



Latinas United in Love for Autism

Virtual Support Group

Pandemic Timeline

OUR PANDEMIC YEAR—A COVID-19 TIMELINE

On March 11, the WHO declared COVID-19 a pandemic. Here is a look back at a year in disruption.

A MYSTERIOUS NEW ILLNESS

Images appear of Wuhan in lockdown, where officials attempt to contain a mysterious virus. Soon after, new cases and deaths related to (what's later named) COVID-19 surge in Europe.

THE WORLD SHUTS DOWN

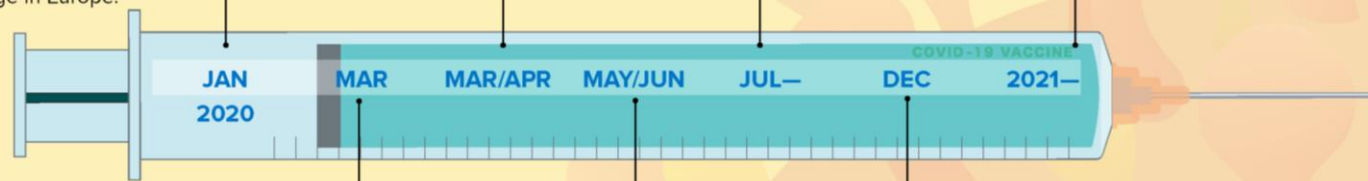
Countries seal borders; sports teams cancel seasons; schools close and employees go home. People start wearing masks and "social distancing."

UPTICK IN MENTAL HEALTH ISSUES

People struggle as continued unemployment and/or working from home without childcare/school takes its toll. U.S. break records for daily cases/deaths.

LIGHT AT THE END OF THE TUNNEL?

2021 begins with a race to vaccinate. Cases and deaths begin to fall. But the variants are still a threat, vaccine rollout is uneven, and we are still wearing masks.



THE VIRUS SPREADS, CASES MULTIPLY

The Grand Princess cruise ship, docked outside of San Fran, has passengers with COVID-19; Bay Area is first in the U.S. to announce shelter-in-place orders; hospitals become overwhelmed as cases grow; there is a nationwide shortage of PPE.

FLATTENING THE CURVE—FOR A WHILE

After "flattening the curve," cases begin to skyrocket again as states "reopen" in different phases. Researchers continue to race to identify treatments and make vaccines.

NEW HOPE, NEW MUTATIONS

The FDA authorizes two vaccines. Major variants begin to circulate, some of which might impact the effectiveness of vaccines.

Consequences

- ▶ Schools Close
- ▶ Loss of employment
- ▶ Loss of Services
- ▶ Increased levels of Stress/Depression/Anxiety
- ▶ Increased level of Domestic Violence
- ▶ Inability to go out

Pivoting to an Online Support Group

- ▶ Switch to providing an online support group
- ▶ Enhance responses on our Facebook group
- ▶ Provide an alternative vehicle of support linking people with similar issues.
- ▶ Include a mental health professional in our groups
- ▶ Create activities around the groups, distribute “kits”.
 - ▶ Vision boards
 - ▶ Wig night
 - ▶ Wine/Chocolate night
 - ▶ Information sessions

Results

- ▶ Moms expanding their support network
- ▶ Learning relaxation and stress relieving techniques
- ▶ Ability to speak openly about issues
- ▶ Access to information and resources on mental health

Present Time

- ▶ Tried going back to in person sessions
 - ▶ Not so successful
 - ▶ Will go back to virtual meetings next month.