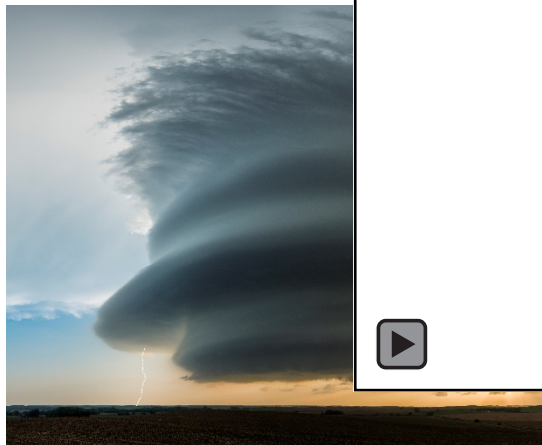
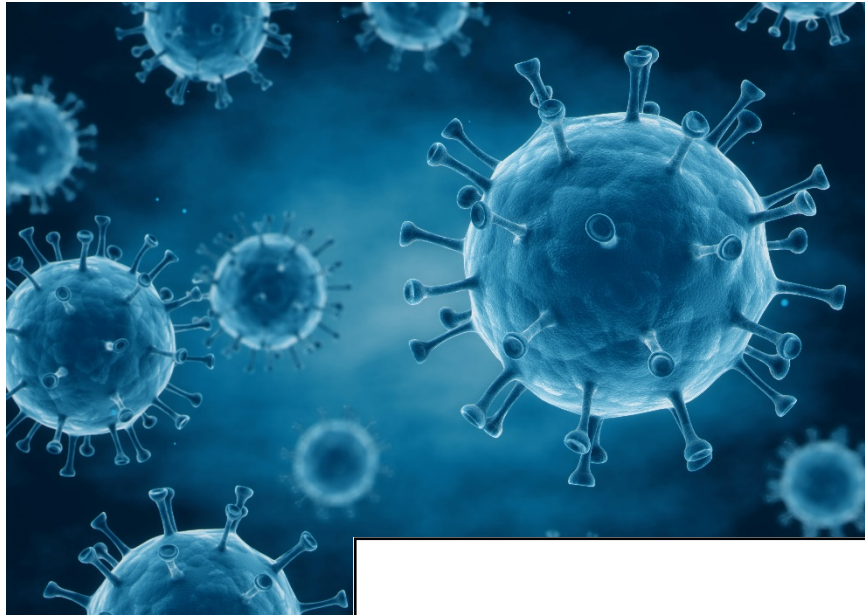


Youth, Mental Health and Disasters

Resilience in and Through the Storm





Helping Iowans with free mental health support during the pandemic

- **Children's services: one of the main goals of the child and family team is to give youth and their caregivers the tools they need to be able to ask questions about the pandemic and derecho and get support when needed.**

ASjullie@heartlandfamilyservice.org –
Michael-lightbody@uiowa.edu –
RSchulte@heartlandfamilyservice.org –
ARoberts@heartlandfamilyservice.org –
JHaglund@heartlandfamilyservice.org –
mandy.gesme@pathwaysb.org –
MDaye@heartlandfamilyservice.org –

Angela -domestic violence team
Michael –developmental disabilities team
Renee - workforce team
Ashley - older adults team
Jason - agriculture team
Mandy - child and family team
Meghan - veterans team



