



THE UNIVERSITY *of* NORTH TEXAS
HEALTH SCIENCE CENTER *at* FORT WORTH

CENTER FOR GERIATRICS

COVID-19 Special Edition:
Monthly Updates & Resources | May 29, 2020

To view previous COVID-19 newsletters, please visit unthsc.edu/geriatrics.

AGE WELL LIVE WELL

Stay healthy, connected, and informed.

As the new coronavirus (COVID-19) continues to impact our daily life, social distancing has become necessary to slow the spread. For everyone, and especially for older adults, social distancing can increase isolation and reduce access to everyday essentials like healthy foods. The **Texas Health and Human Services Age Well Live Well** campaign highlights the importance of aging well and promotes increased community preparedness. To support this mission, two new informational fact sheets have been developed to help connect older adults to reputable services and resources during these challenging times.

Being Informed and Staying Connected

COVID-19 can be overwhelming for everyone, but especially for older adults and people with compromised immune systems. Health care experts are recommending older adults stay home and keep a distance from people to limit their potential exposure. The Being Informed and Staying Connected document provides guidance on how we can thoughtfully respond to this pandemic and virtually connect to others while taking the best care of our health. Available in [English](#) and [Spanish](#).

Nutrition Resources for Staying Healthy

Accessing affordable, healthy food can be a challenge for many older adults and people with disabilities and COVID-19 may place additional barriers in the way. For those having difficulty accessing or preparing food due to finances, mobility, or social distancing, this document provides resources that may be able to help. Available in [English](#) and [Spanish](#).

Explore these resources and more!

Visit the hhs.texas.gov to access these fact sheets along with other helpful resources.

STAY BONE STRONG

Observing May as National Osteoporosis Month

Bones are alive.

Although we often think of our bones like that of a model skeleton, they are actually a living, growing tissue. Throughout your entire life you constantly lose old bone while you make new bone. Unfortunately, as you age, the scales can tip towards more loss than gain. Some factors can lead to greater declines such as drops in estrogen after menopause in women. But men can experience bone loss as well, but their loss typically declines about a decade later than women. Significant loss in bone strength can lead to osteoporosis and place individuals at greater risk for fractures.

Bone health is not just a concern for aging adults. Children need encouragement to practice good nutrition and exercise habits to build up their bone mass during formative years. During development, we attain our peak bone mass between the ages of 18 and 25. These formative years establish our “bone bank” and can raise the peak level of bone we have available. Besides a noticeable decline in post-menopausal years for women, early withdrawals on bone can occur due to inactivity, smoking, excessive alcohol intake, and poor nutrition. Although there are some non-modifiable health conditions that impact bone health, there are several actions steps we can take to protect our bone accounts.

Exercise, proper nutrients, and the support of medicines used to limit bone loss and support bone growth are instrumental in helping adults slow the decline in bone strength and prevent fractures. The month of **May is National Osteoporosis Month**. Visit www.nof.org for more information on facts and resources you can employ to learn how to stay bone strong.



Dr. Kathlene Camp is a Physical Therapist and has dual appointments at HSC in the Center for Geriatrics as a clinician and in the Department of Physical Therapy as an Assistant Professor. Kathlene has experience in a variety of settings including hospital-based acute care, inpatient rehabilitation, outpatient care and home health services. She has provided transitional care as part of an interdisciplinary team at HSC. Kathlene is a Board Certified Specialist in Geriatric Physical Therapy (GCS) and is a Certified Exercise Expert for Aging Adults (CEEAA).

SUBSTANCE USE DISORDER TREATMENT OFFERINGS

Substance use disorders don't take a break for global pandemics, so we know members of our community are still in need of treatment during this time. With so many closures, restrictions and modifications happening in every kind of office and establishment, we recognize it can be tricky to know where to direct those in need of treatment. [Challenge of Tarrant County](#) has put together a simple index of available substance use disorder treatment options in North Texas during the time of COVID-19 and included information on the format of services offered (in-person or virtual). This index also highlights on some of the unique guidelines each facility is operating under to best ensure the safety of patients/clients, families and staff. Hopefully, this resource is helpful in finding the best match for treatment, quickly and more efficiently. The Treatment Offerings Index can be found at the end of this newsletter. Visit challengetc.org for additional information and resources.

