Thank you to our dedicated staff.

#WICSTRONG

COVID – 19 UPDATE

4-20-2020
Today’s Agenda

- Welcome – Jean O’Leary
- Opening remarks – Paul Throne
- Announcements and sharing – Cathy Franklin and Carolyn Conner
- Polling questions – Cynthia Huskey and Jacqueline Beard
- Training Survey – Jacqueline Beard
- Questions and answers – Heidi Feston
How deep is the mud?
Depends on who you ask.

We all go through the same stuff differently.
Cognitive Reframing
Self-Isolation:

"My friends and I can't see each other" → "My friends and I are protecting each other"

"I'm stuck at home" → "I'm safe at home"

"I have lost all my freedom" → "I have relinquished my freedom for a noble purpose"

"I miss the things I love" → "I'm increasing my gratitude for the things I love"

Stay positive in these tough times

@RealDepressionProject

THE DEPRESSION PROJECT
Announcements and Sharing

- Press release and Facebook/Twitter posts – Cathy Franklin
- Nutrition First social media post – Carolyn Conner
- NWA COVID-19 Materials and Toolkit – Carolyn Conner
Polling Questions

- How do staff provide WIC Card and food education materials? – Cynthia Huskey

- How are staff using the Q&As? – Jacqueline Beard
Training Survey

We’re providing training on COVID-19 for staff. The training will include the following three topics:

- Learning about COVID-19
- Managing anxiety and supporting good self-care
- Providing remote WIC services using a phone or video conferencing

In order to provide the most relevant training, we’d like to hear from you and staff.

Please email your completed survey by Friday, April 24, 2020 to WAWICTraining@doh.wa.gov.
Questions?

Contact us with your questions:

Policy Support phone: 1-800-841-1410, press 3, then press 1 or email at wicpolicysupport@doh.wa.gov

Your Local Program Consultant (LPC) or email at wiclpc@doh.wa.gov
To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.