Student Success in Learning Remotely

A resource to support Kapi‘olani Community College student success & well-being during this time of transition

Spring, 2020
Student Success in Learning Remotely

WE CARE ABOUT YOU, YOUR SUCCESS, AND YOUR WELL-BEING.

This is a “live” document that will be updated; check back regularly

Timely Announcements & Updates can be found on Pages 1 - 3 & Document Directory (including more updates) can be found on Pages 4 & 5

ANNOUNCEMENTS & UPDATES

UH Community Colleges C.A.R.E.S. (Coronavirus Aid Relief & Economic Security)

NEW (May 5) The Federal CARES Act provides institutions of higher education with emergency funding to help students impacted by COVID-19. The University of Hawaii Community Colleges CARES program provides emergency grants to currently enrolled students whose lives have been disrupted by the coronavirus and are facing financial challenges. You may be eligible if you had at least $200 of expenses related to the changes in UH classes because of the coronavirus.

Applications for "Your Share of CARES" funding are now open! For Spring 2020, the award amount is $200 and is intended to help you complete your Spring classes.

Eligibility Criteria

● Currently enrolled at one or more of the University of Hawaii Community Colleges
● Classified degree or certificate seeking student (excludes fully-online degree programs)
● Filed a FAFSA for 2019-2020 or 2020-2021 and meets Title IV eligibility criteria
● Making Satisfactory Academic Progress
● Had at least $200 of expenses related to the changes in classes because of the coronavirus
  ■ Examples include: purchasing internet services or data to study at home, childcare because you have to study at home, grocery expenses that you would not have had if classes were still meeting on campus, etc.

MORE INFO

Withdrawal & Change of Grade Option Deadlines for Spring 2020

Memo updated Apr 30 with May 22 date for CR/NC deadline - The UH System/Kapi‘olani CC has extended the deadline to withdraw, change to audit grade option, and/or change to credit/no credit grade option for regular, 16 week semester-length classes; the deadline for refunds has passed - MORE INFO
UH System Emergency Grading Policy During COVID-19 Public Health Crisis

Grading During COVID-19 Public Health Crisis (UH Executive Policy 5.211, Apr 18)
Credit (CR)/No Credit (NC) Grading Option for Students (FAQs, Apr 20)

Kapi‘olani CC Financial Aid Update
Learn about updates to financial aid related with complete withdrawals, satisfactory academic progress, and student loan issues. MORE INFO

Ho‘āla Assistance Program - Hawai‘i Resilience Fund
The purpose of the Ho‘āla Assistance Program - Hawai‘i Resilience Fund (HRF) is to provide one-time emergency financial assistance (up to $1000 per household) to Hawai‘i residents facing hardship due to the COVID-19 pandemic. Due to overwhelming response, the program is currently (as of April 6) not accepting any new applications. Sign up at the Ho‘āla Assistance Program website to receive email updates and to be notified when the program reopens after raising more funds. MORE INFO

Urgent Student Relief Fund (University of Hawai‘i & UH Foundation)
Many students are experiencing urgent financial distress and may be facing challenges with classes due to the unexpected circumstances created by the coronavirus pandemic. Thanks to the generosity of donors, the University of Hawai‘i and UH Foundation have created the "Urgent Student Relief Fund." Student applications for funding are due on Wednesdays at 4:00 pm (students will be notified the following Monday of the funding decision; while funding lasts). MORE INFO

Other One-Time Emergency Financial Assistance Programs
NEW Helping Hands Emergency Assistance Program, Pūnawai Program, and more. MORE INFO

Ka‘au Mental Health & Wellness Weekly Zoom Support Sessions
Mondays at 11:00 am. Weekly topics include: recognizing your stress, the importance of a routine, three pillars of self care, finding ways to connect, goal setting, and remaining informed. MORE INFO

Remote Learning Assistance Guide
A comprehensive guide from Kapi‘olani CC Library & Learning Resources that includes information on free online textbook and online streaming video access and access to numerous other and temporarily FREE trial databases and ebooks! MORE INFO

Online Support Series by Ho‘ā Academic Support Peer Coaches
Feeling stressed out? Looking for ways to be healthy and well? Want to study or talk story with other KCC students? Join Ho‘ā peer coaches every week to get support and stay connected. Mindful Awareness & COVID-19 sessions include stretching, meditation tutorials, demos/guest speakers; study-with-a-buddy sessions are also scheduled. MORE INFO, SCHEDULE, & SIGN UP
Kapiʻo News

Stay up to date with Kapiʻo News! News for students, by students.
Kapiʻolani CC Success Tips & Resources

5 Tips for Success in Learning Remotely
(Communicate, create your environment, manage your time, reach out, take care of yourself)

Technology Toolbox
(Resources & tutorials on Zoom & Laulima and how to access UH Technology Help Desk)

Learning Resources
(Kapiʻolani CC Library; Testing - as of March 25, no longer taking new testing appointments, closed after Apr 3; Online Tutoring & Coaching; Remote Learning Assistance Guide)

Counseling & Advising Support

Computing Centers & Technology Support
Need a laptop loan through May 15? Go to Lama Library to borrow a laptop (you will need a picture ID) - more info.

Financial Aid Update
Learn about updates to financial aid related with complete withdrawals, satisfactory academic progress, and student loan issues.

Job Search Guide in the Age of COVID-19
Finding a Job in a COVID-19 World Zoom Workshop Recording
Unemployment Insurance/Claims

Other Helpful Info & Resources

Internet/Wi-Fi/Data Access
NEW (May 6) Internet Plans for Low & Fixed-Income Households

Nutrition
Pohukaina Food Pantry
at Kapiʻolani CC & other resources
Access a geolocation mapping site that includes comprehensive efforts and resources regarding food sources/distribution: Hawaiʻi Food Resources During the COVID-19 Pandemic

Student Parents Resources
NEW (effective May 1) Hawaiʻi Keiki: Ready to Learn: Offers a no-cost health hotline and telehealth visits to Hawaiʻi DOE students and their families as an extension of services provided to students in the traditional school health room, MORE INFO
NEW COVID-19 Resources & Information curated site by the State of Hawaiʻi Executive Office on Early Learning, including COVID-19 Resources & Information for Families of Young Children - Child Care Connections Hawaiʻi Subsidies with expanded eligibility requirements during COVID-19 MORE INFO
Textbook Access (free): Pearson, Cengage, MacMillian, etc.

Service Providers, Financial Obligations, & One-Time Emergency Financial Assistance

If you are experiencing financial hardship as a result of the coronavirus pandemic, contact service providers/vendors with which you have financial obligations (e.g. insurance, cell phone, credit cards, banking). They may have payment options available/that can be arranged, based on your personal situation.

