



CMHWPII
COVID-19 MENTAL HEALTH & WELLNESS PROGRAM[®]

Providing a Path to Wellness

RESOURCE GUIDE

FOR MIAMI-DADE COUNTY RESIDENTS

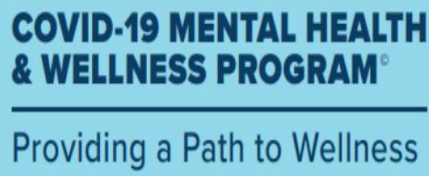


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WE ARE HERE TO HELP YOU ACCESS THE HELP YOU NEED TO COPE AND THRIVE DURING POST-COVID

MENTAL HEALTH RESOURCES

The following section includes resources for Crisis Management, Suicide Prevention, Coping with Depression, Stress & Anxiety, Happiness & Relaxation, and Becoming More Resilient

CRISIS MANAGEMENT

The helplines listed below are on the CDC webpage provided.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

For immediate help contact the following:

- **Call 911**
- **Miami-Dade County:** 24HR CARES Line: 786-476-7908
- **Disaster Distress Helpline:** 1-800-985-5990 (press 2 for Spanish), or text Talk With Us for English or Hablanos for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.
- **National Domestic Violence Hotline:** 1-800-799-7233 or text LOVEIS to 22522
- **National Child Abuse Hotline:** 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- **National Sexual Assault Hotline:** 1-800-656-HOPE (4673) or Online Chat icon
- **The Eldercare Locator:** 1-800-677-1116 TTY Instructions
- **Veteran's Crisis Line:** 1-800-273-TALK (8255) or Crisis Chat or text: 8388255

MENTAL HEALTH RESOURCES CONT

SUICIDE PREVENTION

The helplines listed below are on the CDC webpage provided.

<https://www.cdc.gov/suicide/>

For immediate help contact the following:

- **Call 911**
- **Call 988 - Suicide and Crisis Lifeline**
- **Miami-Dade County:** 24HR CARES Line: 786-476-7908
- **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or Lifeline Crisis Chat text.
- **SAMHSA Suicide Prevention**
- **Suicide Risk Factors and Warning Signs**
- **Five Action Steps for Communicating with Someone Who May Be Suicidal**

Different life experiences affect a person's risk for suicide. For example, suicide risk is higher among people who have experienced violence, including child abuse, bullying, or sexual violence. Feelings of isolation, depression, anxiety, and other emotional or financial stresses are known to raise the risk for suicide. People may be more likely to experience these feelings during a crisis like a pandemic.

However, there are ways to protect against suicidal thoughts and behaviors. For example, support from family and community, or feeling connected, and having access to in-person or virtual counseling or therapy can help with suicidal thoughts and behavior, particularly during a crisis like the COVID-19 pandemic.

Learn more about CDC's work in suicide prevention.

MENTAL HEALTH TREATMENT

Need help with depression, anxiety, and/or increased stress? New Horizons Community Mental Health Center has teamed up with RER Consulting to help Miami-Dade residents' access to mental health treatment. New Horizon's has been providing psychological services to the community since 1974.

THERAPEUTIC SERVICES & TREATMENTS include but are not limited to

- Depression
- Anxiety
- Bipolar Disorder
- OCD
- PTSD/Trauma
- ADHD
- Couples Issues
- Family Issues
- Personality Disorders
- Schizophrenia & Schizoaffective disorders
- Eating Disorders
- Substance Use
- Work Stress
- School Stress
- Suicidal Ideation

OTHER SERVICES

- Assessment-Intake
- Case Management
- Community Residential Treatment
- Crisis Intervention Screening
- Family Safety Net First Responder Partnership
- Homeless Project
- Outpatient Psychiatry & Therapeutic Services
- Psychological Rehabilitation Services



NEW HORIZONS COMMUNITY MENTAL HEALTH CENTER SERVICES

<http://www.newhorizonscmhc.org>

- Walk in or contact 24 Hour Quick Help Line 305-635-7444
- Location: 1469 NW 36th St, Miami, FL 33142

