



## Roca Statement on COVID-19

At Roca, we are privileged to serve vulnerable young people every day. Unfortunately, our young people and their families now face far more risks of poverty, trauma, and isolation from services than they did last week, so we are working on designing the best and safest ways to support them and everyone we know – our team, our partners, our families, and our friends – in these challenging and uncertain times.

As of now, all Roca sites and teams (Chelsea, Lynn, Boston, Springfield, Holyoke and Baltimore) are working remotely to support our young people; and we continue to reach out, talk with and do CBT with them. There is certainly no better time to practice and use our CBT skills with young people and ourselves.

A few other operational updates:

- Staff teams are in regular, daily communication both inside and outside of scheduled check-in times.
- The management team is working to create online programming opportunities for young people, as appropriate.
- At each site, small teams of voluntary, essential staff will be available to meet critical services for young people. Each site and team is working on this with clear instructions on how to do the work with maximum social distancing. It is important that we continue to find ways to help those young people most in trouble.
- Roca's administrative teams (Finance, Development) are fully functioning off-site.

This is the perfect time to pay attention to our cognitive cycles: **recognizing what we are thinking, feeling, and doing; practicing being present and focusing on each day at a time; and flexing our thinking to ensure a positive mindset.**

Thank you for your belief in and commitment to Roca and the young people we serve during these extraordinary times. We will continue to keep you posted on our work with young people as it evolves.