

## Connectedness: Intervention Strategies

- Help people adjust to keeping physical distance but maintaining social connections
- Promote activities that create social solidarity
- Identify those who may lack strong supports or are newly isolated
- Help individuals to link with loved ones and community resources
- Increase the quantity, quality, and frequency of engagement with others
- Address potential negative social influences

Hobfoll, S. et al. (2007). Five essential elements of immediate and mid-term mass trauma intervention: Empirical evidence.

NCTSN

The National Child  
Traumatic Stress Network

