



## ACT Resource News Brief

### **Supporting ACT Participants with Activities to Do at Home Alone or with Children and Other Family Members:**

#### **Joint Clinical Care Call for Family and Vocational Specialist on April 3, 2020**

Due to the current COVID-19 crisis, the ACT Institute has responded to the rapidly changing reality and needs of Vocational Specialists by offering training around providing vocational services from a distance. Family Specialists have also been included in this training series as now more than ever, these two roles can work collaboratively to



bring continuity of services to both recipients and their families. The hope is that by co-training these two roles in the evidence-based practice of the Individual Placement and Support model of supported employment, recipients will receive seamless support around their vocational goals while helping families to understand the process of vocational services and how gainful employment can enhance the recovery process.

On April 3<sup>rd</sup>, Helle Thorning, Noah Lipton and Gary Scannevin hosted the first of two joint family and vocational specialist support calls. Specifically, the training's learning objectives were focused on strategies that fit our current circumstance of social distancing, off-site, and remote service provision. Similarly, attendees were encouraged to share and learn from one another as new solutions and ideas emerge from trial, error, and practice innovation. Attendees were provided with a checklist of concrete examples of activities and coping strategies to continue being effective in providing vocational services while working remotely.



The Resource Guide section provides the PowerPoint presentation from the call, the list of suggested activities for Vocational Specialists used during the call, and a wonderful collection of resources for enjoying art at home.

Below you will find a list of kid-friendly activities that can make these times a little sweeter and more enjoyable.

### **Kid-friendly activities to do at home:**

1. Board games
2. Puzzles
3. Spring cleaning: decluttering of toys or clothes that are no longer useful/fit
4. Cooking/baking: learn a new recipe via Pinterest
5. Bingo
6. Crossword Puzzles
7. Coloring/Drawing
8. Story time: read out loud
9. Music time: put on your favorite song and dance it out
10. [www.complexly.com](http://www.complexly.com) (offers over 2000 educational videos for free, indefinitely)

Please join us for the second Joint Family and Vocational Specialist call on May 15 at 11:30 AM. We look forward to your participation.

If you have any questions or need any additional support, feel free to contact us at [ACTinst@nyspi.columbia.edu](mailto:ACTinst@nyspi.columbia.edu).

## **RESOURCE GUIDE**

[PowerPoint Presentation: April 3<sup>rd</sup>](#)

[List of Suggested Activities for Vocational Specialists](#)

[Resource for Enjoying Art at Home](#)