STAY CONNECTED



[Activities for Persons Living at Home with Dementia](#)

Monday – Friday | 10:30 – 11:00 am | Join Dementia Friendly Fort Worth for this half-hour online activity session designed to engage people who are living at home with dementia. Each session will feature a guest presenter who will guide participants through fun and engaging activities they can do from home. Visit www.dffw.org/events for more information.



[Virtual Education and Support for Caregivers](#)

No one should face Alzheimer's alone. The Alzheimer's Association is offering free virtual community programs for information and resources about Alzheimer's and other dementias. Learn about their weekly virtual support groups. For more information or to register by phone, please call the 24/7 Helpline 800.272.3900 or visit alz.org/northcentraltexas.



[SAGE Program Makes its Mark during Older Americans Month](#)

In Fort Worth, one of the best examples of Making Your Mark is HSC's SAGE Program. Read the full article in the Fort Worth Business Press to learn how the SAGE Program and the older adults who participate truly embody this year's OAM theme, *Make Your Mark*, and the impact they have on the community. Go to fortworthbusiness.com/e-editions/#edition12_14 to view the article.

PROVIDERS IN ACTION



Being Informed and Staying Connected

As the new coronavirus (COVID-19) continues to impact our daily life, it's natural to be concerned about contracting or spreading the virus. For older adults, people with disabilities, and people with compromised immune systems, COVID-19 can be more overwhelming because of the greater risk for contracting the virus. Health care experts are recommending everyone stay home and keep a distance from people to limit their exposure. This pandemic is unprecedented and, even with the best planning, there is no playbook for responding to this crisis. Some responses have been panicked and with the variety of media sources available, information can be contradictory.

This document has been created to provide guidance on how we can thoughtfully and proactively respond to this pandemic while taking the best care of our health.

Where can I find information about COVID-19?

When looking for information about COVID-19, be sure to choose reputable sources. Organizations that have expertise in health and communicable diseases include:

- Centers for Disease Control and Prevention: [cdc.gov](https://www.cdc.gov)
- World Health Organization: [who.int](https://www.who.int)
- U.S. Health and Human Services: [hhs.gov](https://www.hhs.gov)
- Texas Health and Human Services: [hhs.texas.gov](https://www.hhs.texas.gov)
- Texas Department of State Health Services: [dshs.texas.gov](https://www.dshs.texas.gov)

What can I do to protect myself?

The organizations listed above have detailed information on what you can do to take care of yourself and your loved ones. Primary recommendations for older adults, people with disabilities and people with compromised immune systems include:

- Have a supply of the items you will need such as medication and food.
- Take precautions to keep space between yourself and others and if you are out in public, keep away from others who are sick, limit close contact and wash your hands often.
- Avoid crowds as much as possible.
- Avoid cruise travel and nonessential air travel.
- Stay home as much as possible to further reduce your risk of being exposed.

The following website has resources, information and tips on staying safe for people with disabilities: [scdd.ca.gov/](https://www.scdd.ca.gov/).

Revised April 30, 2020

Reminder: Be aware of dishonest entities that use unfamiliar situations like these to take advantage of people. Currently there are no vaccinations for COVID-19, and any product claiming it will protect you from the virus is false. The trusted entities above will provide the most current advice on how to protect yourself and will never try to sell you a cure or remedy.

Reach out for help

This is a stressful time and it is important to know you are not alone. Federal, state and local organizations are adapting their programs and services to meet the changing needs of the community.

