

PREPARE

COMMUNICATE

*Managing UAC Psycho-social, Emotional
and Wellness During COVID-19
Quarantine/Isolation*

**Office of Refugee Resettlement
Unaccompanied Alien Children's Programs**

ENGAGE



*Be prepared to repeat
information and
explanations several
times. Some
information may be
hard to accept or
understand. Asking the
same question over and
over may also be a way
for a child to ask for
reassurance.*

--AACAP



COMMUNICATE

1. Answer questions honestly.
2. Do not make things up because an open communication builds trust.
3. Maintain communication with the child at all times and be ready to answer any questions.
4. Make sure that the child has communication with family members in the US or in home country.
5. Talk to the child at a level that they understand and avoid using technical terms.

PREPARE

1. Orient the child to the shelter as soon as possible to increase their sense of security.
2. Educate the child about COVID-19, including the reason for testing, the testing process and what to expect when or if they test positive or develop symptoms.
3. Due to the uncertain and rapid nature of transfers, it is important to prepare children for the transfer within a developmentally appropriate time-frame using age appropriate language to minimize anxiety.
4. Explain the reason for quarantine/isolation or transfer processes to ensure the child does not perceive it as punitive.
5. Be prepared to repeat information and explanations several times.

Help your family engage in fun and meaningful activities consistent with your family and cultural values -- NCTSN



Developed by:

*CAPT Marivic Fields
LCDR Alexia Blyther
Megan O'Connell*

ENGAGE

1. Provide child with developmentally appropriate activities.
2. Limit passive screen time, like watching TV. Find opportunities to increase social interaction and physical activity.
3. Use individual counseling and group counseling to normalize difficult emotions and increase social cohesion.
4. Listen, understand and respond to their thoughts and feeling.
5. Collaborate with the child to set a regular self-care routine.