

RHIP and COVID-19 MINI-GRANT PROJECT SUMMARIES

COVID-19 Final Report from Creach Consulting (Non-RHIP) “Combat COVID-19 Community Support Technology”

Summary of Results:

- From March - June, 25 live events and 6 more pre-recorded events were posted on the Combat COVID-19 Community Support Facebook page and YouTube channel.
- Two of the live events were conducted in Spanish.
- As of 7/13/20, more than 270 hours of content was viewed on Facebook and more than 160 hours on YouTube across all videos.
- Some of the most popular videos include: What You Need to Know about Kids and COVID (produced in English and Spanish); Mindfulness Skills For Managing COVID Stress & Uncertainty, Managing Depression, Immunity & COVID-19, and COVID Isn't Funny! Using Humor To Get Through the Pandemic.
- The Facebook page has 478 followers and the YouTube channel has 61 subscribers.
- One unanticipated benefit was for the volunteer guest speakers themselves.
- During the early months of the pandemic, many were looking for ways to help others. Combat COVID provided a safe mechanism for altruism, thereby creating a sense of belonging and reducing social isolation.

Quotes:

"I just watched this presentation and Kari is phenomenal at explaining mindfulness and how to use it effectively to ease stress in body, mind, and emotion. She leads a mindfulness exercise that is refreshing and relaxing. I urge anyone who needs relief from this crazy world to take an hour of their time to absorb this fascinating talk. You'll be rewarded with peace of mind, guaranteed!"

"Great info! I plan on laughing a whole lot more to get through all of this."

"Wonderful information! Thank you."

"Thank you! That is fabulous! So much useful, practical information."

Facebook videos: <https://www.facebook.com/combatactivityco/videos/>

YouTube channel: <https://www.youtube.com/channel/UCaO7N-7aWyK5iJN3YgTU5Pg>