- **Seek support for your mental health:** If you need someone to talk to about the stress you are experiencing, a mental health professional can help.
 - A COVID-19 Mental Health Support Line has been set up offering mental health support for all Texans. Call 1-833-986-1919 to connect to a mental health professional.
 - To learn more about available services, visit hhs.texas.gov/services/mental-health-substance-use/mental-health-substance-use-resources.
 - This article has helpful tools on how to cope during difficult times: [psychologytools.com/assets/covid-19/guide to living with worry and anxiety amidst global uncertainty_en-us.pdf](https://psychologytools.com/assets/covid-19/guide%20to%20living%20with%20worry%20and%20anxiety%20amidst%20global%20uncertainty_en-us.pdf)
- **Find out what services are available:**
 - **For older adults:** Area Agencies on Aging are located all over Texas to help adults 60 and older and their caregivers find the services they need.
 - **For people with intellectual and developmental disabilities:** Local intellectual and developmental disabilities authorities can assist with eligibility determination, benefits screening, service coordination and more.
 - **For the whole family:** People living in multi-generational households can receive services for the whole family from an Aging and Disability Resource Center. Contact your ADRC to get information and one-on-one counseling on the full range of long-term services and supports available in Texas.

To find any of these resources, visit hhs.texas.gov/about-hhs/find-us/where-can-i-find-services.

What else can I do?

It might seem like everything is different now, but you can still observe social distancing while doing what you enjoy.

Exercise

Maybe you used to exercise at a facility, but its temporary closure doesn't mean you can't exercise anymore. As long as you keep your distance from others, you can take your workout outside. Try going for a walk or doing some gardening. Add

some of your regular gym exercises into things you do around the house. Those 14-ounce cans of food make great impromptu weights. You can also order a free Texercise handbook from HHS that will take you through a variety of balance, strength, flexibility and endurance exercises you can do in your home. To learn more, visit [Texercise.com](https://www.texercise.com).

Stay Engaged

A lot of us like getting together with friends for game night or learning new hobbies. While social distancing has made that more challenging, it is still possible to stay connected.

The following pages contain resources to help you connect with others, learn something new, and give back.

Learn Something New

- **DOROT University Without Walls***
Access hundreds of classes in multiple languages.
dorotusa.org/our-programs/at-home/university-without-walls
- **Project Gutenberg**
[.gutenberg.org/](https://www.gutenberg.org/)
- **Senior Planet Virtual Classes***
An array of free and members-only classes.
seniorplanet.org/get-involved/online/
- **Silver Kite***
Provides a variety of virtual events during the COVID-19 outbreak.
[silverkite.us/](https://www.silverkite.us/)

Give Back

- **AARP Virtual Volunteering**
Visit this website to learn how to volunteer from your home.
[createthegood.aarp.org/volunteer-ideas/virtual.html](https://www.createthegood.aarp.org/volunteer-ideas/virtual.html)

Get Crafty

If you can't make it to your usual craft class, there are several websites that have ideas, instructions and videos to get you started.

- [diyjoy.com/fun-diy-ideas-adults/](https://www.diyjoy.com/fun-diy-ideas-adults/)
- [burlapandblue.com/top-diy-crafts-for-adults/](https://www.burlapandblue.com/top-diy-crafts-for-adults/)
- [instructables.com/](https://www.instructables.com/)

Travel – Virtually!

- **Google Arts and Culture**
Explore thousands of museums for free.
[artsandculture.google.com/](https://www.artsandculture.google.com/)
- **The Monterey Bay Aquarium**
This famous aquarium offers live video feeds on several of their exhibits.

montereybayaquarium.org/animals/live-cams

- **NASA at Home**
Explore space and beyond with NASA.
nasa.gov/specials/nasaathome/index.html
- **The San Diego Zoo**
Watch live feeds of animals at popular exhibits.
kids.sandiegozoo.org/videos

