources that can help.

Community Emotional Support Line

Call us today (313) 874-0343

Open daily, 7 a.m. to 11 p.m.

Open to adults and teens



all for you

MyStrength

MENTAL WELLNESS SUPPORT FOR COVID-19

Empower yourself with resources to overcome the challenges you face

It's important to find support if you're feeling heightened stress and uncertainty brought on by the current coronavirus (COVID-19). myStrength's web and mobile tools are safe, secure and personalized – just for you.

Choose from over a dozen activities, including:



Strategies to manage
heightened stress



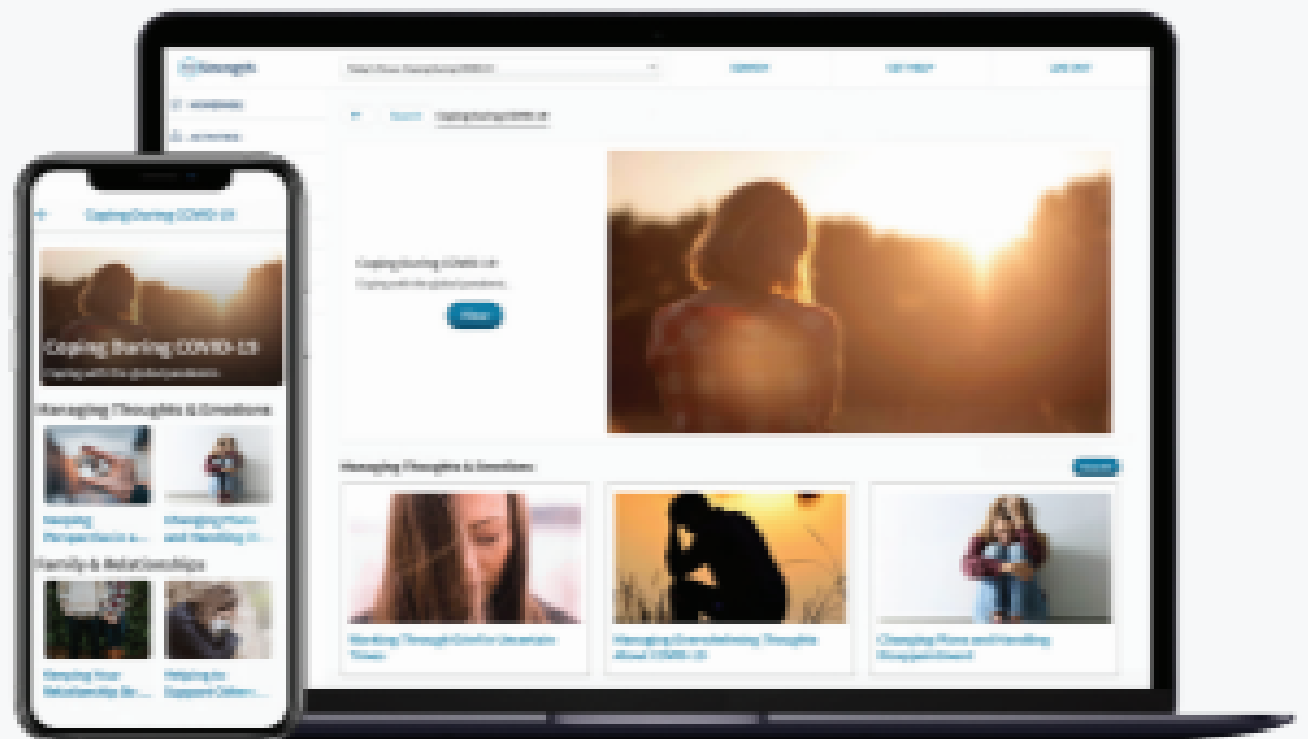
Tips for parenting during
challenging times



Ideas to manage
social isolation



Other tools and information
for emotional support



SIGN UP TODAY

1. Visit www.mystrength.com and click on "Sign Up."
2. Enter the **Access Code** marked below.
3. Complete the myStrength sign-up process and personal profile.

☐ **DWIHNCares**

Go Mobile! Download the **myStrength** mobile app, log in,
and get started today.

myStrength

is presented by



TESTING SITES

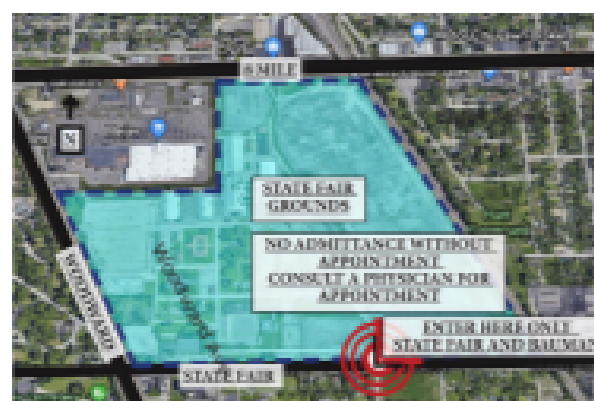
CITY OF DETROIT

Coronavirus Community Care Network **DRIVE UP COVID-19 TESTING**

- Appointment only and doctor's prescription required
- For Wayne, Macomb and Oakland County Residents

