



# 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 13<sup>th</sup>, 2020, 1:00 - 2:30 PM ET



National Center for  
Disaster Preparedness  
EARTH INSTITUTE | COLUMBIA UNIVERSITY

PUERTO RICO  
CHILDREN & YOUTH TASK FORCE

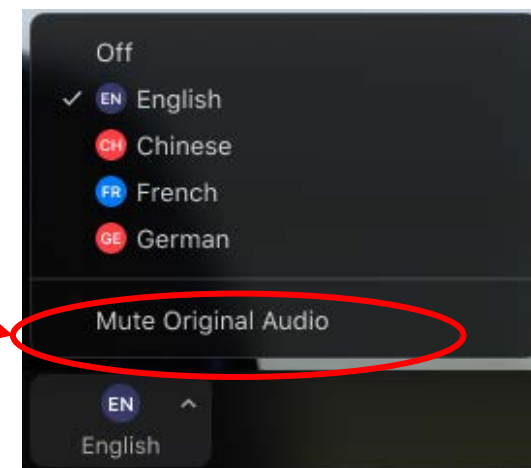
The logo for the Puerto Rico Children & Youth Task Force includes a graphic of several grey circles of varying sizes arranged in a cluster to the right of the text.

# SIMULTANEOUS ENGLISH TRANSLATION

## 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

<https://bit.ly/rcrc-c19webinars>

- ✓ **ALL SESIONS MATERIALS:  
RECORDINGS, PRESENTATIONS,  
RESOURCES**
- ✓ **REGISTER FOR NEXT SESSION**





# RESOURCES

<https://bit.ly/rcrc-c19webinars>



## Serie de Seminarios Web Niños de Puerto Rico y COVID-19: En la encrucijada de la pobreza y el desastre Lista de Recursos

Para obtener más información sobre esta serie de seminarios web y las grabaciones de las sesiones pasadas y las presentaciones: <https://bit.ly/rcrc-c19webinars>

### SESIÓN #5 VIOLENCIA DOMESTICA (6/5)

- Recursos de Aina Potts / Global Women's Institute:
  - Sitio Web Global Women's Institute: <https://globalwomensinstitute.gwu.edu/our-team>
  - Artículo "A Gender Lens on COVID-19: Pandemics and Violence and Children" (en inglés): <https://www.cgdev.org/blog/gender-pandemics-and-violence-against-women-and-children>
  - Repositorio de la Red Nacional Contra la Violencia Domestica (siglas en inglés): [https://nnedv.org/latest\\_update/recursos-ri-coronavirus-covid-19/](https://nnedv.org/latest_update/recursos-ri-coronavirus-covid-19/)
  - Sitio web del Centro Nacional de Recursos contra la Violencia ( sobre "Previendo y Manejando la Expansión del COVID-19 Di Programas de Violencia Domestica": <https://vawnet.org/news/managing-spread-covid-19-within-domestic-violence-program>
  - Webinar de la Red Asiática de Albergues para Mujeres: "Usando para apoyar a las víctimas durante una crisis de salud pública" <https://shelterasia.org/2020/04/01/webinar-3-using-technology-victims-during-a-public-health-crisis/>
  - Repositorio de recursos COVID-19 del Centro de Protección Gf Violencia de Género AoR: [https://gbvaor.net/thematic-areas?term\\_node\\_tid\\_depth\\_1%5B121%5D=121](https://gbvaor.net/thematic-areas?term_node_tid_depth_1%5B121%5D=121)
  - Artículo BuzzFeed News: "Se denuncia que dueños de propiedad pidiendo sexo de sus arrendatarios que no pueden pagar la renta (en inglés): <https://www.buzzfeednews.com/article/amberiamies/sexual-harassment-coronavirus>



- Proveedores": <https://rcrctoolbox.org/es/toolbox/children-coronavirus-a-guide-for-families-providers/>
  - Webinar "Planificación para la Continuidad de Operaciones (COOP) en tiempos de COVID-19": <https://rcrctoolbox.org/es/toolbox/planificacion-para-la-continuidad-de-operaciones-en-tiempos-de-covid-19/>
- Centro de Recursos COVID-19 del National Center for Disaster Preparedness (NCDP): [https://bit.ly/ncdp\\_covid19](https://bit.ly/ncdp_covid19)
  - Sitio Web Puerto Rico Children and Youth Taskforce (PRCYTF): <https://www.prcytaskforce.org/>
  - Fact Sheet First Focus: Ayuda a los Niños Durante la Pandemia de Coronavirus: <https://firstfocus.org/blog/fact-sheet-coronavirus>