CENTER FOR HAITIAN STUDIES

The Center for Haitian Studies (CHS) is a duly registered non-profit, tax-exempt health, and social service organization

founded in 1988 for the purpose of serving the disenfranchised populations of Little Haiti/Little River in Miami, Florida. CHS provides a wide range of services to members of the population including health education, health services free of charge to indigents, psychosocial counseling, case management, home-delivered meals, food bank, direct financial assistance, and transportation. Other services provided by the Center for Haitian Studies to the general population include crime prevention, literacy, case management, cultural adaptation and counseling services for new immigrants who arrived in Florida after 1994. As early as of 1989, the Center for Haitian Studies was renown as the main provider of HIV/AIDS-related services to Haitian Americans living in Dade County and has become a unique resource center for the provision of direct support services to the underserved population of Little Haiti/Little River affected by HIV/AIDS. Find more about their services here:

<http://www.centerforhaitianstudies.org>

8260 N.E. 2nd Avenue, Miami, Florida 33138

Phone: (305) 757-9555 - Telecopier: (305) 756-8023

SUBSTANCE USE AND DISORDER TREATMENT

- New Horizons Community Health Center

<http://www.newhorizonscmhc.org>

24 HR Quick Help Line 305-635-7444

- SAMHSA's National Help Line:

1-800-662-HELP (4357) and TTY 1-800-487-4889

<https://www.samhsa.gov/find-help/national-helpline>

- Treatment Services Locator Website
- Interactive Map of Selected Federally Qualified Health Centers

COPING SKILLS

STRESS AND ANXIETY COPING

The following coping skills are provided on the CDC website link.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

MANAGE STRESS AND ANXIETY

Mental health problems are common. Here are ways to cope with stress and promote well-being.



Pause. Breathe. Notice how you feel. Take slow deep breaths, stretch, or meditate.

Observe how you are feeling and what you are thinking, without judgment. Instead of responding or reacting to those thoughts or feelings, note them, and then let them go.



Take breaks from upsetting content.



Take care of your body.



Reach out and stay connected.



Seek help if overwhelmed or unsafe.

For informational purposes only. Consult your local medical authority for advice.



Yoga

Yoga can reduce stress in general and especially while staying home. Check out the:

Yoga in the Time of Coronavirus

<https://www.psychologytoday.com/us/blog/the-web-violence/202004/yoga-in-the-time-coronavirus>

The Relationship on COVID-19, Anxiety, and Yoga

<https://valleyoaks.org/health-hub/the-relationship-between-covid-19-anxiety-and-yoga/>

WORK LIFE BALANCE

COPING WITH WORK STRESS

Work stress is common, and many people feel overwhelmed by it and are in need of coping skills to function better. Check out the article, [Your Guide to Work-Related Stress](https://valleyoaks.org/health-hub/your-guide-to-work-related-stress)

<https://valleyoaks.org/health-hub/your-guide-to-work-related-stress>

HELPFUL TIPS INCLUDE FOR EMPLOYEES AND EMPLOYERS INCLUDE

TIPS FOR EMPLOYEES & EMPLOYERS

- Forming positive relationships
- Boosting your mood and reduce stress by exercising more often
- Avoiding stress eating, consuming more nutrient-dense foods
- Getting enough sleep - a lack of sleep will inhibit your ability to deal with stress
- Getting organized and prioritizing your life, especially in terms of your goals

TIPS FOR EMPLOYERS

If you're an employer, it's important to understand the impact that workplace stress has on productivity, morale, and overall profit. According to the Harvard Gazette, workplace stress costs U.S. businesses \$30 billion a year in lost workdays. That is why you must:

- Encourage open communication
- Offer mental and physical health benefits
- Incorporate health-boosting activities, such as a monthly meditation class
- Encourage breaks
- Consider flexible work schedules



WORK LIFE BALANCE TIPS

SWITCH OFF COVID-19 STRESS: 5 WAYS TO ACHIEVE WORK-LIFE BALANCE IN THE NEW NORMAL

<https://www.entrepreneur.com/article/352278>

TIPS INCLUDE

- Understanding why a work-life balance is necessary
- Committing to and honoring your balance
- Intentionally disconnect
- Establishing effective communication and guidelines for “off-work” hours
- Minding your physical health and not forgetting to laugh
- Becoming sustainable beyond COVID-19

HAPPINESS & RELAXATION

HAPPINESS -

Are You Happy? The Meaning of Life During COVID-19

Read the following interview of Drexel University’s “happy” Athletic Director and Carl R. Pacifico Professor of Neuropsychology, Eric Zillmer, Psy.D., and teacher of a “Happiness” course, by Alissa Falcone for tips to happiness.

