

Youth Mental Health – Coping with COVID and Beyond

By Deborah McCoy

The continual stress and isolation created by the COVID pandemic has been especially difficult for our children. After the norm of near constant contact with peers, a new, problematic norm emerged from the pandemic. Staying home, away from school, friends and daily routines has impacted the mental health and well-being of our youth, creating feelings of profound loneliness. A risk factor for anxiety, depression and substance abuse, loneliness can have long-term effects and worsen existing mental health conditions. This workshop will:

- Look at research conducted by the CDC, the Harvard Graduate School of Education and others focused on the impact of the pandemic on youth's mental health;
- Examine the rise in anxiety, depression and loneliness among youth during the pandemic;
- Review strategies and efforts to help youth create sustaining connections and cope with the challenges from COVID.