

WEBVTT

NOTE duration:"00:57:49.5120000"

NOTE language:en-us

NOTE Confidence: 0.8852542

00:00:00.000 --> 00:00:02.220 Let's go ahead and get started.

NOTE Confidence: 0.8852542

00:00:02.220 --> 00:00:03.945 I'm very grateful for everyone

NOTE Confidence: 0.8852542

00:00:03.945 --> 00:00:05.670 for joining us for today's

NOTE Confidence: 0.8852542

00:00:05.739 --> 00:00:07.679 webinar COVID-19 one year later.

NOTE Confidence: 0.8852542

00:00:07.680 --> 00:00:10.506 And how are our children doing?

NOTE Confidence: 0.8852542

00:00:10.510 --> 00:00:12.298 I'm doctor Linda Mays. I'm perfect.

NOTE Confidence: 0.8852542

00:00:12.300 --> 00:00:14.900 I'm a professor in the Child Study Center

NOTE Confidence: 0.8852542

00:00:14.900 --> 00:00:17.940 and the director of the Child Study Center.

NOTE Confidence: 0.8852542

00:00:17.940 --> 00:00:20.142 And this afternoon you'll have the

NOTE Confidence: 0.8852542

00:00:20.142 --> 00:00:22.431 opportunity to hear four of our

NOTE Confidence: 0.8852542

00:00:22.431 --> 00:00:24.326 colleagues who will share their

NOTE Confidence: 0.8852542

00:00:24.326 --> 00:00:26.202 first hand experiences actually and

NOTE Confidence: 0.8852542

00:00:26.202 --> 00:00:28.554 caring for children that are in this

NOTE Confidence: 0.8852542

00:00:28.554 --> 00:00:30.081 just remarkably unprecedented time.

NOTE Confidence: 0.8852542

00:00:30.081 --> 00:00:32.066 The time historians will be

NOTE Confidence: 0.8852542

00:00:32.066 --> 00:00:33.639 writing about for for many,

NOTE Confidence: 0.8852542

00:00:33.640 --> 00:00:34.808 many decades to come.

NOTE Confidence: 0.8852542

00:00:34.808 --> 00:00:37.039 We want to talk with you about

NOTE Confidence: 0.8852542

00:00:37.039 --> 00:00:38.667 our first-hand experiences and

NOTE Confidence: 0.8852542

00:00:38.667 --> 00:00:41.171 also to give some practical advice

NOTE Confidence: 0.8852542

00:00:41.171 --> 00:00:43.577 about what we've been seeing in

NOTE Confidence: 0.8852542

00:00:43.577 --> 00:00:46.390 our anticipating looking forward.

NOTE Confidence: 0.8852542

00:00:46.390 --> 00:00:48.427 One of the things that drives us

NOTE Confidence: 0.8852542

00:00:48.427 --> 00:00:50.741 in the CHILD Study Center is that

NOTE Confidence: 0.8852542

00:00:50.741 --> 00:00:52.799 one in five children need mental

NOTE Confidence: 0.8852542

00:00:52.866 --> 00:00:55.194 health care at any one point in time

NOTE Confidence: 0.8852542

00:00:55.194 --> 00:00:57.884 and that children through age 18.

NOTE Confidence: 0.8852542

00:00:57.884 --> 00:01:00.711 Anne, but 80% of those children.

NOTE Confidence: 0.8852542

00:01:00.711 --> 00:01:03.693 Do not have access to care.

NOTE Confidence: 0.8852542

00:01:03.700 --> 00:01:06.082 And those numbers have gone up
NOTE Confidence: 0.8852542

00:01:06.082 --> 00:01:07.276 with this pandemic,
NOTE Confidence: 0.8852542

00:01:07.276 --> 00:01:09.570 but even before the crisis we
NOTE Confidence: 0.8852542

00:01:09.570 --> 00:01:11.445 were seeing actually a dramatic
NOTE Confidence: 0.8852542

00:01:11.445 --> 00:01:13.628 spike and depression and anxiety.
NOTE Confidence: 0.8852542

00:01:13.630 --> 00:01:16.066 And now with the pandemic still
NOTE Confidence: 0.8852542

00:01:16.066 --> 00:01:17.990 that we're still alapana us,
NOTE Confidence: 0.8852542

00:01:17.990 --> 00:01:20.587 we expect the numbers to continue to
NOTE Confidence: 0.8852542

00:01:20.587 --> 00:01:23.948 climb as we as we anticipate this surge.
NOTE Confidence: 0.8852542

00:01:23.950 --> 00:01:25.204 So for example,
NOTE Confidence: 0.8852542

00:01:25.204 --> 00:01:28.130 in our services for youth in the
NOTE Confidence: 0.8852542

00:01:28.217 --> 00:01:31.089 Child Study Center 6 to 66 to 18,
NOTE Confidence: 0.8852542

00:01:31.090 --> 00:01:35.164 we've seen a 65% increase in referrals.
NOTE Confidence: 0.8852542

00:01:35.170 --> 00:01:37.408 So navigating as we all know,
NOTE Confidence: 0.8852542

00:01:37.410 --> 00:01:39.205 as we've all experienced navigating
NOTE Confidence: 0.8852542

00:01:39.205 --> 00:01:41.000 life during this pandemic with

NOTE Confidence: 0.8852542

00:01:41.061 --> 00:01:42.258 all its uncertainties,

NOTE Confidence: 0.8852542

00:01:42.260 --> 00:01:44.750 has been a tremendous challenge.

NOTE Confidence: 0.8852542

00:01:44.750 --> 00:01:45.839 But we also,

NOTE Confidence: 0.8852542

00:01:45.839 --> 00:01:47.291 and we've seen unprecedented

NOTE Confidence: 0.8852542

00:01:47.291 --> 00:01:49.668 changes in our daily lives in

NOTE Confidence: 0.8852542

00:01:49.668 --> 00:01:51.296 children's lives from school.

NOTE Confidence: 0.8852542

00:01:51.300 --> 00:01:53.070 Our ability to gather together

NOTE Confidence: 0.8852542

00:01:53.070 --> 00:01:54.486 and communities and family

NOTE Confidence: 0.8852542

00:01:54.486 --> 00:01:56.300 and families being together.

NOTE Confidence: 0.9064264999999999

00:01:58.310 --> 00:02:00.844 I'm especially grateful all of us are

NOTE Confidence: 0.9064264999999999

00:02:00.844 --> 00:02:03.039 very fortunate actually to be at the

NOTE Confidence: 0.9064264999999999

00:02:03.039 --> 00:02:04.985 CHILD Study Center where we can be

NOTE Confidence: 0.9064264999999999

00:02:04.985 --> 00:02:07.190 together as a community to explore these

NOTE Confidence: 0.9064264999999999

00:02:07.190 --> 00:02:09.410 issues of the impact of the pandemic.

NOTE Confidence: 0.9064264999999999

00:02:09.410 --> 00:02:12.674 But we can also help children and families.

NOTE Confidence: 0.9064264999999999

00:02:12.680 --> 00:02:14.244 We've been providing behavioral
NOTE Confidence: 0.9064264999999999

00:02:14.244 --> 00:02:15.808 health services since 1911,
NOTE Confidence: 0.9064264999999999

00:02:15.810 --> 00:02:19.658 when the top child Study Center was founded.
NOTE Confidence: 0.9064264999999999

00:02:19.660 --> 00:02:22.096 And we're especially proud of our
NOTE Confidence: 0.9064264999999999

00:02:22.096 --> 00:02:24.740 embedding in the community of our trying,
NOTE Confidence: 0.9064264999999999

00:02:24.740 --> 00:02:26.700 translating research into clinical care,
NOTE Confidence: 0.9064264999999999

00:02:26.700 --> 00:02:29.913 and for our being there on when
NOTE Confidence: 0.9064264999999999

00:02:29.913 --> 00:02:32.080 children and families need us.
NOTE Confidence: 0.9064264999999999

00:02:32.080 --> 00:02:33.720 And at this point,
NOTE Confidence: 0.9064264999999999

00:02:33.720 --> 00:02:35.770 with this pandemic and its
NOTE Confidence: 0.9064264999999999

00:02:35.770 --> 00:02:37.780 dramatic impact on all of us,
NOTE Confidence: 0.9064264999999999

00:02:37.780 --> 00:02:39.943 we are once again ready to help
NOTE Confidence: 0.9064264999999999

00:02:39.943 --> 00:02:42.353 to bring our research to bring
NOTE Confidence: 0.9064264999999999

00:02:42.353 --> 00:02:44.237 new therapies and treatments,
NOTE Confidence: 0.9064264999999999

00:02:44.240 --> 00:02:46.820 and also to bring educational efforts
NOTE Confidence: 0.9064264999999999

00:02:46.820 --> 00:02:50.035 as we help teachers as well as families

NOTE Confidence: 0.9064264999999999
00:02:50.035 --> 00:02:52.921 begin to adapt to what will be our
NOTE Confidence: 0.9064264999999999
00:02:52.921 --> 00:02:55.633 changed world in our new way of being.
NOTE Confidence: 0.8529588
00:02:57.750 --> 00:02:59.815 So today we'll have a chance over
NOTE Confidence: 0.8529588
00:02:59.815 --> 00:03:01.783 this webinar to hear from four
NOTE Confidence: 0.8529588
00:03:01.783 --> 00:03:03.478 of our colleagues for experts.
NOTE Confidence: 0.8529588
00:03:03.480 --> 00:03:05.538 Who will talk about their work with
NOTE Confidence: 0.8529588
00:03:05.538 --> 00:03:07.134 children and families in various
NOTE Confidence: 0.8529588
00:03:07.134 --> 00:03:09.108 settings through the Child Study Center?
NOTE Confidence: 0.8529588
00:03:09.110 --> 00:03:11.522 And then we'll have an opportunity
NOTE Confidence: 0.8529588
00:03:11.522 --> 00:03:14.040 for you to ask questions.
NOTE Confidence: 0.8529588
00:03:14.040 --> 00:03:16.116 We've already gotten actually a number
NOTE Confidence: 0.8529588
00:03:16.116 --> 00:03:18.721 of great questions that many of you have
NOTE Confidence: 0.8529588
00:03:18.721 --> 00:03:20.461 submitted before the session I'm in
NOTE Confidence: 0.8529588
00:03:20.522 --> 00:03:22.586 will include those in our discussion,
NOTE Confidence: 0.8529588
00:03:22.590 --> 00:03:25.578 but will also take questions later.
NOTE Confidence: 0.8529588

00:03:25.580 --> 00:03:26.714 But for now,
NOTE Confidence: 0.8529588

00:03:26.714 --> 00:03:28.982 if you hold off submitting your
NOTE Confidence: 0.8529588

00:03:28.982 --> 00:03:30.947 questions until I announced the
NOTE Confidence: 0.8529588

00:03:30.947 --> 00:03:33.215 opening of our live Q&A session,
NOTE Confidence: 0.8529588

00:03:33.220 --> 00:03:36.324 and will ask each of our panelists to
NOTE Confidence: 0.8529588

00:03:36.324 --> 00:03:38.628 present some prepared remarks that
NOTE Confidence: 0.8529588

00:03:38.628 --> 00:03:42.009 even may answer some of your questions.
NOTE Confidence: 0.8529588

00:03:42.010 --> 00:03:44.410 So let me move to our panelists and
NOTE Confidence: 0.8529588

00:03:44.410 --> 00:03:46.518 just again thank all of you for
NOTE Confidence: 0.8529588

00:03:46.518 --> 00:03:48.731 taking time out of your day to join
NOTE Confidence: 0.8529588

00:03:48.731 --> 00:03:51.092 us and to join us in our four faculty
NOTE Confidence: 0.8529588

00:03:51.092 --> 00:03:53.228 members from the CHILD Study Center.
NOTE Confidence: 0.8529588

00:03:53.230 --> 00:03:55.066 Let me just tell you quickly
NOTE Confidence: 0.8529588

00:03:55.066 --> 00:03:56.610 and briefly who they are,
NOTE Confidence: 0.8529588

00:03:56.610 --> 00:03:59.058 so you'll first be hearing from Nancy Close,
NOTE Confidence: 0.8529588

00:03:59.060 --> 00:04:00.600 who is an assistant professor.

NOTE Confidence: 0.8529588

00:04:00.600 --> 00:04:02.952 An is the clinical director of the

NOTE Confidence: 0.8529588

00:04:02.952 --> 00:04:05.095 Moms Partnership and the old parent

NOTE Confidence: 0.8529588

00:04:05.095 --> 00:04:06.515 and Family Development Program

NOTE Confidence: 0.8529588

00:04:06.515 --> 00:04:08.440 at the Child Study Center.

NOTE Confidence: 0.8529588

00:04:08.440 --> 00:04:10.402 Then you'll hear from Dorothy's to

NOTE Confidence: 0.8529588

00:04:10.402 --> 00:04:12.656 be who is the associate professor

NOTE Confidence: 0.8529588

00:04:12.656 --> 00:04:15.272 and medical director for the Yale

NOTE Confidence: 0.8529588

00:04:15.272 --> 00:04:17.719 Hub Access Mental Health Service.

NOTE Confidence: 0.8529588

00:04:17.720 --> 00:04:19.760 Next will be Pam Hoffman,

NOTE Confidence: 0.8529588

00:04:19.760 --> 00:04:21.800 an assistant professor of clinical

NOTE Confidence: 0.8529588

00:04:21.800 --> 00:04:22.616 child psychiatry,

NOTE Confidence: 0.8529588

00:04:22.620 --> 00:04:25.122 and a lecture in Biostatistics and

NOTE Confidence: 0.8529588

00:04:25.122 --> 00:04:27.392 deeply immersed in RED services

NOTE Confidence: 0.8529588

00:04:27.392 --> 00:04:29.500 or emergency room services.

NOTE Confidence: 0.8529588

00:04:29.500 --> 00:04:31.470 And then finally Jan Ponson,

NOTE Confidence: 0.8529588

00:04:31.470 --> 00:04:33.714 who is the medical director for
NOTE Confidence: 0.8529588

00:04:33.714 --> 00:04:36.100 our Children's Day Hospital in home
NOTE Confidence: 0.8529588

00:04:36.100 --> 00:04:37.748 intensive child mental essence,
NOTE Confidence: 0.8529588

00:04:37.750 --> 00:04:39.715 psychiatric services and New York
NOTE Confidence: 0.8529588

00:04:39.715 --> 00:04:40.894 Street family clinic.
NOTE Confidence: 0.8529588

00:04:40.900 --> 00:04:43.532 Each of these panelists there are for
NOTE Confidence: 0.8529588

00:04:43.532 --> 00:04:46.787 my 4 colleagues have a presentation to share,
NOTE Confidence: 0.8529588

00:04:46.790 --> 00:04:50.720 and so may I turn Nancy to get us started.
NOTE Confidence: 0.88687044

00:04:52.510 --> 00:04:55.010 Thank you, Linda and welcome everybody.
NOTE Confidence: 0.88687044

00:04:55.010 --> 00:04:58.146 It's really nice to be here with you
NOTE Confidence: 0.88687044

00:04:58.146 --> 00:05:01.246 and I'm going to share my screen.
NOTE Confidence: 0.8617262

00:05:04.550 --> 00:05:07.814 Ann begin, so I'm going to be working
NOTE Confidence: 0.8617262

00:05:07.814 --> 00:05:10.894 to talking today about how the impact
NOTE Confidence: 0.8617262

00:05:10.894 --> 00:05:13.920 COVID is having on young children.
NOTE Confidence: 0.8617262

00:05:13.920 --> 00:05:16.517 As Linda said, I'm the Co director
NOTE Confidence: 0.8617262

00:05:16.517 --> 00:05:19.333 of our parent clinic and parent

NOTE Confidence: 0.8617262

00:05:19.333 --> 00:05:21.497 and family development program.