**Counseling*

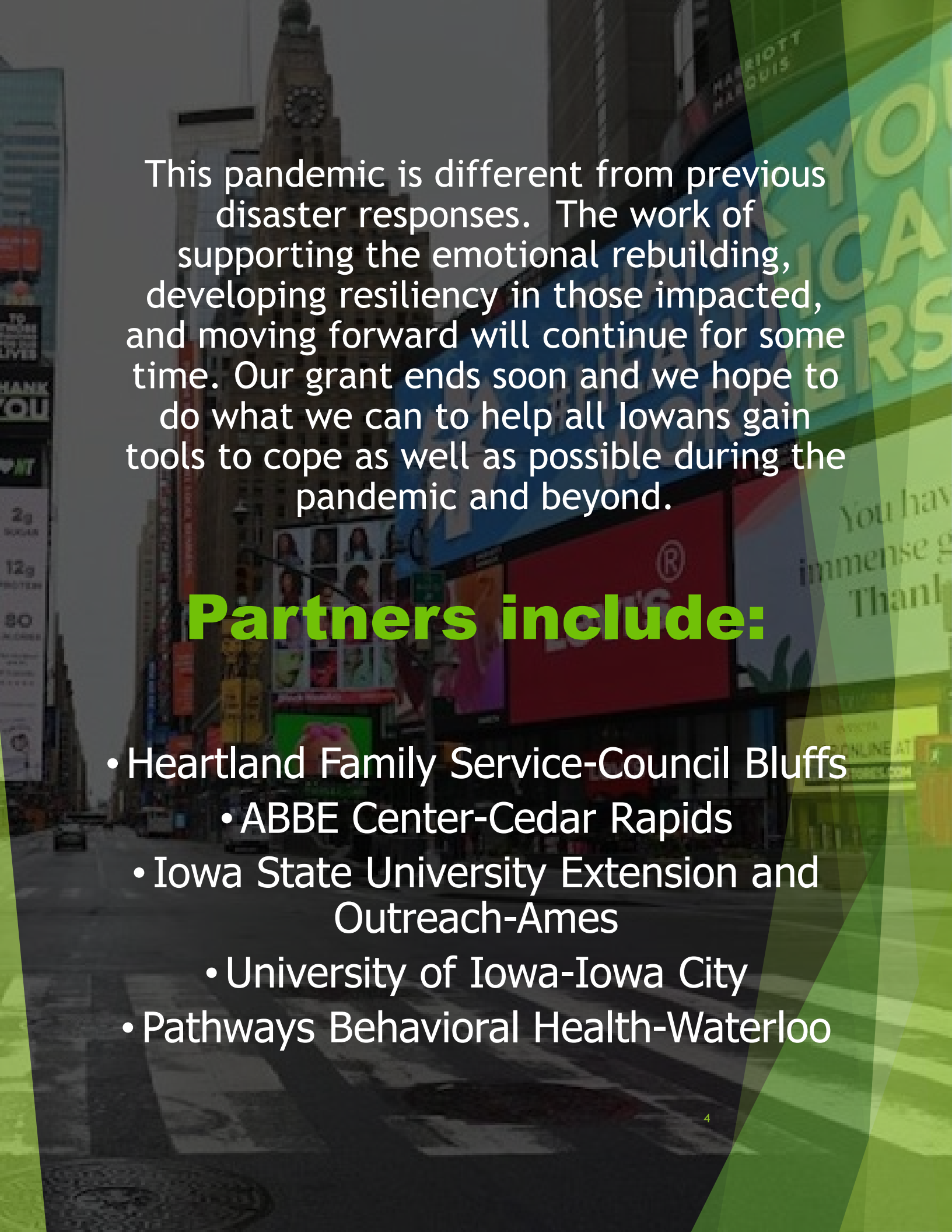
**Education*

**Support*

**Connection/Referral to existing
supports as needed*



COVID Recovery Iowa is a FEMA/SAMSHA Disaster Response administered by the Iowa Department of Human Services with local agencies providing virtual one-on-one outreach counseling as well as interactive virtual groups and activities, educational webinars, workplace self-care and grief support. Such funds can be applied for by the State after most declared disasters.



This pandemic is different from previous disaster responses. The work of supporting the emotional rebuilding, developing resiliency in those impacted, and moving forward will continue for some time. Our grant ends soon and we hope to do what we can to help all Iowans gain tools to cope as well as possible during the pandemic and beyond.

Partners include:

- Heartland Family Service-Council Bluffs
 - ABBE Center-Cedar Rapids
- Iowa State University Extension and Outreach-Ames
 - University of Iowa-Iowa City
- Pathways Behavioral Health-Waterloo



Pre COVID 11% of US adults reported symptoms of Anxiety or Depressive disorders. In April of 2021, 49-55% of adults ages 18-29 reported symptoms of Anxiety or Depressive disorder.