Utilities Payments

Rental/Mortgage Payments & Housing
Including Housing & Tenant-Landlord resources

Other Federal Resources for Hawaiʻi During the Coronavirus Pandemic

One-Time Emergency Financial Assistance Programs
(Hoʻala Assistance Program - Hawaiʻi Resilience Fund; Kahiau Community Assistance Program; Urgent Student Relief Fund - University of Hawaiʻi & UH Foundation, Emergency Stabilization Financial Assistance - Liliuokalani Trust/Onipaʻa)

Financial Obligations with UH

More Well-Being

Wellness Resources

Crisis & Emergency Resources
Domestic Violence Action Center TEXT line and CHAT option on DVAC website

Share Aloha
5 TIPS FOR LEARNING REMOTELY

1. Communicate

Your first line of connection should be with your instructor. Make sure you are in good communication to ensure your understanding.

- Be sure you are clearly aware of how your in-person class will now be conducted.
- Check your UH email and/or course site regularly for any new announcements, especially as information may change very quickly.
- If new technologies will be used to “attend” class, submit work, complete tests and assignments, participate in class discussions, etc., make sure that you gain familiarity or ask your instructor about resources that can help before you need to actually log on, submit work, etc.
- Don’t be afraid to ask questions if you’re unsure!

2. Create Your Environment

- Communicate with those you live with and make sure they are aware that although you are not physically attending classes, you are still enrolled and need the time and space to dedicate to your studies.
- Find a space that works for you and that allows you to focus. This might be the dining table, in your room, in your yard, etc.
- Minimize things that may distract you. Consider apps that will time or curb your tendency to open other screens and browsers to surf the web, social media, etc.
- Have the proper tools and supplies that you’ll need around you, including connection to internet/wi-fi, reliable computer, text books, note taking supplies, food/drink, etc.

3. Manage Your Time

You won’t be physically coming to campus to attend your class(es) for now. Some students will be logging on to Zoom to “attend” their class on the same days and time periods virtually/online; some will not. Whether you’ll be attending class online or whether your instructor will have other means for you to participate in the class content, here are some tips that can help:

- If you don’t have one already, use a calendaring system that works for you. It could be a Google Calendar, iCalendar, other electronic calendar, or hard-copy planner.
● Keep track and organize the different ways that each instructor will now be conducting the various components of their class. Write/Type it out so that you can create a mental and physical image and it can serve as a reminder for you.

● Here is a **Daily/Weekly Time Scheduler** that might work for you to plan and organize your time and needs (make a copy, fill in this form digitally, save it, print it, make copies for future weeks, etc.)

● Schedule in the actual times you’ll be “attending” class virtually (if applicable), completing and submitting class assignments, doing research, writing papers, checking email, working, enjoying free time, etc.

4. **Reach Out**

   ● Connect with your instructors and fellow classmates (i.e. to form study groups online) through the channels that your instructor recommends (i.e. virtual office hours, email, etc.) whenever you need help or just to check in and reinforce what you’re learning.

   ● Although you’ve needed to transition from learning in-person to learning remotely, we’re here for you and want you to succeed! Connect with counselors & advisors, online tutoring/peer mentoring/coaching, and other campus services.

5. **Take Care of Yourself**

   ● Through this time of transition, remember to take a deep breath. Meditate if you need to or go to a place (in your mind or physically) that is peaceful to you.

   ● Try to practice healthy habits that nurture your body and mind and practice safety measures during this time.

   ● Participate in things that matter to you, whether it be connecting with/serving others (in ways that are safe), being in the outdoors, or enjoying a hobby.

   ● Remember that you’re not in this alone. Reach out to our campus support services if we can be of any assistance.

   ● Be sure to check out the related articles (below) and the [Wellness Resources](#) section for free tools & support.

**Related Articles:**

- [Guidance for Everyone](#) (Hawai‘i Department of Health, Hawai‘i COVID-19)

- [How College Students Can Prioritize Mental Health During the COVID-19 Outbreak](#)

- [Remaining Emotionally Connected While Practicing Social Distancing](#)
TECHNOLOGY TOOLBOX

During this time, each instructor will have their own ways of transitioning the in-person components of their class into an online or digital format or environment.

Here are some resources that may help you, depending on the specific electronic tools your instructor(s) may be using.

Zoom

Zoom Quick Start Guide for Students
(Google Slides, created/adapted by Kapiʻolani CC instructional designers)
Zoom is a web-based, user-friendly video conferencing tool. Your instructor(s) may be using Zoom to conduct their in-person class and/or office hours online/virtually. Your Kapiʻolani CC counselors/advisors and tutors/peer mentors/coaches may be using Zoom to connect with students as well. This guide will be helpful to you in getting started using Zoom.

Helpful Hints for a Successful Zoom Meeting
(PDF, by Lindsay Crawford, University of Maine)
Zoom Video Conferencing/Zoom Netiquette
(from Tarleton State University)

Laulima

How to Navigate Laulima (video, 9:04, Kapʻiolani CC, CELTT)
Is your instructor using Laulima (University of Hawaiʻi learning management system) as part of your class? Here is a video providing a general overview of Laulima and select Laulima tools. Use of Laulima/select Laulima tools is dependent on instructor.

Laulima Student Tutorials (UH-Information Technology Services)
Quick links to specific Laulima functions. Use of Laulima/select Laulima tools is dependent on instructor.

UH Technology Services Help Desk

University of Hawaiʻi Information Technology Services Help Desk
The Help Desk provides phone & email support 24 hours a day, seven days a week (including holidays).

Other

DocHub
Free Google Drive add-on that allows for PDF editing and signing.
Left click PDF in Google Drive > Open With > Open more apps > search for DocHub
Kapiʻolani CC Library

Library & Learning Resources COVID-19 Updates

Kapiʻolani CC Lama Library (ebooks, articles, and other e-resources are available 24/7)

Library hours of availability for students:
Mon-Thurs: 8am-3pml Fri: 9am-12pm
Closed weekends and holidays.
Questions and online research support via Live chat
(Mon-Thurs 9am-4pm, Fri 9am-3pm)
Email: kapccref@hawaii.edu; Text: 808-201-2986
Phone: (808) 734-9359 or (808) 734-9268
Zoom by appointment.
https://guides.library.kapiolani.hawaii.edu/covid19
Any items currently checked out will be automatically renewed. Please refrain from returning items until regular campus operations resume. Fines will be waived. Course reserve loans will be suspended until further notice, but we will have temporary scanning services (limit one chapter per request). Submit your request for scans here. Study and meeting rooms are closed until further notice.