Meetings and Video Conferences

- **Skype**
Screen sharing, one-to-one meetings/video conferences.
skype.com/en/

Group Fun and Games

- **Virtual Reading via Caribu***
Connects people through reading or drawing together.
caribu.com/
- **Words with Friends**
Play a turn-based word game with your friends.
zynga.com/games/words-with-friends-2/

1:1 Mobile Messaging

- **HeyTell***
Instantly send voice messages to one other person.
heytell.com/front.html

Social Connection

- **Best Day of My Life So Far**
A listening tool to help you reach out to older adults and share their life stories.
bestdayofmylifesoFar.org/
- **Empowering the Ages – Sharing Smiles**
Connects youth and older adults via email or post mail.
empoweringtheages.org/sharing-smiles/
- **Inspire**
Online support and instant messaging for people with a health condition.
inspire.com/
- **Stitch***
Social media platform that connects people 50 and older.
stitch.net/

Caregiving/Care Tracker

- **CaringBridge**
Create a journal to stay connected to your family and friends.
caringbridge.org/
- **Caring Village**
Designed for caregivers to communicate with each other and track information about their loved one.
caringvillage.com/
- **How's Mom**
Provides families with a loved one living in a care facility to communicate with care staff.
howsmom.app/
- **My SOS Family - Emergency SOS***
Instantly message preset contacts in case of an emergency.
mysosfamily.com/

*This resource has a free option or a free trial, but it also has options that cost money.

Nutrition Resources for Staying Healthy

Accessing affordable and healthy food is a challenge for many older Americans and people with intellectual and developmental disabilities, and the new coronavirus (COVID-19) places additional barriers in the way. For older adults, people with intellectual and developmental disabilities and people with compromised immune systems, COVID-19 can be more overwhelming because of the greater risk for contracting the virus. Health care experts are recommending older adults and people with compromised immune systems stay home and keep a distance from people to limit their exposure. If you're having difficulty getting or preparing food because of finances, mobility or social distancing, there are resources available to help.

Where can I find food?

This is a stressful time and it is important to know you are not alone. Federal, state and local organizations are adapting their programs and services to meet the changing needs of the community.

- **2-1-1 Texas** is a free, anonymous information and referral services hotline available 24 hours a day every day connecting Texans with state and local health and human services programs such as home-delivered meals and soup kitchens. [2-1-1Texas.org](https://www.2-1-1Texas.org)
- **Home Delivered Meal** programs provide older adults and people with disabilities with access to healthy fresh and frozen meals that are planned by a registered dietician and delivered to their door. The Area Agency on Aging can help you apply. hhs.texas.gov/contact/aaa.cfm
- **YourTexasBenefits.com** is a resource to get food at no-cost. People of all ages can apply to receive Supplemental Nutrition Assistance Program (SNAP) benefits by calling **2-1-1** or by visiting [YourTexasBenefits.com](https://www.YourTexasBenefits.com). A new program will roll out in May 2020 allowing SNAP benefits to be used when ordering groceries online.
- **FoodPantries.org** can help locate a local food pantry near you. Food pantries are run by a variety of organizations and are in communities across Texas. [FoodPantries.org](https://www.FoodPantries.org)
- **Feeding America** can help you find your regional food bank and get more information. Many food banks in Texas are organizing extra food distributions during this challenging time. [Feedingamerica.org](https://www.Feedingamerica.org)

Other ways to find help

Community volunteers and local resources might be available to provide relief during this pandemic. Find out what help is offered in your area with the resources below:

