



COVID-19:

Worry about the return to school

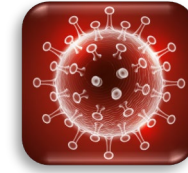
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Alberta Mental Health Literacy Project
Teenmentalhealth.org
August 24, 2020



Back to school
COVID-19
WEBINAR

RETURN TO SCHOOL

ANDREW BAXTER MSW RSW



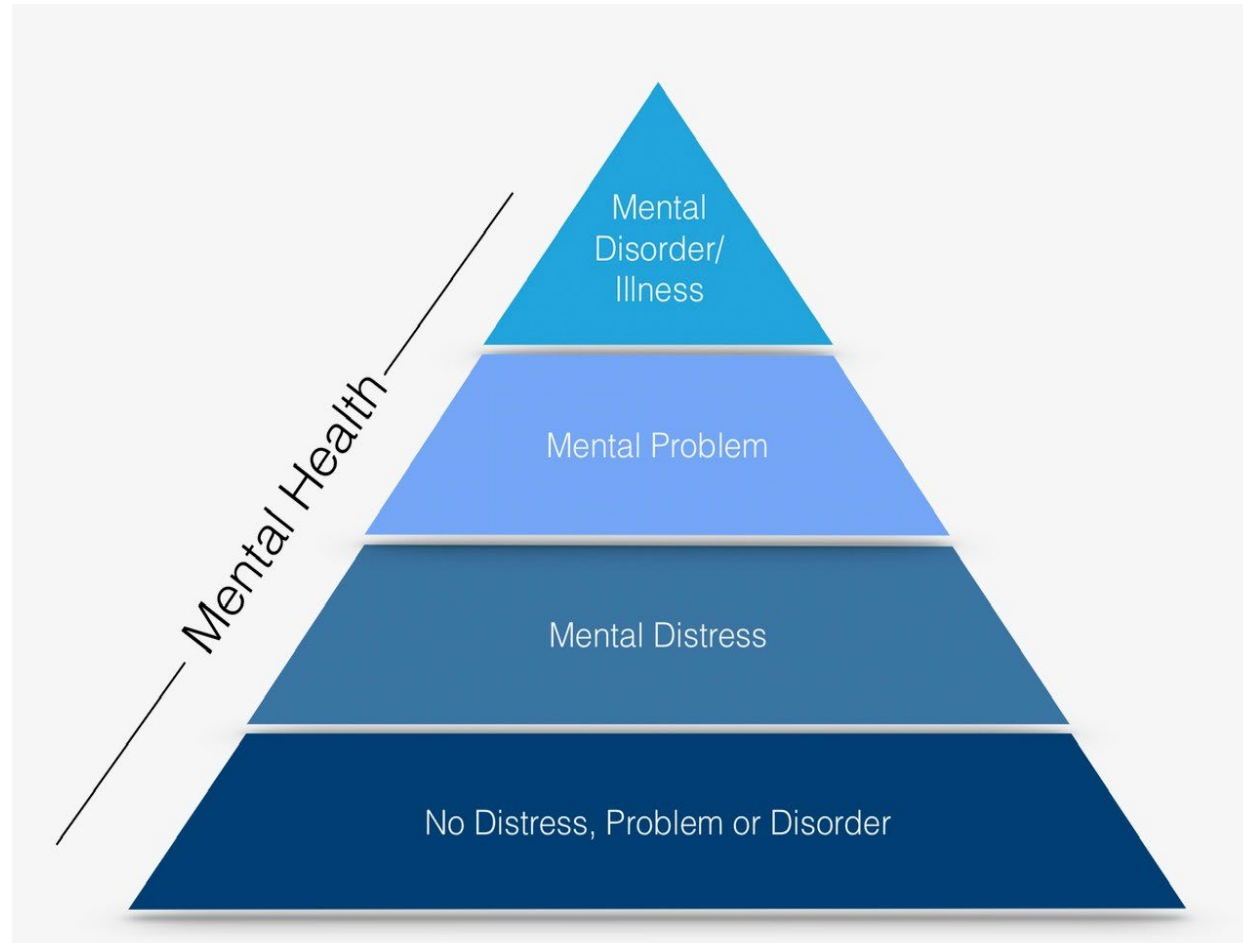
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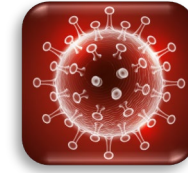
Disclosures

- None



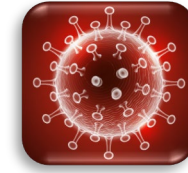
A useful model for mental health and mental illness





Some potential student worries

- Interference with academic plans
- The potential stigma if you get sick
- The amount of school you miss with any illness
- Disruption of extra-curricular activities
- Service disruption to students



Some potential parent worries

- Fear of judgement from others for sending or not sending their child back
- Not feeling qualified to teach if their child stays at home
- Damage to other family and friend relationships by their children returning
- Academic disruption for their child



Parent tips for managing back to school amid COVID-19

- **Regulate yourself first!**
- Have a plan that follows health guidelines and not your anxiety (and having a flexible plan is alright)
- Parents focus on adult problems, youth focus on youth problems
- Remember the locus of control
- Get your information from reliable sources to make the best decisions



Parent tips for managing back to school amid COVID-19

- Check your child's thinking (ensure they are not overestimating or underestimating risk)
- Work on scripts for youth about maintaining social distance
- Learn and practice a stress management technique
- Establish new routines (with health guidelines) and explain them to youth
- Always go back to mental health basics (good sleep, good diet, good exercise, positive social connection)

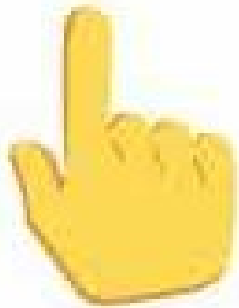
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Strategy #1: Starfish Breathing



<https://www.youtube.com/watch?v=x3SVAWLGCRU>

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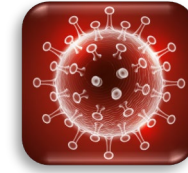
Resources

COVID-19 Tip Sheets

<http://teenmentalhealth.org/wp-content/uploads/2020/04/Tipsheet3-1024x1024.png>

<http://teenmentalhealth.org/wp-content/uploads/2020/03/tipsheet2-833x1024.jpg>





Resources and Links

Questions? andrew.baxter@ahs.ca

Website: [Teenmentalhealth.org](https://teenmentalhealth.org)

YouTube: [@TMentalHealth](https://www.youtube.com/@TMentalHealth)

Twitter: [@MHLprojectco](https://twitter.com/MHLprojectco)