<https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm>

Household Pulse Survey Anxiety and Depression (Iowa) National Center for Health Statistics

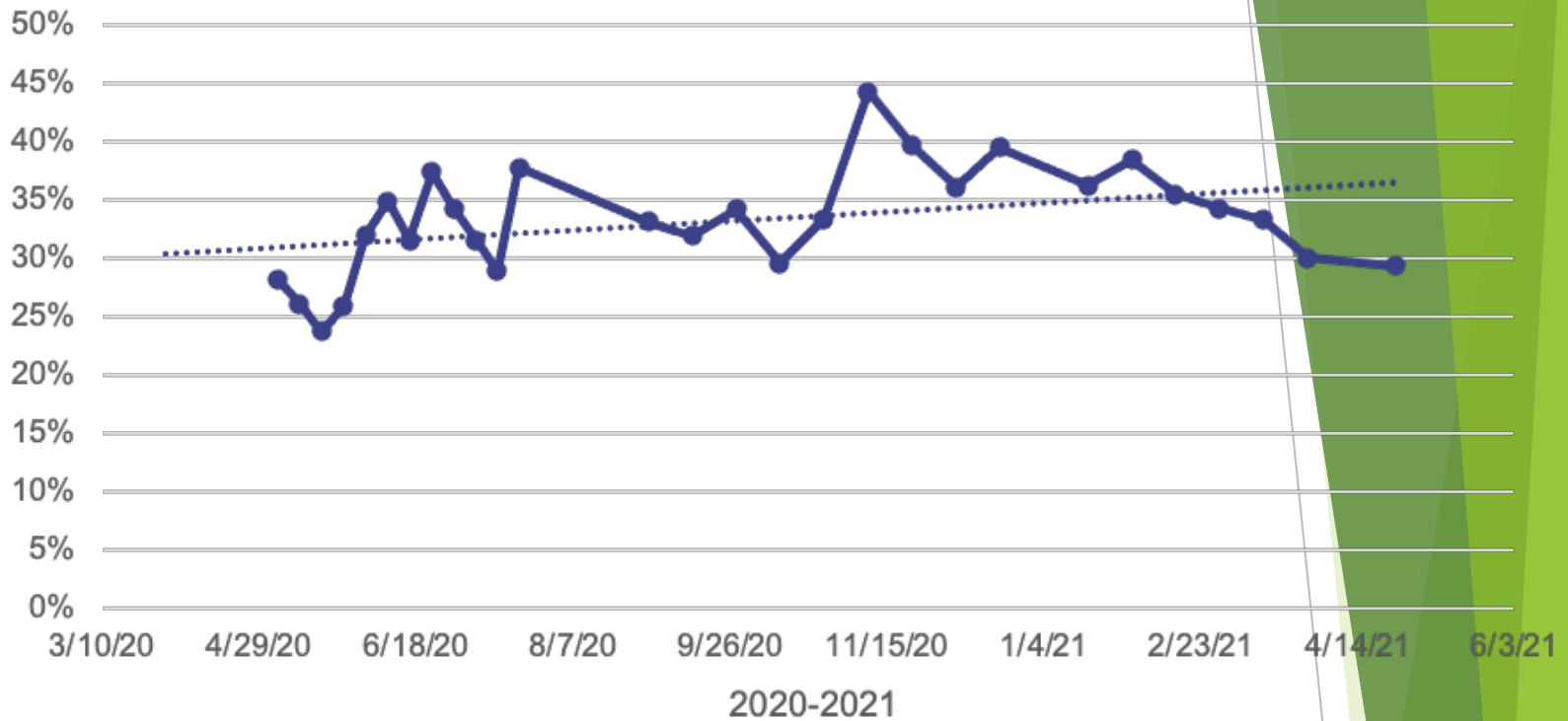
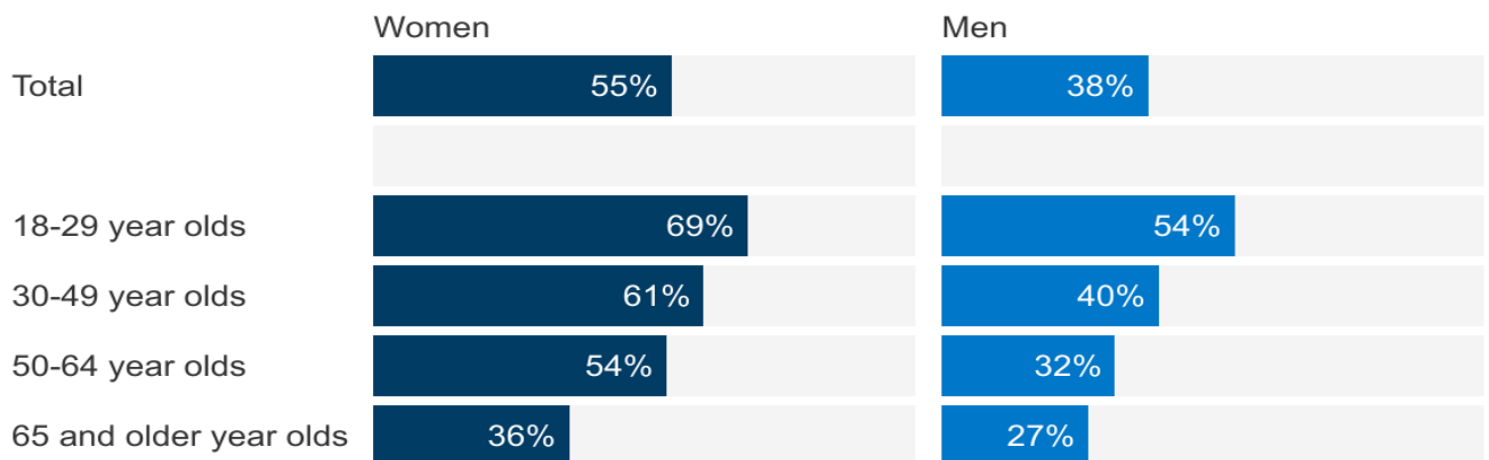


