



Please Note:

- All attendee lines are muted
- Today's session will be recorded and posted on our event page: bit.ly/mhttc-surviving-covid19

Get to know the Zoom Webinar interface

The screenshot shows a Zoom Webinar window with the following elements and annotations:

- Zoom Webinar Header:** "Zoom Webinar", "You are viewing David Terry's screen", "View Options", "Enter Full Screen".
- Session Title:** "Click here to maximize your session view".
- Background Content:** "TTC Technology Transfer Centers", "Funded by Substance Abuse and Mental Health Services Administration", "Thank you for joining us today!", "You will not be on video during today's session".
- Q&A Window:** "Question and Answer", "All questions (1)", "My questions (1)", "You 07:35 AM", "This is a test question!", "You can use the Q&A feature to ask questions of the host and presenters. These questions can receive text or live responses. To begin asking a question use the field below. You can see a test question above.", "Type your question here...".
- Zoom Webinar Chat:** "Zoom Webinar Chat", "The chat feature will allow you to talk with other people in today's webinar.", "The To field will tell you who will receive your message. Be mindful of who you are chatting to.", "To: All panelists", "Your text can only be seen by panelists".
- Audio Settings:** "Select a Speaker", "Speakers (Realtek(R) Audio)", "Same as System", "Test Speaker & Microphone...", "Leave Computer Audio", "Audio Settings...".
- Zoom Control Bar:** "Audio Settings", "Click Here to adjust your audio settings", "Chat", "Raise Hand", "Q&A", "Click here to leave the session", "Leave".



Pacific Southwest (HHS Region 9)

Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

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

Friday, June 25, 2021

10:30 am – 12:00 pm PT

- If you have questions during the session, please post them in the chat box. We will do our best to address them during the session, but if we are unable to, we will provide follow-up after the session.
- Today's presentation (PDF) is available here: bit.ly/mhttc-surviving-covid19
- All phone/audio lines will be muted.
- This session is being recorded. The recording will be available in 4 weeks and can be accessed here. https://mhttcnetwork.org/centers/global-mhttc/products-resources-catalog?center=35&product_type=26
- At the conclusion of the webinar a feedback form will be provided. Please share your thoughts as this is important for quality control and funding.
- Technical issues? Email lrojas@cars-rp.org or private chat anyone with "tech" in front of their zoom name.

Housekeeping Items

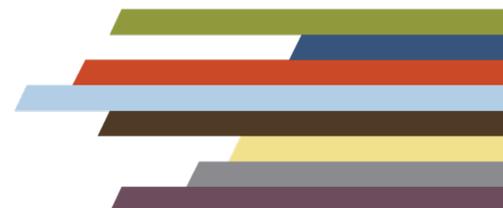
- We have made every attempt to make today's presentation secure. If we need to end the presentation unexpectedly, we will follow-up using your registration information.
- All attendees are muted and cannot share video.
- Have a question for the presenter? Use the Q&A
- Have a comment or resource for all attendees? Use the Chat
- We will leave a few minutes at the end to make sure you have all the links and resources you need and to allow time for an evaluation.

Please Note:

Session recording will be posted on our event page within 4 weeks

The slide deck (PDF) is available on the event page:

bit.ly/mhttc-surviving-covid19



DISCLAIMER

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At the time of this presentation, Tom Coderre served as Acting Assistant Secretary for Mental Health and Substance Use at SAMHSA. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

This work is supported by grant 5H79SM081709-03 and from the DHHS, SAMHSA.

