



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 teen

**Emotions:**


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

**Behaviors:**

- Isolation
- Screen time
- Change in appetite
- Low behavioral activation
- Sleep changes
- Increase in lying or defiance
- Impulsivity
- 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.

## What can you do?



- ▮ Listen
- ▮ Validate (ie: "It makes sense that you are angry we are still under restriction. This has been hard for you.")
- ▮ Ask your teen what would be helpful from you
- ▮ Be mindful not to jump to solutions before your teen is ready (They may just be venting!)
- ▮ When ready- collaborate with teen to develop solutions to the identified problem

## What Teens Care about



- ▮ Freedom, control
- ▮ Privacy, autonomy
- ▮ Friends and acceptance
- ▮ Technology, internet, phones
- ▮ Parents and family

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

## What can you do?

- ▮ Communication & connection with your teen
  - Pick a meal every day to share together (ie: dinner)
  - Talk about the research and information you are seeing
  - Share your own emotions/ experiences
- ▮ Reinforce effective behaviors: especially those that foster connection
  - Ie: facetime with friends, social distancing hangouts, phone calls
- ▮ Find ways to make activities a little more interesting/ special
  - Ie: A movie night- make popcorn, buy candy, and blackout windows to make a theater
  - Ask your teen "what have you always wanted to do?" And collaborate on ways you and your teen can do it

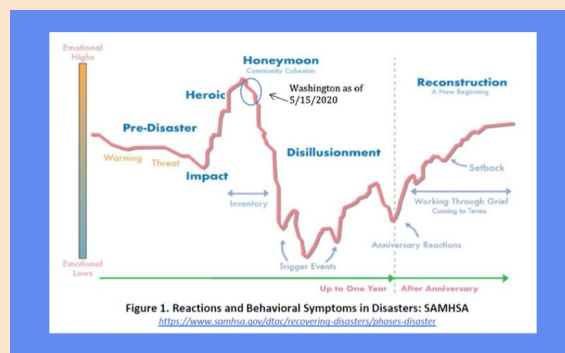
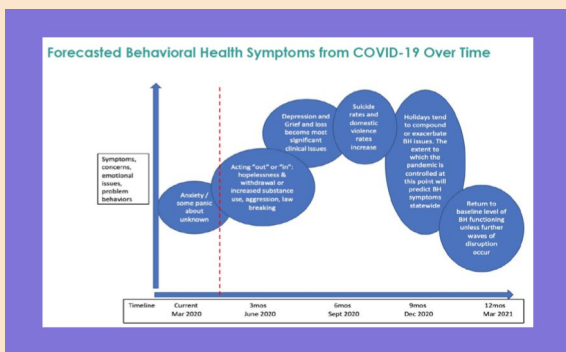
## What if my teen's mood appears to stay "low" or "odd?"

**Track**  
Write observations down that lead you to be concerned. This data will be helpful for therapists to know upon intake.  
Ie: Recurring irritability, sleeping 10-12 hours + a nap, excessive worry that seems unshakable...etc.

**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?  
Reinforce communication!

**Reach out to a provider**  
You can talk with your primary care doctor about concerns, or you can contact a therapist.  
Psychologytoday.com  
Insurance website  
Referral from doctor

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



Behavioral Health Symptoms in COVID-19 & Disasters over Time

**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)