Remote Learning Assistance Guide
A comprehensive guide that includes information on free online textbook and video access and access to numerous other and temporarily FREE trial databases and ebooks! Check out Flipster as well, FREE through July, 2020, which includes access to over 1,400 popular magazines such as Time, National Geographic, People, Wired, Consumer Reports, etc.

Testing Center
Lama Library, first floor
http://www2.hawaii.edu/~kcctest/
The Testing Center will be open until April 3 to honor previously scheduled exams. It is no longer accepting testing appointments and will be closed after April 3 until further notice.

Online Tutoring for UH/UHCC Students

Tutor.com
Online, on demand, free tutoring.

Online Learning Academy (OLA)
Online, free tutoring offered by UH-Mānoa; high quality tutoring in math, select sciences, and writing.

Online Tutoring & Coaching for Kapiʻolani CC Students

CRLA Trained & Certified Tutors & Peer Mentors Ready to Support You Online!

Online Tutoring in Math, Science, & Writing
Note: Lamakū Learning Center (Lama Library, 2nd floor) is closed until further notice.
The Study Hub
By-appointment online peer tutoring in Math and English/Writing.
Hoʻa & Academic Peer Coaches
By-appointment online peer coaching to support students in academic skills, financial literacy, health & wellness, life balance, and community.
Ka Pōhaku Kihi Pa’a Peer Mentoring
Offers online tutoring sessions in all levels of HAW (101-202), HWST 107, 270, ENG 100, 209, 272B, 272M, SP 151, ZOOL 200, Writing and all levels of MATH (103-243). Please book an online appointment; not offering in-person services at this time.
ʻImi Naʻauao STEM Peer Mentoring Program
Offers online tutoring sessions with peer mentors in Biology, Botany, Chemistry, Computer Science, Engineering, Math, Microbiology, and Physics. Please drop in for tutoring during mentors' scheduled hours on our website. No appointment is necessary; not offering in-person services at this time.
TRIO Student Support Services
Online tutoring in ENG 100 and MATH 103 and below, for TRIO students only. Please go to the TRIO
See Student Info & Resources
COUNSELING & ADVISING SUPPORT

Your academic, career, personal, and student success counseling needs are important to us during this time of transition and always.

Connect with academic program counselors to assist with your academic and course planning toward graduation and/or transfer. Academic program counselors can help with advising for every major and program at Kapi‘olani Community College, as well as with transfer pathway advising.

🌟 Remember that STAR is a helpful tool for your academic planning needs.

Connect with specific populations counselors to assist with specialized support in areas such as Native Hawaiian student success, disability support services, student parents, international students, and mental health & wellness.

Refer to Kapi‘olani CC Student Resources for contact information (updated with availability for March 23 and beyond).

COMPUTING CENTERS & TECHNOLOGY SUPPORT

Kopiko Learning Community
Business, Legal, Technology Education Department, Kopiko 101
As of March 25, closed. Computers have been relocated to the library.

KTkaha o Lae‘ahi Center, ‘Iliahi 231
As of March 25, closed.

Lama Library
Mon-Thurs 8am-3pm; Fri 9am-12pm
Open computer lab. Need a laptop loan? Limited number of laptops available for checkout until May 15, 2020, on a first-come first serve basis. One device per student. Note: these laptops will delete anything saved when shut down, so users must save files via usb, google drive, or email. Not all have video capability.

Technology Help Desk Support
University of Hawai‘i Information Technology Services Help Desk
Provides phone & email support 24 hours a day, seven days a week (including holidays)
Financial Aid Update

Kapiʻolani Community College Financial Aid Update Due to COVID-19
Learn about updates to financial aid related with complete withdrawals, satisfactory academic progress, and student loan issues.

Finding a Job

JOB SEARCH GUIDE IN THE AGE OF COVID-19

Job Search Guide in the Age of COVID-19
A comprehensive guide developed by the Kapiʻolani CC Employment Prep Center (EPC) (is being updated regularly). This resource contains information and resources on job preparation skills, industry exploration, and job search sites for part-time, full-time, temporary, short-term, and virtual-based work and more!

“FINDING A JOB IN A COVID-19 WORLD” ONLINE ZOOM WORKSHOP
VIEW RECORDED ZOOM WORKSHOP (from April 1, hosted by Kapiʻolani CC Secrets of Success & Employment Training Center - EPC; facilitated by Aerotek Recruiting & Staffing)

“INTERVIEW TIPS FOR 2020 FROM 2000 INTERVIEWS” ONLINE ZOOM WORKSHOP
VIEW RECORDED ZOOM WORKSHOP (from April 29, hosted by Kapiʻolani CC Secrets of Success & Employment Training Center - EPC; facilitated by Christopher Edwards, Hawaiian Islands Recruiter for Adecco)

UNEMPLOYMENT INSURANCE/CLAIMS

Unemployment Benefits Fact Sheet (Hawaiʻi Department of Labor & Industrial Relations)
UI Benefits Handbook
Frequently Asked Questions

It has been reported that individuals have been having difficulty filing unemployment claims. A new claims link was established on Monday, March 23, which may have improved the process.

Department of Labor & Industrial Relations:
Call center to address unemployment claims (opened April 6): 833-901-2275.
Other Helpful Info & Resources

INTERNET/WI-FI/DATA ACCESS

Internet Plans for Low & Fixed-Income Households

**NEW (May 6)** Guide to Internet Plans for Low & Fixed-Income Households

This guide will help low-income households:
- Learn about internet and financial assistance during the COVID-19 pandemic.
- Apply for low-income internet service.
- Qualify for free or discounted computers, mobile plans and phones.

Keep Americans Connected Pledge

See [Keep Americans Connected Pledge](#) page

In response to the COVID-19 pandemic, and the challenges that many Americans have faced, FCC Chairman Ajit Pai announced the Keep Americans Connected Initiative. In order to ensure that Americans do not lose their broadband or telephone connectivity as a result of these exceptional circumstances, he specifically asked broadband and telephone service providers, and trade associations, to take the Keep Americans Connected Pledge. So far, more than 700 companies and associations have signed the Chairman's pledge to Keep Americans Connected. *(the Keep Americans Connected Pledge page lists all participating companies)*

The Keep Americans Connected Pledge reads as follows:

**Given the coronavirus pandemic and its impact on American society, [Company Name] pledges to:**

1. not terminate service to any residential or small business customers because of their inability to pay their bills due to the disruptions caused by the coronavirus pandemic;
2. waive any late fees that any residential or small business customers incur because of their economic circumstances related to the coronavirus pandemic; and
3. open its Wi-Fi hotspots to any American who needs them.

**NEW (April 30)** The Keep Americans Connected Pledge has been extended through June 30, 2020.
**AT&T**
Suspending broadband usage caps for home internet customers; no overage fees while people at home using more data; keeping public wi-fi hotspots open; internet access for qualifying low income households at $10/month through Access from AT&T Program.