### REDES SOCIALES

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

#### Organizadores

- NCDP:
  - Facebook: <https://www.facebook.com/ncdpcu/>
  - Twitter: [https://twitter.com/columbia\\_ncdp](https://twitter.com/columbia_ncdp) (@columbia\_ncdp)
- IDJ:
  - Facebook: [https://www.facebook.com/IDJ\\_PR](https://www.facebook.com/IDJ_PR)
  - Twitter: [https://twitter.com/idi\\_pr](https://twitter.com/idi_pr) (@IDI\_PR)
- Puerto Rico Children and Youth Taskforce (PRCYTF)
  - Facebook: <https://www.facebook.com/prcytaskforce/>

#### Organizaciones Participantes

##### Sesión #2 Política Pública

- First Focus on Children
  - Facebook: <https://www.facebook.com/firstfocus.children/>
  - Twitter: [https://twitter.com/First\\_Focus](https://twitter.com/First_Focus) (@First\_Focus)

##### Sesión #3 Respuesta Organizacional

- Centro de Investigaciones Sociales – UPR Río Piedras
  - Facebook: <https://www.facebook.com/cis.uprr.edu/>

##### Sesión #4 Educación

- Fundación Flamboyán
  - Facebook: <https://www.facebook.com/FundacionFlamboyan/>
  - Twitter: <https://twitter.com/FlamboyanFDN> (@FlamboyanFDN)

### 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 direct and nurture our children. The RCRC Initiative aims to provide actionable information through directed to child-serving institutions, policymakers, and other child advocates to help inform res activities.

#### Puerto Rico Webinar Series

### WEBINAR SERIES

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



NCDP in collaboration with the [Institute for Youth Development](#) (IDJ) and the [Puerto Rico Children & Youth Taskforce](#) (CYTF), will host a series of discussions focused on the impacts of COVID-19 as a public health emergency. Children of Puerto Rico may be affected by the compounding effects of poverty and prior disaster experiences.

Please note: These events will be simultaneously translated in English and Spanish but are subject to technical limitations.

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

- Session #1: Children & pandemics: in the context of Puerto Rico / Niños & pandemias: Entendiendo el contexto de Puerto Rico
  - Date & Time: Wednesday April 8<sup>th</sup>, 2020 / Miércoles 8 de abril, 2020, 1:00 PM – 2:30 PM ET
  - Speakers: Jeff Schlegelmilch, Deputy Director, NCDP & Amanda Rivera, Director, IDJ



# 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**

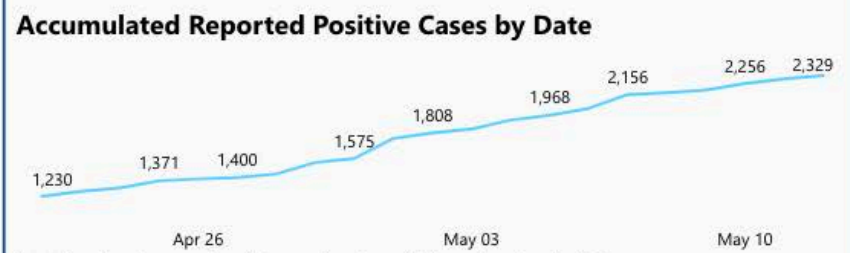
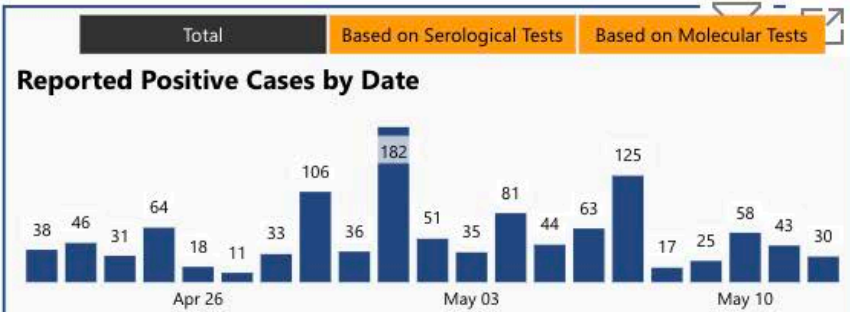
10 ↓ 6

