WEBINAR SERIES

Children of Puerto Rico and COVID-19: At the Crossroads of Poverty and Disaster

Session #6: Mental health and COVID-19: Responding to and planning for the needs children, youth, and families.

Wednesday May 13th, 2020, 1:00 - 2:30 PM ET
Entire sesión will be in Spanish

Bottom Zoom Menu:

- Switch from original lenguaje to English
- "Mute original audio"
HOW TO PARTICIPATE

Chat: General questions, individual introductions, general comments

Q&A: ONLY questions for PANELISTS
WEBINAR SERIES WEBSITE


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RESOURCES


RCRC COVID-19 Webinars

The unprecedented challenges presented by the COVID-19 will both directly and indirectly affect children. The economic consequences in the short and long-term will set back countless families struggling to make ends meet. These health and economic stressors also affect the systems which nurture our children. The RCRC Initiative aims to provide actionable information through direct to child-serving institutions, policymakers, and other child advocates to help inform their activities.

Puerto Rico Webinar Series

Children of Puerto Rico and COVID-19: At the Crossroads of Poverty and Disaster

Resource Guides (updated 5/7/2020): English | Spanish

SECCIÓN 5: VIOLENCIA DOMESTICA (6/5)

1. Recursos de Alina Potts / Global Women's Institute:
   a. Sitio Web Global Women's Institute: https://globalwomenseinstitute.gwu.edu/our-team
   g. Artículo: BuzzFeed News: “Se denuncia que dueños de propiedades piden solo a sus arrendatarios que no puedan pagar la renta” (en inglés): https://www.huffingtonpost.com/entry/rent-arrest-coronavirus_us_5ebf7123a0f8b6e4047b1427

REDES SOCIALES

Síganos en redes sociales para saber más de nuestro trabajo y próximos eventos.

Organizaciones

- NCDF
  - Facebook: https://www.facebook.com/ncdfcuj
  - Twitter: https://twitter.com/Columbia_aedo (@columbia_ncdf)
- IDJ
  - Facebook: https://www.facebook.com/idjpr
  - Twitter: https://twitter.com/idjpr (@IDJ_PR)
- Puerto Rico Children and Youth Taskforce (PRCTF)
  - Facebook: https://www.facebook.com/prctaskforce/

Organizaciones Participantes

Sesión 1: Política Pública
- First Focus on Children
  - Facebook: https://www.facebook.com/firstfocuschilden/
  - Twitter: https://twitter.com/FirstFocus (@FirstFocus)

Sesión 2: Respuesta Organizacional
- Centro de Investigaciones Sociales – UPR Rio Piedras
  - Facebook: https://www.facebook.com/cis.uprr.edu/

Sesión 3: Educación
- Fundación Flamboyán
  - Facebook: https://www.facebook.com/fundacionflamboyan/
  - Twitter: https://twitter.com/flamboyanEDN (@FlamboyanEDN)
PUERTO RICO COVID-19 DASHBOARD (1 of 5)  Last Update: May 13, 2020 5:51 AM

Total Positive Cases
2,329 ↑ 30

Deaths Reported
115 ↑ 1
Mortality Rate: 4.9%

Hospitalized COVID
152 ↑ 9

In ICU COVID
10 ↓ 6

In Ventilators COVID
6 ↑ 1

Utilization of Ventilators
23%

Positive Cases by Age Range

Source: Puerto Rico Department of Health

SESSION #5 SUMMARY - MAY 6

“Responding to and planning for the needs children, youth, and families”

Alina Potts, Global Women’s Institute
Gilda F. Rodríguez Díaz, Carlos Albizu University – San Juan Campus
Jodie Roure, John Jay College of Criminal Justice, CUNY
• **Impacts of the pandemic:** pre-existing vulnerabilities and stress and instability are exacerbated, the availability of services to address gender and child violence is reduced, inability to flee from abusive partners, violence perpetrated against health workers

• **What we can do:** integrate children and women into health system response and long-term pandemic preparedness, expand and strengthen economic security and temporary shelters and shelters for survivors, incentivize virtual support groups, ensure clear communication for avoid stigma, secure funding so that services for women and children continue to operate

• **There are barriers preventing reports of abuse** - we do not have enough data, we must assume that different forms of violence are occurring

• **Protection from Sexual Exploitation and Abuse:** Abuse occurs at all points in the humanitarian aid chain. There are ways to protect those who receive humanitarian aid. Women and girls should be included in the participatory design of safeguard measures

• **How to increase social support during quarantine:** Share messages via bluetooth, messaging apps to connect with women's networks, use of signals and codes, web apps to support survivors - My Plan. - You should always be the survivor making these decisions. Violence is an act of taking power away. Giving power back is supporting autonomous decision-making processes.
PR context: Maria and Irma 2017, resignation of Rossello 2019, earthquakes 2020

Historical trauma: Collective trauma about a group that shares an identity, characterized by an intergenerational legacy of traumatic events, expresses itself socially and psychologically. COVID-19 affects PR particularly as it continues to respond and recover from previous traumatic events.