**AT&T, Comcast, Charter, Cox, Google Fiber, Spring, Verizon, & T-Mobile**
Beginning March 13, 2020, these companies are participating in the “Keep Americans Connected” Pledge; companies will not disconnect anyone for the next 60 days. **CNET: Internet and wireless providers will waive late fees and keep Americans connected.**

**Comcast**
Beginning March 13, 2020, offering a free “Internet Essentials” package for new customers during the coronavirus outbreak; valid for 60 days.

**Easy Tether**
Connect laptop to Internet using phone data plan (may be helpful, as some phone companies are allowing for free upgrades)

**Family Mobile**
Offering existing customers upgrades, including unlimited data and mobile hotspots through May 19, 2020.

**Spectrum**
Beginning March 16, 2020, offering free home wi-fi service for new Spectrum customers with K-12 and/or college students residing in household; valid for 60 days.

**T-Mobile**
Beginning March 15, 2020, T-Mobile is providing unlimited data free for current customers; valid until May 13, 2020.
Pohukaina Food Pantry at Kapōlani CC
Open Tuesday and Wednesday; by appointment ONLY
Make an appointment to pick up one bag of food per week per person (must use UH username and log out of Gmail to access form). Please do not take an appointment, unless you know that you will be able to make it.
For all inquiries, contact LaVache Scanlan, lavache@hawaii.edu, 808-734-9371.

Hawai‘i Food Resources During the COVID-19 Pandemic
Geolocation mapping site that includes comprehensive efforts and resources regarding food sources/distribution.
Hawai‘i Food Resources During the COVID-19 Pandemic

Hawai‘i Nutrition Employment & Training (HI NET)
HI NET at Kapōlani Community College
Email: hinetkap@hawaii.edu
Phone: (808)734-9341
Advising available by appointment via phone, email or video conferencing. Appointments may be made via email.

Hawai‘i Food Bank
The Hawaii Foodbank’s Food Assistance program distributes food through their non-profit partner agencies. See listing for locations and hours of operation (in addition to Pohukaina Food Pantry at Kapōlani Community College, if geographically more convenient). NEW The Food Bank Hawaii COVID-19 Response page includes information on food distribution sites and the O‘ahu Food Assistance Finder interactive map (including food pantries and school and food distribution sites, etc.).

Supplemental Nutrition Assistance Program (SNAP) & Financial Benefits
Updates for Food and Financial Assistance Amid the COVID-19 Crisis

Grab & Go Meals
For youth to 18 years old during extended Spring Break and school closures. Meals distributed at Hawai‘i DOE and community partner sites (see Student Parents Resources section).

Find a Farmer
With many of the farmers’ markets closed, it can be difficult to find locally grown produce. Here’s a list of farmers that may have produce and CSA boxes (for purchase).

Hawai‘i Farm Bureau - Farm-to-Car
Connecting local growers to consumers, the Hawai‘i Farm Bureau is piloting a Farm-to-Car program. Created in response to COVID-19, Farm-to-Car is a “drive-thru” farmers market; order (for purchase) online and pickup curbside at Neal Blaisdell Center.
Are you a parent of a child(ren), infant through 12th grade? We understand you have many priorities to juggle as a college student and a caregiver, and perhaps even as an employee. Now that you are also transitioning from learning in-person to learning remotely, you may be at home, “attending” class and doing school work alongside your child, who is also making that same adjustment, due to school closures and extended breaks.

Here are some resources that may be helpful to you as you all make this transition to a “new normal” during this time:

**Kapiʻolani CC Resource**

- **Kapiʻolani CC Student Parents Program**
  (see [Kapiʻolani CC Student Resources](#) for availability via phone, email, Zoom video conference)
  Services are provided for **student parents** focusing on those with financial need. Counselors provide referrals for child care, legal services and other community resources, and provide scholarship search assistance, and online resources for family friendly events and activities.

**Grab & Go Meals - Department of Education** (for youth to 18 years old)

The Hawaii State Department of Education is implementing the [Seamless Summer Option (SSO)](#) program earlier than scheduled, as approved by the United States Department of Agriculture (USDA) and Hawaii Child Nutrition Programs (HCNP).

Several Hawaii public schools (including Kaimuki & McKinley High Schools) are providing breakfast and lunch to children who are 18 years or younger. Stop by one of the designated schools to pick up a grab-and-go meal: breakfast pickup 7:30-8:00 am, lunch pickup 11:30 am-12:00 noon.

**Grab & Go 2020** for more information and school sites.

**Grab & Go Meals: Other Community Sites & Schools** (for youth to 18 years old)

- **Grab & Go Supper offered at Palama Settlement**
  beginning April 13, 3:30-4:30 pm

**Hawaiʻi Keiki: Healthy & Ready to Learn**

- **NEW (effective May 1)**
  **Hawaiʻi Keiki: Healthy & Ready to Learn**

  Hawaiʻi DOE students and families have access to a new health hotline and telehealth services to deliver equitable access to health resources and care for HIDOE students using mobile devices and interactive technology. The health hotline can be reached at (844) 436-3888 (toll free) Monday through Friday from 8 a.m. to 4 p.m., excluding holidays.

  A partnership between HIDOE and the University of Hawaiʻi at Mānoa School of Nursing and Dental Hygiene, the HK program offers school-based health services during the academic year and provides nursing coverage to every complex area in the state. Due to the COVID-19 pandemic moving classes to online learning, HK will offer a no-cost health hotline and telehealth visits as an extension of services provided to students in the traditional school health room.

**Childcare**

- **Kamaʻaina Kids**
  Extended Spring Break at select locations.
  Provide a safe and enriching environment for the child of any employee, who cannot work from home.
or is a working parent essential to the health, safety, and continued operation of Hawai‘i’s communities and does not have childcare alternatives. Extended Spring Programs are structured to abide by the CDC guidelines for social distancing (note: there is a charge/fee for this service).

**NEW PATCH - Hawaii Statewide Essential Childcare** (available to essential workers)
Listing of DHS Licensed Centers and Registered Family Childcare providers by island.

**Child Care Connection Hawai‘i (Subsidies)**
The Child Care Program has two (2) subsidy programs.
The Child Care Connection Hawaii (CCCH) subsidy and the The Preschool Open Doors (POD) program.

**YMCA - Essential Workers Child Care Program**
Beginning March 30, Leeward, Nu‘uanu, and Windward YMCA locations providing childcare program for essential workers; 6:30 am - 7:30 pm; for children ages 5-12 years old (note: there is a charge/fee for this service - $55 per day/$275 per week)

*Financial assistance is available up to 100% based on need, thanks to support from the Hawai‘i Community Foundation’s Hawai‘i Resilience Fund to ensure child care is affordable for all Essential Workers. Applicable at Leeward, Nu‘uanu, & Windward YMCA locations. Eligibility requirements & application at YMCA Essential Workers Child Care Program link above.

