Being Safe and
With Others During this
Coronavirus Time

Text by Mary Vicario, M.Ed. (LPCC-S)

Pictures by Karen Boyhen
We all want ________________________________

to be a safe and healthy place for everyone. To do that,

for a while, we are all going to do some new things.

The new things will help keep us all safe from the Coronavirus.

We will do these new things until it is safe to go back to what we
are used to. As soon as we find out when it is safe to go back to

what we used to do, we will let you know.
The Coronavirus or COVID-19 is a virus that can make people sick.

If people get the Coronavirus they may have a cough, sore throat or trouble breathing.

Most people who get the Coronavirus will have very mild symptoms and will be able to stay where they live to get well.
To stay safe and healthy we will:
Wash our hands with soap and water for 20 seconds
• Before we eat
• After using the bathroom
• After coughing or using a tissue.

To get to 20 seconds, I can Sing Happy Birthday twice while washing the front and back of my hands and between my fingers.
To get to 20 seconds, while washing my hands I can count slowly to 20, breathing in and out while counting. I will make sure to wash the front and back of my hands and between my fingers with soap and water. If I can't use soap, I can also use hand sanitizer.
We will wash tables, counter tops, chairs, knobs and handles with soap and water or cleaning wipes.

Staff will help us do this every _________ minutes (or once an hour).
Also to keep us safe and healthy we will Do something called “Social Distancing.”

What is “social distancing?”
Social distancing is staying 6 feet or two arms lengths away from others.
This means we must do something else instead of hugs, handshakes, high fives, fist bumps. Instead I could wave or “air five” or give myself a hug. **What would you like to do from a distance to say hi to people?**
Social distancing includes staying at home instead of going to our favorite places.

To help people stay home most places are closed for now. Not being able to go to my favorite places may make me feel sad.

While I am waiting for my favorite places to open again, I will look forward to seeing people & doing things I like at my favorite places.
Three of my favorite places that are closed or I cannot go to now to keep everyone safe are:
Things I can do for the people I am missing are.

My staff can help me remember that my favorite places are closed *just for now* to keep us safe.
Let’s name some things we can do while we are staying safe at home.
All the things we do here, like washing our hands and cleaning things, your staff does at home to stay safe too. Their favorite places are closed too.

Brave people like fire fighters, police, doctors, nurses and your staff keep coming to work to keep us safe.

These brave people all go home to rest sometimes, but then they come back to work to keep us safe.

What are some of your staff’s favorite places that they will get to go to again with the virus is gone?
If I have questions, feelings, need to talk or need help while we are all staying safe and healthy, I can ask my staff and friends here for help. **Three people I can ask for help are:**

My staff and everyone at the _______________________
including me are working hard to be safe here together during the Coronavirus!

**Here are some things my staff and I can do while we are being safe together.**
Since 2019, Finding Hope Consulting, LLC and Community Supports, Inc. have collaborated on a partnership with Ohio Department of Developmental Disabilities to train and implement trauma responsive practices throughout the Ohio Developmental Centers. *Being Safe and With Others During this Coronavirus Time* is a product from this collaborative effort. While initially implemented for developmental centers, much of this information can be utilized in a wide variety of settings and in working with individuals with developmental disabilities.

**Collaborative Partners**

Finding Hope Consulting, LLC translates cutting edge relational neuroscience into everyday activities that anyone can use to promote healing, resilience and hope. As recognized experts in trauma responsive care, Finding Hope has participated in International Conferences on Human Trafficking in Hildesheim Germany and served as People to People delegates to China and Mongolia as those countries were developing their counseling programs. Since 1992, Mary Vicario, Founder and Director of Finding Hope has participated in on-going training at International Trauma Conferences and Harvard Medical School. She has consulted and trained with Harvard professors at Wellesley College through the Jean Baker Miller Training Institute. Finding Hope consultants attend ongoing intensive training with the leading experts in trauma such as Bessel van der Kolk, Bruce Perry, Stephen Porges and Herbert Benson.

Community Supports, Inc. (CSI) is a Trauma Responsive Residential Supported Living Agency that provides supports to individuals living in Hamilton County Ohio. CSI has been a DODD waiver certified provider for over 22 years. In 2015 CSI began the process of changing their philosophy to become trauma responsive. As this transformation occurred the leaders of the agency began sharing the knowledge and results with other providers throughout the region. CSI has presented at numerous trauma summits as well as meeting one on one with providers to assist them with becoming trauma responsive.

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**About the Artist**

Karen Boyhen makes art as a way to connect to people and tell stories. In her drawings she long-ago traded the idea of perfection for spontaneity of thought and style. With 30 years in the visual communications field, she welcomes new projects and collaborations. Go to karenboyhen.com to see how you can work together.