NOTE Confidence: 0.8617262

00:05:21.500 --> 00:05:24.828 I've been working a very long time clinically

NOTE Confidence: 0.8617262

00:05:24.828 --> 00:05:27.738 with young children and their parents.

NOTE Confidence: 0.8617262

00:05:27.740 --> 00:05:30.855 I also supervise our trainees in psychology,

NOTE Confidence: 0.8617262

00:05:30.860 --> 00:05:32.480 psychiatry and social work.

NOTE Confidence: 0.8617262

00:05:32.480 --> 00:05:34.910 I do mental health consultation to

NOTE Confidence: 0.8617262

00:05:34.981 --> 00:05:37.269 early childhood education programs.

NOTE Confidence: 0.8617262

00:05:37.270 --> 00:05:40.350 I lead parent support group San Juan.

NOTE Confidence: 0.8617262

00:05:40.350 --> 00:05:42.630 Really important group has formed

NOTE Confidence: 0.8617262

00:05:42.630 --> 00:05:45.423 during COVID to really support parents

NOTE Confidence: 0.8617262

00:05:45.423 --> 00:05:48.069 during the challenges that COVID has

NOTE Confidence: 0.8617262

00:05:48.069 --> 00:05:50.468 presented to them as as parents.

NOTE Confidence: 0.8617262

00:05:50.470 --> 00:05:53.984 And then I also teach you undergraduate

NOTE Confidence: 0.8617262

00:05:53.984 --> 00:05:57.867 students and you know they too are dealing

NOTE Confidence: 0.8617262

00:05:57.867 --> 00:06:01.679 with this with this virus an are in

NOTE Confidence: 0.8617262

00:06:01.679 --> 00:06:04.547 their second year of virtual learning.
NOTE Confidence: 0.8617262

00:06:04.550 --> 00:06:07.808 So I want to talk some about the reactions
NOTE Confidence: 0.8617262

00:06:07.808 --> 00:06:10.640 that we're seeing in young children,
NOTE Confidence: 0.8617262

00:06:10.640 --> 00:06:13.304 and I guess kind of the one of the
NOTE Confidence: 0.8617262

00:06:13.304 --> 00:06:15.746 biggest reactions is that a regression
NOTE Confidence: 0.8617262

00:06:15.746 --> 00:06:18.478 an it's much more regression than
NOTE Confidence: 0.8617262

00:06:18.478 --> 00:06:20.790 what is developmentally appropriate.
NOTE Confidence: 0.8617262

00:06:20.790 --> 00:06:22.402 Parents are talking about,
NOTE Confidence: 0.8617262

00:06:22.402 --> 00:06:25.260 you know my child was talking fine,
NOTE Confidence: 0.8617262

00:06:25.260 --> 00:06:27.690 but now she's using baby talk,
NOTE Confidence: 0.8617262

00:06:27.690 --> 00:06:30.126 needing much more help with routines,
NOTE Confidence: 0.8617262

00:06:30.130 --> 00:06:32.160 having difficulty with eating and
NOTE Confidence: 0.8617262

00:06:32.160 --> 00:06:34.196 sleeping and toileting, even when.
NOTE Confidence: 0.8617262

00:06:34.196 --> 00:06:35.012 Pre COVID,
NOTE Confidence: 0.8617262

00:06:35.012 --> 00:06:37.460 they had really mastered all of
NOTE Confidence: 0.8617262

00:06:37.542 --> 00:06:39.737 those aspects of adaptive behavior

NOTE Confidence: 0.8617262

00:06:39.737 --> 00:06:43.091 and then also having a lot of

NOTE Confidence: 0.8617262

00:06:43.091 --> 00:06:45.247 difficulty managing their behavior.

NOTE Confidence: 0.8617262

00:06:45.250 --> 00:06:46.618 Children are failing,

NOTE Confidence: 0.8617262

00:06:46.618 --> 00:06:48.898 having trouble coping with really

NOTE Confidence: 0.8617262

00:06:48.898 --> 00:06:50.720 strong feelings that come up,

NOTE Confidence: 0.8617262

00:06:50.720 --> 00:06:53.667 and that is very challenging to them.

NOTE Confidence: 0.8617262

00:06:53.670 --> 00:06:55.974 We see increases in temper tantrums

NOTE Confidence: 0.8617262

00:06:55.974 --> 00:06:58.515 and not only in the younger

NOTE Confidence: 0.8617262

00:06:58.515 --> 00:07:00.830 children where you expect them,

NOTE Confidence: 0.8617262

00:07:00.830 --> 00:07:03.350 but in older children to an.

NOTE Confidence: 0.8617262

00:07:03.350 --> 00:07:05.485 Those tantrums really occur over

NOTE Confidence: 0.8617262

00:07:05.485 --> 00:07:07.620 very small disappointments and are

NOTE Confidence: 0.8617262

00:07:07.691 --> 00:07:09.666 lasting much longer than usual.

NOTE Confidence: 0.8617262

00:07:09.670 --> 00:07:10.996 Behavioral challenges beyond

NOTE Confidence: 0.8617262

00:07:10.996 --> 00:07:13.206 tantrums have also increased my

NOTE Confidence: 0.8617262

00:07:13.206 --> 00:07:15.138 child's not listening to me.
NOTE Confidence: 0.8617262

00:07:15.140 --> 00:07:17.606 My child's not doing coming to
NOTE Confidence: 0.8617262

00:07:17.606 --> 00:07:20.300 the screen to do the virtue.
NOTE Confidence: 0.8617262

00:07:20.300 --> 00:07:22.616 Well school they have worries about
NOTE Confidence: 0.8617262

00:07:22.616 --> 00:07:24.883 getting sick or getting others sick
NOTE Confidence: 0.8617262

00:07:24.883 --> 00:07:27.499 and this continues to be a fragile and
NOTE Confidence: 0.8617262

00:07:27.569 --> 00:07:29.664 unpredictable time that causes much
NOTE Confidence: 0.8617262

00:07:29.664 --> 00:07:32.202 anxiety in both children and parents.
NOTE Confidence: 0.8617262

00:07:32.202 --> 00:07:32.644 Obviously,
NOTE Confidence: 0.8617262

00:07:32.644 --> 00:07:35.738 for those of you who are apparent,
NOTE Confidence: 0.8617262

00:07:35.740 --> 00:07:37.954 you understand the increased demands that
NOTE Confidence: 0.8617262

00:07:37.954 --> 00:07:40.528 that you have faced during this time.
NOTE Confidence: 0.8617262

00:07:40.530 --> 00:07:42.380 Parents are generally stressed and
NOTE Confidence: 0.8617262

00:07:42.380 --> 00:07:44.580 overwhelmed and feel pulled in many,
NOTE Confidence: 0.8617262

00:07:44.580 --> 00:07:45.314 many directions.
NOTE Confidence: 0.8617262

00:07:45.314 --> 00:07:47.516 Some parents are out of work,

NOTE Confidence: 0.8617262

00:07:47.520 --> 00:07:49.844 some parents have had to deal with

NOTE Confidence: 0.8617262

00:07:49.844 --> 00:07:51.991 COVID in their families and then

NOTE Confidence: 0.8617262

00:07:51.991 --> 00:07:54.504 the stress of juggling the work and

NOTE Confidence: 0.8617262

00:07:54.579 --> 00:07:57.087 children has always been a challenge.

NOTE Confidence: 0.8617262

00:07:57.090 --> 00:07:58.675 But now there's the additional

NOTE Confidence: 0.8617262

00:07:58.675 --> 00:08:00.784 stress of having to be responsible

NOTE Confidence: 0.8617262

00:08:00.784 --> 00:08:03.079 around the child school situation.

NOTE Confidence: 0.8617262

00:08:03.080 --> 00:08:03.868 Finding childcare,

NOTE Confidence: 0.8617262

00:08:03.868 --> 00:08:05.838 worrying that children are being

NOTE Confidence: 0.8617262

00:08:05.838 --> 00:08:07.570 socially deprived and isolated,

NOTE Confidence: 0.8617262

00:08:07.570 --> 00:08:10.018 worrying about too much screen time.

NOTE Confidence: 0.8617262

00:08:10.020 --> 00:08:12.330 It is helpful to know they're

NOTE Confidence: 0.8617262

00:08:12.330 --> 00:08:14.812 not alone alone and when parents

NOTE Confidence: 0.8617262

00:08:14.812 --> 00:08:16.947 come together in a group,

NOTE Confidence: 0.8617262

00:08:16.950 --> 00:08:19.398 they feel that you know well.

NOTE Confidence: 0.8617262

00:08:19.400 --> 00:08:22.256 She's experiencing the same thing I am.
NOTE Confidence: 0.8617262

00:08:22.260 --> 00:08:25.445 Or he's he's he's having the same
NOTE Confidence: 0.8617262

00:08:25.445 --> 00:08:27.914 struggle getting his child to
NOTE Confidence: 0.8617262

00:08:27.914 --> 00:08:29.938 engage in virtual learning.
NOTE Confidence: 0.8617262

00:08:29.940 --> 00:08:31.640 The early childhood education programs,
NOTE Confidence: 0.8617262

00:08:31.640 --> 00:08:33.668 children, and teachers have adapted well.
NOTE Confidence: 0.8617262

00:08:33.670 --> 00:08:35.704 There's been so much many of
NOTE Confidence: 0.8617262

00:08:35.704 --> 00:08:37.060 the programs have returned.
NOTE Confidence: 0.88597226

00:08:37.060 --> 00:08:39.209 There's so much joy around the return
NOTE Confidence: 0.88597226

00:08:39.209 --> 00:08:41.305 to school children are playing about
NOTE Confidence: 0.88597226

00:08:41.305 --> 00:08:43.160 the check-in requirements at school,
NOTE Confidence: 0.88597226

00:08:43.160 --> 00:08:45.248 then when they, they'll say things
NOTE Confidence: 0.88597226

00:08:45.248 --> 00:08:47.229 like when the virus is over,
NOTE Confidence: 0.88597226

00:08:47.230 --> 00:08:50.620 you can come to my house and see my trucks,
NOTE Confidence: 0.88597226

00:08:50.620 --> 00:08:52.648 or when the virus is over.
NOTE Confidence: 0.88597226

00:08:52.650 --> 00:08:54.554 I'm going to have all my friends

NOTE Confidence: 0.88597226

00:08:54.554 --> 00:08:56.715 come to my birthday party and

NOTE Confidence: 0.88597226

00:08:56.715 --> 00:08:58.415 this was really interesting.

NOTE Confidence: 0.88597226

00:08:58.420 --> 00:09:00.185 And I've heard this from

NOTE Confidence: 0.88597226

00:09:00.185 --> 00:09:01.597 multiple centers teachers have.

NOTE Confidence: 0.88597226

00:09:01.600 --> 00:09:03.620 We're ready to have children,

NOTE Confidence: 0.88597226

00:09:03.620 --> 00:09:05.730 have serious separation anxiety after

NOTE Confidence: 0.88597226

00:09:05.730 --> 00:09:08.470 being out of school for so long,

NOTE Confidence: 0.88597226

00:09:08.470 --> 00:09:10.514 and they're really reporting

NOTE Confidence: 0.88597226

00:09:10.514 --> 00:09:13.069 that children are separating and

NOTE Confidence: 0.88597226

00:09:13.069 --> 00:09:15.289 parents are separating with with

NOTE Confidence: 0.88597226

00:09:15.289 --> 00:09:17.731 ease as they return to school.

NOTE Confidence: 0.88597226

00:09:17.740 --> 00:09:20.412 I wanted to talk about a little girl

NOTE Confidence: 0.88597226

00:09:20.412 --> 00:09:23.496 and for those of you who joined us in

NOTE Confidence: 0.88597226

00:09:23.496 --> 00:09:26.511 the fall about a little girl that I've

NOTE Confidence: 0.88597226

00:09:26.511 --> 00:09:29.164 been seeing in therapy five years old,

NOTE Confidence: 0.88597226

00:09:29.164 --> 00:09:30.949 she's been in multiple foster
NOTE Confidence: 0.88597226
00:09:30.949 --> 00:09:32.737 homes since she was two.
NOTE Confidence: 0.88597226
00:09:32.737 --> 00:09:34.879 An around the beginning of Kovid.
NOTE Confidence: 0.88597226
00:09:34.880 --> 00:09:37.910 She and her sister were placed
NOTE Confidence: 0.88597226
00:09:37.910 --> 00:09:39.930 in separate foster homes.
NOTE Confidence: 0.88597226
00:09:39.930 --> 00:09:43.206 But she was able to see her sister every
NOTE Confidence: 0.88597226
00:09:43.206 --> 00:09:46.969 day until at daycare until the fall of 2020.
NOTE Confidence: 0.88597226
00:09:46.970 --> 00:09:49.316 Recently, she moved from a foster
NOTE Confidence: 0.88597226
00:09:49.316 --> 00:09:52.440 home she had been in for a year.
NOTE Confidence: 0.88597226
00:09:52.440 --> 00:09:52.831 Heartbreaking,
NOTE Confidence: 0.88597226
00:09:52.831 --> 00:09:55.177 and we're really worrisome and upsetting.
NOTE Confidence: 0.88597226
00:09:55.180 --> 00:09:57.526 And in that previous foster home,
NOTE Confidence: 0.88597226
00:09:57.530 --> 00:09:59.945 a family member had COVID and then
NOTE Confidence: 0.88597226
00:09:59.945 --> 00:10:02.609 someone in her class tested positive,
NOTE Confidence: 0.88597226
00:10:02.610 --> 00:10:04.565 so she had to quarantine
NOTE Confidence: 0.88597226
00:10:04.565 --> 00:10:06.520 twice during the school year.

NOTE Confidence: 0.88597226

00:10:06.520 --> 00:10:09.648 She's now adjusting to a new foster home,

NOTE Confidence: 0.88597226

00:10:09.650 --> 00:10:11.670 an I became her therapist.