<https://drexel.edu/news/archive/2020/april/are-you-happy-the-meaning-of-life-during-covid-19/>

TIPS INCLUDE:

- Focus on what you can control
 - “For example, I can’t control the virus, the search for a vaccine or the shortage of PPEs and testing. If you worry about the things, you can’t control you make a decision to engage the “flight-fight” response of our autonomic nervous system. You will get anxious and depressed and may feel apathy and despair – even bitterness.” – Dr. Zillmer.
- Boost your daily happiness through the four M’s of mental health:
 - o Movement
 - o Mindfulness
 - o Mastery
 - o Meaningful social relationships.
- Eating healthy
 - o Actively control what you are putting in your body.
- Get sufficient sleep (see Sleep Guidance section below)
 - o It helps you to feel great, improve your mood and boost your immune system.
- Find additional meaning in your life
 - o What are the little important things?
- Increase self-care
- Focus on helping others
- Boost your resilience
 - o the best weapon for dealing with distress. Engage in actively being grateful for things we do have, and not focusing on what we don’t.

SLEEP GUIDELINES DURING COVID-19

Why is Sleep Important During a Pandemic?

Sleep is a critical biological process, and the truth is that it's always important. When confronting the COVID-19 pandemic, though, sleep becomes even more essential because of its wide-ranging benefits for physical and mental health.

<https://www.sleepfoundation.org/sleep-guidelines-covid-19-isolation>

Sleep empowers an effective immune system. Solid nightly rest strengthens our body's defenses, and studies have even found that lack of sleep can make some vaccines less effective.

Sleep heightens brain function. Our mind works better when we get good sleep, contributing to complex thinking, learning, memory, and decision-making. For adults and children adapting to work and school at home, good sleep can help them stay sharp.

Sleep enhances mood. Lack of sleep can make a person irritable, drag down their energy level, and cause or worsen feelings of depression.

Sleep improves mental health. Besides depression, studies have found that a lack of sleep is linked with mental health conditions like anxiety disorder, bipolar disorder, and Post-Traumatic Stress Disorder (PTSD).

In spite of the daunting challenges, there are a handful of steps that can promote better sleep during the coronavirus pandemic. If these efforts don't pay off immediately, don't give up. It can take time to stabilize your sleep, and you may find that you need to adapt these suggestions to best fit your specific situation.

SET YOUR SCHEDULE AND ROUTINE

SLEEP-SPECIFIC ASPECTS OF YOUR DAILY SCHEDULE SHOULD INCLUDE

- **Wake-Up Time:** Set your alarm, bypass the snooze button, and have a fixed time to get every day started.
- **Wind-Down Time:** This is an important time to relax and get ready for bed. It can involve things like light reading, stretching, and meditating along with preparations for bed like putting on pajamas and brushing your teeth. Given the stress of the coronavirus pandemic, it's wise to give yourself extra wind-down time each night.
- **Bedtime:** Pick a consistent time to actually turn out the lights and try to fall asleep.

RESERVE YOUR BED FOR SLEEP

Sleep experts emphasize the importance of creating an association in your mind between your bed and sleep. For this reason, they recommend that sleep and sex be the only activities that take place in your bed.

This means that working-from-home shouldn't be working-from-bed. It also means avoiding bringing a laptop into bed to watch a movie or series.

On any given night, if you find that you're having a hard time sleeping, don't spend more than 20 minutes tossing and turning. Instead, get out of bed and do something relaxing in very low light, and then head back to bed to try to fall asleep.

FREQUENTLY CHANGING YOUR SHEETS

Fluffing your pillows and making your bed can keep your bed feeling fresh, creating a comfortable and inviting setting to doze off. If you've been considering refreshing your bedroom setup with a brand-new mattress, sheets, or anything other sleep products that need an upgrade, now might be the time to consider doing so.

SEE THE LIGHT

Exposure to light plays a crucial role in helping our bodies regulate sleep in a healthy way. As you deal with disruptions to daily life, you may need to take steps so that light-based cues have a positive effect on your circadian rhythm.

- If you can, spend some time outside in natural light. Even if the sun isn't shining brightly, natural light still has positive effects on circadian rhythm. Many people find outdoor time is most beneficial in the morning, and as an added bonus, it's an opportunity to get fresh air.
- As much as possible, open windows and blinds to let light into your home during the day.
- Be mindful of screen time. The blue light produced by electronic devices, such as mobile phones, tablets, and computers, has been found to interfere with the body's natural sleep-promoting processes. As much as possible, avoid using these devices for an hour before bed. You can also use device settings or special apps that reduce or filter blue light.

