THE MENTAL HEALTH IMPACTS OF SURVIVING COVID-19: IMPLICATIONS FOR SCHOOL MENTAL HEALTH SYSTEMS, LEADERS, AND PROVIDERS

**MUST HONOR AND TAKE SERIOUSLY THE 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

**FLEXIBILITY + ADAPTABILITY**
- Shift thinking from threat to challenge
- Most common outcome of natural disaster is resilience

**4 COMPONENTS OF TRUST**
- Sanctuary
- Trauma
- Expect healing
- Experience disenfranchisement

**LACK OF TRUST**
- Racialized experience of not being believed
- Deterioration of all my basic abilities taken away
- Entire life, identity + relationship to self changed

**LONG HAUL IDENTITY**
- *This might be my life now*

**ISOLATION**
- Families may have PTSD
- Layers of grief and loss
- Gun + racialized violence

**STUDENTS**
- Students of color may feel like they have to minimize grief and fear

**ADULTS:**
- Please model not knowing a lot about long haul and model collective care

**EXPECT HEALING**
- What faced
- How overcome
- Resources needed

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

**LONG HAUL SURVIVORS**
- May feel othered
- Allies: facilitate + teach others

**INTERCESSION WITH DISCIPLINE**
- Long haulers who are school mental health leaders: take care of yourself

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Live recording capture of MHTC special event

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