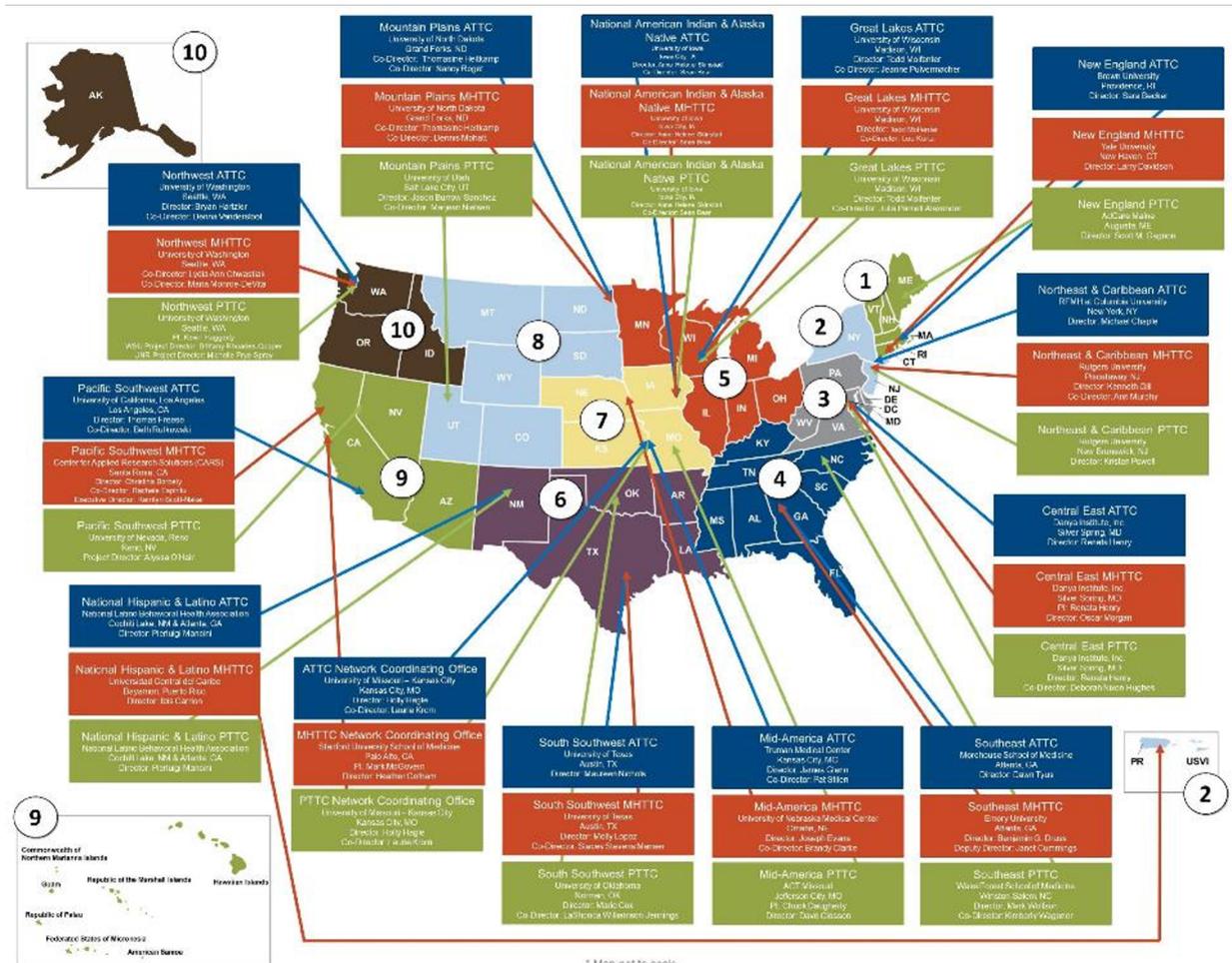
Land Acknowledgement

The University of Washington SMART Center and Northwest MHTTC acknowledge that we learn, live, and work on the ancestral lands of the Coast Salish people who walked here before us, and those who still walk here. We are grateful to respectfully live and work as guests on these lands with the Coast Salish and Native people who call this home.

The Pacific Southwest MHTTC is led by the Center for Applied Research Solutions, which has offices across California in Sacramento (the land of the Nisenan people), Santa Rosa (land of eight Cahuilla Bands) and Los Angeles, (land of the Tongva peoples); CARS acknowledges the belonging of this land to the Indigenous people named and the unrecognized tribes and peoples as well.

Technology Transfer Centers

Funded by Substance Abuse and Mental Health Services Administration (SAMHSA)



* Map not to scale.

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED/
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

La Red de los Centros de Transferencia de Tecnología sobre Salud Mental (MHTTC, por sus siglas en inglés) utiliza un lenguaje afirmativo, respetuoso y orientado a la recuperación de las personas, en todas sus actividades.

