

# **Model Psychosocial Intervention for children and adolescents in the three phases of the Pandemic**

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## **Abstract**

Respiratory-type pandemics (such as COVID-19, severe acute respiratory syndrome (SARS), and Influenza Type A virus (H1N1)), are distinguished by the special feature of the contagiousness of the disease that subsequently imposes social isolation measures and school closures. Since the outbreak COVID-19 pandemic, there have been consecutive waves of peaks and troughs, which respectively led to Lockdown, Lock-on, and the isolation of the quarantine. The conditions inevitably take a toll on the psychosocial health and development of children and adolescents. In the effort to find ways that will help children and adolescents to recover easily in future respiratory-type pandemics, the specific model intervention in all phases of a respiratory-type pandemic for Children and Adolescents is proposed. Particularly the model proposes to apply to three broad periods the outbreak, during, and after the pandemic. It includes for each period old, new, innovative methods and techniques that were applied and evaluated in the recent Covid-19 pandemic.

**Keywords:** Adolescents, children, model psychosocial intervention, in all phases, respiratory-type pandemics