

## List of COVID-19-Related Resources for CSU Employees and their Families

### **Food Resources**

The **Food Bank** for Larimer County will distribute food from two locations:

1301 Blue Spruce Drive, Fort Collins;

2600 N. Lincoln Ave., Loveland.

Free meals for kids at six different **PSD schools**

<https://www.psdschools.org/node/1477>

For a complete list of Resources in Larimer County including Food, Medical Assistance and more visit the **United Way of Larimer County** website at:

<https://uwaylc.org/>

### **Volunteer Opportunities**

If you would like to volunteer or donate money during this time of COVID-19, please visit the **Help Colorado Now** website at:

<https://covrn.com/>

**United Way of Larimer County**, has a list of volunteer opportunities in Larimer County

<https://uwaylc.org/Volunteer>

### **Mental Health Resources**

**ComPsych**- call 24/7 800-497-8133

Employees can call this number for crisis services and to get referrals for counseling. Each employee gets 6 free sessions of counseling per person in his/her family, per issue, per year. Compsych will give employees a list of licensed professionals to contact in the community to set up services. *If the employee is having difficulty getting a counseling appointment set up within 2 weeks, please call the CSU on-site coordinator to set up support.*

**Summitstone Health Partners**, will be moving outpatient clinical services to virtual and telehealth platforms, check the website to learn how to contact them.

<https://www.summitstonehealth.org/>

**Health District of Northern Colorado** will be offering some services to its clients. Certain essential services will continue to be offered with some modifications, check the website for more details:

<https://www.healthdistrict.org/news/health-district-modifying-services-due-covid-19>

## **Other Resources**

**Employee Assistance Program Website** Please do not hesitate to reach out to the on-site coordinator/Jan Pierce during this time [jan.pierce@colostate.edu](mailto:jan.pierce@colostate.edu) The best way to reach out is via email or leave a voicemail to set up an appointment. [www.eap.colostate.edu](http://www.eap.colostate.edu)

**CARE Program Website** Visit the CARE Program website for a list of other community resources or contact Emma Chavez to get guidance on how to access more resources. [Emma.chavez@colostate.edu](mailto:Emma.chavez@colostate.edu) or 970-658-6158. [www.care.colostate.edu](http://www.care.colostate.edu)

**Larimer County** list of Printable Resources – this website has access to printable resources in different areas across the county.

<https://www.larimer.org/health/communicable-disease/coronavirus-covid-19/covid-19-printable-resources-additional-information>

## Suggested Schedule of Activities for families with Children

Potential Social Distancing Schedule for Families with Children		
Before 9am	Wake UP	Eat, make bed, brush teeth, get dressed, clean up room
9-10	Get outside	walk, play catch, kick a ball, bike, scooter
10-11	Academic Time	No Electronics (Work on packets from school district, crossword, puzzles, journal)
11-12	Creative Time	Legos, crafting, music, cooking, baking
12-1	Lunch and Clean Up	Eat and take time to disinfect the kitchen, bathrooms, door handles, light switches, desks, tables, chairs
1-3	Quiet time	Reading, napping, Parent break
3-4	Academic time	Electronics Okay (Osmo, educational show, educational games, scholastic, virtual field trip)
4-5	Get Outside	Walk, hike, just move your body if it's raining- still move your body (yoga, go noodle for kids)
5-6	Dinner	Try to eat dinner as a family, play a card game during dinner
6-8	Free TV Time	Showers, brush teeth for kiddos, watch a family movie. If there are 2 parents-trade off taking a break, take a break together
8pm	Bedtime	Good Night!
9pm	Parents take some time to relax, check in with a friend, if you are a single parents-reach out to others virtually	

Things to do while socially isolated/All Free

[Free PBS App with educational shows](#)

[30+ Virtual Field Trips with Links](#)

[Scholastic Learn at Home](#)

[Go Noodle \(move your body\)](#)

[San Diego Zoo Kids \(Facts, web cams, games\)](#)