How Drive Up Testing Works

- 1. Contact Your Physician.** If you are experiencing symptoms of COVID-19, contact Your Primary Care Physician. Your physician will determine whether you should receive COVID-19 testing. If you have a fever and a cough AND are experiencing any of the following go immediately to the emergency department or call 911 for EMS:
 - Difficulty breathing
 - Confusion
 - Weakness
 - Chest pain
- 2. Get a Prescription.** If your physician determines you can be tested, they will provide you with a prescription to be tested for COVID-19 at our Drive Up Location. You must have a prescription to get a COVID-19 test.
- 3. Call to Make a Drive Up Appointment.** You or your physician can call the COVID-19 CCCN Call Center at 313-230-0505 with the prescription and schedule a drive up appointment.
- 4. Arrive at your appointment at the scheduled time.** Arrive at your appointment at the scheduled time. If you made your own appointment, bring both the prescription and a photo ID. If your doctor made your appointment, bring a photo ID. Please remain in your car, you will receive instructions on-site.



Drive Thru Testing Location

Joe Dumars Field House at Michigan State Fairgrounds
Monday-Saturday, 7 AM – 6 PM
Follow Signs, Entrance is off E. State Fair Ave.

**Pets are not allowed at the testing site.*

detroitmi.gov/testing
313-230-0505



Walgreens

Walgreens is offering COVID-19 testing in partnership with the PWNHealth provider network.

Testing will be available at no cost to eligible individuals who meet criteria established by the Centers for Disease Control and Prevention (CDC) along with state and federal guidelines. At the testing locations, Walgreens pharmacists will oversee the self-administration of Abbott's new ID NOW COVID-19 test.

[Take a quick screening survey](#) to see if you are eligible for testing.

WAYNE COUNTY

Ascension St. John Hospital, 22101 Moross Rd, Detroit, MI 48236

If you have a fever, cough or other respiratory symptoms, please call (833) 981-0738 prior to visiting one of the Ascension facilities, so you can be screened by a nursing professional. Ascension Online Care is also offering video urgent care visits at a discounted rate of \$20 (use the code HOME), so you can talk to a doctor from home. No insurance required. [Download the app](#) at and take the online COVID-19 Self-Assessment.

Beaumont Hospital, Dearborn, 18101 Oakwood Blvd, Dearborn, MI 48124

Beaumont Hospital, Grosse Pointe, 468 Cadieux Rd, Grosse Pointe, MI 48230

Beaumont Hospital has set-up a hotline staffed by Beaumont nurses as a community resource for timely, accurate information about COVID-19 symptoms and virtual screening for people who are experiencing symptoms – (800) 592-4784. The line is open from **7 a.m. to 5 p.m. Monday through Friday and 10 a.m. to 2 p.m. Saturday and Sunday**. Nurses will answer questions about the virus and direct patients to the appropriate level of care. A COVID-19 Online Risk Assessment is also available. For information on curbside screening visit [here](#). For virtual screening visit [here](#).

Sam's Club – partnered with Quest Diagnostics, 15700 Northline, Southgate, MI 48195

Drive-thru testing site where a healthcare professional will provide guidance as you swab your nasal passage. Must be exhibiting signs of COVID-19, be a healthcare provider, or a first responder. Appointments can be made by calling Quest's dedicated COVID-19 line at (866) 448-7719, **Monday - Friday, 7am-7pm**.

St. Mary Mercy Livonia Hospital, 36475 Five Mile Rd, Livonia, MI 48154

Patients with suspected COVID-19 can access a free virtual screening, visit a designated screening site in your area, or call a primary care provider to start the process. If you do not have a primary care provider, please find a doctor on their site.

Patients interested in being screening do not need an appointment or a physician referral and can be screened by a trained member of our staff at any of our designated screening sites. If patients meet the CDC and State of Michigan testing criteria, a swab sample can be taken on site to diagnose a COVID-19 illness.

MISCELLANEOUS RESOURCES GOVERNMENT

In response to the economic effects of COVID-19, many federal, state and local governments have announced new policies and guidance around how they plan to help consumers and business owners manage any financial strain. These include guidance on making housing payments, paying taxes, repaying government issued loans and more.

Additionally, the CARES Act [expanded unemployment benefits](#); modified certain credit reporting; and provided other relief for consumers and [businesses](#) impacted by COVID-19.

The following are some of the COVID-19 resource pages from government agencies explaining how they are working to help impacted consumers. In addition to these resources, check with your local and state governments to see if they are offering any additional relief.