NOTE Confidence: 0.88597226

00:10:11.670 --> 00:10:13.360 After her beloved clinician of

NOTE Confidence: 0.88597226

00:10:13.360 --> 00:10:15.461 two years left the clinic after

NOTE Confidence: 0.88597226

00:10:15.461 --> 00:10:17.561 completing her training an I've only

NOTE Confidence: 0.88597226

00:10:17.561 --> 00:10:19.879 worked with her through Tele Health.

NOTE Confidence: 0.88597226

00:10:19.880 --> 00:10:22.336 So for a long time she called me

NOTE Confidence: 0.88597226

00:10:22.336 --> 00:10:25.238 by the other clinicians name or no,

NOTE Confidence: 0.88597226

00:10:25.240 --> 00:10:28.810 or just by hey you or no name at all.

NOTE Confidence: 0.88597226

00:10:28.810 --> 00:10:30.946 She finally began to play with

NOTE Confidence: 0.88597226

00:10:30.946 --> 00:10:32.014 her baby dolls,

NOTE Confidence: 0.88597226

00:10:32.020 --> 00:10:33.800 nurturing them gently and lovingly.

NOTE Confidence: 0.88597226

00:10:33.800 --> 00:10:36.264 An invited me to play with mine

NOTE Confidence: 0.88597226

00:10:36.264 --> 00:10:37.730 in the same way.

NOTE Confidence: 0.88597226

00:10:37.730 --> 00:10:39.878 This was a game she regularly

NOTE Confidence: 0.88597226

00:10:39.878 --> 00:10:42.040 played with her previous clinician.
NOTE Confidence: 0.88597226

00:10:42.040 --> 00:10:44.116 I felt relieved that she was
NOTE Confidence: 0.88597226

00:10:44.116 --> 00:10:45.500 beginning to trust me.
NOTE Confidence: 0.88597226

00:10:45.500 --> 00:10:47.230 She avoids really even today.
NOTE Confidence: 0.88597226

00:10:47.230 --> 00:10:49.306 Exploring feelings connected to her losses,
NOTE Confidence: 0.88597226

00:10:49.310 --> 00:10:51.380 but she can express her ambivalence.
NOTE Confidence: 0.88597226

00:10:51.380 --> 00:10:53.155 Her anxiety about the fragility
NOTE Confidence: 0.88597226

00:10:53.155 --> 00:10:54.930 of relationships and be explicit
NOTE Confidence: 0.88597226

00:10:54.991 --> 00:10:55.879 about her anger.
NOTE Confidence: 0.88597226

00:10:55.880 --> 00:10:58.528 One day she had a really positive session
NOTE Confidence: 0.88597226

00:10:58.528 --> 00:11:01.758 with me where she played with the baby dolls.
NOTE Confidence: 0.88597226

00:11:01.760 --> 00:11:03.888 She called me by my name and
NOTE Confidence: 0.88597226

00:11:03.888 --> 00:11:05.909 talked about being friends forever,
NOTE Confidence: 0.88597226

00:11:05.910 --> 00:11:09.024 but when it was time to end the session,
NOTE Confidence: 0.88597226

00:11:09.030 --> 00:11:10.458 which has traditionally since
NOTE Confidence: 0.88597226

00:11:10.458 --> 00:11:12.243 the beginning of our therapy.

NOTE Confidence: 0.88597226

00:11:12.250 --> 00:11:14.779 Been a very hard thing to do the saying

NOTE Confidence: 0.88597226

00:11:14.779 --> 00:11:16.979 goodbye just brings up so much for her.

NOTE Confidence: 0.88597226

00:11:16.980 --> 00:11:18.648 She got upset and she said

NOTE Confidence: 0.88597226

00:11:18.648 --> 00:11:19.760 you are doctor oldies,

NOTE Confidence: 0.88597226

00:11:19.760 --> 00:11:20.591 mushy and sloppy.

NOTE Confidence: 0.88597226

00:11:20.591 --> 00:11:21.699 I don't like you.

NOTE Confidence: 0.88597226

00:11:21.700 --> 00:11:24.516 I don't ever want to see you again.

NOTE Confidence: 0.88597226

00:11:24.520 --> 00:11:25.956 That was pretty devastating,

NOTE Confidence: 0.88597226

00:11:25.956 --> 00:11:28.110 but luckily a few weeks later,

NOTE Confidence: 0.88597226

00:11:28.110 --> 00:11:30.258 at the end of the session,

NOTE Confidence: 0.88597226

00:11:30.260 --> 00:11:32.570 she went into her closet and she

NOTE Confidence: 0.88597226

00:11:32.570 --> 00:11:35.290 said I want to tell you something.

NOTE Confidence: 0.88597226

00:11:35.290 --> 00:11:37.803 I think you're a super girl in

NOTE Confidence: 0.88597226

00:11:37.803 --> 00:11:38.880 your beautiful Ann.

NOTE Confidence: 0.88447446

00:11:38.880 --> 00:11:40.635 Recently, she's elaborated her play

NOTE Confidence: 0.88447446

00:11:40.635 --> 00:11:42.830 about families taking care of babies,
NOTE Confidence: 0.88447446

00:11:42.830 --> 00:11:44.870 having sleepovers, and and actually
NOTE Confidence: 0.88447446

00:11:44.870 --> 00:11:48.195 get last night she engaged in a lot of
NOTE Confidence: 0.88447446

00:11:48.195 --> 00:11:50.777 caretaking of the baby and getting the baby
NOTE Confidence: 0.88447446

00:11:50.777 --> 00:11:53.260 ready for school and saying, you know,
NOTE Confidence: 0.88447446

00:11:53.260 --> 00:11:56.220 you're going to miss school if you don't.
NOTE Confidence: 0.88447446

00:11:56.220 --> 00:11:59.084 Fix your hair and get dressed and get
NOTE Confidence: 0.88447446

00:11:59.084 --> 00:12:01.828 your book bag an in a conversation
NOTE Confidence: 0.88447446

00:12:01.828 --> 00:12:04.310 with her new foster mother today.
NOTE Confidence: 0.88447446

00:12:04.310 --> 00:12:07.694 It sounds to me like that early morning
NOTE Confidence: 0.88447446

00:12:07.694 --> 00:12:10.223 routine has been very difficult for
NOTE Confidence: 0.88447446

00:12:10.223 --> 00:12:13.647 her and so some of Kay's words to me
NOTE Confidence: 0.88447446

00:12:13.647 --> 00:12:17.033 in the play or to her baby in the play
NOTE Confidence: 0.88447446

00:12:17.033 --> 00:12:19.379 really were reminiscent of what the
NOTE Confidence: 0.88447446

00:12:19.379 --> 00:12:22.018 foster mother has been saying to her.
NOTE Confidence: 0.88447446

00:12:22.020 --> 00:12:24.330 The sisters miss one another a

NOTE Confidence: 0.88447446

00:12:24.330 --> 00:12:26.189 couple of weeks ago, I.

NOTE Confidence: 0.88447446

00:12:26.189 --> 00:12:28.103 Suggested to K that she might

NOTE Confidence: 0.88447446

00:12:28.103 --> 00:12:30.109 like to write to her sister.

NOTE Confidence: 0.88447446

00:12:30.110 --> 00:12:32.133 And so here's some of her words

NOTE Confidence: 0.88447446

00:12:32.133 --> 00:12:34.180 and her sisters words in response.

NOTE Confidence: 0.88447446

00:12:34.180 --> 00:12:36.676 Dear a I miss the world with you.

NOTE Confidence: 0.88447446

00:12:36.680 --> 00:12:38.864 Did you like the world with me?

NOTE Confidence: 0.88447446

00:12:38.870 --> 00:12:40.440 Miss you and your friends?

NOTE Confidence: 0.88447446

00:12:40.440 --> 00:12:43.248 I will say happy birthday to you in August.

NOTE Confidence: 0.88447446

00:12:43.250 --> 00:12:45.642 Love K dear Ki miss the world with

NOTE Confidence: 0.88447446

00:12:45.642 --> 00:12:48.235 you and I love you very much and

NOTE Confidence: 0.88447446

00:12:48.235 --> 00:12:50.450 will not stop loving you all day.

NOTE Confidence: 0.88447446

00:12:50.450 --> 00:12:52.020 I will see you soon.

NOTE Confidence: 0.88447446

00:12:52.020 --> 00:12:54.183 I will also say happy birthday when

NOTE Confidence: 0.88447446

00:12:54.183 --> 00:12:56.088 it's your birthday again in August.

NOTE Confidence: 0.88447446

00:12:56.090 --> 00:12:58.820 Love. A deer a I love you.
NOTE Confidence: 0.88447446

00:12:58.820 --> 00:13:00.392 You are my heart.
NOTE Confidence: 0.88447446

00:13:00.392 --> 00:13:01.178 Love K.
NOTE Confidence: 0.88447446

00:13:01.180 --> 00:13:04.072 So I'm waiting for next week
NOTE Confidence: 0.88447446

00:13:04.072 --> 00:13:06.000 for the phrase response.
NOTE Confidence: 0.88447446

00:13:06.000 --> 00:13:09.570 And then finally just a tip that I like to
NOTE Confidence: 0.88447446

00:13:09.658 --> 00:13:13.060 give when thinking about young children.
NOTE Confidence: 0.88447446

00:13:13.060 --> 00:13:13.892 Anne Anne.
NOTE Confidence: 0.88447446

00:13:13.892 --> 00:13:16.804 What can be most powerful in helping
NOTE Confidence: 0.88447446

00:13:16.804 --> 00:13:19.595 them to cope is really their
NOTE Confidence: 0.88447446

00:13:19.595 --> 00:13:21.880 capacity to use imaginative play.
NOTE Confidence: 0.88447446

00:13:21.880 --> 00:13:24.520 It really does give children the
NOTE Confidence: 0.88447446

00:13:24.520 --> 00:13:27.609 chance to say what's on their minds.
NOTE Confidence: 0.88447446

00:13:27.610 --> 00:13:30.529 It gives them a chance to really
NOTE Confidence: 0.88447446

00:13:30.529 --> 00:13:32.900 assimilate something that's been difficult,
NOTE Confidence: 0.88447446

00:13:32.900 --> 00:13:36.008 like COVID or a traumatic experience.

NOTE Confidence: 0.88447446

00:13:36.010 --> 00:13:38.640 Gives children the opportunity to

NOTE Confidence: 0.88447446

00:13:38.640 --> 00:13:41.270 express feelings and conflict and

NOTE Confidence: 0.88447446

00:13:41.354 --> 00:13:43.994 it also gives us as an adult a

NOTE Confidence: 0.88447446

00:13:43.994 --> 00:13:46.365 window into their world and kind

NOTE Confidence: 0.88447446

00:13:46.365 --> 00:13:48.813 of kind of what's what's their,

NOTE Confidence: 0.88447446

00:13:48.820 --> 00:13:50.960 what they're trying to navigate.

NOTE Confidence: 0.88447446

00:13:50.960 --> 00:13:53.500 An it also most importantly at

NOTE Confidence: 0.88447446

00:13:53.500 --> 00:13:56.020 a time where nobody really feels

NOTE Confidence: 0.88447446

00:13:56.020 --> 00:13:58.638 very much in control of anything.

NOTE Confidence: 0.88447446

00:13:58.640 --> 00:14:00.775 It gives them control over

NOTE Confidence: 0.88447446

00:14:00.775 --> 00:14:02.056 their imaginative world.

NOTE Confidence: 0.88447446

00:14:02.060 --> 00:14:04.804 So I'm going to stop and I

NOTE Confidence: 0.88447446

00:14:04.804 --> 00:14:06.920 look forward to engaging.

NOTE Confidence: 0.88447446

00:14:06.920 --> 00:14:10.826 With you with your questions and.

NOTE Confidence: 0.88447446

00:14:10.830 --> 00:14:12.108 I'll stop this,

NOTE Confidence: 0.88447446

00:14:12.108 --> 00:14:12.534 Nancy.
NOTE Confidence: 0.88447446

00:14:12.534 --> 00:14:12.960 Thank
NOTE Confidence: 0.7868351

00:14:12.960 --> 00:14:15.510 you very much Dorothy, might I.
NOTE Confidence: 0.7868351

00:14:15.510 --> 00:14:18.261 I would like to invite Dorothy's to
NOTE Confidence: 0.7868351

00:14:18.261 --> 00:14:21.459 be now to present to us Dorothy.
NOTE Confidence: 0.8158241

00:14:22.720 --> 00:14:26.556 Can everyone see this? Yes, OK, good.
NOTE Confidence: 0.8158241

00:14:26.556 --> 00:14:31.324 So I'm really delighted to be here and.
NOTE Confidence: 0.8158241

00:14:31.330 --> 00:14:33.064 I think we all have been
NOTE Confidence: 0.8158241

00:14:33.064 --> 00:14:35.279 through a lot in the last year.
NOTE Confidence: 0.8158241

00:14:35.280 --> 00:14:38.016 There's a little bit of light in the future,
NOTE Confidence: 0.8158241

00:14:38.020 --> 00:14:41.910 but. As with all of us,
NOTE Confidence: 0.8158241

00:14:41.910 --> 00:14:44.030 I think we're still nervous
NOTE Confidence: 0.8158241

00:14:44.030 --> 00:14:46.400 about a what's coming and B.
NOTE Confidence: 0.8158241

00:14:46.400 --> 00:14:48.602 What will be the repercussions for
NOTE Confidence: 0.8158241

00:14:48.602 --> 00:14:52.107 all of us in our children after COVID?
NOTE Confidence: 0.8844826

00:14:54.480 --> 00:14:57.184 One of the things that I do is

NOTE Confidence: 0.8844826

00:14:57.184 --> 00:14:59.728 work with access mental health,

NOTE Confidence: 0.8844826

00:14:59.730 --> 00:15:02.600 and in 2015 the state gave funding

NOTE Confidence: 0.8844826

00:15:02.600 --> 00:15:04.286 to support pediatricians in

NOTE Confidence: 0.8844826

00:15:04.286 --> 00:15:06.196 their work with mental health.

NOTE Confidence: 0.8844826

00:15:06.200 --> 00:15:08.618 In the kids that they treat.

NOTE Confidence: 0.8844826

00:15:08.620 --> 00:15:11.077 So the primary care physicians can call

NOTE Confidence: 0.8844826

00:15:11.077 --> 00:15:14.289 a line or access mental health line and

NOTE Confidence: 0.8844826

00:15:14.289 --> 00:15:16.884 talk to a child psychiatrist between

NOTE Confidence: 0.8844826

00:15:16.884 --> 00:15:19.524 9:00 to 5:00 Monday through Friday.