Figure 3

Nearly Seven In Ten Women Under Age 30 Report A Negative Mental Health Impact From Pandemic; Fewer Older Adults Say The Same

Percent who say they feel that worry or stress related to coronavirus has had a **negative impact** on their mental health:



NOTE: See topline for full question wording.

SOURCE: KFF COVID-19 Vaccine Monitor (March 15-22, 2021)

**KFF COVID-19
Vaccine Monitor**



- Direct involvement with the emergency
- Previous traumatic or stressful event
- Belief that the child or a loved one may die
- Loss of a family member, close friend, or pet
- Separation from caregivers
- Physical injury
- How parents and caregivers respond
- Family resources
- Relationships and communication among family members
- Repeated exposure to mass media coverage
- Ongoing stress due to changes in routines & living conditions
- Cultural differences
- Community resilience
- Preexisting conditions including mental health

• www.cdc.gov

Factors Affecting the Emotional Response

Website

<https://www.covidrecoveryiowa.org/>

Here you can get connected to a free virtual counselor by submitting a request for assistance. You can note needs for financial resources, personal support, healthy outlets and activities.

You can get linked to our Facebook page, our You Tube channel, Instagram and Twitter accounts.

Warm line and Concern line existed before the pandemic and will exist after the pandemic

The screenshot shows the COVID Recovery Iowa website. At the top, there is a navigation bar with the COVID Recovery Iowa logo, the Iowa Department of Human Services logo, and the FEMA logo. A language selector dropdown is set to English. The main content area features a large blue banner with the text: "COVID Recovery Iowa offers free virtual counseling and assistance for all Iowans affected by COVID-19." Below this, it says "CALL OR SUBMIT FORM BELOW. COUNSELORS AVAILABLE 24/7." There are three teal boxes with white text and phone icons: "IOWA WARM: 1-844-775-9276", "IOWA CONCERN: 800-447-1985", and "SPANISH LINE: 531-800-3687". At the bottom, there is a light blue box titled "REQUEST FREE COVID RECOVERY IOWA ASSISTANCE". It contains the text: "You will never be asked to share payment or health insurance information, or your last name. And all services are confidential." Below this is a progress bar showing "Step 1 of 3" and "33%". The form is titled "What is your name? *".