BE CAREFUL WITH NAPS

If you are home all day, you may be tempted to take more naps. While a short power nap early in the afternoon can be useful to some people, it's best to avoid long naps or naps later in the day that can hinder nighttime sleep.

STAY ACTIVE

It's easy to overlook exercise with everything happening in the world, but regular daily activity has numerous important benefits, including for sleep. If you can go for a walk while maintaining a safe distance from other people, that's a great option. If not, there is a wealth of resources online for all types and levels of exercise. Many gyms and yoga and dance studios are live-streaming free classes during this period of social distancing.

In addition to time spent sleeping and getting ready for bed, it can be helpful to incorporate steady routines to provide time cues throughout the day, including:

- Showering and getting dressed even if you aren't leaving the house.
- Eating meals at the same time each day.
- Blocking off specific time periods for work and exercise.

PRACTICE KINDNESS AND FOSTER CONNECTION

It might not seem critical to your sleep, but kindness and connection can reduce stress and its harmful effects on mood and sleep. Despite all the bad news that you may come across, try to find some positive stories, such as how people are supporting one another through the pandemic. You can use technology to stay in touch with friends and family so that you can maintain social connections despite the need for social distancing.


UTILIZE RELAXATION TECHNIQUES

Finding ways to relax can be a potent tool in improving your sleep. Deep breathing, stretching, yoga, mindfulness meditation, calming music, and quiet reading are just a few examples of relaxation techniques that you can build into your routines. If you're not sure where to get started, check out smartphone apps like Headspace and Calm that have programs designed for people new to meditation.

Another relaxation strategy during this pandemic is to avoid becoming overwhelmed by coronavirus-related news. For example, you can try techniques including:

- Bookmarking one or two trusted news sites and visiting them only during a limited, pre-set amount of time each day.
- Cutting down the total time that you spend scrolling on social media. If you want a hand in this effort, a number of apps can monitor and even block your time on social media sites or apps each day.
- Scheduling phone or video calls with friends and family and agreeing in advance to focus on topics other than the coronavirus.

For more tips on Relaxation see the Relaxation section.

A woman with dark hair styled in braids, wearing an orange dress and a gold necklace with a diamond pendant, is shown in profile against a red brick wall. She is looking towards the left of the frame.

WATCH WHAT YOU EAT AND DRINK

Keeping a healthy diet not only helps improve happiness it can promote good sleep, which also promotes happiness. In particular, be cautious with the intake of alcohol and caffeine, especially later in the day, as both can disrupt the quantity and quality of your sleep.

CONTACT YOUR DOCTOR IF NECESSARY

If you have severe or worsening sleep or other health problems, it is advisable to be in touch with your doctor. Many doctors are increasing availability via email or telemedicine to allow patients to discuss concerns without having to physically visit their office.

RELAXATION

Here are some tips and techniques to for relaxation.

<https://www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot#1>

10 RELAXATION TECHNIQUES THAT ZAP STRESS FAST

Relax. You deserve it, it's good for you, and it takes less time than you think. You don't need a spa weekend or a retreat. According to the article linked above, each of these stress-relieving tips can get you from "OMG" to "om" in less than 15 minutes.

1. Meditate
2. Breathe Deeply
3. Be Present
4. Reach out
5. Tune In to Your Body
6. Decompress
7. Laugh Out Loud
8. Crank Up the Tunes
9. Get Moving
10. Be Grateful

The following article gives tips on how to response to the stress of COVID-19, as well as how to talk to children about it. Stressed About COVID-19? Here's What Can Help and How to Talk to Your Children

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/stressed-about-covid19-heres-what-can-help>

BECOMING MORE RESILIENT

The Power of Resilience During COVID-19

Resilience does not come easily but there are ways to cultivate it, even during COVID-19. In this interview, Emma PeConga and Gabby Gauthier discuss the importance of resilience and how we can work towards it amidst the current pandemic.