NOTE Confidence: 0.8844826

00:15:19.530 --> 00:15:22.358 And this was started well before COVID,

NOTE Confidence: 0.8844826

00:15:22.360 --> 00:15:25.440 but I think it is really blossomed

NOTE Confidence: 0.8844826

00:15:25.440 --> 00:15:26.760 in COVID because.

NOTE Confidence: 0.8844826

00:15:26.760 --> 00:15:29.508 The pediatricians are seeing more and

NOTE Confidence: 0.8844826

00:15:29.508 --> 00:15:32.770 more kids that maybe had a few issues,

NOTE Confidence: 0.8844826

00:15:32.770 --> 00:15:35.344 but now it seems as though

NOTE Confidence: 0.8844826

00:15:35.344 --> 00:15:37.060 they are really struggling,
NOTE Confidence: 0.8844826

00:15:37.060 --> 00:15:39.150 particularly with virtual school not
NOTE Confidence: 0.8844826

00:15:39.150 --> 00:15:42.611 being able to be with their friends etc
NOTE Confidence: 0.8844826

00:15:42.611 --> 00:15:45.203 and families are struggling as well.
NOTE Confidence: 0.8844826

00:15:45.210 --> 00:15:47.350 So what do we do?
NOTE Confidence: 0.8844826

00:15:47.350 --> 00:15:50.304 Well, it's as I mentioned a telephone
NOTE Confidence: 0.8844826

00:15:50.304 --> 00:15:52.081 consultation so a pediatrician
NOTE Confidence: 0.8844826

00:15:52.081 --> 00:15:54.649 can call up and say hello.
NOTE Confidence: 0.8844826

00:15:54.650 --> 00:15:57.812 I'm treating little Jenny and she
NOTE Confidence: 0.8844826

00:15:57.812 --> 00:16:00.819 is really struggling with XY and Z.
NOTE Confidence: 0.8844826

00:16:00.820 --> 00:16:03.788 If it is a an area that the
NOTE Confidence: 0.8844826

00:16:03.788 --> 00:16:06.059 child needs extra services,
NOTE Confidence: 0.8844826

00:16:06.060 --> 00:16:08.682 one of the things our team
NOTE Confidence: 0.8844826

00:16:08.682 --> 00:16:09.993 does that's multidisciplinary.
NOTE Confidence: 0.8844826

00:16:10.000 --> 00:16:11.278 With social workers,
NOTE Confidence: 0.8844826

00:16:11.278 --> 00:16:13.834 the person who answers the phone

NOTE Confidence: 0.8844826

00:16:13.834 --> 00:16:16.081 as the administrative person and

NOTE Confidence: 0.8844826

00:16:16.081 --> 00:16:19.199 a peer specialist who has a child

NOTE Confidence: 0.8844826

00:16:19.199 --> 00:16:21.369 with mental health issues were

NOTE Confidence: 0.8844826

00:16:21.369 --> 00:16:23.982 able to connect with families and

NOTE Confidence: 0.8844826

00:16:23.982 --> 00:16:26.598 help them to connect to services.

NOTE Confidence: 0.8844826

00:16:26.600 --> 00:16:28.188 As you may know,

NOTE Confidence: 0.8844826

00:16:28.188 --> 00:16:30.173 in mental health some places

NOTE Confidence: 0.8844826

00:16:30.173 --> 00:16:31.849 take this insurance.

NOTE Confidence: 0.8844826

00:16:31.850 --> 00:16:34.030 Some places take that insurance,

NOTE Confidence: 0.8844826

00:16:34.030 --> 00:16:35.830 some places don't take.

NOTE Confidence: 0.8844826

00:16:35.830 --> 00:16:38.971 Any insurance and for a family to

NOTE Confidence: 0.8844826

00:16:38.971 --> 00:16:41.835 try to sort through all of that and

NOTE Confidence: 0.8844826

00:16:41.835 --> 00:16:44.655 find services can be really just

NOTE Confidence: 0.8844826

00:16:44.655 --> 00:16:47.864 overwhelming and we help them with that.

NOTE Confidence: 0.8844826

00:16:47.864 --> 00:16:48.698 In addition,

NOTE Confidence: 0.8844826

00:16:48.698 --> 00:16:50.783 if the pediatrician has questions
NOTE Confidence: 0.8844826

00:16:50.783 --> 00:16:53.459 about some of the medical issues
NOTE Confidence: 0.8844826

00:16:53.459 --> 00:16:55.207 about starting medication for
NOTE Confidence: 0.8844826

00:16:55.207 --> 00:16:56.941 treatment of depression, etc,
NOTE Confidence: 0.8844826

00:16:56.941 --> 00:16:59.958 they can call and get it in,
NOTE Confidence: 0.8844826

00:16:59.960 --> 00:17:02.540 you know, and in time consultation,
NOTE Confidence: 0.8844826

00:17:02.540 --> 00:17:05.170 sometimes even when the family
NOTE Confidence: 0.8844826

00:17:05.170 --> 00:17:06.748 is sitting there.
NOTE Confidence: 0.8844826

00:17:06.750 --> 00:17:08.470 If the pediatrician is really
NOTE Confidence: 0.8844826

00:17:08.470 --> 00:17:09.846 concerned about a child,
NOTE Confidence: 0.8844826

00:17:09.850 --> 00:17:12.594 maybe they've been treating them for a while,
NOTE Confidence: 0.8844826

00:17:12.600 --> 00:17:14.847 but the child seems to have more
NOTE Confidence: 0.8844826

00:17:14.847 --> 00:17:17.068 problems than what they were thinking.
NOTE Confidence: 0.8844826

00:17:17.070 --> 00:17:19.128 They can get a one time
NOTE Confidence: 0.8844826

00:17:19.128 --> 00:17:19.814 psychiatric evaluation,
NOTE Confidence: 0.8844826

00:17:19.820 --> 00:17:22.228 and I have really enjoyed doing that.

NOTE Confidence: 0.8844826

00:17:22.230 --> 00:17:24.450 I also.

NOTE Confidence: 0.8844826

00:17:24.450 --> 00:17:27.132 Do supervision with the child and

NOTE Confidence: 0.8844826

00:17:27.132 --> 00:17:29.254 Adolescent psychiatry fellows and we

NOTE Confidence: 0.8844826

00:17:29.254 --> 00:17:31.382 do this as a group and talk about

NOTE Confidence: 0.8844826

00:17:31.382 --> 00:17:33.915 the cases and how to be helpful and

NOTE Confidence: 0.8844826

00:17:33.915 --> 00:17:35.554 then give those recommendations both

NOTE Confidence: 0.8844826

00:17:35.554 --> 00:17:37.636 to the family and the pediatrician,

NOTE Confidence: 0.8844826

00:17:37.640 --> 00:17:40.040 and then our last.

NOTE Confidence: 0.8844826

00:17:40.040 --> 00:17:42.056 Service is education.

NOTE Confidence: 0.8844826

00:17:42.056 --> 00:17:46.088 We provide zooms monthly for the

NOTE Confidence: 0.8844826

00:17:46.088 --> 00:17:48.148 pediatricians in the state.

NOTE Confidence: 0.8844826

00:17:48.150 --> 00:17:50.022 Talking about depressions,

NOTE Confidence: 0.8844826

00:17:50.022 --> 00:17:53.766 anxiety etc etc as educational offerings.

NOTE Confidence: 0.8844826

00:17:53.770 --> 00:17:59.338 We can do educational offerings for just one.

NOTE Confidence: 0.8844826

00:17:59.340 --> 00:18:02.545 Office we do some tools, handouts,

NOTE Confidence: 0.8844826

00:18:02.545 --> 00:18:07.465 etc to help the pediatricians stay up to
NOTE Confidence: 0.8844826

00:18:07.465 --> 00:18:12.218 date on what's going on in mental health.
NOTE Confidence: 0.8844826

00:18:12.220 --> 00:18:14.292 So what's COVID done?
NOTE Confidence: 0.8844826

00:18:14.292 --> 00:18:17.390 Well, if you can see here,
NOTE Confidence: 0.8844826

00:18:17.390 --> 00:18:20.430 it seems like things were
NOTE Confidence: 0.8844826

00:18:20.430 --> 00:18:23.470 really fairly acute back in.
NOTE Confidence: 0.8844826

00:18:23.470 --> 00:18:25.942 2018 and then they sort of
NOTE Confidence: 0.8844826

00:18:25.942 --> 00:18:27.590 evened out until Kovid.
NOTE Confidence: 0.8844826

00:18:27.590 --> 00:18:30.467 And this is where we are now.
NOTE Confidence: 0.8844826

00:18:30.470 --> 00:18:32.118 An actually probably since
NOTE Confidence: 0.8844826

00:18:32.118 --> 00:18:34.178 then we're way up here,
NOTE Confidence: 0.8844826

00:18:34.180 --> 00:18:36.646 where we've continued to go up,
NOTE Confidence: 0.88103414

00:18:36.650 --> 00:18:40.294 and in fact, we're up 60% in terms of
NOTE Confidence: 0.88103414

00:18:40.294 --> 00:18:42.622 the number of consultations we've had
NOTE Confidence: 0.88103414

00:18:42.622 --> 00:18:45.307 this year between July and December,
NOTE Confidence: 0.88103414

00:18:45.310 --> 00:18:48.187 an last year between July and December.

NOTE Confidence: 0.88103414

00:18:48.190 --> 00:18:51.977 And as I said, it's the the.

NOTE Confidence: 0.88103414

00:18:51.980 --> 00:18:53.580 Numbers just keep doubling,

NOTE Confidence: 0.88103414

00:18:53.580 --> 00:18:55.580 and the pediatricians will call.

NOTE Confidence: 0.88103414

00:18:55.580 --> 00:18:58.492 And here's a frequent thing that they may

NOTE Confidence: 0.88103414

00:18:58.492 --> 00:19:01.849 say I'm doing my annual physical exam on Joe

NOTE Confidence: 0.88103414

00:19:01.849 --> 00:19:05.178 and in doing his screening for depression,

NOTE Confidence: 0.88103414

00:19:05.180 --> 00:19:08.044 he scored high and now I'm hearing about

NOTE Confidence: 0.88103414

00:19:08.044 --> 00:19:11.579 all of these other issues that he's having.

NOTE Confidence: 0.88103414

00:19:11.580 --> 00:19:14.387 So oftentimes these are kids that have

NOTE Confidence: 0.88103414

00:19:14.387 --> 00:19:17.977 never been in a mental health system at all.

NOTE Confidence: 0.88103414

00:19:17.980 --> 00:19:21.180 But when they go and talk to their

NOTE Confidence: 0.88103414

00:19:21.180 --> 00:19:22.885 pediatrician, someone that they've

NOTE Confidence: 0.88103414

00:19:22.885 --> 00:19:25.930 known their whole lives and they trust.

NOTE Confidence: 0.88103414

00:19:25.930 --> 00:19:28.075 They're beginning to talk about

NOTE Confidence: 0.88103414

00:19:28.075 --> 00:19:30.220 what their struggles have been.

NOTE Confidence: 0.88103414

00:19:30.220 --> 00:19:32.070 Now, if you know adolescents,
NOTE Confidence: 0.88103414

00:19:32.070 --> 00:19:34.660 sometimes it's really hard to read them.
NOTE Confidence: 0.88103414

00:19:34.660 --> 00:19:37.990 The moods of an adolescent can look the same,
NOTE Confidence: 0.88103414

00:19:37.990 --> 00:19:40.950 so this is a humorous slide that says,
NOTE Confidence: 0.88103414

00:19:40.950 --> 00:19:42.430 you know, happy, depressed,
NOTE Confidence: 0.88103414

00:19:42.430 --> 00:19:43.910 excited, anxious, manic, suicidal.
NOTE Confidence: 0.88103414

00:19:43.910 --> 00:19:46.500 All of those look exactly the same,
NOTE Confidence: 0.88103414

00:19:46.500 --> 00:19:49.596 and many parents will say my child seems to
NOTE Confidence: 0.88103414

00:19:49.596 --> 00:19:53.153 be more withdrawn or they stay in their room.
NOTE Confidence: 0.88103414

00:19:53.160 --> 00:19:56.490 But I don't know what's going on with them.
NOTE Confidence: 0.88103414

00:19:56.490 --> 00:19:58.535 They you know they don't
NOTE Confidence: 0.88103414

00:19:58.535 --> 00:20:00.930 really talk too much to me.
NOTE Confidence: 0.88103414

00:20:00.930 --> 00:20:03.695 And so it may be difficult for
NOTE Confidence: 0.88103414

00:20:03.695 --> 00:20:07.475 them to know how much is my child
NOTE Confidence: 0.88103414

00:20:07.475 --> 00:20:09.475 really struggling right now?
NOTE Confidence: 0.88103414

00:20:09.480 --> 00:20:11.776 So I'd like to tell you a

NOTE Confidence: 0.88103414

00:20:11.776 --> 00:20:13.470 little bit about Melanie.

NOTE Confidence: 0.88103414

00:20:13.470 --> 00:20:15.285 This was one of the

NOTE Confidence: 0.88103414

00:20:15.285 --> 00:20:16.374 consultations we received.

NOTE Confidence: 0.88103414

00:20:16.380 --> 00:20:19.054 Pediatrician called and said that he's been

NOTE Confidence: 0.88103414

00:20:19.054 --> 00:20:22.189 taking care of Melanie since she was a baby.

NOTE Confidence: 0.88103414

00:20:22.190 --> 00:20:24.755 She's 16 years old now and she has not

NOTE Confidence: 0.88103414

00:20:24.755 --> 00:20:27.629 had previous psychiatric history or care.

NOTE Confidence: 0.88103414

00:20:27.630 --> 00:20:29.808 She's always been a high achiever.

NOTE Confidence: 0.88103414

00:20:29.810 --> 00:20:32.706 She's been active in sports and clubs etc.

NOTE Confidence: 0.88103414

00:20:32.710 --> 00:20:35.314 But her parents say that she's always

NOTE Confidence: 0.88103414

00:20:35.314 --> 00:20:37.192 had some problems with herself

NOTE Confidence: 0.88103414

00:20:37.192 --> 00:20:39.607 image and tends to put herself down

NOTE Confidence: 0.88103414

00:20:39.607 --> 00:20:41.579 or think she doesn't look.

NOTE Confidence: 0.88103414

00:20:41.580 --> 00:20:42.951 Pretty enough, etc,

NOTE Confidence: 0.88103414

00:20:42.951 --> 00:20:45.236 but she's never really needed.