COVID Recovery Iowa - x +

← → ↺ 🔒 https://covidrecoveryiowa.org ☆ 🛡️ 📄 📱 👤 ⋮

Select language:
🇺🇸 English ▾

COVID
Recovery **IOWA**

IOWA
Department of
HUMAN SERVICES

FEMA

COVID Recovery Iowa offers free virtual
counseling and assistance for all Iowans
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CALL OR SUBMIT FORM BELOW. COUNSELORS AVAILABLE 24/7.

IOWA WARM:
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IOWA CONCERN:
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SPANISH LINE:
531-800-3687

<https://covidrecoveryiowa.azurewebsites.net>

**REQUEST FREE COVID RECOVERY
IOWA ASSISTANCE**

You will never be asked to share payment or health insurance information,
or your last name. And all services are confidential.

Step 1 of 3

33%

What is your name? *

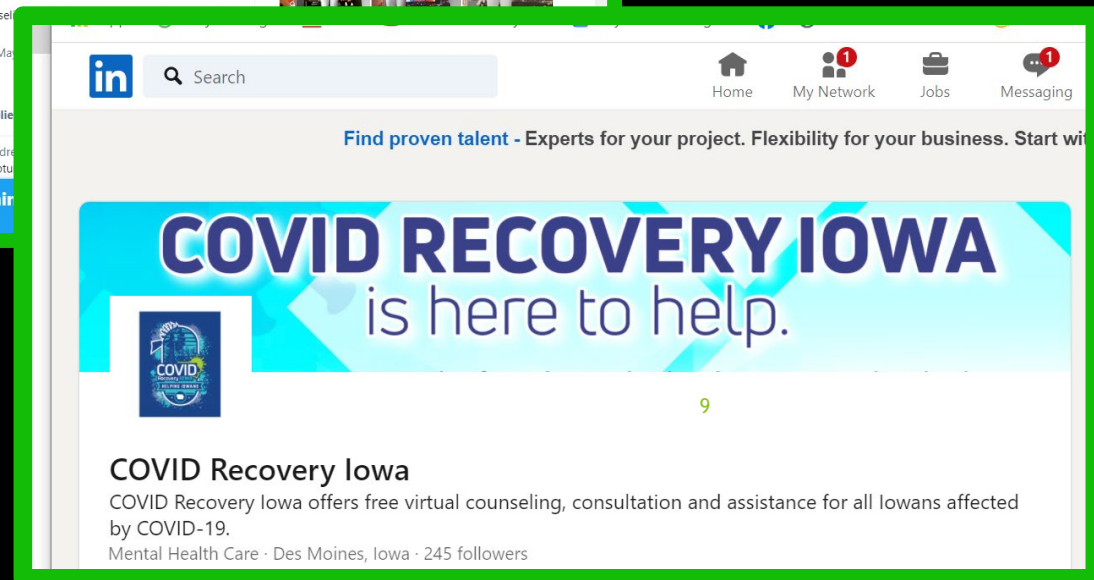
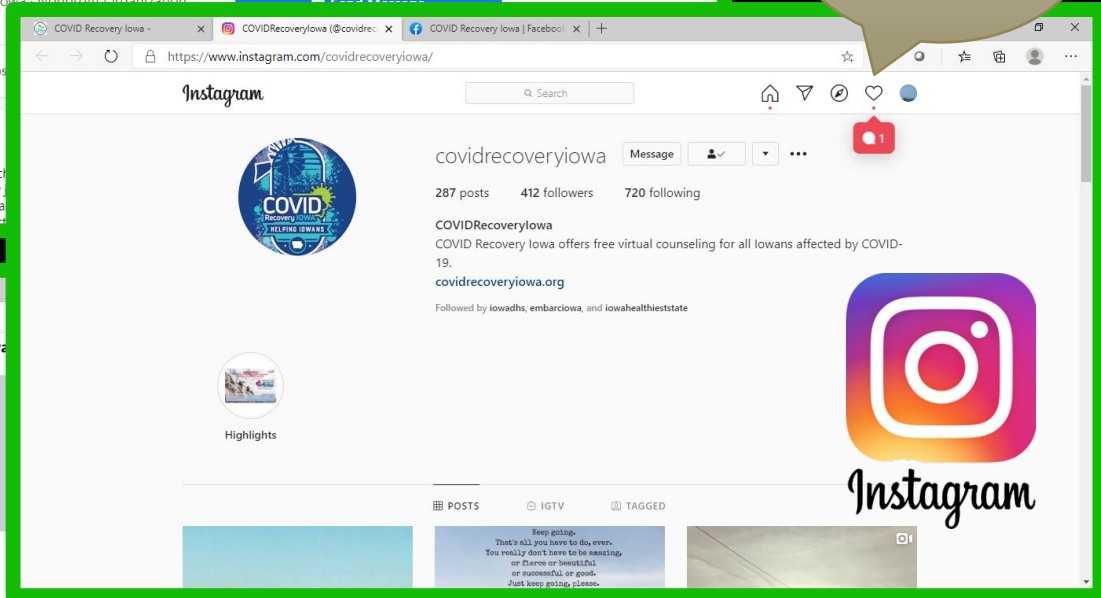
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Facebook

