



Spring 2020 Newsletter

PVPSA Services Still Operating During COVID-19

PVPSA is enhancing safety measures in our programs, with the goal of reducing person-to-person contact. We know that there are many children and youth demonstrating anxiety or who need to seek counseling services. We are able to provide counseling services through voice and video conferencing and, if absolutely necessary, in person. If your child has Medi-Cal, you can continue to access our counseling services. Some services for children lacking Medi-Cal may also be available and we encourage you to contact our agency for any socio-emotional supports your child may need. We recognize these are challenging times and we are here to support your child and your family.



Our Mayou Family Center located at 411 East Lake, will remain open for crisis and walk-in situations only. If you have an emergency situation and need to access our services in person, we will be providing thorough health screening before entering the building. Please contact (831) 728-6445 if you need to access this option.

The following agency-wide changes have been implemented:

- All counseling services for existing and new clients will continue to be available via telephone or telehealth. In person appointments are scheduled only on a case by case basis and reserved for children and their families with no other option for care.
- All restorative justice services for youth currently receiving PVPSA support will continue to be made available using telephone and telehealth formats. All house visits have been canceled.
- The administrative office at 335 East Lake will be open on Fridays from 8:30am – 4:30pm.
- The Counseling Center is open Monday – Friday from 8:00am – 5:00pm, for previously scheduled in person appointments. Necessary evening appointments are handled on a case by case basis.
- All children and youth receiving counseling supports at school continue to have the opportunity to do so. Our team has been calling all families to discuss options for continued care.

The PVPSA Executive Team is communicating daily to evaluate and update internal protocols based on medical and government guidelines. We also recognize that families need information about several resources and supports. We are working to develop a directory of services available as a result of this pandemic. Please look to our website and social media posts for this information. Please know that we will continue to update you about any changes to our services.

Masks Needed For PVPSA Staff

Since the State of California's Shelter in Place Ordinance, PVPSA's services have been considered "essential", and because of this our clinicians have been working hard to continue all counseling services to children and families of Pajaro Valley and neighboring Santa Cruz and Monterey counties. **Now we need your help! Our staff is in need of homemade masks to protect us during this unprecedented time.**

PVPSA has successfully been working with Monterey County Food Bank to increase the food distribution in North Monterey County communities of Pajaro and the surrounding areas. These efforts require our agency to provide staffing and volunteers for weekly distributions. We need masks for all our volunteers for these recurring events.

If you are savvy with a sewing machine, please consider sewing and donating homemade masks to our staff. Tutorials are available online through Joann's Fabrics, and through multiple videos on YouTube. You can also check out our Facebook page for tutorials. Please contact (831) 728-6445 to coordinate the donation drop off. Our Administrative Offices at 335 East Lake will be open on Fridays from 8:30am – 4:30pm. Our Counseling Center is open Monday – Friday from 8:00am – 5:00pm.

We are also asking for monetary donations to help provide materials and supplies for masks, and to continue keeping our operations up and running. You can donate at PVPSA.org, or by sending a check to PVPSA, 335 East Lake, Watsonville, CA 95076.



Parenting In The Time Of COVID

Perfectionism and the coronavirus don't mix. It's time to be exceedingly realistic, both at work and as a parent. Avoid burnout by setting realistic expectations and giving yourself grace if you can't meet them. This helps us, as parents, to teach forgiveness and self-compassion. There is no playbook for these unprecedented times – cut yourself some slack as a parent.

Our staff recently held a Virtual Parent Support Group over Zoom, in coordination with Pajaro Valley Unified School District. Make sure to follow us on social media, and check our website, as we are working to supply parents with as many resources as possible through this trying time.

PVPSA Needs Your Support!

Through this difficult time, our entire PVPSA community is working tirelessly to continue to provide services to the children, youth and families of the greater Pajaro Valley. In order to continue to do this, we need your help.

We are asking for monetary donations to help provide materials and supplies for masks, and to continue keeping our operations up and running. You can donate at PVPSA.org, or by sending a check to PVPSA, 335 East Lake, Watsonville, CA 95076. Together, we change lives.

PVPSA is a certified 501(c)(3), so all donations are tax deductible (Tax ID # 770269322).