

Community Education Service



Improving emotional health and well being

“All of my coping strategies went out the window”:
How neurodivergent individuals and their caregivers are
coping during the pandemic

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The COVID-19 pandemic has had a major impact on our lives. Many people are facing challenges that can be stressful and cause strong emotions in children, youth, and families. We will describe findings from a study examining the experiences of families of autistic individuals during the pandemic. We will present information about changes in autistic youth's traits and social-emotional symptoms, caregiver stress and resilience, and disruption to households and disability-related supports. We will discuss contributing factors to mental health and well-being in these individuals and families. Lastly, we will suggest healthy ways to cope with stress when current strategies need to look a little different than pre-pandemic times.



THE **ENHANCE** LAB

Monday May 3 2021
6:30 pm (mst)

**Click here to
register**

FREE

online event

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and [ENHANCE Lab](#)

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