

Webinar Format

The webinar will begin shortly.

- To minimize background noise, all participants will be muted at the start of the webinar.
- Submit a question or comment to the presenters any time.
 - 1) Type it into the questions pane on the webinar control panel
 - 2) “Raise your hand” to be put in the queue to speak directly with our presenters.
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APA Town Hall

The Role of APA and Psychology in Addressing the Impact of the COVID-19 Pandemic on Children and Youth

Jennifer F. Kelly, PhD, ABPP, 2021 APA President

Arthur C. Evans, Jr., PhD, APA CEO

Featuring special guests:

Kathryn Howell, PhD, Chair-elect, APA's Children Youth & Families Committee

Lauren Caldwell, PhD, Senior Director, APA's Human Development Team & Children, Youth and Families portfolio

SEPTEMBER 27, 2021

Addressing the Impact of the ~~Pandemic~~ on Children and Youth Syndemic

- **DIRECT –**

Providing support for children themselves
(e.g., tools, resources for coping)

- **INDIRECT –**

**Helping to strengthen the environments in which
children live and play**
(e.g., schools, home/family environment)

e.g., Shaping public policy related to children and youth



- Funding for prevention and other behavioral research.
- Investments in long-term solutions.
- Creating a positive school climate.
- Growing the number of school psychologists.



*Requires expertise from
the breadth of
the field of psychology.*

APA's Pandemic Response

Children and Youth Mental Health and Wellbeing

Dr. Lauren Caldwell – Senior Director, APA's Human Development Team
& Children, Youth and Families portfolio

Prioritizing Children's Mental Health

Consequences of untreated mental health issues experienced by child, family, and community

Most frequently experienced mental disorders have onset in childhood or adolescence

Critical period for promotion, prevention, detection, and intervention

Opportunities and challenges of the pandemic

The diagram consists of two circles on a dark blue background. The top circle is teal and contains the text 'Child Level', 'Family Level', 'Community Level', and 'Systems Level'. The bottom circle is purple and contains a bulleted list of three program types: 'Universal Promotion and Prevention', 'Intervention Targeted to those at-risk', and 'Treatment for those in need'. The title 'Programs and Policies' is located to the left of the purple circle.

Child Level
Family Level
Community Level
Systems Level

Programs and Policies

- Universal Promotion and Prevention
- Intervention Targeted to those at-risk
- Treatment for those in need



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monitor on
psychology



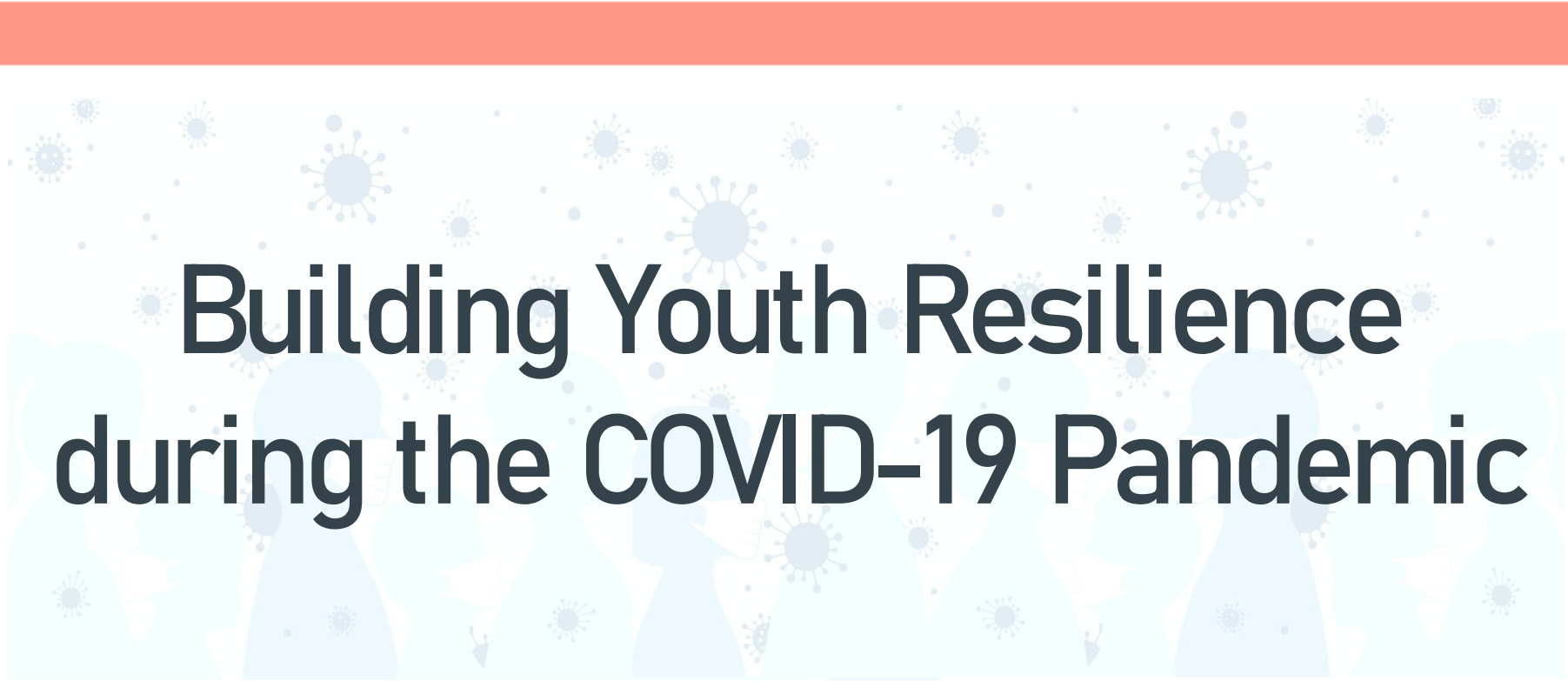
Legislation
Learning Recovery Act
Mental Health Services for Students Act
Save Education Jobs Act



