

# Are We There Yet?

How to support you and your child's mental health during the COVID-19 Crisis during Summer break



Through the Best Starts for Kids TRACE pilot project, the YMCA and Snoqualmie Valley Community Network have partnered with Unified Counseling, LLC to provide 'Parent Support' webinars for supporting families during COVID-19.

Let's Start Here

## Parents and Caregivers

What might be happening for you during this time

- ! Increase in fatigue
- ! Decrease in patience and motivation
- ! Tearfulness, worry or fear you just can't shake
- ! Desire for control
- ! Increase or decrease in appetite
- ! Difficulty enjoying pleasurable activities

## What you may be seeing in your child

In the first few weeks, many parents that we worked with experienced a "honeymoon phase", where it was easier for children to acknowledge positive sides of quarantine (no school, more at-home time, no bus rides, etc). Now, for many, this "honeymoon phase" is over.

### Emotions:

- Irritable or quick to anger
- Anxious/worried
- Sad or tearful/lonely
- General "low mood"

### Behaviors:

- Increased interest in screen time
- Change in appetite
- Low behavioral activation
- Regressive behavior (tantrums, baby talk)
- Increase in lying, cheating or defiance
- Impulsivity and difficulty focusing

These are often common indications of adjustment to a major change (ie: COVID-19 community lockdown). We will also review when to seek professional guidance.

## Developmental context

### Developmental goals for ages 6-10

- ! Developing sense of self
  - Peer acceptance
  - Self esteem
  - Learning to focus
- ! Learning how their behavior affects others
  - Learning how to negotiate
  - Learning what gets them an ideal outcome

All of these key points have been threatened or impacted by the restrictions related to COVID-19.

### Amplified adjustment experiences for ages 6-10

- ! Sad or tearful/lonely
- ! Increase in lying, cheating or defiance
- ! Impulsivity and difficulty focusing

## Adjusting to change

### Typical adjustment behaviors

- ! Increased interest in screen time
- ! Change in appetite
- ! Low behavioral activation
- ! Regressive behavior (tantrums, baby talk)

Adjustment behaviors are a child's natural response to change and an outward display of how they are internally integrating the change.

## What you can do

- Set solid boundaries
- Encourage naming emotions & help your child name them if they are having trouble
- Read/show them books/videos/movies featuring children their age
- Set up intentional time to "free play" with your child (your child leads/makes the rules)
- Manage information your child receives about COVID-19 & being out in the community

## What if my child's mood/behavior continues to concern me

### Track

Write observations down that lead you to be concerned. This data will be helpful for therapists to know upon intake and it is helpful for you to keep the behavior objective.

### Ask

Ask your child how they are feeling, if they are noticing a change in their emotions. Ask if they are open to talking to someone about how they are feeling.

### Reach out to a provider

You can talk with your primary care doctor about concerns, or you can contact a therapist.

Reinforce communication!

Remember:  
You know your child best.  
If you aren't sure, ask a provider.

## Behavioral Health Symptoms in COVID-19 & Disasters over Time

### Forecasted Behavioral Health Symptoms from COVID-19 Over Time

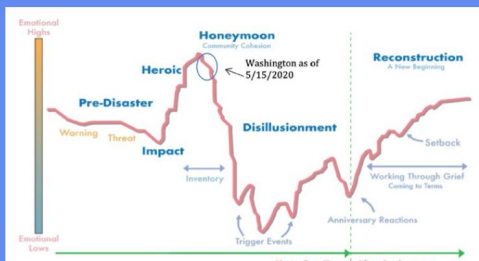
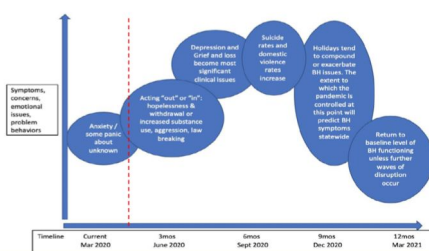


Figure 1. Reactions and Behavioral Symptoms in Disasters: SAMHSA <https://www.samhsa.gov/files/recovering-disasters/nhscs-disaster>

## Resources

(on back or next page)

# Community Resources in the Snoqualmie Valley

Address and prioritize your needs and the needs of loved ones: call **Snoqualmie Valley Community Network** whenever you need help navigating community resources. **We can help you:**

- Address a crisis before it happens; respond in a timely manner when it does.
- Talk out issues, possibilities and solutions weekly, until longer-term solutions are found.
- Connect with organizations that provide rental assistance, temporary housing, group/individual therapy, food supplementation, emergency funding, and more.
- Complete paperwork related to long-standing and new government programs (incl. Covid-19).
- Connect with community activities that build and strengthen resilience.

Contact Maren Van Nostrand, *Youth Resilience & Community Resources Coordinator*: [maren@svcn.info](mailto:maren@svcn.info) or the SVCN office at 425-333-6614 or [admin@svcn.info](mailto:admin@svcn.info) with questions and for support.

## **Statewide/Nationwide Providers/Agencies:**

- **Alcohol and Drug line (24-hour):** 1-206-722-3700/**Poisoning:** 1-800-222-1222
- **Crisis:** 1-866-4-CRISIS, 866-427-4747 or 1-206-461-3222 [support@ADHL.org](mailto:support@ADHL.org)
- **LGBTQ (TREVOR):** 1-866-488-7386 or text "START" to 678-678
- **National Alliance on Mental Illness - NAMI Eastside:** 1-866-427-4747 (4CRISIS)
- **National Suicide Prevention Lifeline (24 hour):** 1-800-273-8255 and/or 1-866-4-CRISIS, 866-427-4747
- **Safe Location (Teen Safe Place):** Text the word "SAFE" and your current location to 69866 or 1-800-422-TEEN (44357)
- **Teenlink (Teen to Teen Conversation):** 1-866-833-6546
- **Urgent health and human services:** 211
- **Adults: call the WASHINGTON WARM LINE ("ADULT PEER SUPPORT"):** 1-877-500-WARM (9276)

## **Snoqualmie Valley Providers/Agencies:**

- **Encompass Kinship Program (raising others' children):** 425-888-3347 <https://www.encompassnw.org/program/family-enrichment/kinship/>
- **Friends of Youth:** 425-869-6940 <https://www.friendsofyouth.org>
- **Hopelink:** 425-333-4163 [www.hopelink.org](http://www.hopelink.org)
- **Love Snoqualmie Valley:** <https://www.lovesnoqualmievalley.com/>
- **National Alliance on Mental Illness - NAMI Eastside:** 425-885-6264 <https://nami-eastside.org/>
- **Snoqualmie Valley Community Network:** 425-333-6410 <https://snoqualmievalleycommunitynetwork.org/>
- **Sound Health:** 1-206-901-2000 or 1-800-828-1449 [www.sound.health](http://www.sound.health)