

Newsletter Article

10/25/2023

By Dani Parsell, PsyD

In my role as Project Manager of the Delaware Psychological Association’s American Recovery Plan Act (ARPA) grant, I’ve immersed myself in all things pandemic and coronavirus over the past year. I have had the opportunity to learn from survivors of Long-COVID, experts on neuropsychology and virus impacts, hospital staff, educators, and have (surprisingly) learned a lot about myself and my own health. During the first year of this project, we have focused on learning along with the larger mental health field about the long-lasting effects of COVID-19 and its far-reaching impacts.

The DPA ARPA Team is led by Dr. Doug Tynan and staffed by Kelly Wetzel, Brooke Fernandez, and me. The four of us owe huge gratitude to our 2023 Advisory Board, a team with diverse perspectives and expertise who have guided us in developing programming over this first year of the grant. The Advisory Board is composed of: Greg Cooper, PMHNP, APRN of the University of Delaware Center for Counseling and Student Development; Dr. Laura Epstein, DPA Member and private practitioner; Dr. Hannah Jones, (now former) DPA Continuing Education Committee Chair; Dr. Gwendolyn Scott-Jones of Delaware State University; Emily Vera of Mental Health Association in Delaware; and Barbara Ward, Survivor of Long-COVID. Together we have produced and hosted seven professional education events with the opportunity for attendees to earn continuing education and nine public education opportunities to date. If you missed out on any of these opportunities, you may find many of them here: <https://lp.constantcontactpages.com/cu/Wzovl6L/DPAARPAGrant2023>. Our continuing education workshops were all recorded and are available here for your continuing education convenience. Thanks to ARPA, we are able to provide these at no cost.

Over this next year, our focus will be on the impacts the pandemic left on children and families. As