[Books to Help Kids Cope with COVID-19](#)



Mental Health Primers



Building Youth Resilience during the COVID-19 Pandemic

Kathryn H Howell, PhD

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REACH LAB
RESILIENCE EMERGING AMIDST CHILDHOOD HANDSHIPS

APA Town Hall

The Role of APA and Psychology in Addressing the Impact of the COVID-19 Pandemic on Children and Youth

Impact of the Pandemic on Youth Mental Health



Direct and indirect effects of the pandemic on **youth mental health and well-being**

- Direct health threats, threats to family stability
- Indirect effects via social distancing, school closures, isolation

Pandemic has contributed to **stress, worry, helplessness, and behavioral problems** among youth

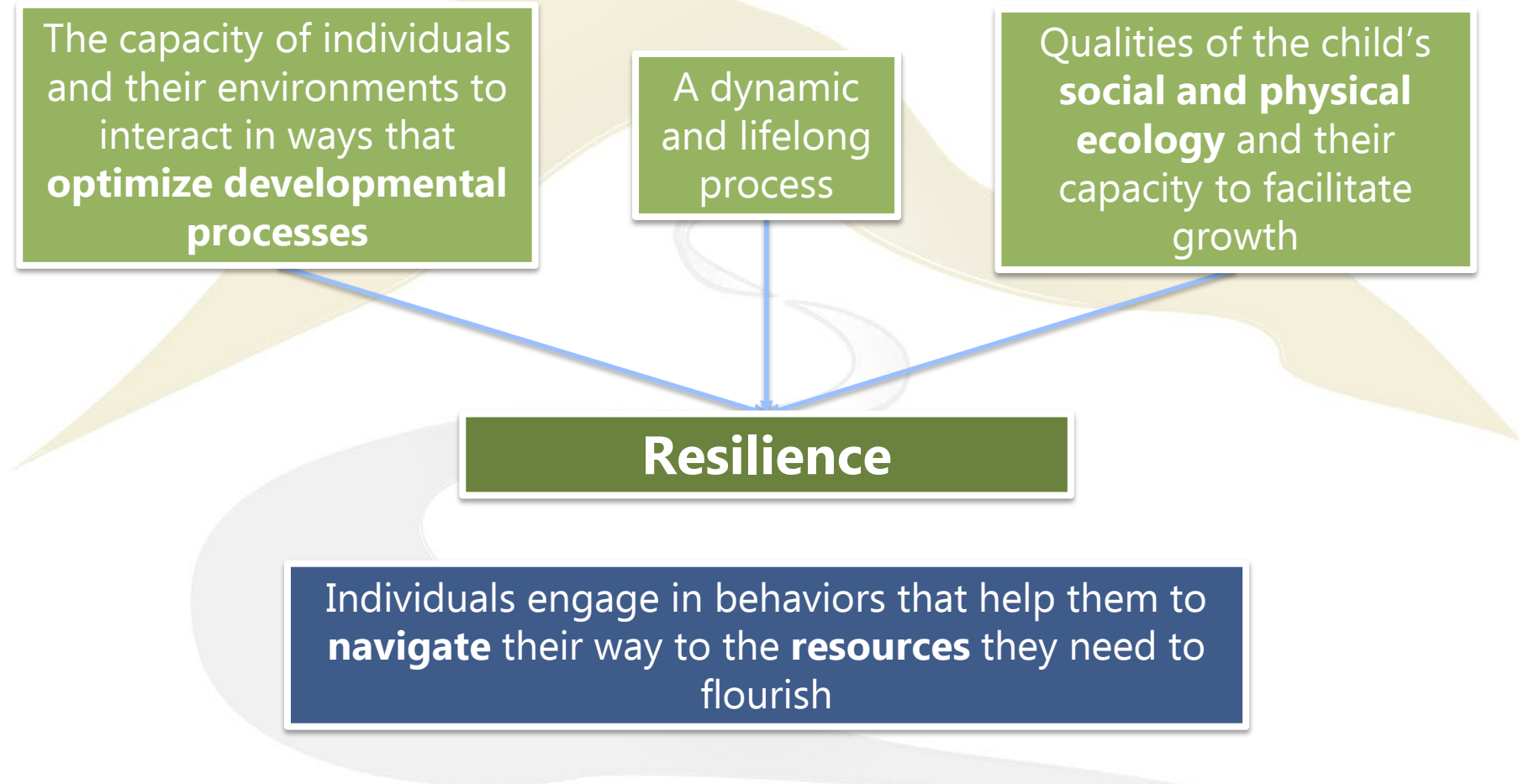
- Substance misuse, academic challenges, relationship difficulties

Pandemic-related **uncertainty** associated with **youth distress**

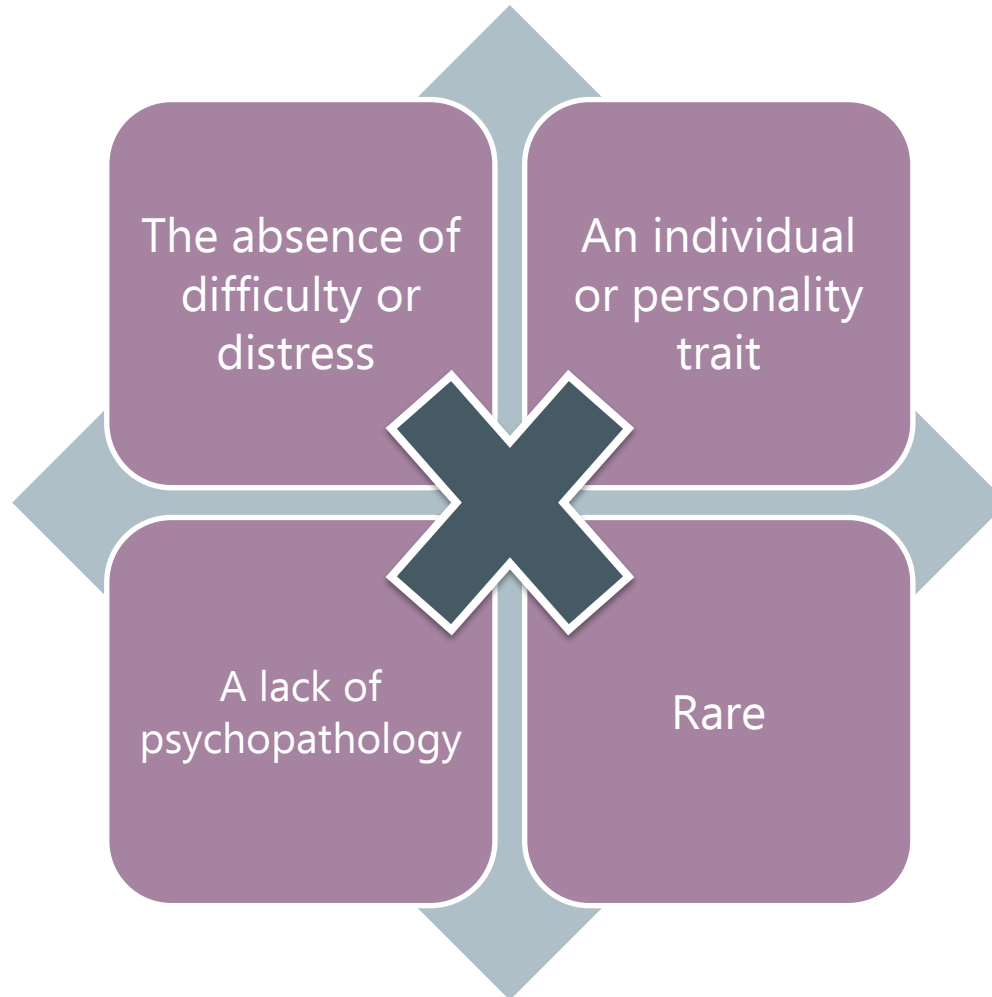
- Worry and fear of infection, running out of basic supplies, family finances, access to school