Este lenguaje es:

BASADO EN LAS
FORTALEZAS Y EN LA
ESPERANZA

INCLUSIVO Y DE
ACEPTACIÓN A
DIVERSAS CULTURAS,
GÉNEROS,
PERSPECTIVAS Y
EXPERIENCIAS

CENTRADO EN LA
SANACIÓN Y SENSIBLE
AL TRAUMA

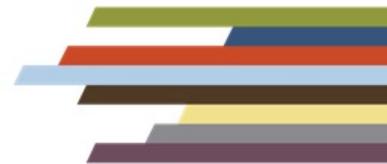
MOTIVA A QUE LAS
PERSONAS DECIDAN
SU CAMINO

CENTRADO EN LA
PERSONA Y LIBRE DE
ETIQUETAS

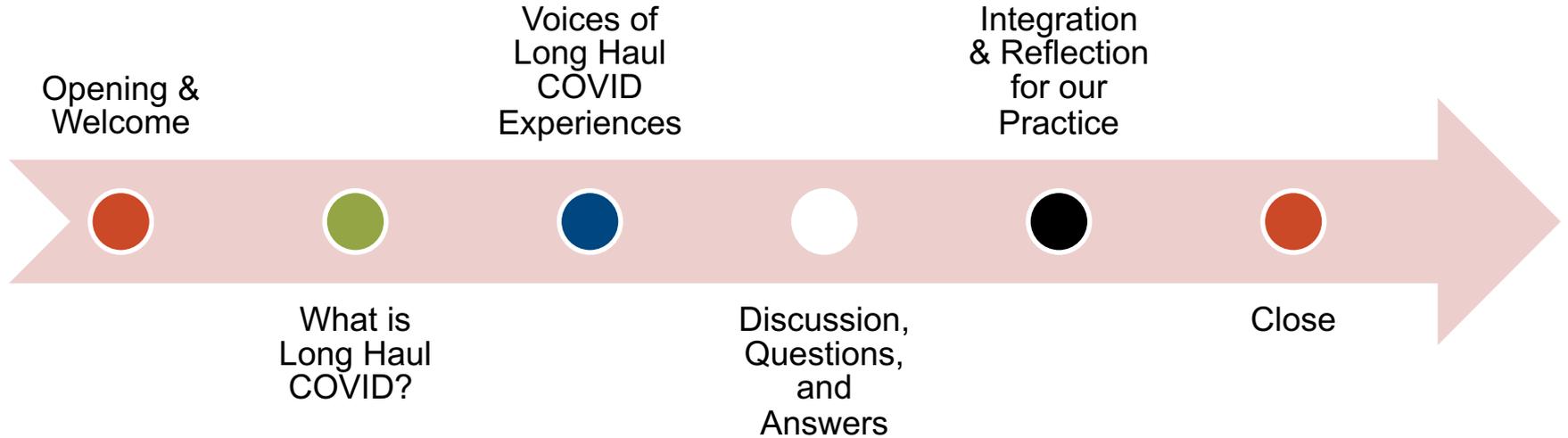
LIBRE DE
SUPOSICIONES Y
JUICIOS

RESPECTUOSO, CLARO
Y COMPRENSIBLE

CONSISTENTE CON
NUESTRAS ACCIONES,
POLÍTICAS Y
PRODUCTOS



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

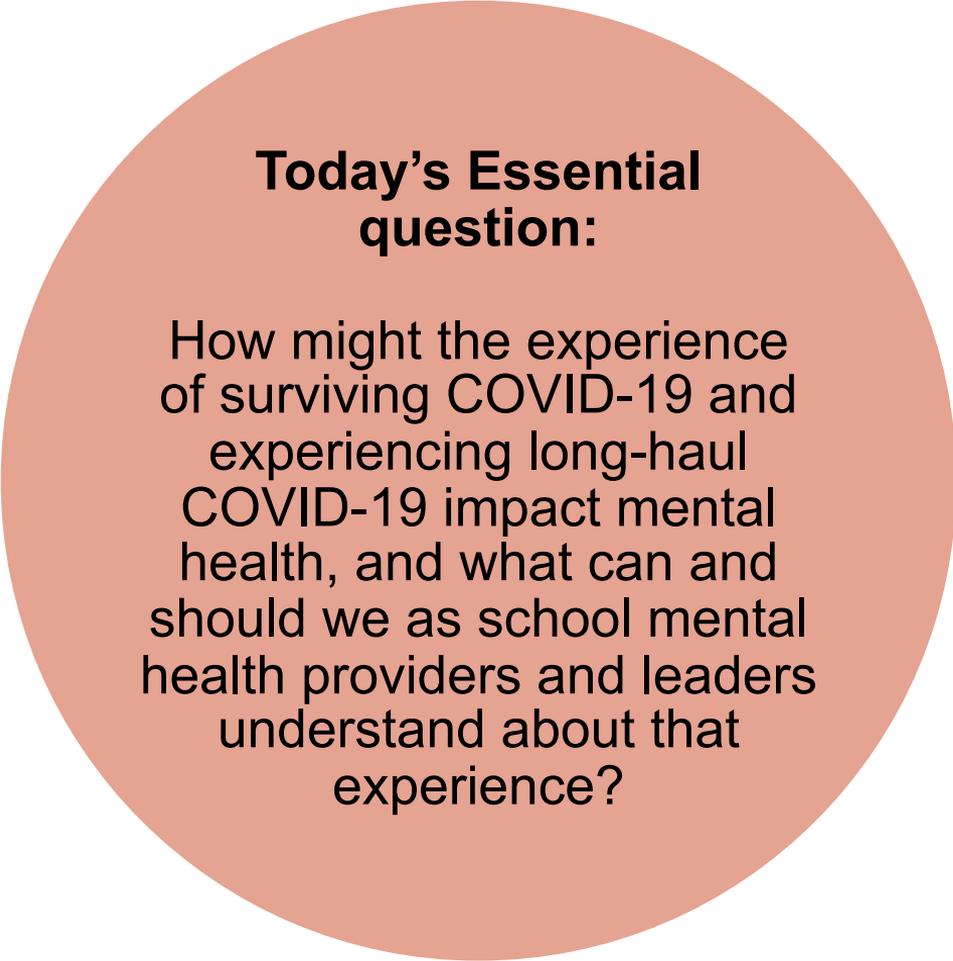


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**Today's Essential
question:**

How might the experience of surviving COVID-19 and experiencing long-haul COVID-19 impact mental health, and what can and should we as school mental health providers and leaders understand about that experience?

What brings us here today?

01

Surface the potential impact on students and school community members who have had COVID-19 or have trauma associated with COVID-19

02

Explore how students might be impacted because their caregiver had COVID and is a long-hauler, or how students might be impacted because their teacher or administrator had COVID and is a long-hauler

03

Express the anger, hypervigilance, isolation, and feelings of being unseen, unbelievably dismissed, misunderstood experienced when navigating COVID-19 and now in the long-hauler experience

04

Discuss the need for structural policy response and solutions for COVID-19 survivors

05

Listen and learn to Long-Haulers' reflections and responses to enhance our practice



Who is here today?

- Use the chat box to let us know **your organization, role, and location.**
- Poll question:
What is your familiarity with COVID-19 Long Haul?

Grounding & Framing Long Haul COVID-19