<https://www.psychologytoday.com/us/blog/hope-resilience/202007/the-power-resilience-during-covid-19>

FAMILY RESILIENCE

Below is a link to an article on 3 Ways to Build Resilience: How to Help Families and Staff Build Resilience During the COVID-19 Outbreak

<https://developingchild.harvard.edu/resources/how-to-help-families-and-staff-build-resilience-during-the-covid-19-outbreak/>

BUILDING RESILIENCE TO WORK STRESS

The CDC published an article on How to Cope with Job Stress and Build Resilience During the COVID-19 Pandemic

<https://www.cdc.gov/mentalhealth/stress-coping/employee-job-stress/index.html>

COMMUNITY – WORK – SCHOOL

Whether you are going into work or working from home, the COVID-19 pandemic has probably changed the way you work. Fear and anxiety about this new disease and other strong emotions can be overwhelming, and workplace stress can lead to burnout. How you cope with these emotions and stress can affect your well-being, the well-being of the people you care about, your workplace, and your community. During this pandemic, it is critical that you recognize what stress looks like, take steps to build your resilience and manage job stress, and know where to go if you need help.

COVID-19 TRUSTED MESSENGERS

GENERAL INFORMATION FOR MIAMI-DADE COUNTY RESIDENTS

MIAMI-DADE COUNTY GENERAL ASSISTANCE

<https://www.miamidade.gov/global/311.page>

CENTER FOR DISEASE CONTROL

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

WORLD HEALTH ORGANIZATION

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

COVID-19 DASHBOARD: UPDATES ON POSITIVE COVID-19 RATES IN MIAMI DADE COUNTY

https://covid.cdc.gov/covid-data-tracker/#county-view?list_select_state=Florida&data-type=CommunityLevels&list_select_county=12086

COVID-19 TESTING

VIEW THE LIST OF MIAMI-DADE LOCATIONS OFFERING COVID 19 TESTING, INCLUDING LOCATIONS WHERE YOU CAN SCHEDULE ONLINE APPOINTMENTS

STEP 1: FIND A TESTING SITE

<https://www.miamidade.gov/global/initiatives/coronavirus/schedule-test.page>

STEP 2: SCHEDULE A TEST

Once you found your testing site, then click "More Info", to schedule a test.

STOP THE SPREAD

<https://www.miamidade.gov/global/initiatives/coronavirus/stay-safe.page>

FINANCIAL ASSISTANCE

PANDEMIC ASSISTANCE

The county emergency rental assistance program is still accepting applications until the end of November.

IMPORTANT: This application will close automatically once the maximum number of applications is received in order to exhaust the remaining funds available. Only first-time applicants will be considered.

Here is the link:

<https://www.miamidade.gov/releases/2020-10-21-phcd-erap-phase2begins.asp>

Individuals and families who have experienced a significant loss of income, become unemployed, underemployed and/or experienced unexpected expenses as a result of COVID-19 and are residents of Miami-Dade County can apply for assistance. Hardship assistance awards will be up to \$1,000 or \$2,000 per household subject to eligibility. For more information, call 305-646-7068.

FINANCIAL ASSISTANCE – continued

LIGHT BILL AND ENERGY ASSISTANCE

https://www.miamidade.gov/global/service.page?Mduid_service=ser1504204216164378

Miami-Dade County's Low-Income Home Energy Assistance Program (LIHEAP) is providing COVID-19 crisis assistance to qualified residents who are experiencing a hardship in paying their home energy bill due to the pandemic. Eligible households can receive up to \$2,000 within a 12-month period.

Read about eligibility requirements and how to apply online, by mail or dropping off your application at a Community Resource Center.

ENERGY ASSISTANCE PROGRAM FOR HOUSEHOLDS WITH ONE PERSON AGED 60 OR OLDER

<https://www.miamidade.gov/global/socialservices/home.page>

This program provides energy assistance to low-income households, with at least one person aged 60 and older, during a home energy emergency. A home energy emergency may result from a delinquent utility bill or the receipt of a disconnection notice. If your local Community Resource Center does not provide this type of service, please inquire about LIHEAP or the Care to Share Program.

UNITED WAY

<https://unitedwaymiami.org/coronavirusresources/>

Access additional services from United Way of Miami-Dade. You can also donate to help others and volunteer your time.

Services include but are not limited to the following:

- Rental Assistance
- Remote Urgent Care
- Assistance with childcare costs
- Guidance finding healthcare coverage options for adults and children
- Prescription Savings
- Miami Eviction Prevention Program
- Miami Diaper Bank
- Legal Services of Greater Miami
- Financial Aid

EMPLOYMENT ASSISTANCE

REEMPLOYMENT ASSISTANCE

<http://www.careersourcesfl.com/>

In an effort to help Miami-Dade County residents applying for state unemployment benefits, especially those who do not have computers at home, the Miami-Dade Public Library System is providing printed copies of Florida Department of Economic Opportunity (DEO) Reemployment Assistance Applications at 26 library locations. Unemployment applications in English, Spanish and Creole and envelopes to return them in are available for pickup at tables outside the library entrances from 9 a.m. to 6 p.m. daily until further notice.