**In Ventilators COVID**

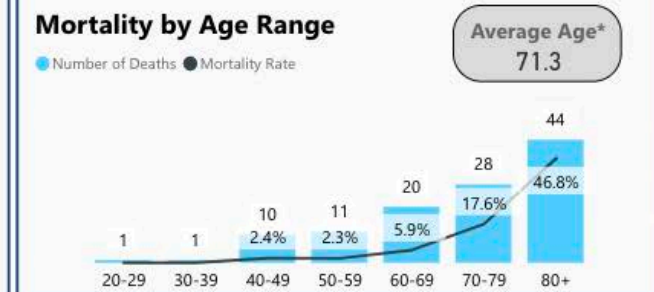
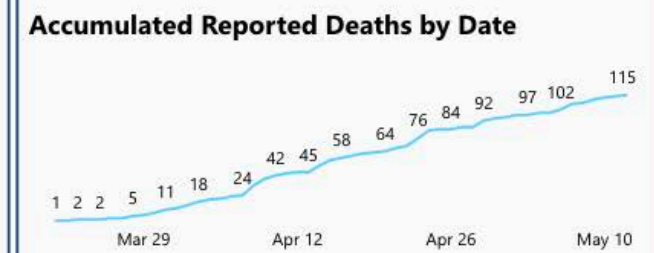
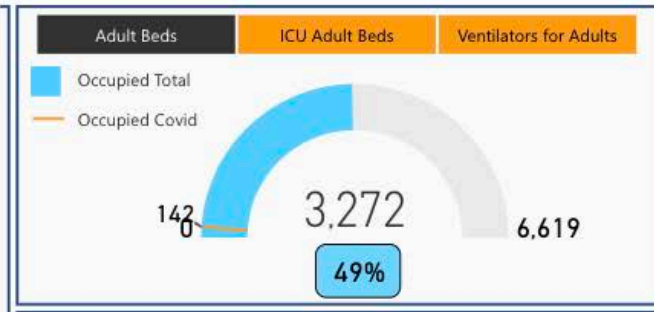
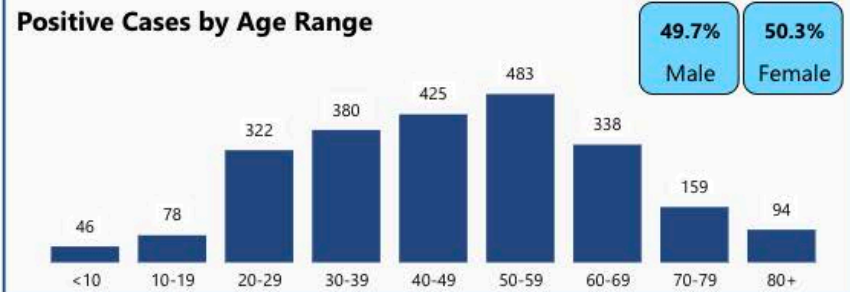
6 ↑ 1

**Utilization of Ventil...**

23%



Note: Number of reported positive cases is only available starting from April 22



Source: Puerto Rico Department of Health

\*Exact age of 6 cases not available; they are not included in this calculation

Source: Puerto Rico Department of Health

\*Exact age of 6 cases not available; they are not included in this calculation

Fuente: <https://www.v-2-a.com/news-detail/128-161-stay-updated-on-the-covid-19-evolution-in-puerto-rico/>



# 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





# TAKE-AWAYS SESIÓN #5

## Alina Potts, Global Women's Institute

- **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.





# TAKE-AWAYS SESSION #5

## Gilda F. Rodríguez Díaz, Carlos Albizu University – San Juan Campus

- 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

# TAKE-AWAYS SESSION #5

## Gilda F. Rodríguez Díaz, Carlos Albizu University – San Juan Campus

- **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: Article 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



# TAKE-AWAYS SESSION #5

## Jodie Roure, John Jay College of Criminal Justice, CUNY

### 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 Institutional
- 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





# SESSION #6

## MENTAL HEALTH



**Dr. Helen Verdeli** Director,  
Global Mental Health Lab,  
Columbia University



**Dr. Kalitza Baerga**  
President,  
Puerto Rico Psychologists  
Association



**Helga Maldonado,**  
Specialist in  
Families, ESCAPE

# WEBINAR SERIES WEBSITE

<https://bit.ly/rcrc-c19webinars>

- ✓ **ALL SESIONS MATERIALS:  
RECORDINGS, PRESENTATIONS,  
RESOURCES**
- ✓ **REGISTER FOR NEXT SESSION**



# THANK YOU!

Please send your comments or questions to  
[afs2163@cumc.columbia.edu](mailto: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/>
  - "RCRC Toolbox COVID-19 Resource Catalogue": [https://rcrctoolbox.org/wp-content/uploads/2020/04/RCRC-Toolbox\\_COVID19-menu\\_en.pdf](https://rcrctoolbox.org/wp-content/uploads/2020/04/RCRC-Toolbox_COVID19-menu_en.pdf)
  - "Children and Coronavirus: A Guide for Families and Providers": <https://rcrctoolbox.org/toolbox/children-coronavirus-a-guide-for-families-providers/>
  - "Continuity of Operations Planning (COOP) in a Time of COVID-19": <https://rcrctoolbox.org/toolbox/continuity-of-operations-planning-in-a-time-of-covid-19/>
- **National Center for Disaster Preparedness (NCDP) COVID-19 Resource Center:** [https://bit.ly/ncdp\\_covid19](https://bit.ly/ncdp_covid19)
- **Puerto Rico Children and Youth Taskforce (PRCYTF) Website:** <https://www.prcytaskforce.org/>