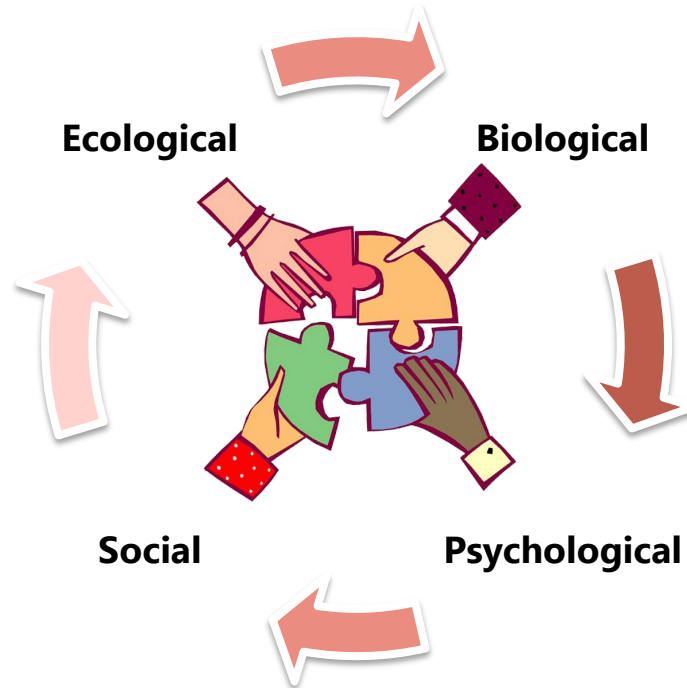
Adapting to Adversity: Resilience Roadmap