[Consumer Financial Protection Bureau \(CFPB\)](#): The CFPB is a government agency that works in the interest of consumers' finances. In response to COVID-19, it is providing education and guidance for consumers whose finances may have been impacted.

[Federal Communications Commission \(FCC\)](#): The FCC regulates communication (radio, television, wire, satellite and cable) and in response to COVID-19 offers guidance on keeping Americans connected.

[Federal Deposit Insurance Corporation \(FDIC\)](#): The FDIC regulates most banks and has recommended that lenders work with consumers that may be financially impacted due to COVID-19.

[Federal Housing Finance Agency \(FHFA\)](#): To help consumers who may be struggling to pay for their housing, the FHFA has published education to advise consumers on resources they may have during this time.

[Internal Revenue Service \(IRS\)](#): The IRS is the main revenue service for the U.S. and in response to COVID-19 has extended tax due dates and is helping to process stimulus payments.

[U.S. Department of Labor](#): In response to the impact COVID-19 has had on the American workforce, the Department of Labor is working to help impacted consumers access unemployment benefits throughout the country.

[U.S. Department of Education](#): As part of the CARES Act, repayment of student loans has changed for many Americans. The U.S. Department of Education is helping to facilitate many of these changes to student loans.

GOVERNMENT CONTINUED

[U.S. Department of Housing and Urban Development \(HUD\)](#): As many Americans are struggling to pay for their housing, HUD has outlined guidance for foreclosures and evictions that are meant to help protect Americans' homes during the pandemic.

[U.S. Small Business Administration \(SBA\)](#): As part of the CARES Act, the SBA is working to distribute funding to certain small businesses.



WAYNE METROPOLITAN COMMUNITY ACTION AGENCY

Wayne Metro CARES

Relief & Recovery Services

In an effort to respond to the immediate needs of Wayne County residents, Wayne Metro is implementing our CARES Relief & Recovery Services. Through this new initiative, residents may qualify for assistance in the following areas:



Food & Income Support

Distributing food, formula, diapers, wipes & Personal Protection Equipment.

Emergency Plumbing Repair

Provide plumbing repairs that will resolve the immediate emergency with access to water services.



Property Tax Assistance

Offering Property Tax Assistance, which can help reduce property taxes.

Water & Energy Assistance

Providing residents with financial assistance towards energy & water utilities.



Rent & Mortgage Assistance

Providing rental assistance & help towards mortgage payments.

Funeral Assistance

Providing financial assistance towards burial and cremation services.



Who Qualifies?

- 200% of Poverty
- Layoff, Decrease in Hours, Recipient of Unemployment
- Child in Head Start or have a child receiving free or reduced lunch
- Receipt of benefits through the Michigan Department of Health and Human Service (MDHHS).
- Benefits to include but not limited to: SNAP, TANF, SDA, Medicaid and childcare benefits
- Current enrollee in other assistance programs (Ex. WRAP, MEAP, HUD programs) that currently have income guideline restrictions

200% Federal Poverty Chart

Number of Household Members	1	2	3	4	5	6	7	8	9	10
Income Limit	25,520	34,480	43,440	52,400	61,360	70,320	79,280	88,240	96,600	100,980

How to Get Help

Please visit www.waynemetro.org/CARES or call the **Wayne Metro CONNECT Center** at (313) 388-9799.

The CONNECT Center hours are Monday-Friday, from 9:00 a.m. to 7:00 p.m. and Saturday from 9:00 a.m. to 12:00 p.m.

Programs will vary based on community.



Wayne Metropolitan
Community Action Agency

www.waynemetro.org/CARES • (313) 388-9799



Customer Service

888-490-9698 / 313-833-3232

Recipient Rights

888-339-5595

Services for Deaf Individuals

TTY/TDD: 800-630-1044

24-Hour Crisis Helpline

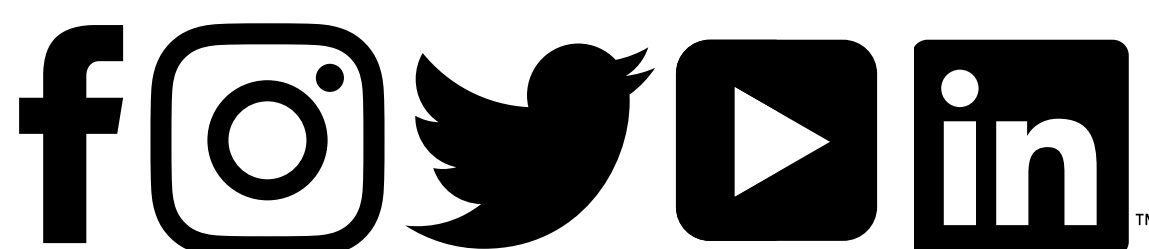
800-241-4949

707 W. Milwaukee St.

Detroit, MI 48202

313-833-2500

www.dwihn.org



@DetroitWayneIHN