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Research that Values Caring for the Caregivers

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Kristina's SSHRC funded master's level research is concerned with the mental health and well-being of developmental service workers who are struggling with burnout during the COVID-19 pandemic. Having worked as a developmental service worker herself, Kristina understands the hardships and high risks of burnout in this frontline working population; and was inspired to return her support in the best way she knew how. As the global mental health crisis advanced at the hands of COVID-19, the need for accessible, flexible, and time-sensitive therapy for frontline workers surpassed an unprecedented demand. As trends in mental health practice followed a global transition to virtual therapy, Kristina's research aims to adapt Acceptance and Commitment Therapy to be delivered via brief, self-guided, and asynchronous online modules for the developmental service worker population. When we invest in the well-being of our frontline workers, we invest in our community, our loved ones, and even in ourselves.