Residents can take the application home to fill out and then return it in the sealed envelope by dropping it off in the library location's book drop or at any CareerSource South Florida location.

Residents can also download and print a copy of the application from DEO's website and return it to any participating library's book drop. Security measures are in place to protect residents' personal information. Applications are picked up from the book drops by Miami-Dade County police officers every day and delivered to CareerSource South Florida where trained staff will send them securely overnight to DEO in Tallahassee for processing.

MEDICAL ASSISTANCE (MEDICAID)

MEDICAID ASSISTANCE

<https://www.myflfamilies.com/service-programs/access/medicaid.shtml>

Medicaid provides medical coverage to low-income individuals and families. The state and federal government share the cost of the Medicaid program. Medicaid services in Florida are administered by the Agency for Health Care Administration.

Medicaid eligibility in Florida is determined either by the Department of Children and Families (DCF) or the Social Security Administration (for SSI recipients). Individuals may apply for assistance online at: www.myflorida.com/accessflorida/

DCF determines Medicaid eligibility for:

- Parents and Caretakers relatives of children
- Children
- Pregnant women
- Former Foster Care Individuals
- Non-citizens with medical emergencies
- Aged or disabled individuals not currently receiving Supplemental Security Income (SSI)

For more information about the Federally Facilitated Marketplace and Florida KidCare, visit these websites: www.healthcare.gov or www.floridakidcare.org

HOTEL WORKER RELIEF PROGRAM

<https://www.mdc.edu/hospitality-institute/hotel-relief.aspx>

Financial support and professional training for impacted hotel workers. Hotel employees who have been furloughed or lost their jobs due to the COVID-19 pandemic can now apply for admission into this program.

The Hotel Worker Relief Grant Program is a collaboration that brings together three key elements: Higher education in the form of MDC's grant administration and curriculum activation, local government resources with the assistance of Mayor Gimenez's office, Commissioner Eileen Higgins, and the Miami- Dade Board of County Commissioners, and program development through The Greater Miami and Beaches Hotel Association. Together, this coalition of forces is focusing on providing real support to those in need.

GENERAL BUSINESS ASSISTANCE

<https://www.miamidade.gov/global/initiatives/coronavirus/assistance/business.page>

RISE SMALL BUSINESS LOAN

<https://risemiamidade.com/>

A RISE Loan is NOT a Grant Nor will it be forgivable: RE-Investing in our Small Business Economy. The RISE Miami-Dade Fund was created to help small businesses¹ in Miami-Dade County that were impacted by COVID-19. Loans under the program will be for a maximum of \$30,000.

To qualify for a RISE loan, the following criteria² must be satisfied:

BUSINESS MUST

- Operate in Miami-Dade County.
- Be in operation for at least two years.
- Have gross sales of less than \$2,000,000.
- Have 25 or fewer employees/independent contractors.

OWNER'S MUST

- Live in Miami-Dade County.
- Have a Credit Score greater than 575.
- Have 20% or more ownership/stake in the business.
- Have not had any bankruptcies or foreclosures in the past three years.

VETERAN BUSINESS GRANT PROGRAM

https://miamidade.score.org/score-miami-dade-veterans-small-business-program?gclid=Cj0KCQjwj7CZBhDHARIsAPPWv3ebNHWfQ-1CxIjBgffilZek4VyYOr1peYv7NXp31Xb7ORSdHHQtQb8aAtrcEALw_wcB

Veterans who own businesses and have experienced financial hardships due to COVID-19 are eligible to apply for assistance as part of a \$5 million Veteran Business Grant Program fund.

Funding received will be calculated based on individual percentages of eligible costs incurred, with a maximum award of \$25,000. For more information, email sbdmail@miamidade.gov or call 305-375-3111.

GENERAL BUSINESS ASSISTANCE - Continued

HOSPITALITY INDUSTRY GRANT PROGRAM

<https://www.miamidade.gov/releases/2020-08-04-isd-hospitality-grant.asp>

The Hospitality Industry Grant (HIG) Program consists of a \$30 million fund to provide financial assistance to local independently owned and operated restaurants and non-home-based caterers affected by COVID-19.