NOTE Confidence: 0.88103414

00:20:45.240 --> 00:20:47.892 Mental health care and she's always
NOTE Confidence: 0.88103414

00:20:47.892 --> 00:20:50.280 been well adjusted in school,
NOTE Confidence: 0.88103414

00:20:50.280 --> 00:20:52.938 has done well but phone COVID
NOTE Confidence: 0.88103414

00:20:52.938 --> 00:20:55.320 in the fall of 2020.
NOTE Confidence: 0.88103414

00:20:55.320 --> 00:20:56.694 Following virtual classrooms
NOTE Confidence: 0.88103414

00:20:56.694 --> 00:20:58.526 and more virtual classrooms.
NOTE Confidence: 0.88103414

00:20:58.530 --> 00:21:01.918 The family notice that she was spending
NOTE Confidence: 0.88103414

00:21:01.918 --> 00:21:05.421 more time in her room when it came
NOTE Confidence: 0.88103414

00:21:05.421 --> 00:21:09.519 time to get onto the video for her classes.
NOTE Confidence: 0.88103414

00:21:09.520 --> 00:21:11.074 Sometimes she wouldn't.
NOTE Confidence: 0.88103414

00:21:11.074 --> 00:21:13.146 Put up her visual.
NOTE Confidence: 0.88103414

00:21:13.150 --> 00:21:15.202 She would, you know,
NOTE Confidence: 0.88103414

00:21:15.202 --> 00:21:17.254 sort of keep her.
NOTE Confidence: 0.88103414

00:21:17.260 --> 00:21:20.298 Camera closed and her grades were falling.
NOTE Confidence: 0.88103414

00:21:20.300 --> 00:21:22.898 She seemed to have less motivation.
NOTE Confidence: 0.88103414

00:21:22.900 --> 00:21:26.050 She wasn't eating very well and she

NOTE Confidence: 0.88103414

00:21:26.050 --> 00:21:28.980 really wasn't keeping up with her friend.

NOTE Confidence: 0.88103414

00:21:28.980 --> 00:21:31.578 She wasn't talking much to family.

NOTE Confidence: 0.88103414

00:21:31.580 --> 00:21:34.612 All of the things that she used to

NOTE Confidence: 0.88103414

00:21:34.612 --> 00:21:38.088 like it seemed like she wasn't doing,

NOTE Confidence: 0.88103414

00:21:38.090 --> 00:21:41.569 and the pediatrician when they saw her

NOTE Confidence: 0.88103414

00:21:41.569 --> 00:21:45.314 an weighed her found that she had lost

NOTE Confidence: 0.88103414

00:21:45.314 --> 00:21:48.979 £15 over the last four or five months.

NOTE Confidence: 0.88103414

00:21:48.980 --> 00:21:49.545 So.

NOTE Confidence: 0.88103414

00:21:49.545 --> 00:21:52.370 What we did we called.

NOTE Confidence: 0.88103414

00:21:52.370 --> 00:21:54.180 We talked to the family.

NOTE Confidence: 0.88103414

00:21:54.180 --> 00:21:56.358 It became clear that that her

NOTE Confidence: 0.88103414

00:21:56.358 --> 00:21:57.810 issues were fairly complicated.

NOTE Confidence: 0.88103414

00:21:57.810 --> 00:21:59.630 We were starting from scratch.

NOTE Confidence: 0.88103414

00:21:59.630 --> 00:22:01.440 She didn't have any services,

NOTE Confidence: 0.88103414

00:22:01.440 --> 00:22:04.250 so we decided to do a one time evaluation and

NOTE Confidence: 0.8921528

00:22:04.314 --> 00:22:05.781 during that evaluation
NOTE Confidence: 0.8921528

00:22:05.781 --> 00:22:07.248 we diagnosed depression.
NOTE Confidence: 0.8921528

00:22:07.250 --> 00:22:09.588 It seemed like she had a serious
NOTE Confidence: 0.8921528

00:22:09.588 --> 00:22:11.377 depression and we were concerned
NOTE Confidence: 0.8921528

00:22:11.377 --> 00:22:13.897 that it seemed as though her body
NOTE Confidence: 0.8921528

00:22:13.897 --> 00:22:16.612 image was such that she may have
NOTE Confidence: 0.8921528

00:22:16.612 --> 00:22:18.132 a restrictive eating disorder.
NOTE Confidence: 0.8921528

00:22:18.140 --> 00:22:20.010 She seemed to still think
NOTE Confidence: 0.8921528

00:22:20.010 --> 00:22:21.880 that she didn't look right.
NOTE Confidence: 0.8921528

00:22:21.880 --> 00:22:24.330 Even though she had lost this weight
NOTE Confidence: 0.8921528

00:22:24.330 --> 00:22:26.853 and we were concerned that this was
NOTE Confidence: 0.8921528

00:22:26.853 --> 00:22:29.919 going to be a really big issue soon
NOTE Confidence: 0.8921528

00:22:29.919 --> 00:22:32.595 because she was losing weight quickly,
NOTE Confidence: 0.8921528

00:22:32.600 --> 00:22:34.204 we recommended psychotherapy and
NOTE Confidence: 0.8921528

00:22:34.204 --> 00:22:36.610 helped her get into psychotherapy and
NOTE Confidence: 0.8921528

00:22:36.668 --> 00:22:38.726 helped have Family Services as well.

NOTE Confidence: 0.8921528

00:22:38.730 --> 00:22:40.992 It seemed as though she was

NOTE Confidence: 0.8921528

00:22:40.992 --> 00:22:43.268 withdrawing from her family how to

NOTE Confidence: 0.8921528

00:22:43.268 --> 00:22:45.362 help them communicate how to help

NOTE Confidence: 0.8921528

00:22:45.362 --> 00:22:48.192 the family know how to help her

NOTE Confidence: 0.8921528

00:22:48.192 --> 00:22:49.836 and increase their communication.

NOTE Confidence: 0.8921528

00:22:49.840 --> 00:22:52.030 We referred to a nutritionist.

NOTE Confidence: 0.8921528

00:22:52.030 --> 00:22:55.102 The PCP was going to have

NOTE Confidence: 0.8921528

00:22:55.102 --> 00:22:58.030 weekly weights at the office,

NOTE Confidence: 0.8921528

00:22:58.030 --> 00:23:00.814 and the pediatrician started

NOTE Confidence: 0.8921528

00:23:00.814 --> 00:23:02.206 an antidepressant.

NOTE Confidence: 0.8921528

00:23:02.210 --> 00:23:03.945 They felt comfortable doing that

NOTE Confidence: 0.8921528

00:23:03.945 --> 00:23:05.680 because they had our consultation,

NOTE Confidence: 0.8921528

00:23:05.680 --> 00:23:07.756 which he knew he could do.

NOTE Confidence: 0.8921528

00:23:07.760 --> 00:23:08.496 You know,

NOTE Confidence: 0.8921528

00:23:08.496 --> 00:23:10.336 anytime if things weren't going

NOTE Confidence: 0.8921528

00:23:10.336 --> 00:23:12.999 so well and we would look for a
NOTE Confidence: 0.8921528

00:23:12.999 --> 00:23:15.050 higher level of care if needed.
NOTE Confidence: 0.8493552

00:23:17.830 --> 00:23:20.290 So what tips can we give
NOTE Confidence: 0.8493552

00:23:20.290 --> 00:23:21.930 for families during kovid?
NOTE Confidence: 0.8493552

00:23:21.930 --> 00:23:25.178 Well, the very first thing that I always
NOTE Confidence: 0.8493552

00:23:25.178 --> 00:23:28.488 think of is how are the parents doing?
NOTE Confidence: 0.8493552

00:23:28.490 --> 00:23:30.845 How are the caregivers doing
NOTE Confidence: 0.8493552

00:23:30.845 --> 00:23:33.200 caregivers who are stressed children
NOTE Confidence: 0.8493552

00:23:33.282 --> 00:23:35.459 pick that up from a mile away.
NOTE Confidence: 0.8493552

00:23:35.460 --> 00:23:37.510 They can feel the tension.
NOTE Confidence: 0.8493552

00:23:37.510 --> 00:23:39.880 They know their family stress tan
NOTE Confidence: 0.8493552

00:23:39.880 --> 00:23:43.153 as Nancy brought up you can see real
NOTE Confidence: 0.8493552

00:23:43.153 --> 00:23:45.571 regressions and distress in kids when
NOTE Confidence: 0.8493552

00:23:45.647 --> 00:23:48.257 they know something isn't right so.
NOTE Confidence: 0.8493552

00:23:48.260 --> 00:23:50.392 Really helping the caregivers
NOTE Confidence: 0.8493552

00:23:50.392 --> 00:23:53.590 remember to take care of themselves.

NOTE Confidence: 0.8493552

00:23:53.590 --> 00:23:55.828 Help them remember to stay engaged

NOTE Confidence: 0.8493552

00:23:55.828 --> 00:23:58.292 with their support system through zoom

NOTE Confidence: 0.8493552

00:23:58.292 --> 00:24:00.557 planning something special every week.

NOTE Confidence: 0.8493552

00:24:00.560 --> 00:24:02.940 It can be very helpful for them

NOTE Confidence: 0.8493552

00:24:02.940 --> 00:24:06.033 to know that we're not the only

NOTE Confidence: 0.8493552

00:24:06.033 --> 00:24:07.524 ones everybody struggling.

NOTE Confidence: 0.8493552

00:24:07.530 --> 00:24:09.610 And as Nancy said,

NOTE Confidence: 0.8493552

00:24:09.610 --> 00:24:11.690 sometimes a parent support

NOTE Confidence: 0.8493552

00:24:11.690 --> 00:24:14.818 group can be extremely helpful.

NOTE Confidence: 0.8493552

00:24:14.820 --> 00:24:17.988 Other things to do for children

NOTE Confidence: 0.8493552

00:24:17.988 --> 00:24:20.530 communication is really really key.

NOTE Confidence: 0.8493552

00:24:20.530 --> 00:24:23.799 Kids who are depressed who are anxious

NOTE Confidence: 0.8493552

00:24:23.799 --> 00:24:27.002 who are otherwise distressed may have

NOTE Confidence: 0.8493552

00:24:27.002 --> 00:24:29.867 the tendency to behave differently.

NOTE Confidence: 0.8493552

00:24:29.870 --> 00:24:31.942 They may become irritable.

NOTE Confidence: 0.8493552

00:24:31.942 --> 00:24:34.014 They may be oppositional.
NOTE Confidence: 0.8493552

00:24:34.020 --> 00:24:36.620 It may seem like they're
NOTE Confidence: 0.8493552

00:24:36.620 --> 00:24:38.180 having behavior issues,
NOTE Confidence: 0.8493552

00:24:38.180 --> 00:24:40.775 but probably these are real
NOTE Confidence: 0.8493552

00:24:40.775 --> 00:24:43.370 sort and symptoms of stress,
NOTE Confidence: 0.8493552

00:24:43.370 --> 00:24:44.768 anxiety and predictability.
NOTE Confidence: 0.8493552

00:24:44.768 --> 00:24:47.564 So having the family have times
NOTE Confidence: 0.8493552

00:24:47.564 --> 00:24:49.467 together where they can just.
NOTE Confidence: 0.8493552

00:24:49.470 --> 00:24:51.090 Relax together, talk together,
NOTE Confidence: 0.8493552

00:24:51.090 --> 00:24:52.305 take a walk,
NOTE Confidence: 0.8493552

00:24:52.310 --> 00:24:54.420 have meals together and it's
NOTE Confidence: 0.8493552

00:24:54.420 --> 00:24:56.530 important for parents to actually
NOTE Confidence: 0.8493552

00:24:56.607 --> 00:24:58.785 ask their child what's going on.
NOTE Confidence: 0.8493552

00:24:58.790 --> 00:25:01.373 How are you feeling and be able
NOTE Confidence: 0.8493552

00:25:01.373 --> 00:25:03.240 to validate those feelings,
NOTE Confidence: 0.8493552

00:25:03.240 --> 00:25:06.040 whether they're positive or negative.

NOTE Confidence: 0.8493552

00:25:06.040 --> 00:25:09.160 Routines are always helpful for all of us,

NOTE Confidence: 0.8493552

00:25:09.160 --> 00:25:11.195 but particularly for kids and

NOTE Confidence: 0.8493552

00:25:11.195 --> 00:25:13.659 especially for kids who maybe have

NOTE Confidence: 0.8493552

00:25:13.659 --> 00:25:15.789 some ADHD or some other issues.

NOTE Confidence: 0.8493552

00:25:15.790 --> 00:25:17.302 Having schedules posting it,

NOTE Confidence: 0.8493552

00:25:17.302 --> 00:25:20.469 putting time for both work and for pleasure.

NOTE Confidence: 0.8493552

00:25:20.470 --> 00:25:23.590 For kids who are on online all day,

NOTE Confidence: 0.8493552

00:25:23.590 --> 00:25:25.540 they have some time off.

NOTE Confidence: 0.8493552

00:25:25.540 --> 00:25:28.483 What can they do to sort of unwind during

NOTE Confidence: 0.8493552

00:25:28.483 --> 00:25:31.388 those times and giving positive attention?

NOTE Confidence: 0.8493552

00:25:31.390 --> 00:25:34.120 Kids who are distressed may act up,

NOTE Confidence: 0.8493552

00:25:34.120 --> 00:25:37.240 and they get a lot of negative attention,

NOTE Confidence: 0.8493552

00:25:37.240 --> 00:25:38.896 making sure that you.

NOTE Confidence: 0.8493552

00:25:38.896 --> 00:25:42.460 Catch them being good and as I mentioned,

NOTE Confidence: 0.8493552

00:25:42.460 --> 00:25:46.786 practicing self care everyone in the family.

NOTE Confidence: 0.8493552

00:25:46.790 --> 00:25:47.496 And lastly,
NOTE Confidence: 0.8493552

00:25:47.496 --> 00:25:49.614 how to help your child stay
NOTE Confidence: 0.8493552

00:25:49.614 --> 00:25:51.573 connected with their friends if
NOTE Confidence: 0.8493552

00:25:51.573 --> 00:25:53.538 they can't physically be there,
NOTE Confidence: 0.8493552

00:25:53.540 --> 00:25:55.040 there's there's actually a
NOTE Confidence: 0.8493552

00:25:55.040 --> 00:25:56.915 lot of sort of fun,
NOTE Confidence: 0.8493552

00:25:56.920 --> 00:25:59.104 zoom or other video things that
NOTE Confidence: 0.8493552

00:25:59.104 --> 00:26:01.040 kids can play together there.
NOTE Confidence: 0.8493552

00:26:01.040 --> 00:26:01.716 You know,
NOTE Confidence: 0.8493552

00:26:01.716 --> 00:26:04.082 card games or or board games that
NOTE Confidence: 0.8493552

00:26:04.082 --> 00:26:06.288 you can actually play online.
NOTE Confidence: 0.8493552

00:26:06.290 --> 00:26:09.290 Being a bit more lenient about social media,
NOTE Confidence: 0.8493552

00:26:09.290 --> 00:26:11.768 we don't want kids to spend all
NOTE Confidence: 0.8493552

00:26:11.768 --> 00:26:14.168 of their time on social media,
NOTE Confidence: 0.8493552

00:26:14.170 --> 00:26:16.080 and we especially don't want
NOTE Confidence: 0.8493552

00:26:16.080 --> 00:26:18.850 them to get into big drama and.

