



Buffering

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QTIP Mental Health Integration Coordinator
August 2020 Learning Collaborative

Stressors of Today

Social/Physical Distancing

Worries about job duties,
holding employment,
financial constraints

Anticipation about the
future...how long this will
continue?
Lack of control over the
situation

Constant doom and gloom
(i.e. social media, news,
etc.)


Working All the time

Everyone's in a different
boat

Merged rolls and constant
multitasking (employee,
parent, spouse, managing
families, schooling)

Social Unrest

Tough conversations with
youth about world
uncertainties

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FOR BEHAVIORAL HEALTH

TheNationalCouncil.org 

https://thenationalcouncil-org.zoom.us/rec/share/_lyDo_08mZObI3COV3SWfAsP6voeaa8hyFL-adexUfG5Q776bJKkR9Y05WEPCF3

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-adexUfG5Q776bJKkR9Y05WEPCF3](https://thenationalcouncil-
org.zoom.us/rec/share/_lyDo_08mZObl3COV3SWfAsP6voeaa8hyFL
-adexUfG5Q776bJKkR9Y05WEPCF3)

More Common COVID-19 Stressors

Fear and worry about your own health and the health of your loved ones

Changes in sleep or eating patterns

Difficulty concentrating

Loss of income, finances being challenged/stretched

Changes in routine and structure of daily activities

Worsening of chronic health problems

Increased use of alcohol, tobacco and other drugs

Isolation and loneliness

SOUTH CAROLINA DEPARTMENT OF HEALTH AND HUMAN SERVICES

Healthy Connections
MEDICAID

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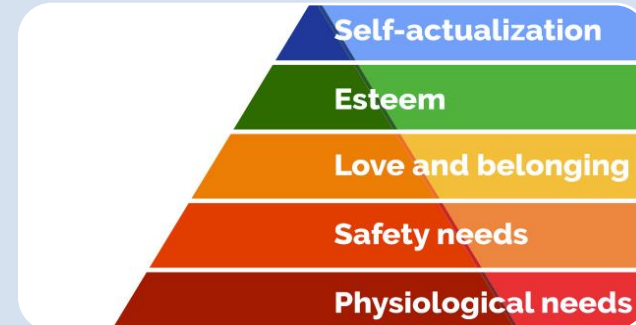
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Examples of Protective/Resilience Factors



Concrete supports in time of need

Social and Emotional Competence of Children
 Knowledge of Parenting and Child Development
 Social Connections
 Parental Resilience

Food, water, shelter

Emotional and physical safety

Love and belonging from others

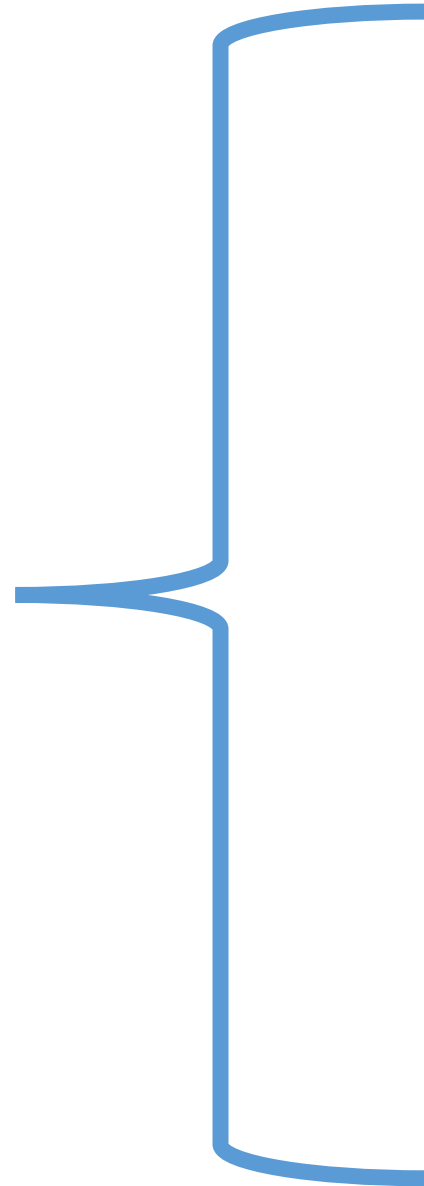
Feeling of accomplishment
 Achieving one's potential

