

MITIGATING THE IMPACTS OF COVID-19: Youth in Care

COVID-19 has had many impacts on children and youth in care, which may contribute to trauma layering, and when prolonged can worsen mental health. Responding to these as early as possible to address current impacts and prevent future potential impacts is essential in supporting positive mental health.



Risk Mitigation: Follow strict sanitation and safety guidelines, especially in group homes. Organize youth-led outdoor and socially distanced indoor activities.



Connection: Provide frequent and creative opportunities for connection and assess risks often to reduce traumatization, retraumatization, and trauma-layering.



Online Safety: Speak with children about online safety and respectfully monitor their internet activity. Children who have experienced maltreatment are at higher risk for online sexual exploitation.



Structure: Provide a youth-organized routine and things to look forward to.

last modified: 2023-07-28