

COVID-19 Impact on Children, Youth, & Families

Joe Le Roy, LICSW President & CEO

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Behavioral Health Toolbox for Families

- July 2020 Release
- WA State Department of Health
- Behavioral Health Toolbox for Families
- Supporting Children and Teens During the COVID-19 Pandemic
- Age specific strategies and resources
- Link - [HERE](#)

Human & Universal Needs

Maslow's Hierarchy of Needs



Understanding Impact

- COVID-19 Presents a Complex / Challenging and Prolonged Experience
 - Job losses
 - Financial impact
 - Basis needs (what is basic has changed)
 - Housing
 - Food
 - Health insurance
 - Isolation / loss of contact with family / friends
 - School closures
 - Impacts are not experienced equally across all communities
 - Expose / inequities and injustices in systems / laid bare to see
 - Exacerbate mental health / substance use

Understanding Impact

- Trauma
 - Real or perceived life or safety at risk
 - Real of perceived loved one life or safety at risk
 - Every child is different
 - Developmental stage (milestones)
 - Brain development (concrete vs. abstract)
- Grief & Loss
 - Death of loved ones
 - Losing normal
 - Loss of structure & routine

Common Responses

- Physical Symptoms
- Changes in Mood
- Changes in Thinking
- Changes in Behavior
- Changes in Social Relationships

Ways to Support Children

- Increasing Protective Factors & Resiliency
 - MODELING
 - How to manage hard times
 - Problem solving
 - Coping skills (breathing / relaxation)
 - Sense of humor
 - Optimism / positive emotions
 - Exercise
 - Religion / spirituality
 - Build relationships (1-1 time)
 - Structure / Predictability / Consistency
 - Emotional validation / open dialogue

Social & Emotional Learning (SEL)



Self-Care for Caregivers

- Oxygen mask on first (MODELING)
- Practice self-care (easy to say – hard to do)
- Diet
- Sleep
- Exercise
- Self-talk
- Grace and Space
- No one has ever done this before (no play book)
- Talk to others / journal
- Pay attention to unhealthy coping
- Seek support

As Business Owners / Managers

- Our workforce is human
- All going through this differently
- Work with your teams on an individual level
- How can I both support you and meet the goals / needs of our organization?
- Expect and accept lower productivity
- Parents / Caregivers especially
- Maslow's Hierarchy

Resources

- Mental Wellness Campaign
 - Mental Health First Aid
- Kids Mental Health Pierce County
 - Website – [HERE](#)
 - Webinars
- Help Me Grow Pierce County
 - Prenatal to 5
- United Way South Sound: 2-1-1
 - Help Me Grow Navigators
 - Behavioral Health Navigators

Resources

- Life Threatening Emergency: 9-1-1
- Pierce County Crisis Line: 800-576-7764
 - Crisis Line Brochure - [HERE](#)
- WA Listens: 833-681-0211
- Suicide Prevention Lifeline: 800-273-8255
- WA Recovery Line: 866-789-1511
- The Trevor Project LGBTQ Youth: 866-488-7386