



COVID-19 Update

March 20, 2020

As we are all aware, the recent global developments of the spread of the COVID-19 (Coronavirus) has significantly impacted daily life and business. These recent changes have been abrupt and disruptive to ordinary daily activities. We are all hopeful this disruption will be relatively short-lived so that life can return to normal as soon as possible. Most importantly, we desire everyone's health and safety.

The development of these recent events has also impacted the mental health system. The stress of managing the recent changes to daily life and concerns about the global outbreak is no doubt leading to increases in stress, tension, fear, and frustration. Those with existing mental health issues may experience worsening of their symptoms as well. This includes both children and adults. The ability of mental health providers to address these concerns will likely be impacted with face to face appointments at an office-setting changing to telehealth services (appointments by phone or online conferencing) to adhere to social-distancing recommendations. In summary, the need for services is likely increasing, while delivery methods are being challenged and modified.

**The neurofeedback program at Ready To Focus has not been significantly impacted by these changes due to the home-based nature of the treatment program. All participants in our neurofeedback program utilize state of the art neurofeedback equipment in their own home, follow individualized protocols to address mood and/or focus issues, meet weekly with Dr. Oostindie via teleconference for progress review and adjustments, and periodically complete comprehensive re-assessments remotely to measure progress. This is and remains our typical treatment protocol. We are also able to provide initial comprehensive assessments remotely so an office-visit to begin the program is not necessary. Dr. Oostindie has been successfully providing home-based neurofeedback services for over ten years utilizing these methods.**

For more information on neurofeedback as a treatment method for mood, focus, and behavior as well as more information on the home-based treatment model employed by Ready To Focus and Dr. Oostindie, please contact us at 1-800-850-0535 or [kristi@readytofocus.com](mailto:kristi@readytofocus.com).