The Mental Health Impacts of Surviving COVID-19: Implications for School Mental Health Systems, Leaders, and Providers

- **Must honor and take seriously**
  - Long Haul
    - Emotional
    - Cognitive
    - Physical
    - Behavioral

- **We cannot produce, perform, engage in the way we did pre-pandemic...**
  - ...must respect and acknowledge new ways people participate

- **Resilience**
  - Connections
  - What do you need?
  - Purpose
    - Identities and motivations are different
    - Right-size our goals
  - Most common outcome of natural disaster is resilience

- **Mieka Tennant**

- **Karla Monterroso**

- **Derek Canty**

- **Jessica Gonzalez**

- **Sanctuary Trauma**
  - Racialized experience of not being believed
  - Deterioration of all my basic abilities taken away
  - Entire life, identity, and relationship to self changed

- **Isolation**
  - Identity
    - Students of color may feel like they have to minimize grief and fear
    - Layers of grief and loss
    - Gun violence

- **Sandra Healy**

- **Resilience**
  - Expect healing
  - Experience disenfranchisement
  - From hospitals
  - Schools may be associated with trauma

- **Hold hope**
  - Flexibility and adaptability
  - Shift thinking from threat to challenge
  - Adults model not-knowing collective care
  - School mental health leaders: take care of yourself

- **Resilience**
  - Honest conversations with young people
  - What faced
  - How overcome
  - Resources needed

- **Intercession with discipline**
  - If we wait for people to speak up to offer them help, we will miss those most deeply impacted and harmed

- **June 25, 2025**

- **Graphic Recording**
  - © by Rio Holiday