- **Area Agencies on Aging** are located across Texas to help adults 60 and older and their caregivers. AAAs connect older Texans to in-home care, home delivered meals, benefits counseling and more. hhs.texas.gov/contact/aaa.cfm
- **Aging and Disability Resource Centers** are part of the No Wrong Door system to streamline access to long-term services and support for the whole family. Connect to your local ADRC for one-to-one counseling, and to learn more about the full range of available long-term and supports in Texas, call 855-YES-ADRC (937-2372). hhs.texas.gov/services/aging/long-term-care/aging-disability-resource-center/find-adrc
- **Local intellectual and developmental disabilities authorities** can assist with eligibility determination, benefits screening, service coordination and more. hhs.texas.gov/about-hhs/find-us/where-can-i-find-services
- **The Eldercare Locator** can connect you with a variety of services, including transportation and benefits. Call 800-677-1116 (weekdays, 8 a.m.–7 p.m. Central time) [Eldercare.acl.gov](https://eldercare.acl.gov)
- **BenefitsCheckUp.org** has a full confidential screening that can help you find benefits that cover a variety of needs. Receiving support for other basic needs can free up room in a budget for food. BenefitsCheckUp.org

More nutrition resources

For more information on how to start and maintain a healthy diet, visit the following nutrition resources:

- **Texercise – Healthy Eating** provides comprehensive nutrition information for healthy aging. Consider following the Texercise *Fit for the Health of It!* videos on the Get Texercise page of the website to stay active. Texercise.com
- **National Institute on Aging – Smart Food Choices for Healthy Aging** highlights ways to shift to healthy eating patterns for healthy aging. nia.nih.gov/health/smart-food-choices-healthy-aging
- **National Council on Aging – Senior Nutrition** offers informative videos on nutrition topics (for example, healthy eating on a budget). ncoa.org/economic-security/benefits/food-and-nutrition/senior-nutrition

- **National Institute on Aging – 10 Tips for Eating Healthy on a Budget.** nia.nih.gov/health/10-tips-eating-healthy-budget
- **National Center for Health, Physical Activity and Disability** provides nutrition information and resources for people with intellectual and developmental disabilities. nchpad.org/287/1802/Nutrition~for~Persons~with~Intellectual~Developmental~Disabilities
- **Texas A&M AgriLife Extension – Dinner Tonight** provides recipes and tips for healthy cooking as well as low-cost, healthy cooking videos. dinnertonight.tamu.edu
- **Foodsafety.gov** has information about keeping food safe and preventing food poisoning, a good reminder as we all are cooking at home more. foodsafety.gov
- **Choosemyplate.gov** offers helpful information about food planning during COVID-19. [Choosemyplate.gov/coronavirus](https://choosemyplate.gov/coronavirus)



NATIONAL OSTEOPOROSIS MONTH

EVERY DAY IN THE MONTH OF MAY, DO SOMETHING TO STAY BONE STRONG!

1	2
START THE 10,000 STEPS A DAY CHALLENGE	LEARN ABOUT BONE HEALTH BASICS THROUGH BALANCE

3

ARE YOU GETTING ENOUGH CALCIUM?

4

FACT: UP TO 1 IN 4 MEN AGE 50+ WILL BREAK A BONE DUE TO OSTEOPOROSIS

5

EAT THE RIGHT FOODS TO BUILD AND MAINTAIN GOOD BONES

6

FIND A RECIPE THAT FUELS BONE HEALTH

7

EAT CALCIUM RICH FOODS

8

BONE BASICS: FACTS ABOUT OSTEOPOROSIS

9

LEARN ABOUT CALCIUM SUPPLEMENTS AND BONE HEALTH

10

TALK TO YOUR DOCTOR ABOUT MEDICATIONS

11

EMPOWER YOURSELF AND YOUR FRIENDS WITH THE FACTS

12

MOVE SAFELY AND PREVENT FALLS

13

LISTEN AND LEARN ABOUT BONE HEALTH

14

ASK YOUR DOCTOR THE RIGHT QUESTIONS ABOUT YOUR RISK

15

DO WEIGHT-BEARING EXERCISES

16

FRACTURE PREVENTION FOR DAILY ACTIVITIES

17

DO YOU OR A LOVED ONE HAVE OSTEOPOROSIS?