Resilience Myths



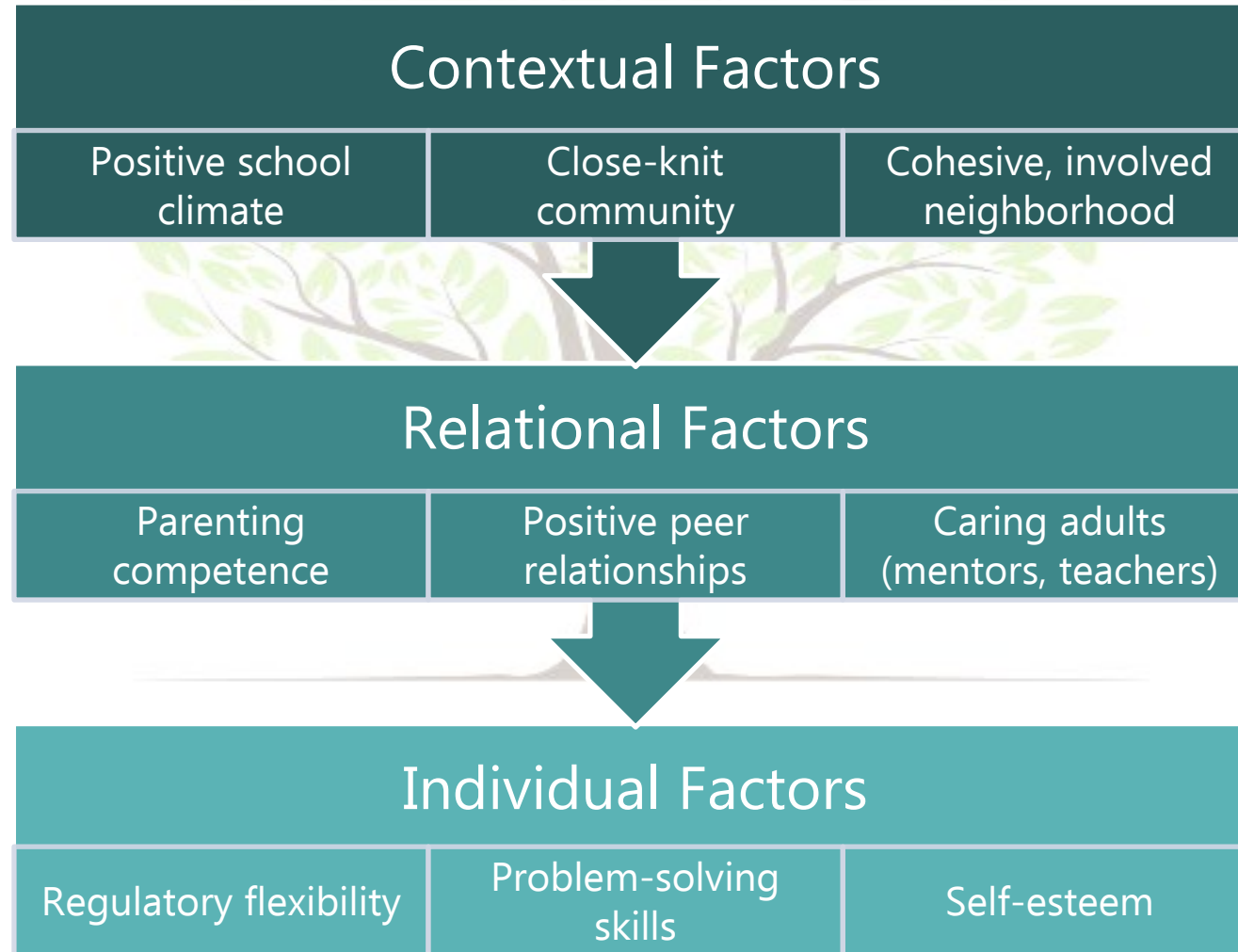
Multisystemic Resilience



A multitude of **interconnected factors** within the individual child, families, schools, and communities that interact to influence **adaptive capacities**

A **systems definition** views resilience as existing both **within and outside the individual**

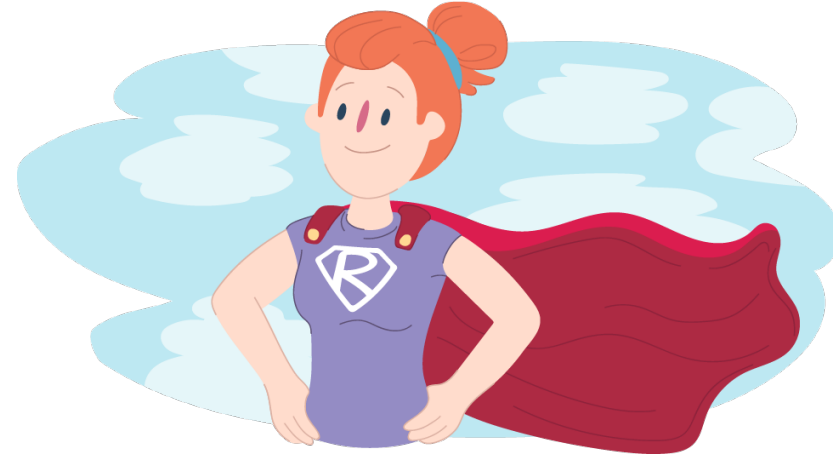
Multisystemic Resilience



Building Youth Resilience

The **multisystemic resilience model** is a useful tool to understand how:

1. Adversity may affect access to resources
2. Resources can be harnessed and enhanced via intervention



Draw from the **inherent strengths** of children and adolescents to enhance resilience via intervention



Shift from a focus on individual problems to highlighting **ecological assets**

Strategies to Enhance Resilience across Systems



Individual Level

Foster **physical wellness**

Enhance **psychological wellbeing**

Embrace **healthy cognitions**

- Accept that change is a part of life
- Look for irrational or catastrophic thinking patterns
- Promote a sense of agency
- Hopeful and optimistic outlook