Dr. Kira Mauseth is a practicing clinical psychologist who sees patients at Snohomish Psychology Associates, teaches as a Senior Instructor at Seattle University and serves as a co-lead for the Behavioral Health Strike Team for the WA State Department of Health. Her work and research interests focus on resilience, trauma and disaster behavioral health. She has worked extensively in Haiti with earthquake survivors, in Jordan with Syrian refugees and with first responders and health care workers throughout Puget Sound the United States. Dr. Mauseth also conducts trainings with organizations and educational groups about disaster preparedness and resilience building within local communities.

What is long haul?

What do we know?

What do we not know?

What are we still learning?

Today's VOICES OF EXPERIENCE



Derek Canty (he/him) is the CEO and founder of Winning Edge, Inc., a training and facilitation company based in Las Vegas. Winning Edge provides training, consulting and coaching solutions to help individuals and organizations achieve maximum personal and organizational effectiveness. Derek is also the co-founder of College Summit now PeerForward, Inc., a national social non-profit organization that is based in Washington, DC, with seven regional offices. He has also developed in-school youth development tools for PeerForward that are used in classrooms around the country. **Derek and his entire family of five contracted COVID in July 2020. He was hospitalized for 10 days and continues to manage the after affects on his overall health.**



Karla Monterroso (she/hers) is currently a coach, strategist, and advisor for several organizations and people doing work impacted by the changing dynamics of the demographic shift. Karla has spent two decades focused on growing the people and program functions of rapidly scaling social enterprises driving youth advocacy and leadership. Most recently as the CEO of Code2040 and previously at College Track. Karla got sick with Covid19 on March 13th of 2020, the first day of California's shelter in place orders. **She experienced two months of acute Covid and has now been navigating Long Haul Covid for over a year. She's been outspoken and in national press outlets about healthcare inequities in Latinx and Black communities. She is still managing chronic tachycardia, fatigue, and assorted other symptoms due to Long Covid.**