18

CHECK OUT OUR PODCAST SERIES, HAPPINESS: A KEY FACTOR IN YOUR LIFE

19

IDENTIFY A HEALTHCARE PROVIDER WHO FOCUSES ON BONE HEALTH

20

IS IT A COMPRESSION FRACTURE OR A PULLED MUSCLE?

21

LEARN MORE ABOUT PROGRAMS THAT MAY SAVE YOU MONEY

22

FUEL OUR MISSION: START YOUR OWN FUNDRAISER

23

JOIN OUR PATIENT REGISTRY SURVEYING PATIENTS & CAREGIVERS

24

EMPOWER OTHERS BY SHARING YOUR STORY

25

CONNECT WITH OUR ONLINE COMMUNITY

26

JOIN A SUPPORT GROUP

27

CHOOSE OR BECOME A HEALTH PROXY

28

JOIN OUR AMBASSADORS LEADERSHIP COUNCIL

29

LEARN WHAT MEDICARE COVERS

30

LISTEN TO PERSPECTIVES ON CAREGIVING

31

PROVIDE EDUCATIONAL MATERIALS TO 31 PATIENTS

FOR MORE INFORMATION, VISIT WWW.NOF.ORG/NATIONAL-OSTEOPOROSIS-MONTH

North Texas Substance Use Disorder Treatment Offerings Index during Covid-19

Compiled May 11, 2020 by Challenge of Tarrant County

<p style="text-align: center;">ARISE Recovery <i>Dallas, Fort Worth, Mckinney, Southlake, Sugar Land</i></p>	<p>Accepting In-Patient Clients: N/A – offer outpatient services only but outpatient programs are all up and running and accepting new clients.</p> <p>Special Requirements/Restrictions: Facilities are following CDC guidelines and limiting group sizes to minimize contact and possible spread of germs.</p> <p>Virtual Treatment Offerings: Telehealth therapy is available as needed.</p>
<p style="text-align: center;">Clearfork Academy <i>Fort Worth</i></p>	<p>Accepting In-Patient Clients: Yes but currently near capacity.</p> <p>Special Requirements/Restrictions: Screening procedures have increased. Incoming clients from hot spot areas are put on 14-day quarantine away from other clients but still participate in one on one services with restrictions.</p> <p>Virtual Treatment Offerings: Virtual IOP via Zoom is offered three days per week and a virtual Family Group is offered on Tuesday nights (alumni and current families). A virtual alumni support group happens on Friday nights and multi-family offerings continue on Saturdays via Zoom but are scaled back.</p>
<p style="text-align: center;">Enterhealth <i>Van Alstyne</i></p>	<p>Accepting In-Patient Clients: Yes, both in-patient facility and out-patient.</p> <p>Special Requirements/Restrictions: Facilities and staff are following CDC guidelines. Admissions has added special screening questions, including inquiry into recent travel, contact with confirmed/possible case of COVID-19, etc. Many doctors are recommend quitting smoking now so that a patient’s lungs and immune systems are as healthy as possible in case of COVID-19. Enterhealth’s clinical team are also offering to help with smoking cessation.</p>