<https://www.facebook.com/covidrecoveryiowa/>

Many different groups to suite your needs – request to join a group today.

Stuff for
teens
here!



Examples of Outreach

COVID RECOVERY IOWA

99 SIGN OF SUPPORT - TEENS -



Join this zoom pad word of encouragement helped you get pandemic that another teen in 99 counties get difficult Design it, draw it share it on April via Zoom

BROUGHT TO COVID RECOVERY IOWA TEEN ADVISORY BOARD

Questions? Email anna.clark@pathwaysb.org

NEED SUPPORT/RESOURCES? Visit our website at covidrecoveryiowa.org

Department of HUMAN SERVICES

DISCUSSING THE STRESS AND IMPACT OF COVID 19

TEEN SUPPORT GROUP

IF YOU ARE WANTING TO JOIN PLEASE CONTACT: Michelle.Ayard@pathwaysb.org

GROUPS ARE FREE AND HELD VIA ZOOM

presented by: COVID R www.covidrecoveryiowa.org

COVID RECOVERY IOWA

ART & POETRY

SHARE YOUR WORK ON PADLET WITH OTHERS!



Need inspiration to create? Each book we put on YouTube has an activity to go along with it! Many of them involve making art! Check it out!

NOMINATE A TEEN

COVID Recovery Iowa wants to better understand teen needs and teen trends especially when it comes to mental health. Do you know a teen who could represent their peers and provide insight into the pandemic?

from meeting 5:30-6:30PM Wednesdays. The teens who will lead discussions as well as provide

Grade: _____

Date: _____

anna.clark@pathwaysb.org - Zoom link provided upon receipt of form.

COVID Recovery IOWA

PRE-TEEN SUPPORT GROUP

SOCIALIZE WITH PRE-TEENS ACROSS IOWA ABOUT LIFE AND THE PANDEMIC

IF YOU ARE WANTING TO JOIN PLEASE CONTACT: mandy.gesme@pathwaysb.org

GROUPS ARE FREE AND HELD VIA ZOOM

presented by: COVID Recovery Iowa www.covidrecoveryiowa.org

Department of HUMAN SERVICES

COVID Recovery IOWA

CHOR DEFENDERS

A kid friendly coloring book about COVID-19 | Spring 2020



Children's Hospital of Richmond at VCU

chrichm

*Clinical information as of: April

Child and Family Services Brought to you by COVID Recovery Iowa

"Tell Me a Story": new children's story read daily at 10AM. Provides a sense of routine and an engaging family activity.
<https://www.facebook.com/groups/1581970971987124>

"Parenting in a Pandemic": support, activities, resources, individual zooms upon request, live discussions with experts related fields such as play therapists, ER doctor, Iowa PBS Abby Brown...
<https://www.facebook.com/groups/937325153412822>

"Vivo En Iowa": support and resources for Iowans who speak Spanish.
<https://www.facebook.com/groups/224936542192851>

Teen Support Group – connect other teens all across Iowa over zoom – email Michelle.Ayard@pathwaysb.org for details.