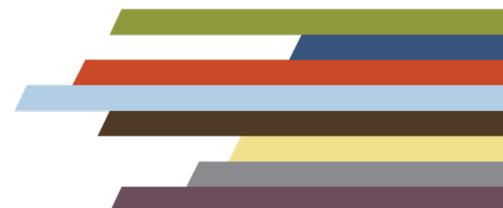
Mieka Tennant (she/her) is a communications strategist and producer. Her work is focused on accountability, inclusivity and intentional initiatives that build a stronger foundation for her clients to stand on. For over a decade she has been developing and implementing holistic communications strategies for individuals and companies. Her love of storytelling and amplifying the voices of others led her to develop and facilitate a weekly writing group with New Village Girls Academy, where she has volunteered for the past seven years. **Mieka contracted COVID-19 the week of May 19, 2020, and for the following seven months endured the extreme effects of the virus on her body and life.**



Jessica Gonzalez (she/hers) is the School Mental Health Coordinator for the Mental Health Technology Transfer Center (MHTTC) Network Coordinating Office (NCO) at Stanford University School of Medicine. Jessica is coordinating the work of 12 centers that provide training and technical assistance to the mental health and school mental health workforce to increase the use of evidence-based mental health prevention, treatment, and recovery support services for students across the United States. Jessica has also worked for numerous high school and college programs in the Bay Area seeking to improve educational outcomes for first-generation, low-income students of color. **Jessica contracted COVID-19 the first week of March 2020 and was hospitalized due to severe symptoms and complications. To this day, Jessica continues managing the effects on her mental health and well-being resulting from the virus.**

- What might people who didn't have COVID, and aren't diagnosed with Long Haul, need to know?
 - What do we misunderstand, under-understand?
 - How might that impact our school communities?
- How has your experience impacted your work with young people?
- What is it like to be a colleague, a manager, at-work as a Long Hauler?
- Let's talk about disparity and the experience of intersectionality in your COVID/ Long Haul experience. All of you identify either as people of color, as Queer, or both. How have your identities influenced the way you experienced harm and are experiencing healing?
- What are some needs for structural policy response and solutions for COVID survivors?
- Let's talk about the following three experiences:
 - The potential impact on students who have had COVID or have trauma associated with COVID
 - How students might be impacted because their caregiver had COVID and is a long-hauler
 - How students might be impacted because their teacher or administrator had COVID and is a long-hauler

Questions for our panel



Integration

**When
prompted in
the chat box...**



**LOOKING INWARD,
MEANING-MAKING AND
CONNECTING:**

WHAT TRANSPIRED HERE?
AND WHY DOES THAT
MATTER?



TURNING OUTWARD:

WHAT OF THIS
CONVERSATION DO YOU
WANT TO BRING BACK TO
YOUR OTHER WORLDS?

Mental Health Support Resources for Long Haulers

- [Body Politic](#)
- [Facebook Support Group](#)
- [Survivor Corps](#)
- [C19 Recovery and Awareness](#)
- [COVID BOOTCAMP](#)
- [Long Covid Support Group](#)
- [Long COVID: Symptoms and Help for COVID Long Haulers](#)

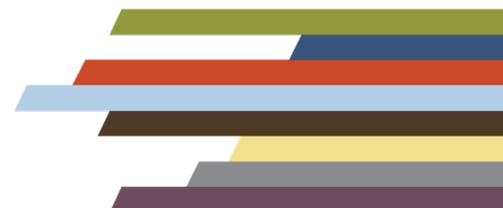
Resources

Priming Content (Articles & Research about Long-Haul COVID-19)

- [Brain-Fog Treatments: COVID-19 Research Is Getting Better](#)
- [COVID-19 long-haulers struggle with persistent mental health issues: brain fog, anxiety, depression and sleep disorders](#)
- [For Long-Haulers, Covid-19 Takes a Toll on Mind as Well as Body](#)
- [Long-Haulers Are Redefining COVID-19](#)
- [1 in 3 COVID-19 patients are diagnosed with a neuropsychiatric condition in the next six months, large study finds](#)
- [6-month neurological and psychiatric outcomes in 236 379 survivors of COVID-19: a retrospective cohort study using electronic health records](#)
- [Children's Hospitals Grapple With Young Covid 'Long Haulers'](#)
- [How COVID could reshape mental health policy](#)