Capabilities

Attachment & Belonging

Community, Culture, Spirituality







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Prepublication Release

PEDIATRICS

OFFICIAL JOURNAL OF THE AMERICAN ACADEMY OF PEDIATRICS

COVID-19 and Parent-Child Psychological Well-being

Anna Gassman-Pines, PhD, Elizabeth Oltmans Ananat, PhD, John Fitz-Henley II, BS

DOI: 10.1542/peds.2020-007294

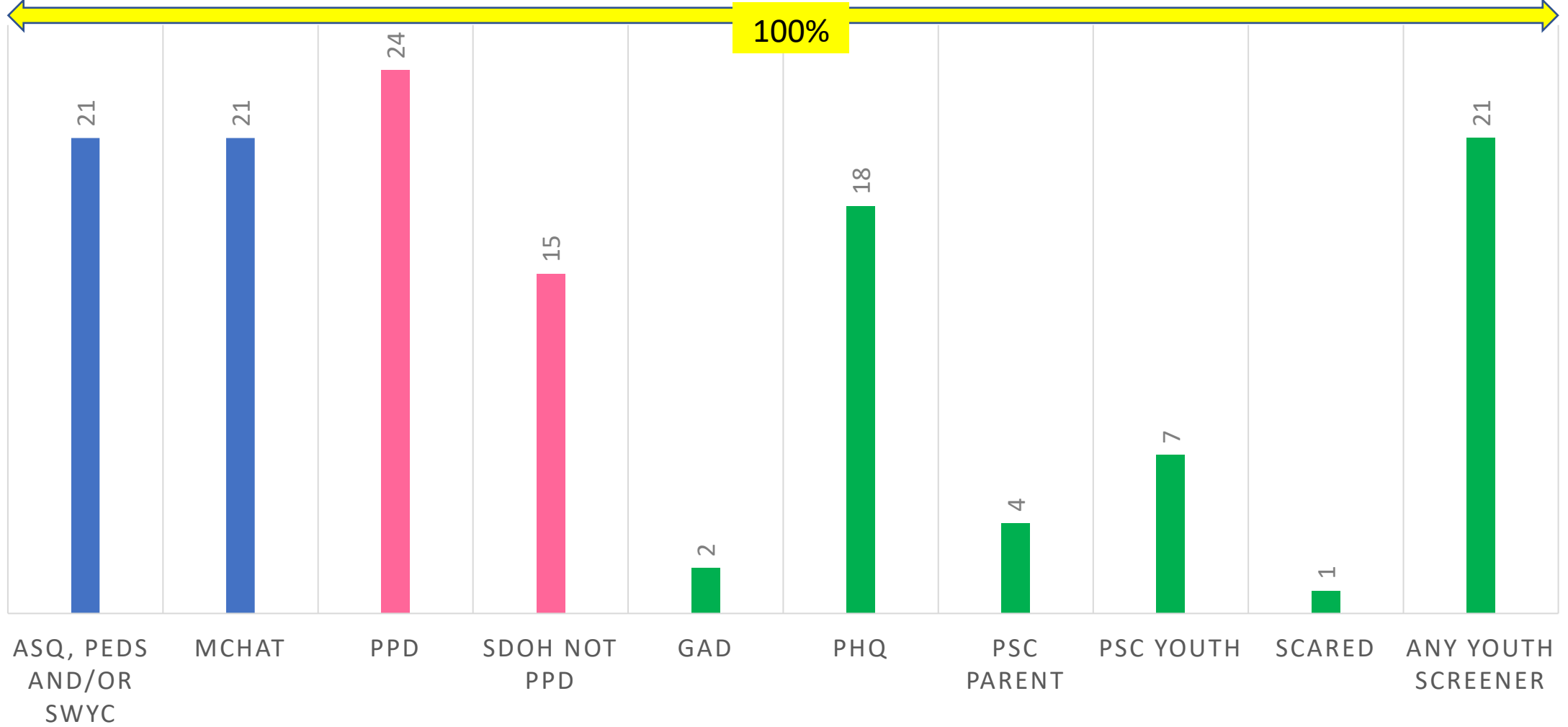
Journal: *Pediatrics*

Article Type: Regular Article

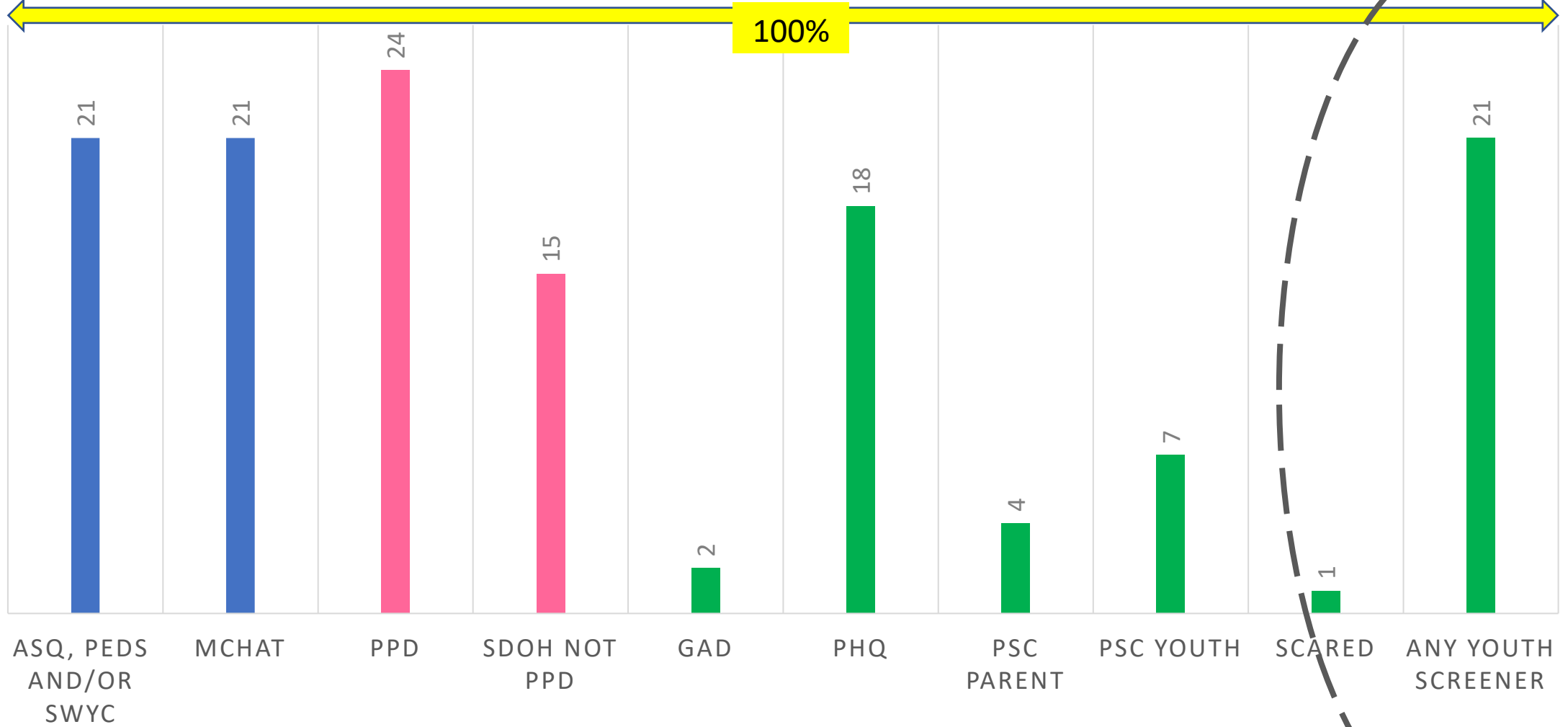
Citation: Gassman-Pines A, Ananat EO, Fitz-Henley II J. COVID-19 and parent-child psychological well-being. *Pediatrics*. 2020; doi: 10.1542/peds.2020-007294

Conclusions: Consistent with our hypotheses, in families that have experienced multiple hardships related to the COVID-19 crisis, both parents' and children's mental health is worse. As the crisis continues to unfold, pediatricians should screen for mental health, with particular attention to children whose families are especially vulnerable to economic and disease aspects of the crisis.