Pre-teen Support Group – connect with other pre-teens from all across Iowa – email mandy.gesme@pathwaysb.org for details. Check out our YouTube video we created with middle schoolers in mind featuring a clip from Miss Teen Iowa <https://youtu.be/r5qnVrZjFDw>

Teen Mental Health Advocacy Group – meets weekly on Wednesdays – helping us better help teens across Iowa. Email mandy.gesme@pathwaysb.org to nominate a teen.

"Meet the (Grand)Parents" – connections to staff, resources and activities to support your mental health.
<https://www.facebook.com/groups/645444526101023>

Virtual Story Hours: let us provide you a story hour to help build a child's communication skills so they can talk about the pandemic if and when they need to or watch our video on our YouTube channel so you can see our book suggestions and learn how to play a virtual game of Pictionary. <https://youtu.be/WhcL9xMSV3w>

Pandemic Coloring/Activity Book:
<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:abbe8295-c875-427a-b7ad-bcb03edbd030>

Books on YouTube: we have many children's books on YouTube to help you address the mental health needs of children and families. Each activity has an activity to go with it – click on "show more" under the book description. Don't miss Ashton Kutcher's reading "The Book With No Pictures" by B.J. Novak - good for a therapeutic laugh.
https://www.youtube.com/watch?v=nqe_ykGFTOc&t=52s Subscribe and you'll get notified each time we add a book.

"Workforce Resources": – support and resources including self-care for teachers, childcare providers and all essential workers. <https://www.facebook.com/groups/261569204943086>

"30 Day Fitness Challenge": - physical activity and connection to an outreach counselor – found on Instagram and YouTube. <https://www.instagram.com/covidrecoveryiowa/>

Fun DIYs self-help tips, and support for Teens also on Instagram <https://www.instagram.com/covidrecoveryiowa/> and our YouTube channel <https://www.youtube.com/channel/UC9xusSynoNjcnYKyaG1hkOw>



Pandemic Impact on Youth “Parenting in a Pandemic”

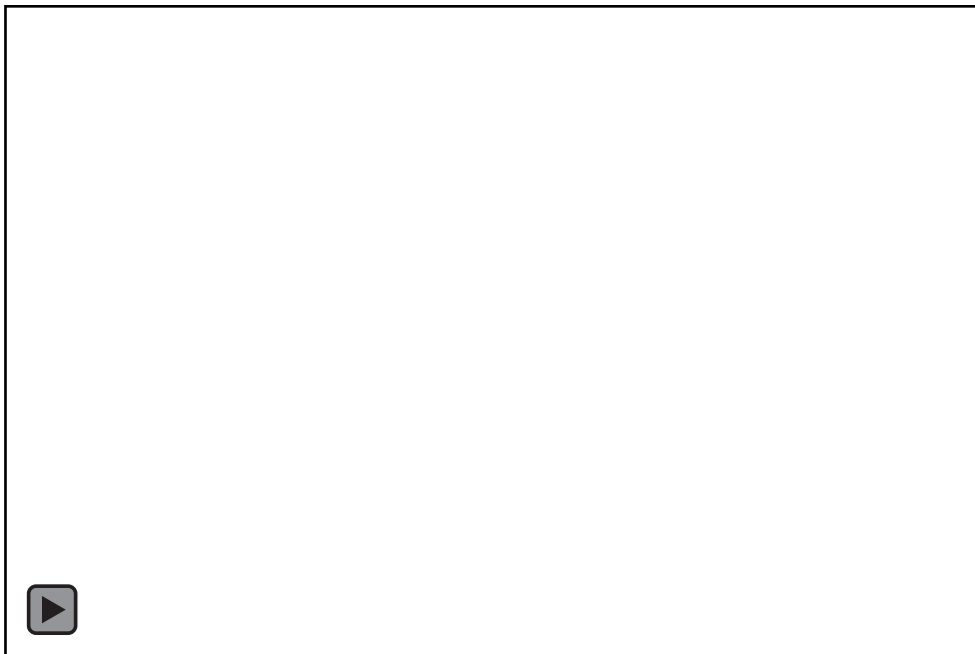
<https://www.facebook.com/groups/937325153412822>