	<p>Virtual Treatment Offerings: IOP and PHP.</p>
<p>Fort Behavioral Health <i>Fort Worth</i></p>	<p>Accepting In-Patient Clients: Yes to all programs.</p> <p>Special Requirements/Restrictions: Clients required to wear mask for first two weeks unless in own room. Client & staff temps taken daily. Groups are smaller. Family meetings are virtual only.</p> <p>Virtual Treatment Offerings:</p>
<p>La Hacienda <i>Austin, College Station, Hunt</i></p>	<p>Accepting In-Patient Clients: Yes.</p> <p>Special Requirements/Restrictions: Potential patients undergo extensive screening and all patients and staff members are screened daily for potential illness. In-person visitation has been discontinued for time being as has off-campus meetings and off-campus outings.</p> <p>Virtual Treatment Offerings: IOP, alumni groups.</p>
<p>Mesa Springs/Innovations <i>Arlington, Fort Worth</i></p>	<p>Accepting In-Patient Clients: Yes for ages 12+ at Mesa Springs as well as adult IOP and PHP. Yes for IOP and PHP for ages 5-18 at Innovations.</p> <p>Special Requirements/Restrictions: Every person who comes to the facilities must complete a COVID-19 Symptom Questionnaire. In-person friend and family visitation is suspended at this time but offered virtually. New protocols are in place at all facilities: masks for staff and patients, increased cleaning procedures, routine temperature checks, etc.</p> <p>Virtual Treatment Offerings: All outpatient programs are now offered fully online, from assessment to treatment (including groups).</p>
<p>Millwood Psychiatric Hospital/Excel Center <i>Arlington, Fort Worth, Lewisville, Willow Park</i></p>	<p>Accepting In-Patient Clients: Yes for all facilities/programs.</p> <p>Special Requirements/Restrictions: Patients and staff are consistently monitored for symptoms to help keep everyone safe.as well as staff. All facilities are actively monitoring and responding to all</p>

	<p>recommendations made by the CDC and our local regulatory and health authorities.</p> <p>At all of The Excel Centers, the TEA certified teachers are onsite twice per week to drop off new packets and grade the completed packets. They do not interact with the kids at all though due to restrictions/executive order. Clinicians/therapists are monitoring the packet completion and assisting the kiddos should they need help understanding a concept.</p> <p>All in-person visitation has been suspended (with limited critical exceptions).</p> <p>Virtual Treatment Offerings:</p>
<p style="text-align: center;">Origins <i>Dallas, South Padre</i></p>	<p>Accepting In-Patient Clients: Yes – all programs.</p> <p>Special Requirements/Restrictions: A COVID-19 test is administered to all admitting patients. All visitation to all campuses is suspended and non-essential staff is working remotely. Family Programs have moved to an electronic format. All staff must report to nursing for a temperature check before entering any patient care area. Alumni support is virtual only.</p> <p>Virtual Treatment Offerings:</p>
<p style="text-align: center;">Perimeter Behavioral Hospital of Arlington <i>Arlington</i></p>	<p>Accepting In-Patient Clients: Yes – and during this period actually expanded to 22 beds.</p> <p>Special Requirements/Restrictions: Every person who comes in the front doors has their temperature taken and completes a screening before proceeding into the hospital (this includes staff). Difficult as it is, there is currently no face-to-face visitation for parents but visitation is offered 7 days a week via zoom video. Family therapy is done via zoom as much as possible so there is no drop off in services. Everything else is maintaining usual standards and schedule.</p> <p>Virtual Treatment Offerings: Tele-video assessments are now offered so families do not have to come in to the hospital to be assessed.</p>

<p style="text-align: center;">Phoenix House <i>Dallas</i></p>	<p>Accepting In-Patient Clients: Yes.</p> <p>Special Requirements/Restrictions: New admits undergo health screen and temperature check; there's also daily health checks for every patient. Outside visitors are not allowed – all family visits are virtual. All staff are required to wear masks while inside of the facility.</p> <p>Virtual Treatment Offerings: IOP is conducted virtually three times weekly with a Saturday option as well.</p>
<p style="text-align: center;">Ranch at Dove Tree <i>Lubbock</i></p>	<p>Accepting In-Patient Clients: Yes for all levels of care – detox, residential, PHP, and IOP in addition to transitional (sober) living.</p> <p>Special Requirements/Restrictions: No visitors are allowed on campus – this includes families (family sessions are done virtually). Clients must wear a protective mask for the first two weeks that they are there; staff wear a protective mask at all times. No hugging or high fives to keep in guidelines of social distancing. New precautionary protocol if a client or an employee presents with COVID-19 symptoms.</p> <p>Virtual Treatment Offerings: IOP.</p>
<p style="text-align: center;">Sante Center for Healing <i>Argyle, Dallas</i></p>	<p>Accepting In-Patient Clients: Yes.</p> <p>Special Requirements/Restrictions: During this pandemic Sante has made over 60 procedural changes to stay aligned with best practices of infectious disease prevention. The admissions team utilizes a strict screening process – based on the CDC, SAMHSA, HHSC, Denton County and other infectious disease protocols - to assess if we can admit the individual. Although Texas is now lifting some economic restrictions, Sante will continue to adhere to safeguards currently in place to ensure safety of patients, families and staff.</p> <p>Virtual Treatment Offerings: IOP.</p>
<p style="text-align: center;">Serenity House <i>Abilene, Fort Worth, Fredericksburg, Lubbock, San Antonio</i></p>	<p>Accepting In-Patient Clients: Yes – residential and outpatient.</p>