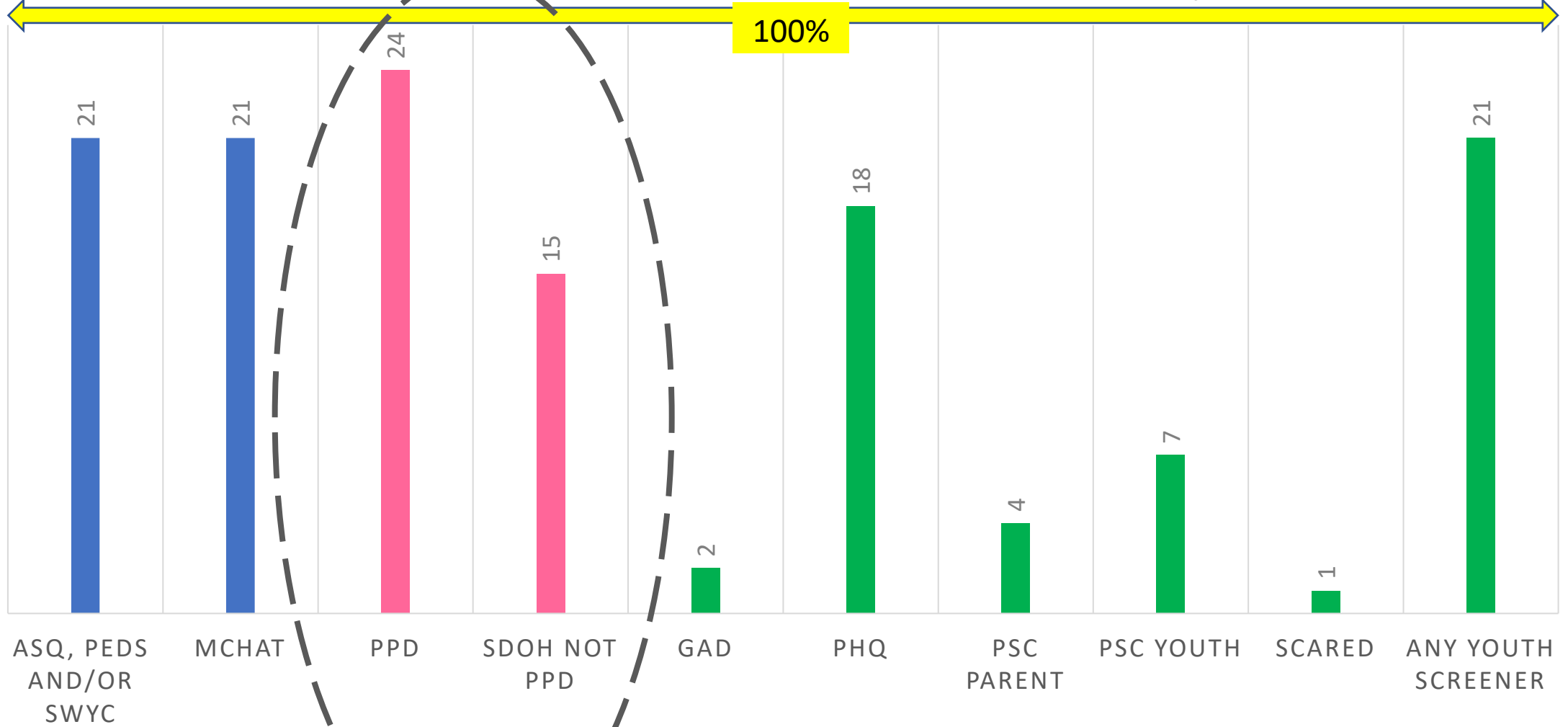
SCREENERS ROUTINELY USED ACROSS THE PRACTICE AT WCC, N=26



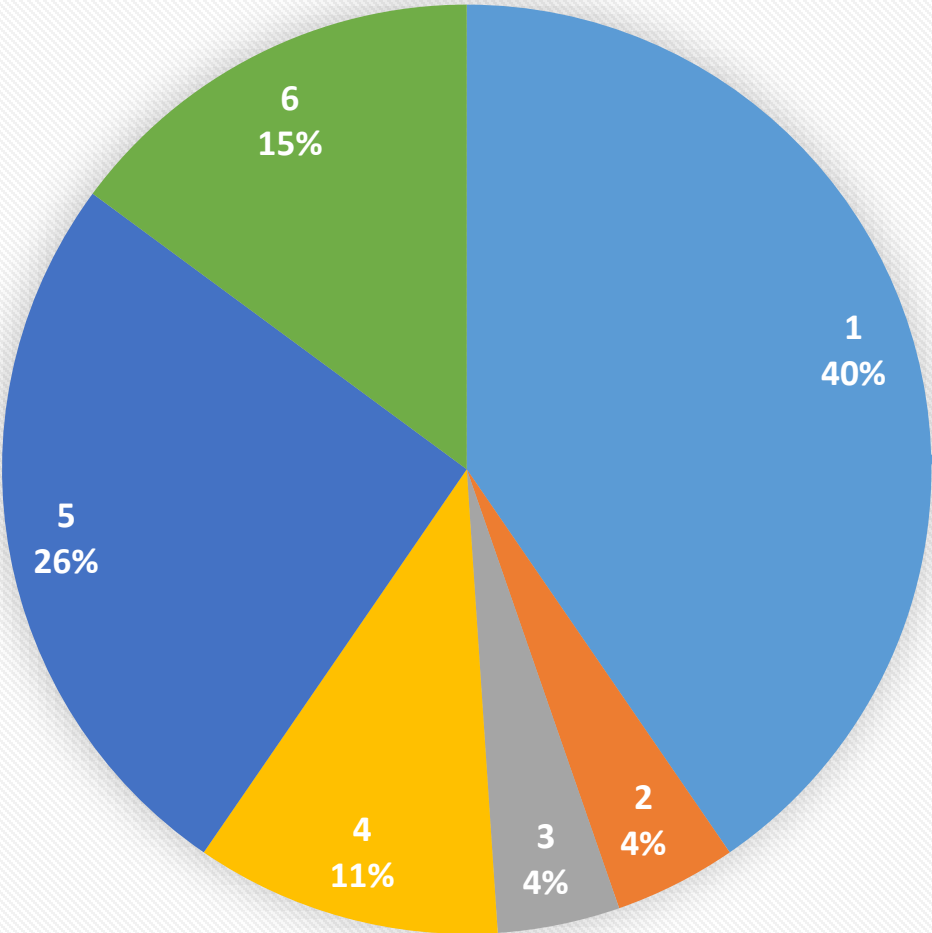
SCREENERS ROUTINELY USED ACROSS THE PRACTICE AT WCC, N=26



SCREENERS ROUTINELY USED ACROSS THE PRACTICE AT WCC, N=26



Needs for Patients and Families



Resources:



