

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 CAN'T PRODUCE, PERFORM, ENGAGE IN WAY WE DID PRE PANDEMIC... MUST RESPECT AND ACKNOWLEDGE NEW WAYS PEOPLE PARTICIPATE

4 INGREDIENTS OF RESILIENCE

- CONNECTIONS
 - WHAT DO YOU NEED?
- PURPOSE
 - IDENTITIES + MOTIVATIONS ARE DIFFERENT
 - RIGHT-SIZE OUR GOALS
- HOPE
- FLEXIBILITY + ADAPTABILITY
 - SHIFT THINKING FROM THREAT TO CHALLENGE

MOST COMMON OUTCOME OF NATURAL DISASTER IS RESILIENCE



WEIGHT FATIGUE BREATH

RACIALIZED EXPERIENCE OF NOT BEING BELIEVED

DETERIORATION OF ALL MY BASIC ABILITIES TAKEN AWAY

"THIS MIGHT BE MY LIFE NOW"

ENTIRE LIFE, IDENTITY + RELATIONSHIP TO SELF CHANGED

LONG HAUL IDENTITY

STUDENTS OF COLOR MAY FEEL LIKE THEY HAVE TO MINIMIZE GRIEF AND FEAR

LAYERS OF GRIEF AND LOSS

GUN + RACIALIZED VIOLENCE

STUDENTS

ISOLATION

FAMILIES HAVE PTSD

SANCTUARY TRAUMA

EXPECT HEALING → EXPERIENCE DISENFRANCHISEMENT

FROM HOSPITALS

SCHOOLS MAY BE ASSOCIATED WITH TRAUMA

BELIEVE THEM

ADULTS: PLEASE MODEL NOT KNOWING A LOT ABOUT LONG HAUL AND MODEL COLLECTIVE CARE

HAVE HONEST CONVERSATIONS WITH YOUNG PEOPLE

WHAT FACED HOW OVERCAME RESOURCES NEEDED

IF WE WAIT FOR PEOPLE TO SPEAK UP TO OFFER THEM HELP, WE WILL MISS THOSE MOST DEEPLY IMPACTED

LONG HAULERS WHO ARE SCHOOL MENTAL HEALTH LEADERS: TAKE CARE OF YOURSELF


PATHWAYS TO RECONNECT

MAY FEEL OTHERED

LONG HAUL SURVIVOR

ALLIES: FACILITATE + TEACH OTHERS

INTERCESSION WITH DISCIPLINE



JUNE 25, 2021

LIVE RECORDING
CAPTURE OF MHITC
SPECIAL EVENT

KIRA
MAUSETH

MIEKA
TENNANT

KARLA
MONTERROSO

DEREK
CANTY

JESSICA
GONZALEZ