NOTE Confidence: 0.8493552

00:26:18.850 --> 00:26:20.287 You know bullying,

NOTE Confidence: 0.8493552

00:26:20.287 --> 00:26:20.766 etc.

NOTE Confidence: 0.8493552

00:26:20.766 --> 00:26:24.192 But making sure that they do have

NOTE Confidence: 0.8493552

00:26:24.192 --> 00:26:26.492 some time in there encouraged

NOTE Confidence: 0.8493552

00:26:26.492 --> 00:26:29.720 to keep up with their friends.

NOTE Confidence: 0.8493552

00:26:29.720 --> 00:26:32.394 Making plans for how they can get

NOTE Confidence: 0.8493552

00:26:32.394 --> 00:26:35.570 together now that it's getting to be warmer.

NOTE Confidence: 0.8493552

00:26:35.570 --> 00:26:35.960 There.

NOTE Confidence: 0.8493552

00:26:35.960 --> 00:26:37.910 Maybe sometimes when they can

NOTE Confidence: 0.8493552

00:26:37.910 --> 00:26:39.080 be outside together,

NOTE Confidence: 0.8493552

00:26:39.080 --> 00:26:40.358 particularly after vaccinations,

NOTE Confidence: 0.8493552

00:26:40.358 --> 00:26:42.914 and some kids are just really

NOTE Confidence: 0.8493552

00:26:42.914 --> 00:26:45.118 pretty happy with the way things

NOTE Confidence: 0.8493552

00:26:45.118 --> 00:26:46.490 are when they're online.

NOTE Confidence: 0.8493552

00:26:46.490 --> 00:26:48.806 Kids who have had school anxiety

NOTE Confidence: 0.8493552

00:26:48.806 --> 00:26:51.558 for a long time may have this.
NOTE Confidence: 0.88785404

00:26:51.560 --> 00:26:56.208 I don't have to go into school.
NOTE Confidence: 0.88785404

00:26:56.210 --> 00:26:58.316 Which for that period of time
NOTE Confidence: 0.88785404

00:26:58.316 --> 00:27:00.429 may feel pretty good for them.
NOTE Confidence: 0.88785404

00:27:00.430 --> 00:27:02.398 But when you think about how
NOTE Confidence: 0.88785404

00:27:02.398 --> 00:27:04.659 to get them back into school,
NOTE Confidence: 0.88785404

00:27:04.660 --> 00:27:06.766 you know the longer they're out,
NOTE Confidence: 0.88785404

00:27:06.770 --> 00:27:08.530 the more difficult it comes.
NOTE Confidence: 0.88785404

00:27:08.530 --> 00:27:10.290 And sort of planning ahead,
NOTE Confidence: 0.88785404

00:27:10.290 --> 00:27:12.954 how are we going to begin to think
NOTE Confidence: 0.88785404

00:27:12.954 --> 00:27:14.869 about getting back into school?
NOTE Confidence: 0.88785404

00:27:14.870 --> 00:27:17.984 And how can we help this
NOTE Confidence: 0.88785404

00:27:17.984 --> 00:27:20.890 child feel ready to do so?
NOTE Confidence: 0.88785404

00:27:20.890 --> 00:27:22.104 Communicate, communicate,
NOTE Confidence: 0.88785404

00:27:22.104 --> 00:27:25.139 communicate with teachers with the
NOTE Confidence: 0.88785404

00:27:25.139 --> 00:27:28.226 primary care doctor as a family and

NOTE Confidence: 0.88785404

00:27:28.226 --> 00:27:30.840 know that if a child is irritable,

NOTE Confidence: 0.88785404

00:27:30.840 --> 00:27:33.210 cranky, more annoying than usual,

NOTE Confidence: 0.88785404

00:27:33.210 --> 00:27:36.698 all of those can be signs that they

NOTE Confidence: 0.88785404

00:27:36.698 --> 00:27:38.904 are having anxiety, depression,

NOTE Confidence: 0.88785404

00:27:38.904 --> 00:27:40.800 so asking it's important,

NOTE Confidence: 0.88785404

00:27:40.800 --> 00:27:43.638 particularly for teens that are withdrawn,

NOTE Confidence: 0.88785404

00:27:43.640 --> 00:27:46.490 asking about thoughts of self harm,

NOTE Confidence: 0.88785404

00:27:46.490 --> 00:27:50.706 it never increases the risk if you ask.

NOTE Confidence: 0.88785404

00:27:50.710 --> 00:27:53.314 And frequently they will say so if

NOTE Confidence: 0.88785404

00:27:53.314 --> 00:27:55.789 they're feeling like hurting themselves,

NOTE Confidence: 0.88785404

00:27:55.790 --> 00:27:58.154 or even if they've already started

NOTE Confidence: 0.88785404

00:27:58.154 --> 00:28:00.860 doing things that are self injurious.

NOTE Confidence: 0.88785404

00:28:00.860 --> 00:28:02.460 Any other risk behaviors,

NOTE Confidence: 0.88785404

00:28:02.460 --> 00:28:04.860 what stresses are you having and

NOTE Confidence: 0.88785404

00:28:04.932 --> 00:28:07.207 just helping them feel validated?

NOTE Confidence: 0.88785404

00:28:07.210 --> 00:28:09.320 An understood and of course,
NOTE Confidence: 0.88785404

00:28:09.320 --> 00:28:12.200 seeking mental health care when either
NOTE Confidence: 0.88785404

00:28:12.200 --> 00:28:16.658 the child or the parents are not coping well.
NOTE Confidence: 0.88785404

00:28:16.660 --> 00:28:17.485 So thank you.
NOTE Confidence: 0.88785404

00:28:17.485 --> 00:28:19.410 It's been a pleasure and I look
NOTE Confidence: 0.88785404

00:28:19.481 --> 00:28:21.315 forward to our Q&A at the end.
NOTE Confidence: 0.8521304

00:28:23.710 --> 00:28:25.460 Thank you very much Dorothy.
NOTE Confidence: 0.8521304

00:28:25.460 --> 00:28:27.896 How may I turn to Doctor Hoffman?
NOTE Confidence: 0.8710261

00:28:36.320 --> 00:28:38.846 Thank you so much for having me.
NOTE Confidence: 0.8710261

00:28:38.850 --> 00:28:41.466 I'm really glad to be here and talk
NOTE Confidence: 0.8710261

00:28:41.466 --> 00:28:43.710 a little bit about some updates
NOTE Confidence: 0.8710261

00:28:43.710 --> 00:28:46.430 that we've had over the past year.
NOTE Confidence: 0.8710261

00:28:46.430 --> 00:28:48.684 Specifically for two of my favorite topics
NOTE Confidence: 0.8710261

00:28:48.684 --> 00:28:51.120 in Tele health and emergency psychiatry.
NOTE Confidence: 0.8710261

00:28:51.120 --> 00:28:53.202 So I really only have two
NOTE Confidence: 0.8710261

00:28:53.202 --> 00:28:55.090 specific graphs to talk about,

NOTE Confidence: 0.8710261

00:28:55.090 --> 00:28:57.617 but they really do say a lot.

NOTE Confidence: 0.8710261

00:28:57.620 --> 00:28:59.495 This first one goes through

NOTE Confidence: 0.8710261

00:28:59.495 --> 00:29:01.370 our past year and experience.

NOTE Confidence: 0.8710261

00:29:01.370 --> 00:29:03.908 Through Tele health and what it

NOTE Confidence: 0.8710261

00:29:03.908 --> 00:29:07.217 shows is that both in the two months

NOTE Confidence: 0.8710261

00:29:07.217 --> 00:29:10.758 prior to Cobit we had maybe 30 to 40

NOTE Confidence: 0.8710261

00:29:10.758 --> 00:29:13.092 video visits in our health system

NOTE Confidence: 0.8710261

00:29:13.092 --> 00:29:15.848 and since then we have had over

NOTE Confidence: 0.8710261

00:29:15.848 --> 00:29:18.318 600,000 visits via video for our

NOTE Confidence: 0.8710261

00:29:18.318 --> 00:29:20.760 patients here in the health system.

NOTE Confidence: 0.8710261

00:29:20.760 --> 00:29:23.581 The second graph at the bottom goes

NOTE Confidence: 0.8710261

00:29:23.581 --> 00:29:26.417 through from why I'm so jel medicine,

NOTE Confidence: 0.8710261

00:29:26.420 --> 00:29:29.248 and this is of which child Study

NOTE Confidence: 0.8710261

00:29:29.248 --> 00:29:31.988 Center is apart. We've had almost 100.

NOTE Confidence: 0.8710261

00:29:31.988 --> 00:29:34.280 1000 visits for patients to be

NOTE Confidence: 0.8710261

00:29:34.357 --> 00:29:36.487 seen from by their providers.

NOTE Confidence: 0.8710261

00:29:36.490 --> 00:29:39.235 This is huge and what we see is that

NOTE Confidence: 0.8710261

00:29:39.235 --> 00:29:42.246 it was essential as as COVID started

NOTE Confidence: 0.8710261

00:29:42.246 --> 00:29:44.780 and everyone went into lockdown,

NOTE Confidence: 0.8710261

00:29:44.780 --> 00:29:48.338 we really had no other choice.

NOTE Confidence: 0.8710261

00:29:48.340 --> 00:29:51.030 Time we had a bit of a dip that allowed

NOTE Confidence: 0.8710261

00:29:51.102 --> 00:29:53.832 for people to start making better

NOTE Confidence: 0.8710261

00:29:53.832 --> 00:29:55.652 clinical decisions about whether

NOTE Confidence: 0.8710261

00:29:55.727 --> 00:29:58.093 Tele Health was the right venue and

NOTE Confidence: 0.8710261

00:29:58.093 --> 00:30:00.910 was the right tool to use to see,

NOTE Confidence: 0.8710261

00:30:00.910 --> 00:30:02.700 evaluate, and maintain our children.

NOTE Confidence: 0.8710261

00:30:02.700 --> 00:30:03.678 And going forward,

NOTE Confidence: 0.8710261

00:30:03.678 --> 00:30:06.816 we can see that as we're in the middle

NOTE Confidence: 0.8710261

00:30:06.816 --> 00:30:09.156 of another little uptick in wave,

NOTE Confidence: 0.8710261

00:30:09.160 --> 00:30:10.950 we are studying and growing

NOTE Confidence: 0.8710261

00:30:10.950 --> 00:30:12.382 in ambulatory video visits,

NOTE Confidence: 0.8710261

00:30:12.390 --> 00:30:14.550 so this is really good news.

NOTE Confidence: 0.8710261

00:30:14.550 --> 00:30:17.462 This tells us that Tele health has been

NOTE Confidence: 0.8710261

00:30:17.462 --> 00:30:20.379 adopted in a really seamless way in our.

NOTE Confidence: 0.8710261

00:30:20.380 --> 00:30:22.552 In our health system and in

NOTE Confidence: 0.8710261

00:30:22.552 --> 00:30:24.000 the CHILD Study Center,

NOTE Confidence: 0.8710261

00:30:24.000 --> 00:30:25.448 we have group therapy.

NOTE Confidence: 0.8710261

00:30:25.448 --> 00:30:26.896 We have individual therapy.

NOTE Confidence: 0.8710261

00:30:26.900 --> 00:30:28.492 We have medication management.

NOTE Confidence: 0.8710261

00:30:28.492 --> 00:30:30.482 People are being seen where

NOTE Confidence: 0.8710261

00:30:30.482 --> 00:30:31.960 they need to be seen.

NOTE Confidence: 0.8710261

00:30:31.960 --> 00:30:34.090 We also have in person visits

NOTE Confidence: 0.8710261

00:30:34.090 --> 00:30:35.949 because there are some children

NOTE Confidence: 0.8710261

00:30:35.949 --> 00:30:38.115 for whom Tele health is not.

NOTE Confidence: 0.8710261

00:30:38.120 --> 00:30:40.292 The does not make the most

NOTE Confidence: 0.8710261

00:30:40.292 --> 00:30:41.378 appropriate clinical sense,

NOTE Confidence: 0.8710261

00:30:41.380 --> 00:30:43.348 so we do allow for different
NOTE Confidence: 0.8710261
00:30:43.348 --> 00:30:45.360 kinds of treatment when necessary.
NOTE Confidence: 0.8710261
00:30:45.360 --> 00:30:47.529 So this was a good news.
NOTE Confidence: 0.8710261
00:30:47.530 --> 00:30:50.000 Let's let's talk a little
NOTE Confidence: 0.8710261
00:30:50.000 --> 00:30:52.470 bit about the bad news.
NOTE Confidence: 0.8710261
00:30:52.470 --> 00:30:54.770 So I'm currently clinically working
NOTE Confidence: 0.8710261
00:30:54.770 --> 00:30:57.070 in the emergency department today
NOTE Confidence: 0.8710261
00:30:57.137 --> 00:30:59.097 and I've been on call for the
NOTE Confidence: 0.8710261
00:30:59.097 --> 00:31:01.413 last week or so so I can tell you
NOTE Confidence: 0.8710261
00:31:01.413 --> 00:31:03.138 both from a personal emotional
NOTE Confidence: 0.8710261
00:31:03.138 --> 00:31:05.560 feeling as well as the numbers here
NOTE Confidence: 0.8710261
00:31:05.629 --> 00:31:07.609 that these are not really lying.
NOTE Confidence: 0.8710261
00:31:07.610 --> 00:31:09.674 Now let me kind of describe
NOTE Confidence: 0.8710261
00:31:09.674 --> 00:31:11.050 this graph to you.
NOTE Confidence: 0.8710261
00:31:11.050 --> 00:31:13.198 This is the percent of behavioral
NOTE Confidence: 0.8710261
00:31:13.198 --> 00:31:14.630 health children who've scored

NOTE Confidence: 0.8710261
00:31:14.688 --> 00:31:16.560 from the moderate to high range
NOTE Confidence: 0.8710261
00:31:16.560 --> 00:31:18.270 on the Columbia suicide screen.
NOTE Confidence: 0.8710261
00:31:18.270 --> 00:31:20.678 Now we can see this is 2019.
NOTE Confidence: 0.8710261
00:31:20.680 --> 00:31:23.430 Things were a little all over the place,
NOTE Confidence: 0.8710261
00:31:23.430 --> 00:31:24.974 but it averaged around.
NOTE Confidence: 0.8710261
00:31:24.974 --> 00:31:28.200 30% so when you think about it like that,
NOTE Confidence: 0.8710261
00:31:28.200 --> 00:31:30.678 30% were moderate or high and the
NOTE Confidence: 0.8710261
00:31:30.678 --> 00:31:33.050 other 70% were closer to the mild
NOTE Confidence: 0.8710261
00:31:33.050 --> 00:31:35.300 to mild to no suicide screen.
NOTE Confidence: 0.8710261
00:31:35.300 --> 00:31:37.892 So what that meant is that people might
NOTE Confidence: 0.8710261
00:31:37.892 --> 00:31:40.269 be coming in for different reasons,
NOTE Confidence: 0.8710261
00:31:40.270 --> 00:31:43.490 but suicide was not really the issue.
NOTE Confidence: 0.8710261
00:31:43.490 --> 00:31:46.382 We haven't had an uptick that's
NOTE Confidence: 0.8710261
00:31:46.382 --> 00:31:47.346 really remarkable,
NOTE Confidence: 0.89273775
00:31:47.350 --> 00:31:49.278 since since late September
NOTE Confidence: 0.89273775

