



Facebook Live Series

Let's Talk!

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The broadcast will begin shortly, Please stand by.

Tonight's Topic, Integrated Health Services (IHS)



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INTEGRATED HEALTH SERVICES

Coordinating Services and Supports



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CARE COORDINATION - SERVICES

- Therapy
- Skill Development
- Medication Management
- Annual physical
- Regular dental checks
- Speech Therapy
- Occupational Therapy
- Other specialized care



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CARE COORDINATION - RESOURCES

- Community services, supports and resources
- Natural supports
 - Friends
 - Family
 - Faith
 - School
 - Organizations



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CARE COORDINATION - CATEGORIES

- Food and nutrition
- Housing and utilities
- Transportation
- Budgeting
- School – attendance, behavior, and grades
- Activities for children



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SOURCES OF STRESS DURING COVID

- Health
- Employment and income
- Essential items
- Routines
- Protective measures
- Effect on family
- Uncertainty



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SIGNS OF STRESS IN CHILDREN

- Physical
- Behavioral
- Mental
- Emotional



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MENTAL HEALTH FIRST AID PRINCIPLES

- 4 L's
 - Look
 - Listen
 - Link
 - Live



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STRATEGIES TO MANAGE STRESS

- Identify stressors
- Change what you can
- Accept what you cannot change
- Minimize feelings of isolation
- Keep expectations realistic
- Maintain healthy habits
- Practice stress management techniques



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STRATEGIES TO HELP CHILDREN

- Routines
- Stay connected
- Limit screen time
- Active play
- Family activities
- Sleep hygiene
- Monitor input
- Positive attitude



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WWW.IOWAHEALTHIESTSTATE.COM

Make Your Goal EVERY DAY!

5 **Fruits & vegetables** – more matters! Eat fruits and vegetables at least 5 times a day. Limit 100% juice.

2 **Cut screen time** to 2 hours or less a day (TV, computers & video games). No screen time for kids under 2.

1 **Be physically active** at least 1 hour every day.

0 **No soda or sugar-sweetened sports or fruit drinks.** Instead, drink more water and non-fat or 1% milk.

The infographic features a dark blue background with the number '5210' in large, colorful, stylized digits. Each digit is accompanied by a small icon: '5' has a fruit basket, '2' has a TV and a game controller, '1' has a person running, and '0' has a glass of water. The text is white and yellow, providing clear instructions for each goal.



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INTEGRATED HEALTH SERVICES

Family Counseling Clinic - 125 South 3rd Street, Ames

www.yss.org/program/yss-family-counseling-clinic

515-233-2250

For a detailed list of other YSS services go to www.yss.org/programs

SOME USEFUL RESOURCES AND EMERGENCY HOTLINES

Search for resources by zip code, 18 categories - **Dial 2-1-1 or www.211iowa.org**

Resources for 12 categories - **www.uwstory.org/resources**

Food pantries, meal sites, and backpack programs - **www.uwstory.org/story-county-hunger-guide**

Bus and other transportation options - **www.cyride.com/Home/ShowDocument?id=9393**

Boone Human Service Council resources in 10 categories - **www.boonehsc.org**

National Suicide Prevention Hotline: Call **1-800-273-8255**

Disaster Distress Hotline: Call **1-800-985-5990** or text **TalkWithUs** to **66746**