- ▶ **Summer Camps** - Many are seeing record number of participant sign-ups - summer 2021. Many are having trouble finding enough staff to fulfill the positions. June 1st.
- ▶ **Eating Disorder Coalition of Iowa:** Increase in people reaching out for assistance. Teens, but as young as 5. May 25th
- ▶ **Connect 2 Careers:** Youth have dropped off in participating in skill building activities such as internships. May 18th
- ▶ **Boys & Girls Clubs of Central Iowa** - shifted from afterschool to being open all day for k-12, opened a teen only site last year, pre-pandemic served 800 per day, served 350 per day during the pandemic partially due to safety protocols, staff ratios, family changes including finding a schedule/rhythm. Boredom, isolation, lack of motivation to complete schoolwork, stressors of learning virtually, weight gain, regressions in motor skills such as being able to hold a pencil. - May 11th
- ▶ **Ames High Student and Family Advocate** - saw an increase in depression, suicidal ideation, emergency room visits, residential placements in part due to isolation - Increased need of emotional support for students who had their sense of purpose taken away - no track, no prom, graduation looked different. A lot of academic needs especially for remote learners. Staff not being able to bring closure to student/staff relationships. Mini mental health conference. - May 7th
- ▶ **United Action for Youth** - transitioned to zoom, referrals from the schools to get hot spots etc. - still some gaps in infrastructure, major increase in screen time, battle to decrease screens as we reenter face-to-face, anxiety about going back in person for youth presenting as irritability, kids missing major milestones - importance of validating feelings related to that, inappropriate sexual interactions on devices, lack of opportunity to flex their in-person social muscles - May 4th
- ▶ **AMP** - services for kids who have experienced an out of home placement^{1 2} - had to move to virtual, more available with texting, facetime, zoom, missing physical interactions has resulted in some kids dropping out of services - April 27th

Lexi's Reflections:

Full 10-minute video with more clips from teens and Miss Iowa Emily Tinsman:

<https://youtu.be/RiUMohFbCEc>



Sleeping and Eating

- Virtual learning put kids at risk for less physical activity - even walking from one classroom to another - we need a certain amount of physical activity to help us feel sleepy. Check out Parenting in a Pandemic - our conversation with an OT for ideas to address this.
- Screen time - especially at night - can make a person feel less sleepy
- Disrupted schedules - school one day and none the next - hard to wake up and fall asleep due to inconsistency of the schedule.
- Cravings for unhealthy foods can be a result of poor sleep.
- Sleep impacts teen driving
- Slowly shifting back to pre-pandemic opportunities, but a year plus of unhealthy moves is sure to have long term affects.

Child Abuse

- There has been a decrease in reports of child abuse, but not likely a decrease in child abuse.
- Teachers are one of the main reporters of child abuse - not seeing kids in person
- Virtual learning has been stressful for parents/guardians, childcare providers, grandparents, teachers and kids. Many are resilient, but it has been a huge educational shift. Education gap widens - Kim Miller UNI Teaching Department
- Decrease in people getting regular vaccinations and check ups including dental - an unfortunate result of the pandemic.
- Parents trying to make the best decisions for their family based on the information given can be stressful. Decision Fatigue!

STIs

- Gonorrhea and chlamydia
- According to Allen Women's Health in Waterloo - there is a concern for a rise in such STIs because COVID testing has been taking priority.
- Even if someone comes in for treatment, immediate contact tracing for STIs hasn't been happening.
- Contact tracing decreases the spread - not just of COVID!

STAY SAFE. STAY HEALTHY



Newsletter

We have a weekly newsletter. Click on the link below, add your name & email address to receive it:

<https://forms.gle/5GS5ymRgezka277>

COVID RECOVERY IOWA

is here to help.

WE ARE HERE FOR YOU 24/7.

- Counseling will take place via virtual sessions, chat or phone call.
- People of all ages may join groups online to find support and learn new strategies to cope with the effects of the pandemic in a variety of creative ways.

Every Iowan is eligible for FREE, confidential counseling, group activities, support groups and resources.

Visit www.COVIDrecoveryiowa.org and complete a contact form and a counselor will get back to you.

Facebook, Instagram and Twitter: COVID Recovery Iowa

Call the Iowa Warm Line, 844-775-9276;
to connect with a peer counselor or request to get in touch
with a COVID Recovery Iowa counselor.



FEMA