

COVID 19 - UNDERSTANDING THE DISEASE, MITIGATING THE PSYCHOSOCIAL, EMOTIONAL AND BEHAVIOURAL IMPACT

Date: 23-24 February, 2022

Time: 4.00 -7.00 PM

Day 1- 23rd February

1. Opening Session

- ✚ Playing of National Anthems- T&T and USA
- ✚ Invocation
- ✚ Welcome – President, ComTALK International- Ms. Beverly King
- ✚ Remarks from - Project Coordinator, ComTALK International - Dr Beverly Andrews
- ✚ Remarks from – Assistant Public Affairs Officer, U.S. Embassy Port of Spain – Ms. Rose Rodgers.

2. Expectations, Ground Rules, Ice Breaker

3. *Poll/Quiz*

4. What is COVID? - *Dr Jamila Belgrave, Medical Officer - Eastern Regional Health Authority*

5. COVID Prevention and Treatments - *Dr Jamila Belgrave - Medical Officer - Eastern Regional Health Authority:*

6. Importance Of Boosting Holistic Immune Health and Changing Lifestyles for Optimal Health Outcomes – *Dr Owino Musa- Medical Research Foundation of Trinidad and Tobago*

7. Testimonies of COVID-19 Survivors

8. *Poll/Quiz*

9. Online Quiz (Avert)

Comments, Questions, Feedback on Day 1

***** END OF DAY 1 *****

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Day 2- 24th February

1. **Welcome. Brief Recall Session from Day 1**
2. **COVID-19 Related Mental and Emotional Stress, Anxiety, and Depression -** *Mr. Vesaish Ramtahal
Medical Social Worker, Eastern Regional Health Authority*
3. **Coping Strategies for Enhancing Well-being and Resilience -** *Mr. Vesaish Ramtahal- Medical Social Worker, Eastern Regional Health Authority*
4. **The Behavioral Dimension and Impact of COVID-19 -** *Dr Cheryl Jones - Behavioral Scientist*
5. **COVID-19- Mitigating the Psychosocial and Emotional Impact on Individuals, Families and Communities- Services and Measures available from the Government –** *Ms. Farisha Mohammed-
Family Social Worker - National Family Services Division, Ministry of Social Development and Family Services*
6. **The Role of NGOs in Mitigating the Psychosocial Impact of COVID-19 on Vulnerable and Marginalized groups -** *Ms. Beverly King and Dr Dania Harry Nero - ComTALK International*

Comments, Questions, Feedback on Day 2

*****END OF WORKSHOP *****