Strategies to Enhance Resilience across Systems

Relational Level

- Build **connections**
- Engage with compassionate individuals who **validate** emotions and feelings



Contextual Level

- Sense of purpose, connection, and support via groups
- Find **purpose** by helping others



Reimagining Strengths-Based Intervention

- Incorporate individual, family, community, and contextual processes
- Focus on **developmentally-sensitive** interventions that leverage known multisystemic protective and promotive factors for children
- Provide **psychoeducational resources** to assist children with fears around COVID and work through sense of helplessness
 - Target fear and worry about the unknown
- Interventions are necessarily **multi-sectoral**, engaging not only in the direct care and support of children and families, but also in assisting their connection to **community resources**

Reimagining Strengths-Based Intervention

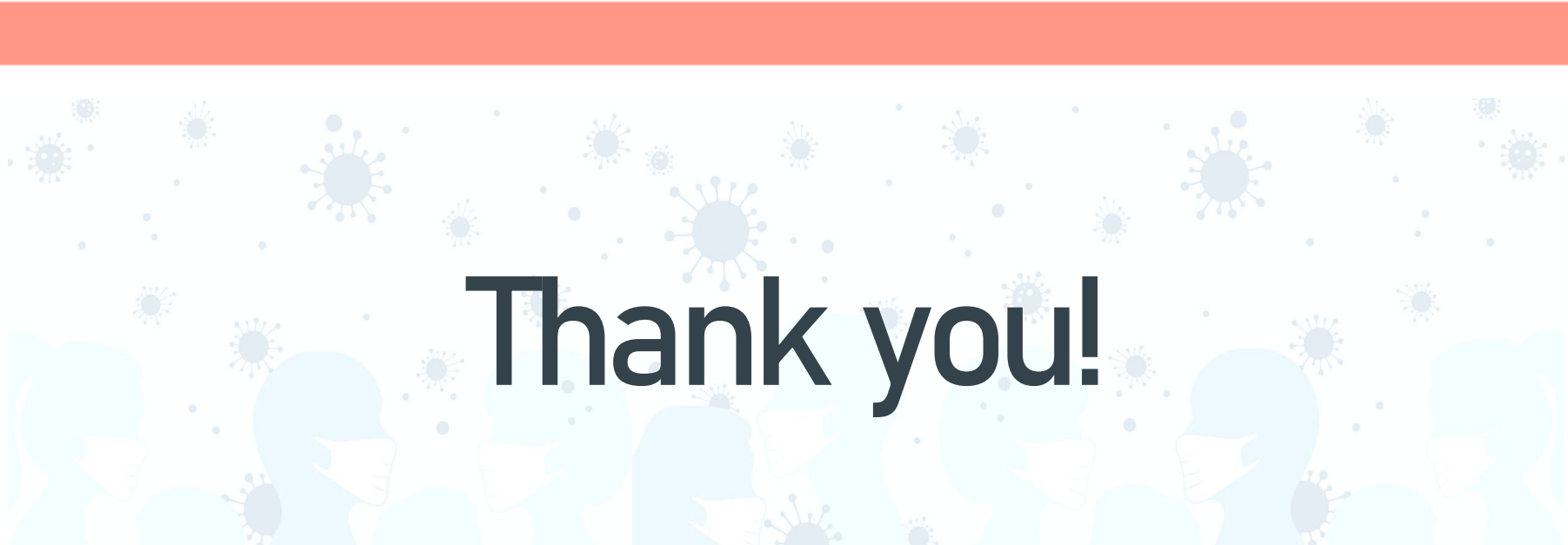


❖ Psychologists can contribute to the healthful development of **safe spaces** for families and children that promote adaptive outcomes and enhance resilience

❖ Facilitate community **participation** and **mobilization** to support the **dissemination** of evidence-based programs

❖ Unite **biological, psychological, social, and ecological perspectives** to inform our understanding of the pandemic





Thank you!

Kathryn H Howell, PhD
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MEMPHIS

REACH LAB
RESILIENCE EMERGING AMIDST CHILDHOOD HARDSHIPS 

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PSYCHOLOGICAL
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**Let's have a
conversation.**



For Additional Resources & Information

**[https://www.apa.org/topics/
child-development](https://www.apa.org/topics/child-development)**