

# PandeMental Health Issues: Recognizing and managing mental health issues and toxic stress during a pandemic.

## Agenda Items

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|---------------------|--|
| Introduction        | <ul style="list-style-type: none"><li>➤ Overview of the day</li><li>➤ Introductions</li><li>➤ Team building activity</li></ul>   |
| Morning Session 1   | <ul style="list-style-type: none"><li>➤ The Whyse approach</li><li>➤ What is com prevention?</li><li>➤ Recognizing positive vs tolerable vs toxic Stress</li><li>➤ Cycle of stress</li><li>➤ How the brain copes, and what that effects.</li></ul> |
| Morning Session 2   | <ul style="list-style-type: none"><li>➤ Impact of nurture on nature: epigenetic considerations</li><li>➤ Trauma Informed Practice</li><li>➤ Intergenerational Impact</li><li>➤ Isolation and trauma</li></ul>                                      |
| Afternoon Session 3 | <ul style="list-style-type: none"><li>➤ Supporting caregivers</li><li>➤ Crucial self-care</li><li>➤ Colleague support</li></ul>  |
| Afternoon Session 4 | <ul style="list-style-type: none"><li>➤ Isolation factor</li><li>➤ What are you seeing?</li><li>➤ How do we plan for the future?</li></ul>   |

## Additional information

The impact of isolation and pandemic stress will be discussed throughout the workshop, with specific reference as to how to manage that impact for children and youth. With a basic understanding of epigenetics and the cycle of toxic stress, the impact of nurture on nature, and the intergenerational implications, plans can be formulated to mediate the negative outcomes.

This agenda is a guide to the information that will be provided to help both children/youth and the professionals with whom they work. Exact times may vary depending upon the needs of those attending the workshop.