Elements of traumatic stress in children:

1. Experience of one or more traumatic events in life.
2. Development of reactions that persist and affect their lives even when the event has ended.
3. Traumatic reactions include varied responses: severe emotional distress, symptoms of depression, anxiety, behavioral changes, difficulty regulating emotions, interpersonal problems, difficulty in attention.

The traumatic event of COVID-19 is not over, we do not know the long-term impacts on children.

Child Abuse and Traumatic Childhood Experiences (ACEs): Traumatic events that have lasting negative impacts on the well-being and health of the child. If not treated promptly it can have lasting impacts on the nervous system, risky behaviors, and even shorter life expectancy.

PR has collectively experienced several traumatic events for children - the impact of COVID is exacerbated by the high level of poverty and lack of resources in PR.

Responses to protect children: public policy, advocacy for children, integration of services to ensure equitable access.
• PROMOTING HEALTHY AND SAFE FAMILIES:
  1. Communicate with children about their concerns about COVID-19
  2. Use age appropriate messages to teach them about COVID-19
  3. Include children in creating family plans
  4. Help them develop healthy coping mechanisms
  5. Adjust expectations to focus on what creates meaning, purpose, and satisfaction
  6. Practice self-care at home

• How to handle childhood trauma if caregivers are managing their own trauma: seek help, communication, temporary care for children, recognize signs of stress in yourself, and then seek help.

• RECOGNIZING THAT YOU NEED HELP IS NOT A WEAKNESS.
TAKE-AWAYS SESSION #5

Jodie Roure, John Jay College of Criminal Justice, CUNY

- Gender violence is a global crisis
- Human Rights Principles that apply to COVID-19 and children: Articles 3 right to life, Article 10 convention on the rights of people with disabilities, Article 13: right to freedom of movement, Article 12: public health
- During these times, services for children with special needs are not available, compounding the type of violence families and children face in these circumstances.
- Difficulty with data: lack of transparency, historically it is difficult to have good data, emergence of civil data collection projects
- Lessons learned post-Maria: difficulty accessing survivor shelters, lack of police, cuts were closed, exodus of population
- During COVID-19: restriction of transportation and communication gives more power to the aggressor and limits resources for the victim of violence
- The outage system has improved in PR, they have been quick to respond, giving restraining orders during the pandemic
- Domestic violence shelters should be considered in emergency management protocols
Recommendations, practices and key conclusions:

- Youth is important: we must engage youth in the conversation about how to engage the public and support vulnerable groups.
- Use research-based websites and experimental learning experiences to improve communication and information sharing between survivors, the community, and the state during times of crisis.
- Develop technological tools to support parents in children's homeschooling, promote cyber engagement, and reduce stress triggers at home; with a sustainable model without energy.
- Political decisions must include a gender perspective.
- Policy Recommendations: Give directors of domestic violence shelters a seat at the emergency management table and implement a coordinated protocol to evict victims of domestic violence from shelters during natural disasters or pandemics, if necessary.
WEBINAR SERIES WEBSITE


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THANK YOU!

Please send your comments or questions to afs2163@cumc.columbia.edu
RESOURCES
COVID-19 & CHILDREN

• Resilient Children/Resilient Communities Initiative
  • Home Page: https://ncdp.columbia.edu/microsite-page/resilient-children-resilient-communities/rcrc-home/

• Instituto del Desarrollo de la Juventud (IDJ) Website: http://juventudpr.org/
  • Report "Los Efectos del Huracán María en la Niñez en Puerto Rico" (Spanish): http://juventudpr.org/sobre-nosotros/biblioteca/?libroId=93277
  • Report "Un futuro de pobreza infantil en Puerto Rico: cuánto nos cuesta y qué podemos hacer" (Spanish): https://www.cuantonoscuesta.com/

• RCRC TOOLBOX: https://rcrctoolbox.org/


• Puerto Rico Children and Youth Taskforce (PRCYTF) Website: https://www.prcytaskforce.org/