00:31:49.278 --> 00:31:52.170 in October of this past year,
NOTE Confidence: 0.89273775

00:31:52.170 --> 00:31:55.542 and we've seen an 11% increase in
NOTE Confidence: 0.89273775

00:31:55.542 --> 00:31:58.428 the severity of the Columbia screen,
NOTE Confidence: 0.89273775

00:31:58.430 --> 00:32:02.286 so from 30% to 41% are scoring higher
NOTE Confidence: 0.89273775

00:32:02.286 --> 00:32:05.660 than in the moderate to higher range.
NOTE Confidence: 0.89273775

00:32:05.660 --> 00:32:08.070 So we're noticing this acuity.
NOTE Confidence: 0.89273775

00:32:08.070 --> 00:32:11.094 We're seeing these children in our
NOTE Confidence: 0.89273775

00:32:11.094 --> 00:32:14.050 emergency rooms that are requiring.
NOTE Confidence: 0.89273775

00:32:14.050 --> 00:32:16.434 A different level of care and let me
NOTE Confidence: 0.89273775

00:32:16.434 --> 00:32:18.647 describe it in some examples of some
NOTE Confidence: 0.89273775

00:32:18.647 --> 00:32:20.903 of the patients that I've seen over
NOTE Confidence: 0.89273775

00:32:20.903 --> 00:32:23.122 the last several weeks in months past
NOTE Confidence: 0.89273775

00:32:23.122 --> 00:32:25.306 and prior to the epidemic and the
NOTE Confidence: 0.89273775

00:32:25.306 --> 00:32:26.880 pandemic that we're dealing with,
NOTE Confidence: 0.89273775

00:32:26.880 --> 00:32:29.099 kids might have come to the emergency
NOTE Confidence: 0.89273775

00:32:29.099 --> 00:32:31.580 room almost as a front door to service.

NOTE Confidence: 0.89273775

00:32:31.580 --> 00:32:33.145 Let's say their pediatricians didn't

NOTE Confidence: 0.89273775

00:32:33.145 --> 00:32:34.710 know about access mental health.

NOTE Confidence: 0.89273775

00:32:34.710 --> 00:32:36.486 Let's say they didn't have any

NOTE Confidence: 0.89273775

00:32:36.486 --> 00:32:38.150 kind of prior psychiatric history,

NOTE Confidence: 0.89273775

00:32:38.150 --> 00:32:39.750 and they're coming in because

NOTE Confidence: 0.89273775

00:32:39.750 --> 00:32:41.590 they don't know where to go,

NOTE Confidence: 0.89273775

00:32:41.590 --> 00:32:43.528 and they're trying to reach out.

NOTE Confidence: 0.89273775

00:32:43.530 --> 00:32:45.072 To start, health,

NOTE Confidence: 0.89273775

00:32:45.072 --> 00:32:48.156 mental health care for a child.

NOTE Confidence: 0.89273775

00:32:48.160 --> 00:32:52.678 We don't see those really anymore.

NOTE Confidence: 0.89273775

00:32:52.680 --> 00:32:55.670 You'd also get in the in the old days BC

NOTE Confidence: 0.89273775

00:32:55.750 --> 00:32:58.816 before COVID that children would come in,

NOTE Confidence: 0.89273775

00:32:58.820 --> 00:33:01.298 brought in by school because they

NOTE Confidence: 0.89273775

00:33:01.298 --> 00:33:03.758 mentioned to their teacher or the

NOTE Confidence: 0.89273775

00:33:03.758 --> 00:33:05.583 guidance counselor or a friendly

NOTE Confidence: 0.89273775

00:33:05.583 --> 00:33:08.198 pier and they then went to a grown
NOTE Confidence: 0.89273775

00:33:08.198 --> 00:33:10.370 up and was asking for some help.
NOTE Confidence: 0.89273775

00:33:10.370 --> 00:33:12.170 They were thinking about suicide.
NOTE Confidence: 0.89273775

00:33:12.170 --> 00:33:14.210 They were reaching out in some
NOTE Confidence: 0.89273775

00:33:14.210 --> 00:33:16.150 way in school in school,
NOTE Confidence: 0.89273775

00:33:16.150 --> 00:33:18.185 brought them to our attention
NOTE Confidence: 0.89273775

00:33:18.185 --> 00:33:21.060 to get them help in services.
NOTE Confidence: 0.89273775

00:33:21.060 --> 00:33:23.657 We're seeing that now a little more
NOTE Confidence: 0.89273775

00:33:23.657 --> 00:33:25.919 now that schools are opening up,
NOTE Confidence: 0.89273775

00:33:25.920 --> 00:33:28.531 but we weren't seeing that when when
NOTE Confidence: 0.89273775

00:33:28.531 --> 00:33:30.410 schools weren't really in session,
NOTE Confidence: 0.89273775

00:33:30.410 --> 00:33:32.566 what we are seeing now is that
NOTE Confidence: 0.89273775

00:33:32.566 --> 00:33:35.300 instead of kids coming in with suicide
NOTE Confidence: 0.89273775

00:33:35.300 --> 00:33:37.040 ideations thoughts about wishing
NOTE Confidence: 0.89273775

00:33:37.040 --> 00:33:39.387 that they were no longer alive,
NOTE Confidence: 0.89273775

00:33:39.390 --> 00:33:41.628 or feelings of hopelessness and helplessness,

NOTE Confidence: 0.89273775

00:33:41.630 --> 00:33:43.500 we're now seeing children after

NOTE Confidence: 0.89273775

00:33:43.500 --> 00:33:44.996 they have attempted suicide.

NOTE Confidence: 0.89273775

00:33:45.000 --> 00:33:47.448 So we see kids now following

NOTE Confidence: 0.89273775

00:33:47.448 --> 00:33:49.533 an overdose and ingestion of

NOTE Confidence: 0.89273775

00:33:49.533 --> 00:33:51.795 medications that were made as a.

NOTE Confidence: 0.89273775

00:33:51.800 --> 00:33:55.355 As a true suicide attempt in the past week,

NOTE Confidence: 0.89273775

00:33:55.360 --> 00:33:57.330 we've seen suicide attempts via

NOTE Confidence: 0.89273775

00:33:57.330 --> 00:33:58.910 hanging overdose, attempted cutting,

NOTE Confidence: 0.89273775

00:33:58.910 --> 00:34:00.490 and everything in between.

NOTE Confidence: 0.89273775

00:34:00.490 --> 00:34:03.650 So these kids, who might several months ago,

NOTE Confidence: 0.89273775

00:34:03.650 --> 00:34:06.714 have been able to get help in a

NOTE Confidence: 0.89273775

00:34:06.714 --> 00:34:09.447 slightly lower level of care are now

NOTE Confidence: 0.89273775

00:34:09.447 --> 00:34:12.227 coming to a point where there is

NOTE Confidence: 0.89273775

00:34:12.227 --> 00:34:15.083 nothing else that can be done except

NOTE Confidence: 0.89273775

00:34:15.083 --> 00:34:17.888 put them in a secure location while

NOTE Confidence: 0.89273775

00:34:17.888 --> 00:34:20.640 we stabilize them so that they can,
NOTE Confidence: 0.89273775

00:34:20.640 --> 00:34:22.710 you know, attempt to have.
NOTE Confidence: 0.89273775

00:34:22.710 --> 00:34:25.254 A better future. So this is the bad.
NOTE Confidence: 0.89273775

00:34:25.260 --> 00:34:26.562 We're seeing this.
NOTE Confidence: 0.89273775

00:34:26.562 --> 00:34:29.166 We're feeling this families are stressed
NOTE Confidence: 0.89273775

00:34:29.166 --> 00:34:31.596 and they don't know where to go.
NOTE Confidence: 0.89273775

00:34:31.600 --> 00:34:33.872 And so on that.
NOTE Confidence: 0.89273775

00:34:33.872 --> 00:34:35.008 Lovely note,
NOTE Confidence: 0.89273775

00:34:35.010 --> 00:34:38.622 I'm hoping that that Doctor will
NOTE Confidence: 0.89273775

00:34:38.622 --> 00:34:41.859 have more positive things to say.
NOTE Confidence: 0.7123157

00:34:46.880 --> 00:34:48.548 Thank you so much, Pam Ann.
NOTE Confidence: 0.7123157

00:34:48.550 --> 00:34:50.766 May I turn down to young doctor Ponsan.
NOTE Confidence: 0.7123157

00:34:50.770 --> 00:34:51.878 Alright, thank you and
NOTE Confidence: 0.7123157

00:34:51.880 --> 00:34:54.757 a pleasure to be here as well.
NOTE Confidence: 0.7123157

00:34:54.760 --> 00:34:56.808 So one of my hats is medical director
NOTE Confidence: 0.7123157

00:34:56.808 --> 00:34:58.780 of the Children's Day Hospital.

NOTE Confidence: 0.7123157

00:34:58.780 --> 00:35:01.230 So that's a service that

NOTE Confidence: 0.7123157

00:35:01.230 --> 00:35:03.190 provides care to children.

NOTE Confidence: 0.7123157

00:35:03.190 --> 00:35:04.246 Stop 626 to 12.

NOTE Confidence: 0.7123157

00:35:04.246 --> 00:35:06.211 Currently 8 to 12 in COVID that

NOTE Confidence: 0.7123157

00:35:06.211 --> 00:35:08.095 have significant need and if not

NOTE Confidence: 0.7123157

00:35:08.095 --> 00:35:10.409 for being in a Children's Day

NOTE Confidence: 0.7123157

00:35:10.409 --> 00:35:12.145 hospital would require inpatient

NOTE Confidence: 0.7123157

00:35:12.145 --> 00:35:14.598 care emergency room care so many of

NOTE Confidence: 0.7123157

00:35:14.598 --> 00:35:16.717 the kids were serving in the day

NOTE Confidence: 0.7123157

00:35:16.717 --> 00:35:18.999 hospital or kids with with high needs

NOTE Confidence: 0.7123157

00:35:18.999 --> 00:35:21.316 and this kind of services available

NOTE Confidence: 0.7123157

00:35:21.316 --> 00:35:23.704 to adolescents and adults as well.

NOTE Confidence: 0.7123157

00:35:23.710 --> 00:35:28.084 But our program is for is for young kids.

NOTE Confidence: 0.7123157

00:35:28.090 --> 00:35:31.090 It's a group based program that's

NOTE Confidence: 0.7123157

00:35:31.090 --> 00:35:33.782 supplemented by work with families

NOTE Confidence: 0.7123157

00:35:33.782 --> 00:35:36.817 and individual work with families.
NOTE Confidence: 0.7123157

00:35:36.820 --> 00:35:41.364 Uhm? And So what is the what is the?
NOTE Confidence: 0.7123157

00:35:41.370 --> 00:35:43.358 What is the beauty of group work?
NOTE Confidence: 0.7123157

00:35:43.360 --> 00:35:45.348 And what's the difference about group work?
NOTE Confidence: 0.7123157

00:35:45.350 --> 00:35:47.048 I think is where we start.
NOTE Confidence: 0.7123157

00:35:47.050 --> 00:35:47.860 And so this.
NOTE Confidence: 0.7123157

00:35:47.860 --> 00:35:49.210 So we're located on the
NOTE Confidence: 0.7123157

00:35:49.210 --> 00:35:50.180 Saint Rayfield campus.
NOTE Confidence: 0.7123157

00:35:50.180 --> 00:35:52.154 We haven't identified spot at 3:50 George,
NOTE Confidence: 0.7123157

00:35:52.160 --> 00:35:54.440 but we're still in the Saint Rayfield campus.
NOTE Confidence: 0.7123157

00:35:54.440 --> 00:35:58.064 A lot of this was delayed by COVID.
NOTE Confidence: 0.7123157

00:35:58.070 --> 00:36:00.414 I think you can imagine a sunny room.
NOTE Confidence: 0.7123157

00:36:00.420 --> 00:36:02.070 But with very old looking
NOTE Confidence: 0.7123157

00:36:02.070 --> 00:36:03.060 furniture and carpets,
NOTE Confidence: 0.7123157

00:36:03.060 --> 00:36:05.004 carpets that don't seem like they've
NOTE Confidence: 0.7123157

00:36:05.004 --> 00:36:06.690 been changed since the 1970s,

NOTE Confidence: 0.7123157

00:36:06.690 --> 00:36:09.000 even though maybe they they have been,

NOTE Confidence: 0.7123157

00:36:09.000 --> 00:36:11.106 but it's a beautiful place to

NOTE Confidence: 0.7123157

00:36:11.106 --> 00:36:14.064 be when the kids are are really

NOTE Confidence: 0.7123157

00:36:14.064 --> 00:36:16.028 communicating with each other.

NOTE Confidence: 0.7123157

00:36:16.030 --> 00:36:18.955 And so I think of just happened this week.

NOTE Confidence: 0.7123157

00:36:18.960 --> 00:36:21.280 We have Sam fictitious names.

NOTE Confidence: 0.7123157

00:36:21.280 --> 00:36:26.680 Find Maya a female, and identifies as male.

NOTE Confidence: 0.7123157

00:36:26.680 --> 00:36:29.115 He was talking about their

NOTE Confidence: 0.7123157

00:36:29.115 --> 00:36:31.063 depression and their suicidality.

NOTE Confidence: 0.7123157

00:36:31.070 --> 00:36:34.486 And putting a lot of blame for that,

NOTE Confidence: 0.7123157

00:36:34.490 --> 00:36:37.454 or reasons for that on external

NOTE Confidence: 0.7123157

00:36:37.454 --> 00:36:39.430 forces their parents school.

NOTE Confidence: 0.7123157

00:36:39.430 --> 00:36:40.832 Friends, which is not,

NOTE Confidence: 0.7123157

00:36:40.832 --> 00:36:43.506 which is something of kids can have.

NOTE Confidence: 0.7123157

00:36:43.506 --> 00:36:46.840 But in this case the kids took it.