**Child & Family Service**
Child & Family Service
Oahu: 585-2712
Maui: 877-6888
West Hawaii island: 322-3266
East Hawaii island: 935-2188

**Parents & Children Together**
Parents & Children Together

**Articles**

*Young Children at Home During the COVID-19 Outbreak: the Importance of Self Care* (Zero to Three)

**Supporting Families Through COVID-19**
(Child Mind Institute)

**Talking to Children About COVID-19 (Coronavirus)**
A Parent Resource
(National Association of School Psychologists)

**COVID-19 Resources & Information: Making It Happen for Families of Young Kids**

**NEW** This COVID-19 Resources & Information site is a curated site that is created and is being maintained by the State of Hawaii Executive Office on Early Learning (EOEL). EOEL is the state agency charged with coordinating the early childhood system. This system addresses families with children from before birth (prenatal) until they enter kindergarten and the various providers and settings that serve them (e.g. center-based, family child care homes, family-child interaction learning programs, home visiting). Also includes Child Care Connection Hawai‘i Subsidies with expanded eligibility requirements during COVID-19.
Learning Resources/Activities at Home for Keiki (FREE)  
(adults may be interested, too!)

General Learning Resources

Audible Stories
Audiobooks for preschoolers through teens. No catches, no credit cards. Even better? There are stories available in Spanish, French, German, Italian, and Chinese, too.

Common Sense Media: Apps to Help with Mental Health
Focus on meditation, connection, and other techniques; geared toward ages 5-7 through 13+.

Common Sense Media: Educational Apps That Don't Require Wi-Fi or Data
Geared toward preschoolers ages 2-3 through Tween ages 10-12.

Common Sense Media: Free Online Events & Activities for Kids at Home

Common Sense Media: Resources for Families During the Coronavirus Pandemic
Navigate social distancing and school closures with quality media and at-home learning opportunities for your kids.

Coronavirus: A Book for Children

Crayola Create-to-Learn Family Projects
(short videos)

GoNoodle: Good Energy at Home

Google Arts & Culture: The Hidden World of National Parks
Have a virtual experience exploring Kenai Fjords, Hawai‘i Volcanoes, Carlsbad Caverns, Bryce Canyon, & Dry Tortugas National Parks! Includes narration as you explore on your tour.

Google Arts & Culture - EXPLORE
Explore topics & themes such as Natural History, Once Upon a Try, Heritage on the Edge, Harry Potter: A History of Magic, Cultural Figures, Performing Arts,

Preserving Our Past, The Fall of the Iron Curtain, Pride, Women in Culture, Street Art, Arts of the New Moon, Woven Stories from Papua New Guinea, and MUCH MORE!
Includes multimedia information on numerous topics, including readings, videos, photos, 3D imagery, mapping, virtual experiences, etc.

Great Wall of China Virtual Tour

Khan Academy

Mo Willems Drawing Sessions
This bestselling author and illustrator has announced that he will be teaching drawing every weekday on YouTube to kids who are now at home. Mo will be having sessions called Lunch Doodles where he will occupy the little ones by doodling together with them. The 20-30 minute sessions will take place every weekday at 7 am HST.

NASA Kids Club

NASA Solar System Exploration

National Geographic Kids

New York’s Metropolitan Opera - free opera streams

National Parks Virtual Tours with Google Earth (no narration)

PBSkids.org

PBS Learning Media
PBS LearningMedia is a FREE service that offers thousands of contextualized learning materials aligned to state and national standards.

PBS Nova Special on Easter Island

P.E. with Joe
Joe Wicks, famous as The Body Coach, has said he will become 'the nation's P.E. teacher' by giving daily online P.E. classes for kids. Starting from Monday 3.23.20 he will be holding kids' workout classes on his YouTube channel, and he will be doing them every weekday at 9am during the school closures. The workouts are designed to be kid friendly, will last half
an hour, and won't need much space so they can be done indoors if you're self-isolating.

**Read the World Choice Boards**
Authors of *Amplify: Digital Teaching and Learning in the K-6 Classroom* and *Read The World: Rethinking Literacy for Empathy and Action in a Digital Age* created Choice Boards with embedded links and resources for primary and intermediate children.

**Scholastic “Learn From Home”**
As of March 15, 2020, publisher and educational resource company, Scholastic, released FREE daily courses for kids as a way to help keep school aged children busy and learning with school closures due to the coronavirus pandemic. The site contains four categories: Pre-K and K, Grades 1-2, Grades 3-5, and Grade 6+, and each section is already equipped with one week of content for students, with an additional 15 days on the way; provides up to three hours of content each day and can be completed on any device.

**Science Mom's daily “QuaranTime” live stream**
Started as the result of school closures due to the coronavirus pandemic, “Science Mom” and “Math Dad” are live streaming a show on weekdays from 11 a.m. to 1 p.m. Eastern time (5 am to 7 am Hawai‘i time) that features a science lesson, math activities, interactive games and stories (targeted toward parents of kids aged 7-12 and those kids as well). You can watch recordings of each show on their YouTube channel or follow them on Facebook to get topics or writing prompts in advance.

**Seussville**

**Smithsonian**

**Starfall**

**Storyline Online**
YouTube channel where celebrities like Oprah Winfrey, Chrissy Metz, Kristen Bell, Wanda Sykes, Sarah Silverman and many more read stories that your children will love. Each video also has moving illustrations from the book to keep your children even more entertained.

**SwitchZoo**

**Virtual Museum Tours: Google Arts & Culture Voyager - Google Earth**
Explore 3D imagery of earth, natural wonders, children’s literature sites, the earth at night, animals and wildlife of the world, fairy tales from around the world, and countries like Japan - all through Google Earth.

**YouTube Learning: Learn at Home with YouTube**
Explore learning by channel, subject, field trips, etc. - comprehensive compilation.