Priority will be given to businesses that have not been approved or received funds from any institution under the Paycheck Protection Program (PPP) Loan or other federal or state assisted business loan program and have a single establishment.

The program will be calculated based on individual percentages of eligible costs incurred, with a maximum award of \$25,000 per establishment. The program will award grants to a maximum of two establishments per restaurant/hospitality group. Priority will be given to applicants that have a single establishment. If an applicant has two or more establishments and requests assistance for both, then a single application must be submitted.

MIAMI BEACH RESTAURANT REIMBURSEMENT PROGRAM

The City of Miami Beach developed the Miami Beach Restaurant Reimbursement Grant Program to assist in the financial burden of delivery service fees. The City Commission allocated \$60,000 and will launch the program on November 1. It will be a first come, first-qualified, first-served grant program to distribute funds to eligible restaurants located within the city of Miami Beach with grants of up to \$1,000 per restaurant. Click here for more information. <https://miamibeachfl.gosmart.org/page.php?id=402>

GENERAL BUSINESS ASSISTANCE – continued

ASSISTANCE FORGIVABLE LOAN PROGRAM

The Small Business Assistance Forgivable Loan Program, consisting of \$5 million in federal CARES Act funds, provides loans of up to \$25,000 with zero percent interest and no origination fees.

Businesses must have no more than 25 employees, provide some evidence of being affected by COVID- 19, and not previously having received assistance from other special COVID-19 programs, such as the federal Paycheck Protection Program.

For more information:

Partners for Self-Employment 305-438-1407

Email: success@partnersforselfemployment.org

Tools for Change 305-200-5568

Email: william@tfciami.org

<https://www.miamidade.gov/releases/2020-05-19-phcd-smallbiz-loan.asp>

SENIOR ASSISTANCE

GENERAL

<https://www.miamidade.gov/global/initiatives/coronavirus/assistance/seniors.page#:~:text=Assistance%20is%20available%3A,are%20trained%20in%20dementia%20care>

Follow the link for general information on senior assistance programs in Miami-Dade County.

SNAP APPLICATION

<https://www.myflorida.com/accessflorida/>

Enrollment for this emergency program has ended, however, enrolled seniors will continue to receive services. Seniors in need of services can also apply for the Supplemental Nutrition Assistance Program. Miami-Dade County Public Libraries have SNAP applications available for residents. Residents can also apply online <https://www.myflfamilies.com/service-programs/access/food-assistance-and-suncap.shtml> or by calling 866-762-2237 (TTY 1-800-955-8771).

RESIDENTS WITH ALZHEIMER'S DISEASE

<https://alzfdn.org/>

The Alzheimer's Foundation of America (AFA) has resources that can assist families caring for loved ones with Alzheimer's disease and related dementia illnesses.

Guidance can be provided on topics and questions about combating isolation, keeping engaged, washing tips, caregiver stress, whether family members should visit during this time, items to have in the home, and more.

Assistance is available:

By toll-free helpline at 1-866-232-8484, seven days a week, staffed entirely by licensed social workers who are trained in dementia care.

By web chat on the AFA website. Click on the blue and white chat icon on the lower right-hand corner of the page

By sending a text message to 646-586-5283

The web and text chat features are available in more than 90 languages



WE WILL ALWAYS BE HERE TO ASSIST YOU WITH COPING AND THUS, THRIVING DURING THIS POST-PANDEMIC TIME

MIAMI-DADE COUNTY ASSISTANCE

<https://www.miamidade.gov/global/initiatives/coronavirus/assistance/home.page>

NEW HORIZONS COMMUNITY MENTAL HEALTH CENTER SERVICES

<http://www.newhorizonscmhc.org>

- Walk in or contact 24 Hour Quick Help Line 305-635-7444
- Location: 1469 NW 36th St, Miami, FL 33142

Re-Envisioning, Not Just Rebuilding: Looking Ahead to a Post-Covid World

<https://devhcdc.wpengine.com/re-envisioning-not-just-rebuilding-looking-ahead-to-a-post-covid-19-world>

Post-Pandemic Anxiety: Feeling Stressed as Things Return to Normal

<https://www.massgeneral.org/news/coronavirus/post-pandemic-anxiety-feeling-stressed-as-things-return-to-normal>

COVID-19 MENTAL HEALTH & WELLNESS PROGRAM[®]

Providing a Path to Wellness

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