Support resources

- [Helpline](#), 800-985-5990, run by the [Substance Abuse and Mental Health Services Administration](#)
- NAMI's line, 800-950-6264 ([NAMI support](#))
- Crisis Textline ([Link](#)) Text TALK to 741741
- National Suicide Prevention Lifeline ([Link](#)) Call 800-273-8255 or [Chat with Lifeline](#)
- STEVE crisis text line: <https://www.stevfund.org/crisistextline/>
- [TEEN LINE](#): Teens can talk to another teen by texting "TEEN" to [839863](#) from 6pm – 9pm, or call [800-852-8336](#) from 6pm – 10pm
- [Trevor Project](#): Call [866-488-7386](#) or text START to [678678](#) for 24/7 information and suicide prevention resources for LGBTQ youth
- Native Youth Crisis Hotline 1-877-209-1266
- Trans Lifeline Transgender Peer Support 1-877-565-8860



Thank you for attending!

We need to hear from you to keep bringing you these FREE resources!

The feedback form will appear on your screen when the webinar ends, and is also included in the follow-up email sent immediately following the webinar.

Your completion of the survey is very important part of our quality control and to our future funding for this project as it allows us to continue to provide you with resources and training, such as this webinar, at no-cost. If you could please take a few minutes to let us know your thoughts it would be greatly appreciated.

Accessing Resources and Materials

Special Program

A Conversation with Survivors and Long-Haulers

11:30 a.m. - 1:00 p.m. MT / 10:30 a.m. PT - 12:00 p.m. PT / 7:30 - 9:00 a.m. HT / 6:30 - 8:00 a.m. American Samoa
(Saturday) 5:30 - 7:00 a.m. Marshall Islands / 4:30 - 6:00 a.m. Pohnpei, Kosrae / 3:30 - 5:00 a.m. Guam, Northern Mariana Islands,
Chuuk, Yap / 2:30 - 4:00 a.m. Palau

[See your time zone here](#)

in partnership with MHTTC Regions 10 and 8

How might the experience of surviving COVID-19 and experiencing long-haul COVID-19 impact mental health, and what can and should we as school mental health providers and leaders understand about that experience?

Join us for a special conversation on June 25 with four survivors of COVID-19, all of whom identify as long-haulers, people who “have not fully recovered from COVID-19 weeks or even months after first experiencing symptoms,” according to Harvard Health. Like Derek, Karla, Mieka, and Jessica, “some long haulers experience continuous symptoms for weeks or months, while others feel better for weeks, then relapse with old or new symptoms. The constellation of symptoms long haulers experience, sometimes called post-COVID-19 syndrome” ([Harvard Health: If you've been exposed to the coronavirus](#)). Dr. Mauseth will provide an overview about Long COVID behavioral health.

This conversation is crucial, especially as schools begin or resume to gather learning in person. As our speakers will share, trauma may be now surfacing because people aren't needing to focus on surviving; this trauma is surfacing as schools are reopening and as survivors are now beginning to process their experience and new realities.

Visit the event webpage to access resources and materials from this series:

bit.ly/mhttc-surviving-covid19

Certificate of Completion

A Certificate of Completion will automatically be emailed to all online participants.

If you joined through the phone only, please email Livia Rojas at lrojas@cars-rp.org to report your participation.

**Please allow 3-4 weeks for certificates to be issued.*

Pacific Southwest MHTTC

Contact Info

Email: pacificsouthwest@mhttcnetwork.org

Phone: (844) 856-1749

Website: <https://mhttcnetwork.org/pacificsouthwest>

Join the Pacific Southwest MHTTC Newsletter!

<https://tinyurl.com/pacsw-mh-news>

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American Samoa,
Northern Mariana Islands,
Federated States of Micronesia,
Guam, Marshall Islands, Palau



Northwest MHTTC

Contact Info

Email: nwsmh@uw.edu

Phone: (206) 221-3054

Website: <https://bit.ly/NWSMH>

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Services Available

No-cost training, technical assistance, and resources



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This event is supported by SAMHSA of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award for both Region 9 and 10 totaling \$5,427,270 over four years (2019-2023) with 100 percent funded by SAMHSA/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by SAMHSA/HHS, or the U.S. Government.

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