	<p>Special Requirements/Restrictions: Facilities follow CDC guidelines.</p> <p>Virtual Treatment Offerings:</p>
<p>Serenity View Recovery Center (The Meadows) <i>Princeton</i></p>	<p>Accepting In-Patient Clients: Yes.</p> <p>Special Requirements/Restrictions: New admissions administered antibody test, must wear mask outside room for first fourteen days and receive second antibody test at end of first two weeks. Should an incoming patient test positive for active infection they can be admitted to a newly designed, standalone treatment program called the Observational Treatment Center (OTC). At no additional cost, patients at the OTC will receive at least 14 days of treatment for COVID-19 infection with 24/7 nursing care, medical and psychiatric services, and robust clinical programming.</p> <p>In addition, new social distancing measures are in place on-site, weekend/family visitation has been suspended and off-campus excursions by patients are limited.</p> <p>Virtual Treatment Offerings: Family Therapy.</p>
<p>Stonegate Center <i>Aledo</i></p>	<p>Accepting In-Patient Clients: Yes – for both the residential program as well as our sober living home.</p> <p>Special Requirements/Restrictions: All new admissions admitted to off-site detox facility to be medically cleared prior to treatment. Patients are asked (a) if they have been in recent contact with anyone who has tested positive or experienced flu-like symptoms, (b) whether they are experiencing any flu-like symptoms and (c) if they have been out of the country or to a coronavirus hotspot (New York, California, etc.) within the past 14 days. If they say yes to anyone of these, the teams works with the Medical Director on whether to refer out.</p> <p>Although the new detox wing has been cleared by the state to offer on-site detox services, is has not been opened in order to use it as a holding tank for any at-risk clients. If a new client doesn't meet admission criteria for detox, they will be self-</p>

	<p>quarantined on campus (in a separate unit from the general population and in a single bedroom) for a minimum of 4-5 days and required to wear a mask when they admit into the general population.</p> <p>Staff must wear a mask at all times and have temperatures taken and logged before entering facilities. All employees that can work from home are required to do so in order to mitigate the risk.</p> <p>No outside visitors are allowed on property. Clinicians encouraged to host groups outside.</p> <p>Virtual Treatment Offerings: Yes, we're offering some virtual therapy sessions although we always have at least one clinician on-site to handle any immediate issues at our residential treatment center.</p>
<p style="text-align: center;">Texas Health Resources Recovery and Wellness Center <i>Mansfield</i></p>	<p>Accepting In-Patient Clients: Yes – for detox, residential treatment and PHP.</p> <p>Special Requirements/Restrictions: All employees at are required to wear face coverings/masks at all times. Temperatures are taken for all employees at the beginning of each shift and patients' temperatures are taken routinely throughout their stay. No in-person family visitation, education groups or therapy (all are offered virtually).</p> <p>Virtual Treatment Offerings:</p>
<p style="text-align: center;">The Right Step <i>Eules</i></p>	<p>Accepting In-Patient Clients: Yes.</p> <p>Special Requirements/Restrictions: Patients with potential exposure to COVID/anyone with fever must wear masks. Family visitation is virtual.</p> <p>Virtual Treatment Offerings: IOP.</p>