

PTSD and COVID-19

Program Description

What does COVID have to do with PTSD? A lot! This program is designed to facilitate discussion on the impact of COVID among individuals across the lifespan, with a focus on mental health and the parallel traumatic impacts that COVID can present to individuals across the lifespan. Professionals providing services to individuals must have a general understanding of how COVID-19 may impact the mental well-being for individuals that they serve to respond in the most appropriate way that facilitates resiliency and healing in the face of the pandemic. Tips, tools, and resources will be provided that move toward a trauma-informed response to PTSD and COVID-19.

Program Objectives

Upon completion of this program, participants will be able to:

- Explain how mental health can be impacted due to COVID-19.
- Describe the overlap between PTSD symptoms and COVID responses.
- Outline tips and tools that allow providers to address the mental health impacts of COVID using a resiliency-focused framework.

Target Audience

This workshop will be beneficial to human service professionals, including psychologists, social workers, counselors, teachers, social workers, nurses, and administrators.

Program Agenda

10:00	Welcome and Introductions
10:15	How exactly Is COVID-19 impacting mental health? What does PTSD have to do with COVID-19?
11:15	Tips and tools - Leveraging the Modified Three C's of Resiliency
11:50	Q/A Discussion
12:00	Adjourn

Contact Hours

2.0 hours

Faculty

Kelly Graves, Ph.D., is a licensed clinical psychologist in the state of North Carolina. After serving as a tenured Associate Professor for a combined almost 16 years at UNCG and North Carolina A&T, Dr. Graves decided to pursue her passion of bridging research and practice by hanging up her academia hat and founding Kellin, PLLC and its non-profit partner the Kellin Foundation. Since that time, the Kellin Foundation has been named a partner with the National Child Traumatic Stress Network (NCTSN) for its expertise in community-based trauma recovery for children and families, which is the second site in the state of North Carolina behind Duke University. Dr. Graves is a consultant with the United States Department of Justice and has been invited to the White House under the Obama Administration to participate in think tank efforts around building community resiliency. She is also a training consultant with the UNC-CH

School of Social Work's AHEC Training Partnership. She has successfully implemented dozens of large-scale grants totaling over \$10 million dollars focused on community change, and is an accomplished scholar with dozens of peer-reviewed publications, books, and book chapters. She developed the Greensboro Child Response Initiative, which is nationally-recognized model by the US Department of Justice for best practices in responding to children exposed to violence. Her awards include the American Psychological Association Division 56 Trauma award, the Triad Business Journal Top 40 Leaders Under 40 award, named as a Top Psychologist award with the International Association of Health Care Professionals, and several others. In her free time, she loves to spend time with her family and friends, cheering on her favorite sports teams, and reading.