



Resources on COVID-19 Response for Domestic & Sexual Violence Programs

Tips for Virtual Co-Working

- ❖ Communication is key. Think of all the different methods available to you and your coworkers and determine what works best for individuals.
- ❖ Don't expect everyone to follow the same schedule. Provide flexibility to individuals for how they can get their work accomplished. Also, be practical about what can be achieved in a day.
- ❖ Reach out daily. Set a time for an optional, 10 minute daily team check-in/ huddle.
- ❖ Think about what combination of email, phone, and/or video conferencing is most effective for your team. Consider Skype, GoToMeeting, Google Hangouts, and Zoom.
- ❖ When using video conferencing, consider choosing a rotating facilitator for each meeting.
- ❖ Check in with coworkers individually to see how they are doing and what support is helpful.
- ❖ Become aware of the resources that are available in employee locales and also, what services are curtailed right now for helping survivors. Circulate that information to all staff.
 - Are shelters open?
 - How can individuals access advocates?
 - Are courts accessible physically or virtually for protection orders and other assistance?
- ❖ Staff may experience a wide range of trauma and violence at home themselves. Practice compassion and service to each other, the same way we do for others in our communities.

For information, resources, and TA on organizational sustainability and capacity building through the [SOS Institute](#), please contact Futures Without Violence. [Learn more and access resources](#). Contact: Mónica Arenas, marenas@futureswithoutviolence.org

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Advocacy

- [Information on COVID-19 for Survivors, Communities, and DV/SA Programs](#), *FUTURES*
- [Survivors and the Workplace](#) - Coronavirus Response Resources, *FUTURES*
- [Sustaining Services for Survivors with Disabilities During COVID-19](#), Vera Institute for Justice
- [Using Technology to Communicate with Survivors During a Public Health Crisis](#), NNEDV
- [Best Practices for Mobile Advocacy](#), NNEDV
- [Supporting Survivors' Access to Substance Use Disorder and Mental Health Services During the COVID-19 Emergency](#)
- [Preventing and Managing the Spread of COVID-19 Within Domestic Violence Programs](#), NCADV
- [COVID-19: Coalition Guidance for Programs](#), NNEDV
- [Things to Consider for Shelter Programs During COVID-19](#), Violence Free Colorado
- [COVID-19 Prevention & Response Forum for Advocates](#), House of Ruth Maryland
- [Emergency Preparedness Toolkit](#), California Partnership to End Domestic Violence
- [Resources for Community-Based Service Providers](#), National Network for Youth
- [COVID-19 Resources, Services, and Support](#), Office of Trafficking in Persons
- [Safety Planning COVID-19, a Guide for Survivors of Domestic Violence](#), Sanctuaries for Families
- [COVID-19 Screening and Triage Tool for Providers of Youth Experiencing Homelessness](#)
- [Tips for Survivors: Coping with Anger After a Disaster or Other Traumatic Event](#), SAMHSA
- [Should I stay or go?](#) Helping survivors with interstate custody/relocation, recorded Webinar, ABA
- [HUD's \(SNAPS\), Housing Planning & Response](#), Office Hours Webinars, recorded & every Friday
- [Resources for DV/SA Services](#) (including immigrant survivors) – Compilation of Resources

Staff Wellness

- [Self-care During COVID-19](#), Arizona Coalition to End Sexual and Domestic Violence
- [Wellness Orientation For Uncertainty in the Time of COVID-19](#), Full Frame Initiative
- [Sheltering in Place: ACEs-Informed Tips for Self-Care During a Pandemic](#)
- [OVC: Vicarious Trauma Toolkit](#)
- [CDC: Managing Stress and Anxiety](#)
- [ACEs Aware Stress Management Resource List](#) & [Trauma Informed Response for Work Settings](#)
- [Tiny Survival Guide](#), Trauma Stewardship Institute (TSI)
- [Supporting Caretakers & Ourselves Through Times of Trauma](#), Interview, Katie Goodman & TSI
- [Building Organizational Resilience in the Face of a Ubiquitous Challenge](#)
- [Taking Care of Your Mental Health in the Face of Uncertainty](#), AFSP
- [Find a Local Health Center](#)

Infrastructure

- [DOJ, Office on Violence Against Women](#), Information Regarding COVID-19
- [Interim Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019 \(COVID-19\)](#), CDC
- [Guidance on Preparing Workplaces for COVID-19](#), OSHA
- [Nonprofit Human Resources for responding to COVID-19](#), Nonprofit HR
- [Resources for Nonprofit Leadership Related to COVID-19](#), Independent Sector
- [Supporting Volunteer Efforts During Coronavirus](#), Energ!ze
- [Emergency Planning for Nonprofits Webinar](#)- free sessions, Human Services Council
- [Nonprofit Communications in the Age of Coronavirus](#), Resource Media
- [What Nonprofit Board Members Should Be Doing Right Now to Address the COVID-19 Situation](#)
- [COVID-19 Tools and Resources for Nonprofits](#), Non Profit Finance Fund
- [Nonprofit Pandemic Resources](#), North Carolina Center for Nonprofits
- [Nonprofit Guide to the CARES Act](#)
- [State by State Listing of Community Foundations with Coronavirus Relief Efforts](#)
- [List of Resources on Organizational Capacity Building](#), FUTURES

Remote Work Management & Resources

- [How to Operate as a Remote Workplace During a Public Health Crisis](#), NNEDV
- [Sample Telecommuting Policy](#), Vermont Network
- [Virtual Workplaces: Technology and HR Considerations](#)
- [A Guide to Managing Your \(Newly\) Remote Workers](#), HBR
- [Sample Telecommuting Policy](#), ThinkHR
- [Building Trust While Working Remotely](#), From the Ford Foundation
- [Harvard Business Review: How to Get People to Actually Participate in Virtual Meetings](#)
- [Nonprofit Resources for Remote Work](#), TechSoup
- [GoToMeetings](#) - (offers free three-month remote work tools package)
- [Microsoft Teams](#) - (free for six months)
- [Higher Logic](#) - (offering free virtual conference/event tools)

We offer this list of resources as a reference. Their content does not represent the views of FUTURES.