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FOR IMMEDIATE RELEASE

Aldea launches free Family Wellness Support Line for children & families and Drug & Alcohol treatment for teens through telehealth during COVID-19 Outbreak

By Aldea Children and Family Services

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NAPA, CA – Napa and Solano County residents feeling the emotional and mental toll of COVID-19 can get support from a special helpline and free drug treatment for teens in Napa County.

Through the generosity of a disaster relief grant from Napa Valley Community Foundation funded by the Napa Valley Vintners, we have two new telehealth bilingual services to support children and families during this challenging time to receive mental health services from the safety of your home.

First, Napa and Solano County residents can get support from a special helpline. Aldea Family Wellness support line, the agency's bilingual behavioral health brief intervention, information and referral service, will now offer help to parents and guardians who are dealing with their children's anxiety and worry related to the Novel Coronavirus (COVID-19) outbreak. Napa and Solano County residents can call bilingual Spanish/English staff **707-543-1152** for *free*, confidential support. Launching Saturday April 4, Aldea Family Wellness support line will be answered from **8 a.m. to 8 p.m. seven days a week** by live trained behavioral health workers. The staff answering calls may also provide community resources by linking callers to already existing local partners/businesses helping at this time (meals, rent/housing, library services, teaching/educational services).

Second, for Napa County youth and young adults ages 12-21, we have transitioned our **Substance Use Disorder prevention and treatment services** to be virtual. Youth can receive support and treatment for drug, alcohol, and tobacco abuse including individual and family

services on a sliding scale. Treatment works and during this time with kids' home from school the help is needed even more. Call **707-255-1855** for an assessment.

For more COVID-19 guidance and information for individuals and, visit Aldea's website: aldeainc.org/resources

"This is a very challenging time for so many of us," said Kerry Ahearn, CEO of Aldea Children and Family Services. "We want to make sure that the residents of Napa and Solano County have a safe space to talk to someone about their worries and concerns.

"Talking to others and staying connected with friends and family can help reduce anxiety and make people feel more in control," Senior Director of Behavioral Health, Julie Burns said. "The trained specialists answering these phones can help callers take care of their mental health during this difficult time."

Along with providing help for mental health issues related to COVID-19, Aldea Family Wellness support line will also continue to offer referrals to their drug and alcohol treatment, general mental health support and referrals to mental health services. The staff answering calls may also provide community of resources by linking callers to already existing local partners/businesses helping at this (meals, rent/housing, library services, teaching/educational services) time.

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About Aldea Children & Family Services: Aldea is the essential community partner for children and families in crisis. We believe that in a family's most critical moments, the company of a trusted professional can mean the difference between strength and suffering. Every day, our expert staff walks with young people on their journey to healing, providing the care that brings both short term comfort and long-term resilience. Because with a community of support, they discover their own ability to create a new life, one moment at a time. For more information please go to their website at aldeainc.org or call 707-224-8266.