**Text STEVE to 741741
to connect with a trained
crisis counselor 24/7.**

College aged youth of color

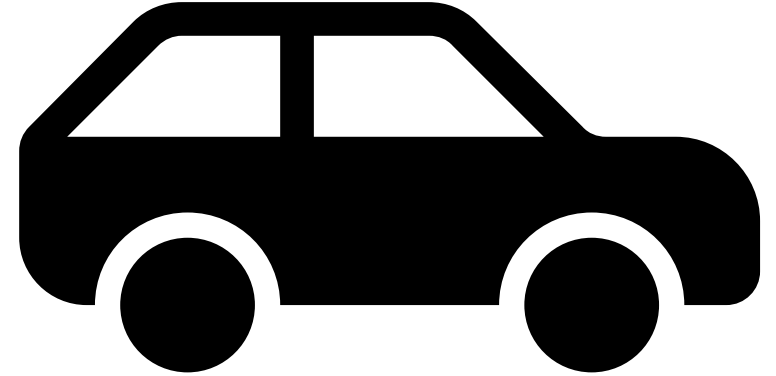
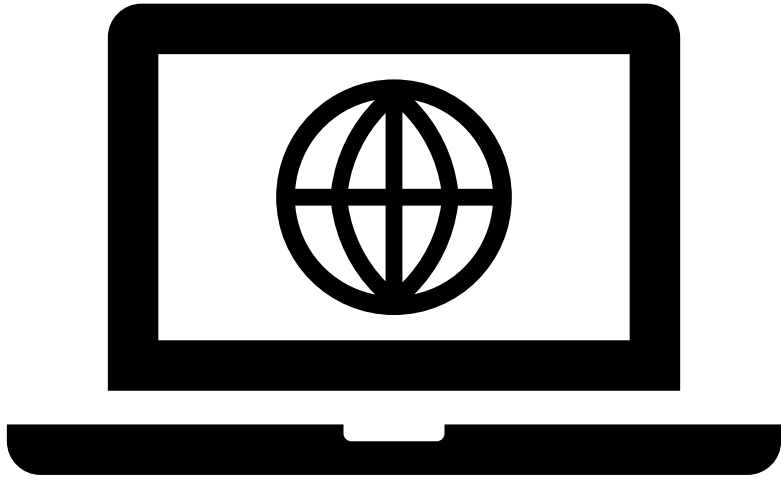




H Hope
E Empathy
L2 Language
Loyalty
P3 Permission
Partnership
Plan



WE CAN DO HARD THINGS.



WE CAN DO HARD THINGS.



