WELCOME to the

Roles of Community Health Workers and Support Specialists during COVID-19

ECHO

Session will start in less than 15 minutes
COVID-19 and the Impact on Families

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Conflict of Interest Disclosure Statement

Becky Parton, MSW, LICSW has no conflicts of interest to report.
Initial Impacts

• Job loss
• Food insecurity

Lack of Access to Childcare

• Many parents working from home or recently unemployed
• Many parents aren’t choosing to be “stay at home”
• Change in access to developmental opportunities
• Parental attention is often focused on other stressors
  • What is most important to do in this moment?
School Closure

• Parents trying to navigate home schooling while working
• Parents didn’t plan to be teachers
• Inconsistent access to technology, internet- greater gaps in educational access
• School lunches/food access
Secondary Impacts

• Ability to pay for housing
• Ability to pay for food
• Sense of danger in the world
• Loss of “normal” life (birthday parties, graduations, major life events)
• Political divide
Mental Health Impacts

- Increased anxiety
  - The world isn’t safe, People aren’t safe
- Increased depression
- Increased suicide risk
- Increased SUD risk
Ways We Can Help

Protective Factors Framework

• Parental resilience
• Social connections
• Knowledge of parenting and child development
• Concrete support in times of need
• Social and emotional competence of children
Parental Resilience

• What coping skills have you used in the past that worked for you?

• Who can you call if you need help?

• How are you taking care of yourself?
Social Connections

• Build and maintain connections
  • Formal and informal
• Continue to have social events and relationships
• Connect with other parents
• Humor, playfulness
Knowledge of Parenting and Child Development

• Informal supports
• Formal supports
  • Family Resource Centers
  • Pediatricians office
  • Schools, childcare centers
• Normalizing children’s responses
Concrete Support

- Refer to the services families need
  - 211
  - Food pantry
  - Unemployment office
  - FRCs/PCCs
  - Mental Health Services
Social and Emotional Competence of Children

• Coping Skills: Mindfulness/Meditation/Breathing—regulating activities
• Encourage social connections with peers
• Message “It’s ok to not be ok” and “we’re all in this together”
References

• https://www.pbs.org/newshour/politics/heres-whos-being-hit-hardest-by-the-economic-downturn
• https://www.nami.org/covid-19-guide

• More information and resources at: www.facebook.com/UVProjectLaunch
• https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen