

**7TH ANNUAL
CONFERENCE ON
ADOLESCENT
HEALTH**

AHI Twitter Chat
**Understanding the Impacts of, and Supporting
Youth During, the COVID-19 Pandemic**

Wednesday, April 28
1:00 PM EST

Co-hosted by: **okay so**

TRAILS
Transforming Research into Action
to Improve the Lives of Students

ADOLESCENT **HEALTH** INITIATIVE

Important Details

- Wednesday, April 28, 2021
- 1 PM-2 PM EST
- Host: Adolescent Health Initiative (AHI) @Adolescent_Hlth
- Co-hosts: Okay, So (@heyokayso) and the TRAILS Program (@ElizabethTRAILS)
- Hashtags: #AHICHats and #AHI2021

Summary of Event

The COVID-19 Pandemic has caused collective trauma amongst adolescents who may feel particularly vulnerable because of social distancing and quarantine, loss of loved ones, or missing out on important milestones. It's important to understand the impacts of the pandemic on mental health and have the tools to support youth during these times. Join our Twitter Chat on ***Understanding the Impacts of, and Supporting Youth During, the COVID-19 Pandemic*** on Wednesday, April 28 at 1:00 PM EST to engage in the conversation.

Twitter Chat: Supporting youths' mental health during the pandemic

This Twitter Chat will serve as a live Q&A session. We will ask a series of questions surrounding supporting youth and their mental health during the pandemic using the hashtag #AHICHats and #AHI2021. Please consider posting links, resources, and tagging other providers and youth-serving organizations. To engage, please post your answer and include #AHICHats and #AHI2021 in your response. This filters all tweets to appear in one conversation.

Example:

Q1: Hi, what is your name? #AHICHats #AHI2021

A1: My name is JD, and I am with the Adolescent Health Initiative. #AHICHats #AHI2021

**Note: There is a five-minute period between each question. Please use this time to submit responses.*

Questions:

1. Welcome to AHI's Twitter Chat, *Understanding the Impacts of, and Supporting Youth During, the COVID-19 Pandemic*. Who is joining us? Introduce yourself! #AHICHats #AHI2021
2. What are some of the impacts you're noticing of the COVID-19 Pandemic on adolescents' mental health? #AHICHats #AHI2021
3. What are some barriers to adolescents seeking mental health support during the pandemic? #AHICHats #AHI2021
4. What are effective methods for virtually screening adolescents for depression? #AHICHats #AHI2021
5. What strategies do you suggest for adolescents to address their mental health concerns during the pandemic? #AHICHats #AHI2021
6. How can you support adolescents' need for safety regarding potential Covid-19 exposures with the need to return to normalcy? #AHICHats #AHI2021
7. What can caregivers do to support adolescents' mental health when living and learning in the same space? #AHICHats #AHI2021
8. What strategies can health care professionals use to support youth who have identities that they have not disclosed to their families? #AHICHats #AHI2021
9. Why is it more important than ever to consider the intersecting identities of the young people you are serving? #AHICHats #AHI2021
10. What resources can youth-serving professionals leverage to support adolescents' mental health during the pandemic? #AHICHats #AHI2021