<http://eborecipes.com/easy-bake-oven-recipes/cakes/chocolate-cake-mix/>



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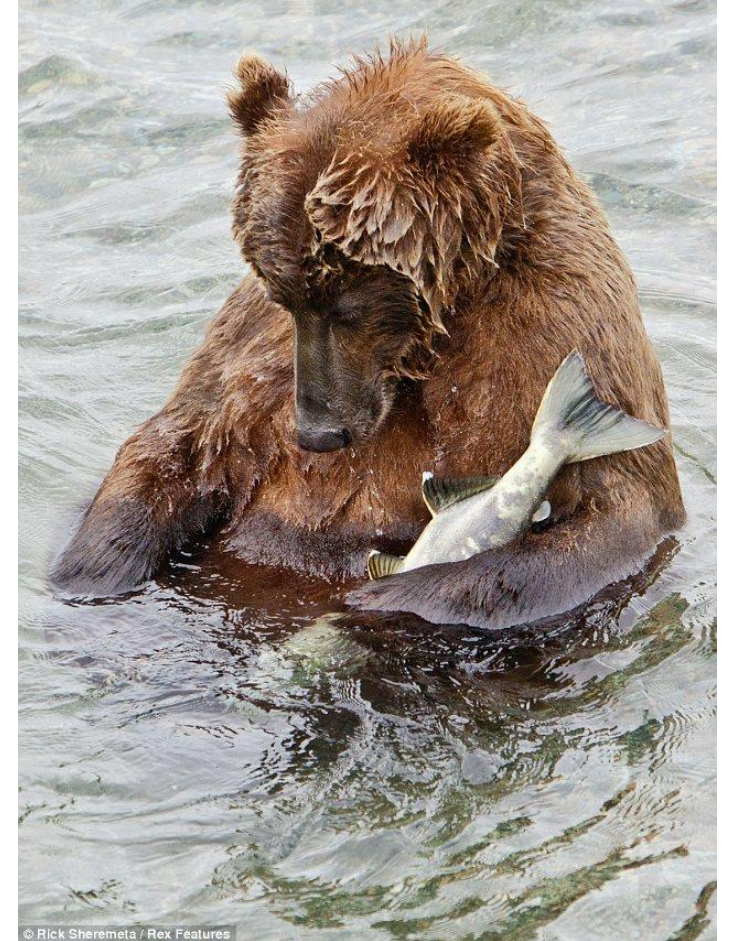
Fight or flight



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<https://www.earthtouchnews.com/in-the-field/in-the-field/in-photos-the-stunning-power-of-grizzly-bear-battles/>

<https://www.dailymail.co.uk/news/article-2014344/Alaskan-Brown-Bear-Yolanda-falls-asleep-river-fish-caught.html>



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Rest and Digest

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Achieving one's potential

Capabilities

Attachment & Belonging

Community, Culture, Spirituality

*"When you've exhausted all possibilities,
remember this:
You haven't."
— Thomas Edison*



References:

Protective factors

<https://cssp.org/wp-content/uploads/2018/11/About-Strengthening-Families.pdf>

<http://www.whatmakesyourfamilystrong.org/WHAT-ARE-PROTECTIVE-FACTORS-.html>

ACE Interface

<https://www.aceinterface.com/>

HELP mnemonic

[https://downloads.aap.org/AAP/PDF/Mnemonic for Common Factors Communication Methods Help.pdf](https://downloads.aap.org/AAP/PDF/Mnemonic%20for%20Common%20Factors%20Communication%20Methods%20Help.pdf)

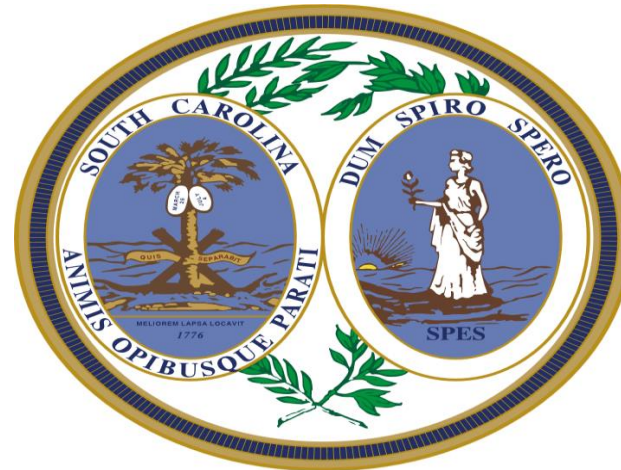
National Council on Behavioral Health Webinar:

https://thenationalcouncil.org.zoom.us/rec/share/_lyDo_08mZObI3C0V3SWfAsP6voeaa8hyFL-adexUfG5Q776bJKkR9Y05WEPCF3

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