**30 Virtual Field Trips**
Links to 30 websites that provide virtual field trips to museums, zoos, and farms.

**Local & Hawaiian Learning Resources**

**Bishop Museum Online Learning Center**

**ETS eLearn Hawaiian Resources**  
(Kamehameha Schools)

**Hawai‘i Public Library**
Many amazing online resources available to access from home 24/7 for free using your library card:
- eBooks and e-audiobooks
- Digital subscriptions to newspapers and magazines
- Online classes
- Online language learning
- Many online resources for homework, recreation and research

**Hawai‘i Volcanoes National Park Virtual Tour**  
(National Park Service)

**Iolani Palace**

**Virtual Experiences**
3D virtual tour of Iolani Palace, palace grounds tour, portraits series, Na Moʻolelo lecture series, Junior League digital files

**Keiki & ‘Ohana Activities**
Royal Orders activity sheet, Lili‘uokalani Quilt activity
**Kumukahi**
Website featuring a bilingual, community-based approach to presenting living Hawaiian culture and its connections to a rich ancestral past. Explore more than 60 diverse topics—from ahupua’a to ‘ai pono, loina to lāhui, mo’olelo to mo’okū’auhau—explained by cultural practitioners and community experts from across the pae ‘aina who have deep association with place and subject matter. Engaging videos, text pieces, and other educational activities and resources.

**Lau Nehenehe: Storytime for the ‘Ohana**
Produced by Kamehameha Publishing and presented in both ‘ōlelo Hawai‘i and English, Lau Nehenehe brings to life some of Hawai‘i’s popular children’s titles through animation, imagination, sound and story.

**Learn ‘Ōlelo Hawai‘i** (Kaneoekana)
Great variety of free resources to help lay the foundation for language learning

**Lei Ānuenue LIVE Sessions on Zoom**
(beginning March 20, 2020)
Huddle up everyone in the hale to enjoy some time to hang out with the lāhui...virtually. Tune in to Lei Ānuenue as it connects us across the pae ‘aina and beyond. It’s a time for all of us—kamali‘i, ‘ōpio, māku, and kūpuna—to enjoy learning together. Familiar lāhui friends will be sharing with us a wide spectrum of fun cultural riches. It might be the beautiful melody and mana‘o of a mele, a cool craft project, or maybe it’s mo‘olelo time! Who will be our alaka‘i will be a surprise from session to session. Enjoy all the shades of Lei Ānuenue starting Friday, 3/20 at 9:00 a.m.

**‘Ōiwi TV on YouTube**
Produced by ‘Ōiwi TV and presented primarily in ‘ōlelo Hawai‘i with English subtitles, this YouTube channel offers mele, mo‘olelo, language-learning resources, documentaries, symposia, and other videos for entertainment and learning.

**Pāhana ‘Āina Lupalupa Resource Site**
Features the Pāhana ‘Āina Lupalupa Hawaiian culture-based science reader series targeted to learners in grades K-3 as well as those who support their learning. All 20 books in the first Life Science set (16 levelled readers and 4 teacher/mentor texts) can be downloaded in pdf form in either ‘ōlelo Hawai‘i or English. The site also includes a wide variety of support materials for educators about the series, how it was created, and instructional documents.

**Patrick Ching, Hawai‘i‘i’s Nature Artist**
Free downloadable Hawai‘i based coloring sheets for education and enjoyment.

**Purple Mai‘a Learning & Virtual Activities**
As of March 17, 2020, moving classes online for keiki and adults. Learn more about program offerings at the Google Doc link above (this document is continually being updated). Learn more about Purple Mai‘a.

More details on upcoming Purple Mai‘a programs:

**Making Music with Kumu Tiana** (Purple Mai‘a)
Fridays, 10:30am - 11:30am
May 1 to May 22
Sign up at link above.

Let’s make mele! This is an introductory music course that will develop confidence in utilising the body, ukulele and voice as a way to create music.

By the end of the course, students will know how to tune the ukulele, play the chords of C, Am, F, G7, C7 and D7, and create their own short song culminating in a hō‘ike for the final class.

**Minecraft Master Class** (Purple Mai‘a)
A passion for playing is a catalyst for learning!
Tuesdays, 10:30am - 12pm
April 21 to May 12
Sign up at link above.

The Master Crafter Class uses the Minecraft platform to prepare keiki for the future by exploring and honing, Minecraft abilities, advanced learning skills and team building readiness, while learning a little more about our home here in Hawai‘i with place-based mo‘olelo and learn concepts of kuleana and aloha ‘aina.

Note, your child will need a Minecraft license to participate in this class. They can be purchased here: [https://www.minecraft.net/en-us/get-minecraft](https://www.minecraft.net/en-us/get-minecraft) OR we have limited licenses available for students in need of financial assistance. Let us know you’d like to

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access one of these by answering the question in the registration.

(Many thanks to some resources from Kanaeokana community crowd-sourcing)
TEXTBOOK ACCESS (FREE): PEARSON, CENGAGE, MACMILLIAN, etc.

If your instructor is using Pearson, Cengage, or MacMillian textbooks, you can access your textbooks for free online through May 24 through RedShelf and Vitalsource. Some other publishers are also included.

For **RedShelf**:

- Type in the title of your textbook or the ISBN from your instructors' syllabus.
- If your textbook is available for free (until May 24, 2020), set up an account.
- Lots of short how-to videos.

For **VitalSource**:

- Set up an account.
- Type in the title of your textbook or the ISBN from your instructors' syllabus.
- Can read offline with their app.
Service Providers, Financial Obligations, & One-Time Emergency Financial Assistance

If you are experiencing financial hardship as a result of the coronavirus pandemic, contact service providers/vendors with which you have financial obligations (e.g. insurance, cell phone, credit cards, banks). They may have payment options available/that can be arranged, based on your personal situation.

UTILITY PAYMENTS

Modified payment options are available from utilities providers:

**Hawaiian Electric**

UPDATE (April 29) HECO has suspended disconnections for non-payment through June 30 (this is an extension from the previous date of May 17), and may extend that period depending on the situation at the time. Customers who are having trouble paying their electric bills because of the coronavirus emergency are encouraged to call HECO about payment options and schedules.

**Board of Water Supply**

BWS will not be shutting off any water service. If you have an outstanding account with BWS, please contact the customer service team at (808) 748-5000, option 4 to set up a payment plan.

RENTAL/MORTGAGE PAYMENTS & HOUSING

Refer to pages for most current info:

**Assistance for certain homeowners & renters**

(Hawai‘i Senator, Brian Shatz’ page) A moratorium on foreclosure evictions is in place until May 17. People facing financial hardship from the coronavirus, either directly or directly, can ask for postponement or reduction of their loan payments on mortgages backed by federal agencies like FHA and HUD and Fannie Mae or Freddie Mac. Submit a request to the mortgage servicer who takes your loan payments and ask for a 180-day “forbearance” under the federal CARES Act. You can also talk with a HUD-approved housing counselor. Find one at the Consumer Financial Protection Bureau or call (800) 569-4287.

