

FRASER FAMILY CONNECTION

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Message from Diane S. Cross

Fraser President and CEO



Thanks to each one of you who has supported Fraser, as we've carefully navigated these uncharted waters during these incredibly rough seas.

Fraser has remained open because we serve a special niche in our community, providing essential services. We took the hard road, staying open, to care for our clients and the community that loves and supports them.

Mental health issues don't go away during a crisis. On the contrary, people's need for help becomes more heightened. I've heard from so many families that they need us now more than ever. We will continue to use every tool we have to support them.

Central to everything we do is working to ensure our clients and staff are safe. With significant safeguards in place, we are gradually reopening some services in center, starting in the next few weeks. We take comfort in knowing that our plans align with the State of Minnesota guidelines for providing services safely during the COVID-19 pandemic.

We know that consistent therapy is vital for young children, who can regress quickly, losing important skills that can negatively impact their progress over a lifetime. That is why we are re-opening up Applied Behavioral Analysis (ABA) and Day Treatment services in our clinics, to allow children to receive full-day benefits from these crucial services.

The only way to get to the other side of this "ocean" is to move through it. The ability to offer some services in clinic for Fraser families is a positive step forward. I can now see the light at the end of this tunnel, even though the path ahead may be long.

Thank you for rising to the occasion and finding the courage to stand with us through this challenging time.

Warmest regards,



FRASER

The health and safety of our staff and clients is very important to us. We are taking an abundance of caution and have put enhanced safeguards in place as we reopen our clinics.



Disinfecting rooms between each use



Implementing daily health and temperature screenings of clients and staff



Handwashing protocols for staff and clients



Eliminating books and magazines from lobbies



Instituting masks for all Fraser staff



Cleaning toys throughout the day

For Your Safety

Therapy in Your Home

Fraser Expands Telehealth Services to Serve Families in Their Homes

Though families are being asked to stay home, we know mental health issues don't pause during a crisis. For many, the COVID-19 pandemic has made their mental and behavioral health concerns more acute. Fraser has expanded our telehealth services to respond to these changing needs.

"I have a couple of clients — one who is 11 and one who is 16 — who have recently increased their telehealth sessions. Both expressed wanting more social connection right now. They both really enjoy playing games while talking, so I've found a repertoire of games that I've modified for telehealth. They like being able to virtually 'get away' from their households and have time focused on them."

— Gretchen Phung
Fraser Family Therapist and Clinical Program Manager

You can access these services through a video connection on your smartphone, tablet or computer. You then meet with a Fraser therapist virtually through Zoom to receive services. If you don't have a video-enabled device, Fraser can provide these services through your telephone.

Fraser is accepting new clients to these services, and the response from families has been very positive.

"I have a client who lives 3 hours away that I am seeing via telehealth twice a week. They were having trouble finding a therapist with a background in autism spectrum disorder in their area. I'm so happy we were able to connect through telehealth!" said Jeanne Hermes, Fraser mental health professional.

Fraser currently provides these services through telehealth:

- Diagnostic Assessments
- Fraser Family Consults
- Early Beginnings
- Individual Therapy
- Family Therapy
- Individual Skills Training
- Adult Rehabilitative Mental Health Services (ARMHS)*
- Behavioral Health Home
- Pediatric Therapy, including Feeding Therapy, Occupational Therapy, Physical Therapy and Speech-Language Therapy
- Day Treatment
- Applied Behavioral Analysis
- Waiver Case Management

If you're interested or have questions about our telehealth services, please call us at 612-767-7222.

*Not all ARMHS services are being provided through telehealth.



What's New

Mental Health Resources

With Fraser Hope Line, Help is Just a Phone Call Away

It's okay not to be okay right now.

The COVID-19 crisis has resulted in job losses, disrupted school schedules and isolation from friends and family. All these changes can lead to a perfect storm of stress, anxiety, depression and other mental health issues.

Fraser has launched the Fraser Hope Line, a free resource that connects people who are struggling directly with a mental health professional. Calling 612-446-HOPE (4673) or emailing fraserhopeline@fraser.org puts you in touch with a therapist, Monday through Friday, 7 a.m. to 7 p.m. You don't have to be current Fraser client to reach out.

"We've heard from countless families that they're struggling to navigate this incredibly uncertain time. At Fraser, we're dedicated to supporting these families and our community. We look for answers rather than easy outs, so we created the Fraser Hope Line to be community lifeline for individuals and families. We want people to know help is just a phone call away."

— Diane S. Cross
Fraser President and CEO



FRASERHOPELINE

The Fraser Hope Line can help with issues like the following:

- Children who are having tantrums or showing aggression
- Individuals facing stress, anxiety and depression
- Families struggling with a challenging new work/life balance
- Parents of children with special needs who are dealing with their own mental health issues
- Young adults who are feeling depressed
- Anyone who is feeling alone or overwhelmed

Call today. Help is just a phone call away.

Save The Date!

2020 Fraser Walk for Autism
Saturday, August 1



Fraser Announces New 2020 Fraser Walk for Autism Date

Though we had to postpone the 2020 Fraser Walk for Autism presented by Central Roofing Company, we are excited to share our new date. Join us on Saturday, August 1, 2020, Mall of America, at 7 a.m.

The Fraser Walk for Autism is traditionally a sensory-friendly family event held on the first level of Mall of America that features sensory activities, games, giveaways, therapy animals and breakfast. While this year, the event may look a little different, we are planning a fun, safe day to show support for individuals and families facing the challenges of autism. We will follow recommendations from the Governor's Office and the Minnesota Department of Health. More details will be released soon.

The walk raises awareness about autism, helps Fraser sustain our current programs and allows us to expand services to serve even more Minnesota children and families. We know that now, more than ever, supporting individuals with autism is crucial. The CDC states [1 in 54 U.S. children](#) is now diagnosed with autism spectrum disorder (ASD) by age 8. This is almost a 10 percent increase from the previous numbers.

Last year, walkers, volunteers and event sponsors raised almost \$155,000 for autism programs and services at Fraser. We can't wait to walk together again, and we're excited to see you! You can rally a team or register to walk individually.

For questions about the event, please contact Rose Rosario at rose.rosario@fraser.org.



Adult Services

Resources for Parents

Let us Support You!

When you're the parent of a child with autism, mental health issues or special needs, you face some unique difficulties. Your daily struggles are currently compounded by the stress and anxiety of the COVID-19 pandemic. Fraser has a variety of resources available to help you deal with these difficult times. Please remember that Fraser is here for you too.

Check out our Fraser blog!

- [5 Ways to Manage Your Mental Health During the Coronavirus Pandemic](#)
- [8 Tips to Help Your Child with Special Needs and Typical Needs Do Homework](#)
- [12 Easy Ways to Help Burn Energy and Calm Children of All Abilities](#)

We also have a podcast, FraserCast! Listen to some of our episodes.

- [How to Advocate for Your Child with Special Needs](#)
- [COVID19, Therapy, Parenting, Schooling, and Adapting](#)
- [Preparing Children with Special Needs for Higher Education and the Workforce](#)



FRASER
fraser.org

THIS IS A REALLY TOUGH TIME FOR PARENTS OF CHILDREN WITH SPECIAL NEEDS.

Fraser is here for you too!
You care for others.
Let us care for you.

Contact Fraser today for support
612-767-7222

 **Special Needs.
Bright Futures.**

Save The Date!

FORE! Fraser Benefit Golf Classic & Fraser Annual Benefit