A moratorium on rental evictions is also in place until July 26 that applies to tenants living in properties with federally-guaranteed loans or that are part of federal housing programs. Property owners have to give 30-days' notice for evictions -- but they can't do so during the moratorium. This also applies to rental properties that receive federal subsidies, including Section 8 housing and public housing. If you need help, call the Legal Aid Society of Hawaii at (808) 536-4302 on Oahu or (800) 499-4302 for the Neighbor Islands. You can also contact a HUD-approved housing counselor or call (800) 569-4287.
OTHER FEDERAL RESOURCES FOR HAWAI‘I DURING THE CORONAVIRUS PANDEMIC

Refer to page for most current info:
Resources for Hawai‘i During the Coronavirus Pandemic

(Hawai‘i Senator, Brian Shatz’ page) Includes information on tax relief, the Coronavirus Aid, Relief, and Economic Security (CARES) Act (one-time payment made directly to individuals by federal government, depending on eligibility criteria and income), the Families First Coronavirus Response Act (emergency paid sick or family and medical leave, as per eligibility criteria), individual health resources, etc.

ONE-TIME EMERGENCY FINANCIAL ASSISTANCE

Emergency Stabilization Financial Assistance

Refer to page for most current info:
Emergency Stabilization Financial Assistance

The COVID-19 pandemic has created unprecedented challenges and needs for our kamali‘i & ‘ohana. Our immediate concerns are the overall wellbeing of our families across the islands and their ability to meet basic needs. Lili‘uokalani Trust is providing kōkua through one-time emergency stabilization financial assistance for those who qualify. Along with other community resources, we strive to collectively support our kamali‘i & ‘ohana.
Eligible families must have a Hawaiian kamaliʻi (child ages birth to 17 years old) residing in the household of the requestor and they must have legal authority to request this assistance;

- There must be a direct financial impact resulting from COVID-19 (e.g., job loss, reduced hours, quarantine). Requestors are asked to provide documentation, if possible.
- The requestor and kamaliʻi are not currently enrolled in Liliʻuokalani Trust services (e.g., case management, youth development programs).

If you are interested in applying for one-time Emergency Stabilization Financial Assistance, please call our LT Kōkua Line at (808) 466-8102. If after business hours, leave a message or send an email including your phone number and we will respond within 48 hours.

**Hours of operation:** Tuesdays – Fridays, 9:00-11:00am & 1:00-3:00pm, excluding State/Federal Holidays.

**Helping Hands Hawaiʻi Emergency Assistance Program**

NEW Emergency Assistance Program provides individuals and families who are homeless or at-risk of being homeless with emergency financial assistance that is aimed towards preventing homelessness or aiding those that are in transition. In general, this program primarily provides assistance with rent and utilities. Consumers must meet three major requirements. More info: [Helping Hands Hawaiʻi Emergency Assistance Program](#)

**Hoʻāla Assistance Program - Hawaiʻi Resilience Fund**

Refer to page for most current info:

[Hoʻāla Assistance Program - Hawaiʻi Resilience Fund](#)

Due to overwhelming response, the program is currently not accepting any new applications. Sign up at the Hoʻāla Assistance Program website to receive email updates and to be notified when the program reopens after raising more funds.

The purpose of the Hoʻāla Assistance Program - Hawaiʻi Resilience Fund (HRF) is to provide one-time emergency financial assistance (up to $1000 per household) to Hawaiʻi residents facing hardship due to the COVID-19 pandemic. HRF is made possible through a partnership between the Council for Native Hawaiian Advancement, Hawaiʻi Community Foundation, and Pierre & Pam Omidyar. The program aims to provide stability to families during this emergency situation.

Eligibility requirements include being 18 years or older, a Hawaiʻi resident, and ability to demonstrate a loss of income and/or increased financial need directly resulting from the COVID-19 pandemic. Funds will go directly to a vendor qualifying applicant has an obligation with and may include funding toward mortgage/rent payment, utility services, and/or certified child care services.

The application involves three phases:

1) set up an online profile;
2) complete the intake form (address, income, request for funds); then,
3) upload documentation (valid Hawaii identification, pay stubs, employer verification of layoff, etc., overdue notice of mortgage, rent, utility bill).

**Kahiau Community Assistance Program**
Refer to this page for the most current information:

**Kahiau Community Assistance Program**

The purpose of the Kahiau Community Assistance Program (KCAP) is to provide one-time emergency financial assistance (up to $1500) to Native Hawaiian beneficiaries facing hardship due to an unexpected crisis. KCAP is made possible through a grant from the Office of Hawaiian Affairs and aims to provide stability for Native Hawaiians during emergency situations.

The Kahiau Program currently funds:
- mortgage payment
- rent deposit
- rent payment
- utility services

General eligibility criteria, hardship documentation, and annual income limits apply.

**Pūnāwai Program**

**NEW** The Pūnāwai Program is a statewide Office of Hawaiian Affairs (OHA)-funded program that assists Native Hawaiian beneficiaries with services designed to help individuals and families stabilize their living situations/lives and work towards self-sufficiency in the future. Eligibility requirements apply. For more info: [Pūnāwai Program](#).

**Urgent Student Relief Fund**  
(University of Hawai‘i and UH Foundation)

Refer to page for most current info and to apply: [Urgent Student Relief Fund](#)

Many students are experiencing urgent financial distress and may be facing challenges with classes due to the unexpected circumstances created by the coronavirus pandemic. Thanks to the generosity of donors, the University of Hawai‘i and UH Foundation have created the “Urgent Student Relief Fund.” This fund was created to assist UH students at all 10 campuses with unforeseen financial hardships due to an emergency or crisis while enrolled at UH, such as the COVID-19 pandemic. Student applications for funding are due on WEDNESDAYS AT 4:00 PM (students will be notified the following Monday of the funding decision; while funding lasts).

**Financial Obligations with UH**

Do you owe money to the University of Hawai‘i, but have been affected financially by the coronavirus pandemic? Set up a payment plan with UH System Bursar to avoid going into collections. Contact Mr. Richard Komenaka at rkomenak@hawaii.edu or (808) 956-6295.
More Well-Being

Wellness Resources

Kaʻau Program for Mental Health & Wellness (Kapiʻolani CC)
Counseling services provided via phone, email, and Zoom video conference.
Business Hours: Monday - Friday 8:30am - 4:30pm
Appointment Hours:
Monday - Thursday 9:00am - 3:00pm
For Appointments, email: kapmhw@hawaii.edu

Kaʻau Support Sessions via Zoom
Mondays at 11am
Zoom Meeting
https://zoom.us/j/746225440
Meeting ID: 746 225 440
Come share, ask and hear other students’ challenges and solutions. Each week’s discussion will center around a general topic.
TOPICS:
4/06 Week 1: Recognize your stress
4/13 Week 2: The Importance of a Routine
4/20 Week 3: Three Pillars of Self Care
4/27 Week 4: Find Ways to Connect
5/04 Week 5: Goal Setting
5/11 Week 6: Remain Informed

Well-Being During Coronavirus
Greater Good’s Guide to Well-Being During Coronavirus
Practices, resources, and articles for individuals, parents, and educators facing COVID-19

Greater Good magazine is published by the Greater Good Science Center (GGSC) at the University of California, Berkeley. Since 2001, the GGSC has been at the fore of a new scientific movement to explore the roots of happy and compassionate individuals, strong social bonds, and altruistic behavior—the science of a meaningful life.

Centers for Disease Control & Prevention
Prevent Getting Sick
Proactive steps you can take to help protect yourself and others.
Use of Cloth Face Coverings to Help Slow the Spread of COVID-19
Includes information on how to wear and use face coverings and written instructions on how to make sew and no-sew face coverings.
Recommendation Regarding the Use of Cloth Face Coverings
Recent studies and short CDC video on how to make your own no-sew face covering.

Telehealth Services
NEW Pacific Basin Telehealth Resource Center (University of Hawai‘i at Mānoa) provides information about various telehealth services in Hawai‘i. Their vision is to provide cost effective access to connected, high quality health care services for all people. The PBTRC is committed to expanding the availability of healthcare to underserved populations via telehealth.
Telehealth Initiatives in Hawai‘i
Who Provides Telehealth Services?
Includes organizations and groups that provide telehealth services. There are also individual providers that provide services by telehealth. Please check with your primary care doctor or health insurance plan to find additional providers who are available to provide services.
Telehealth Information for Patients

Aloha United Way
Got a COVID question?
Call Aloha United Way 2-1-1
Seeking information or answers to questions about COVID-19? Contact the Aloha United Way call center by calling 2-1-1. Staff are available to take your call from 7 a.m. to 10 p.m., seven days a week. How to reach out:

- **CALL:** 2-1-1 from anywhere in the state
- **TEXT:** (877) 275-6569
- **CHAT:** [www.auw211.org](http://www.auw211.org)
- **EMAIL:** info211@auw.org

Aloha United Way 2-1-1 is a general resource “hub” for community-based resources on all islands.

**Guide to Living with Worry & Anxiety Amidst Global Uncertainty**

A [guide and resource](http://www.auw211.org) from Psychology Tools.

**COVID Blues Got You Down?**

**Hawaii Department of Health**

Is the pandemic making you feel depressed or anxious? Worried about what the stay-at-home order means for your job and your mounting bills? You are not alone. If you need someone to talk to, don’t hesitate to reach out to someone you trust. If you need extra support, the [Hawaii Department of Health](http://www.hawaii.gov) has expanded its 24-hour Crisis Line of Hawaii. Call 1 (800) 753-6879, or text the word ALOHA to 741741, any time of day. Staff are ready 24/7.

**Native Hawaiian Well-Being During COVID-19**

*Native Hawaiian Well-Being During COVID-19* (Resource from Lili’uokalani Trust)

Being well and balanced throughout this stressful time of physical distancing and constant change utilizing Kūkulu Kumuhana.

Kūkulu Kumuhana is a wellbeing framework, developed by Kānaka Maoli and others for the lāhui and all who live in Hawai‘i. It is a transformative model to be utilized by families and communities for holistic wellbeing.

**Meditation**

Free online offerings that you can do at home:

- **InsightTimer**
  The world’s largest collection of free guided meditations, with over 30,000 titles.
- **Calm**
  Calm includes collections of meditations, Sleep Stories, mindfulness tools, nature scenes and music for focus, relaxation and sleep.
- **Headspace**
  Headspace includes guided meditations, animations, articles and videos.

**Mental Health & Coping**

**Mental Health & Coping During COVID-19**

Centers for Disease Control (CDC) site on recommendations for managing anxiety and stress.

**Free Online Fitness**

**Down Dog App**

So that anyone who wants to practice at home can do so, we are making all of our apps - Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout - completely free until April 1st.

In response to the many school closures taking place, we are also offering free access until July 1st for all students and teachers (K-12 and college). To access the free school membership, please register your school’s domain by visiting downdogapp.com/schools.

We are also extending free access until July 1 for all healthcare professionals so we can help those who are helping us. Please visit downdogapp.com/healthcare to register your work healthcare domain.

**Orange Theory at Home**

Just because we can’t meet in the studio, doesn’t mean we aren’t committed to helping you achieve More Life. Every day we’ll share a 30-minute workout showcasing some of your favorite coaches from around the world. You won’t need special equipment, although we may ask you to scrounge around the house for some objects.

**YMCA 360**

Online, on-demand classes for free. There are classes for various age groups, from kids to kupuna.

**305 Fitness**

Offering cardio dance live streams twice a day on
YouTube. The sessions are held at 6am and 12pm. (Many thanks to some resources from Kanaeokana community crowd-sourcing)

CRISIS & EMERGENCY RESOURCES

In case of emergency:

- Call 911 or go to the nearest emergency room

For Urgent Mental Health Crisis

- Call the Local Suicide Crisis Line - (808) 832-3100
  *Let them know if you need a crisis counselor to report to your location. Expect a brief phone assessment by the triage operator.*

For 24 hour Anxious, Distress or Crisis Support

- Text the Crisis TEXT Line - 741741
  *A crisis counselor will reply within 60 seconds. You will be connected to local support and services if needed. This has been a great middle-of-the-night support for students.*

**Domestic Violence Action Center**

Oahu help line: 531-3771  
Toll-free help line: 800-690-6200  
TEXT LINE: (605) 956-5680  
CHAT option on DVAC website

**National Domestic Violence Hotline**

800-799-7233

**Sex Abuse Treatment Center (SATC) of Hawai‘i**

SATC response plan currently in place during COVID-19:

24 Hour Hotline

- 24/7 hotline open and available. Call (808) 524-7273 for assistance at any time
- Calls made to the SATC office will be advised to call the hotline number

Medical-Legal Services

- Sex assault exams remain available. Call hotline number for assistance

Crisis & Clinical Services

- Crisis support at the time of the forensic interview remains available
- Crisis counseling sessions, psychotherapy sessions, and case management services will be provided over the phone and/or through telehealth

**Child & Family Service**

Oahu: 585-2712  
Maui: 877-6888  
West Hawaii island: 322-3266  
East Hawaii island: 935-2188

**Parents & Children Together**
SHARE ALOHA

During this time of social distancing and uncertainty, let's focus on human connection and positivity. Our Kapi‘olani Community is vibrant and strong. It’s full of amazing people doing good in our world...and it includes you. Take a moment to reflect, share, and connect with aloha. E mālama pono.

If you have any questions regarding this resource, please contact Kristie Malterre, Kapi‘olani Community College, Counselor, Online Learner Success, kristies@hawaii.edu.