NOTE Confidence: 0.7123157

00:36:46.840 --> 00:36:50.080 Took it as not having a sense of
NOTE Confidence: 0.7123157
00:36:50.080 --> 00:36:52.169 responsibility for getting better.
NOTE Confidence: 0.7123157
00:36:52.170 --> 00:36:54.256 For making the changes in their thinking
NOTE Confidence: 0.7123157
00:36:54.256 --> 00:36:56.316 and feeling and the changes in their
NOTE Confidence: 0.7123157
00:36:56.316 --> 00:36:58.300 life that could that could help them.
NOTE Confidence: 0.7123157
00:36:58.300 --> 00:36:59.830 And so the kids were challenging,
NOTE Confidence: 0.7123157
00:36:59.830 --> 00:37:01.790 and this is the beauty is that the
NOTE Confidence: 0.7123157
00:37:01.790 --> 00:37:03.110 adults weren't suggesting why don't
NOTE Confidence: 0.7123157
00:37:03.110 --> 00:37:04.930 you think of it of another way?
NOTE Confidence: 0.7123157
00:37:04.930 --> 00:37:07.276 Or try another method? Yes, we have.
NOTE Confidence: 0.7123157
00:37:07.276 --> 00:37:09.020 We have ideas and yes we have a
NOTE Confidence: 0.7123157
00:37:09.078 --> 00:37:11.136 program but the beauty is when the
NOTE Confidence: 0.7123157
00:37:11.136 --> 00:37:12.689 kids really support each other
NOTE Confidence: 0.7123157
00:37:12.689 --> 00:37:14.209 and and confront each other.
NOTE Confidence: 0.7123157
00:37:14.210 --> 00:37:16.125 And Sam wouldn't really have much of
NOTE Confidence: 0.7123157
00:37:16.125 --> 00:37:18.304 it and says well I think I'll just.

NOTE Confidence: 0.7123157

00:37:18.310 --> 00:37:19.398 I'll just kill myself.

NOTE Confidence: 0.7123157

00:37:19.398 --> 00:37:20.214 Doesn't really matter.

NOTE Confidence: 0.7123157

00:37:20.220 --> 00:37:21.800 I'll just do it.

NOTE Confidence: 0.7123157

00:37:21.800 --> 00:37:23.590 And it's both, I think,

NOTE Confidence: 0.7123157

00:37:23.590 --> 00:37:24.490 real painful feelings,

NOTE Confidence: 0.7123157

00:37:24.490 --> 00:37:27.490 but also slightly flipping.

NOTE Confidence: 0.7123157

00:37:27.490 --> 00:37:29.086 And so there was a pause and

NOTE Confidence: 0.7123157

00:37:29.086 --> 00:37:30.192 in someone asked, well,

NOTE Confidence: 0.7123157

00:37:30.192 --> 00:37:31.036 how does.

NOTE Confidence: 0.7123157

00:37:31.036 --> 00:37:33.146 How does Alejandro feel about

NOTE Confidence: 0.7123157

00:37:33.146 --> 00:37:35.574 all this given that your aunt

NOTE Confidence: 0.7123157

00:37:35.574 --> 00:37:38.300 her aunt died of COVID this week?

NOTE Confidence: 0.7123157

00:37:38.300 --> 00:37:40.930 And you know, Alejandro responded,

NOTE Confidence: 0.7123157

00:37:40.930 --> 00:37:44.766 I'm this is really hard to hear

NOTE Confidence: 0.7123157

00:37:44.766 --> 00:37:46.400 that you would take things so

NOTE Confidence: 0.7123157

00:37:46.400 --> 00:37:48.038 lightly and say it so lightly.
NOTE Confidence: 0.7123157

00:37:48.040 --> 00:37:51.120 When my aunt didn't didn't have a choice.
NOTE Confidence: 0.7123157

00:37:51.120 --> 00:37:53.390 To live or to die.
NOTE Confidence: 0.7123157

00:37:53.390 --> 00:37:57.326 So it's really, really hurtful to hear that.
NOTE Confidence: 0.85256314

00:37:57.330 --> 00:37:58.962 And I dropped pause little further
NOTE Confidence: 0.85256314

00:37:58.962 --> 00:38:00.525 and started to develop tears in
NOTE Confidence: 0.85256314

00:38:00.525 --> 00:38:02.205 her eyes and to be honest with you,
NOTE Confidence: 0.85256314

00:38:02.210 --> 00:38:03.836 I've done this program before and
NOTE Confidence: 0.85256314

00:38:03.836 --> 00:38:06.061 I would not be alive today if it
NOTE Confidence: 0.85256314

00:38:06.061 --> 00:38:08.026 weren't for from his Terran to help
NOTE Confidence: 0.85256314

00:38:08.026 --> 00:38:10.114 me and my family through this. Uhm?
NOTE Confidence: 0.85256314

00:38:10.114 --> 00:38:14.040 And I think Sam was quiet and took it in.
NOTE Confidence: 0.85256314

00:38:14.040 --> 00:38:16.056 I don't think they were ready to
NOTE Confidence: 0.85256314

00:38:16.056 --> 00:38:17.722 really look at their vulnerabilities
NOTE Confidence: 0.85256314

00:38:17.722 --> 00:38:19.930 and their fears and why it's
NOTE Confidence: 0.85256314

00:38:19.930 --> 00:38:22.080 easier to stay in the stance of.

NOTE Confidence: 0.85256314

00:38:22.080 --> 00:38:24.608 Of of of Angst and dread and blame.

NOTE Confidence: 0.85256314

00:38:24.610 --> 00:38:26.190 Rather than looking at themselves,

NOTE Confidence: 0.85256314

00:38:26.190 --> 00:38:27.450 that might be overwhelming,

NOTE Confidence: 0.85256314

00:38:27.450 --> 00:38:28.395 but that's that.

NOTE Confidence: 0.85256314

00:38:28.400 --> 00:38:32.216 Will be part of the an ongoing work.

NOTE Confidence: 0.85256314

00:38:32.220 --> 00:38:34.749 So many of the kids that come to us

NOTE Confidence: 0.85256314

00:38:34.749 --> 00:38:37.427 have really some deep seated feelings.

NOTE Confidence: 0.85256314

00:38:37.430 --> 00:38:37.776 Distortions,

NOTE Confidence: 0.85256314

00:38:37.776 --> 00:38:39.160 negative emotions are struggling.

NOTE Confidence: 0.85256314

00:38:39.160 --> 00:38:41.236 I think everyone that spoken today.

NOTE Confidence: 0.85256314

00:38:41.240 --> 00:38:43.768 These are the I think the kids were

NOTE Confidence: 0.85256314

00:38:43.768 --> 00:38:45.997 suffering the final common pathway of

NOTE Confidence: 0.85256314

00:38:45.997 --> 00:38:48.681 all the difficulties of life living in

NOTE Confidence: 0.85256314

00:38:48.681 --> 00:38:50.984 their head in the social media world

NOTE Confidence: 0.85256314

00:38:50.984 --> 00:38:53.290 without the chance to try their their

NOTE Confidence: 0.85256314

00:38:53.290 --> 00:38:56.159 hats on in the in the real quote.
NOTE Confidence: 0.85256314

00:38:56.160 --> 00:38:57.900 Real World School Avoidance difficulty,
NOTE Confidence: 0.85256314

00:38:57.900 --> 00:38:58.612 managing distance,
NOTE Confidence: 0.85256314

00:38:58.612 --> 00:38:59.324 learning stress.
NOTE Confidence: 0.85256314

00:38:59.324 --> 00:39:02.313 So these are all things that are coming
NOTE Confidence: 0.85256314

00:39:02.313 --> 00:39:03.905 together and really heightening.
NOTE Confidence: 0.85256314

00:39:03.910 --> 00:39:07.240 Heightening the distress.
NOTE Confidence: 0.85256314

00:39:07.240 --> 00:39:09.543 Think we see more more sign females
NOTE Confidence: 0.85256314

00:39:09.543 --> 00:39:11.847 in the program then we had before.
NOTE Confidence: 0.85256314

00:39:11.850 --> 00:39:14.240 I think a lot of that has to do with
NOTE Confidence: 0.85256314

00:39:14.314 --> 00:39:17.110 social relatedness and social media stuff.
NOTE Confidence: 0.85256314

00:39:17.110 --> 00:39:19.938 I'm not blaming social media but I
NOTE Confidence: 0.85256314

00:39:19.938 --> 00:39:22.782 think kids being in their head all the
NOTE Confidence: 0.85256314

00:39:22.782 --> 00:39:25.758 time is a real or a real challenge.
NOTE Confidence: 0.85256314

00:39:25.760 --> 00:39:27.650 And so, that's that's where we are,
NOTE Confidence: 0.85256314

00:39:27.650 --> 00:39:30.080 and I think I'll, in the interest of time,

NOTE Confidence: 0.85256314

00:39:30.080 --> 00:39:31.928 I think I'll leave my my comments there

NOTE Confidence: 0.85256314

00:39:31.928 --> 00:39:33.857 and we can gladly answer questions.

NOTE Confidence: 0.85256314

00:39:33.860 --> 00:39:34.400 Thank you.

NOTE Confidence: 0.8089845

00:39:35.870 --> 00:39:38.078 Thank you Ron. Could I ask all the

NOTE Confidence: 0.8089845

00:39:38.078 --> 00:39:39.870 panelists to come back on screen?

NOTE Confidence: 0.87226874

00:39:42.720 --> 00:39:45.808 So Pam, there's a question from the from

NOTE Confidence: 0.87226874

00:39:45.808 --> 00:39:48.698 the audience that I'd like to start with.

NOTE Confidence: 0.87226874

00:39:48.700 --> 00:39:50.940 I'm actually from a very good colleague

NOTE Confidence: 0.87226874

00:39:50.940 --> 00:39:52.985 of the Child Study Center asking

NOTE Confidence: 0.87226874

00:39:52.985 --> 00:39:55.358 saying that the data you present or

NOTE Confidence: 0.87226874

00:39:55.421 --> 00:39:57.745 alarming and do you have the numbers

NOTE Confidence: 0.87226874

00:39:57.745 --> 00:40:00.274 or percentages on the increase in

NOTE Confidence: 0.87226874

00:40:00.274 --> 00:40:02.814 post suicide attempts of presenting

NOTE Confidence: 0.87226874

00:40:02.814 --> 00:40:04.590 to the YD? So

NOTE Confidence: 0.8409789

00:40:04.590 --> 00:40:07.082 I'm I'm sorry I don't have the

NOTE Confidence: 0.8409789

00:40:07.082 --> 00:40:09.449 exact numbers or the percentages.

NOTE Confidence: 0.8409789

00:40:09.450 --> 00:40:12.006 Right now, though I could probably

NOTE Confidence: 0.8409789

00:40:12.006 --> 00:40:14.309 get some clear numbers to you.

NOTE Confidence: 0.8409789

00:40:14.310 --> 00:40:17.542 I can tell you from from a gestalts

NOTE Confidence: 0.8409789

00:40:17.542 --> 00:40:19.126 standpoint, the CL service,

NOTE Confidence: 0.8409789

00:40:19.126 --> 00:40:20.694 the consultation liaison service

NOTE Confidence: 0.8409789

00:40:20.694 --> 00:40:22.729 that that treats patients with

NOTE Confidence: 0.8409789

00:40:22.729 --> 00:40:24.719 behavioral health needs who are

NOTE Confidence: 0.8409789

00:40:24.719 --> 00:40:26.460 admitted for medical reasons.

NOTE Confidence: 0.8409789

00:40:26.460 --> 00:40:29.337 This would be where a child who

NOTE Confidence: 0.8409789

00:40:29.337 --> 00:40:32.099 has completed an overdose to a

NOTE Confidence: 0.8409789

00:40:32.099 --> 00:40:34.504 point where they are requiring.

NOTE Confidence: 0.8409789

00:40:34.510 --> 00:40:36.830 Antidotes and monitoring of liver

NOTE Confidence: 0.8409789

00:40:36.830 --> 00:40:39.150 function and other metabolic tests

NOTE Confidence: 0.8409789

00:40:39.226 --> 00:40:41.272 to ensure that their bodies can

NOTE Confidence: 0.8409789

00:40:41.272 --> 00:40:43.600 be saved from what had happened.

NOTE Confidence: 0.8409789

00:40:43.600 --> 00:40:45.874 Those kids actually don't even get

NOTE Confidence: 0.8409789

00:40:45.874 --> 00:40:48.970 seen by me in the emergency room.

NOTE Confidence: 0.8409789

00:40:48.970 --> 00:40:51.539 They go directly to the inpatient medical

NOTE Confidence: 0.8409789

00:40:51.539 --> 00:40:54.078 unit to be treated from Pediatrics

NOTE Confidence: 0.8409789

00:40:54.078 --> 00:40:56.808 and they get seen by consultation.

NOTE Confidence: 0.8409789

00:40:56.810 --> 00:40:57.560 Liaison psychiatry.

NOTE Confidence: 0.8409789

00:40:57.560 --> 00:41:00.185 I can tell you that before COVID

NOTE Confidence: 0.8409789

00:41:00.185 --> 00:41:02.901 the average number of kiddos on

NOTE Confidence: 0.8409789

00:41:02.901 --> 00:41:04.717 the consultation liaison service.

NOTE Confidence: 0.8409789

00:41:04.720 --> 00:41:07.380 Could vary by by month and we

NOTE Confidence: 0.8409789

00:41:07.380 --> 00:41:09.606 always had an ebb and flow.

NOTE Confidence: 0.8409789

00:41:09.606 --> 00:41:11.860 For those of you who've worked

NOTE Confidence: 0.8409789

00:41:11.860 --> 00:41:13.735 in in children's mental health,

NOTE Confidence: 0.8409789

00:41:13.740 --> 00:41:15.620 but typically you'd see around

NOTE Confidence: 0.8409789

00:41:15.620 --> 00:41:18.628 anywhere from 4 to 8. That would be.

NOTE Confidence: 0.8409789

00:41:18.628 --> 00:41:20.508 That would be an average.
NOTE Confidence: 0.8409789

00:41:20.510 --> 00:41:23.198 8 would be a lot and five would
NOTE Confidence: 0.8409789

00:41:23.198 --> 00:41:24.650 be more typical.
NOTE Confidence: 0.8409789

00:41:24.650 --> 00:41:27.402 Now I haven't seen the CL service be
NOTE Confidence: 0.8409789

00:41:27.402 --> 00:41:30.286 lower than eight in several months time,
NOTE Confidence: 0.8409789

00:41:30.290 --> 00:41:33.098 so with that is saying is that there are
NOTE Confidence: 0.8409789

00:41:33.098 --> 00:41:35.629 serious medical issues and complications.
NOTE Confidence: 0.8409789

00:41:35.630 --> 00:41:37.122 For behavioral health patients,
NOTE Confidence: 0.8409789

00:41:37.122 --> 00:41:39.360 this could be eating disorder kiddos
NOTE Confidence: 0.8409789

00:41:39.420 --> 00:41:41.572 who have gotten so bad where they need
NOTE Confidence: 0.8409789

00:41:41.572 --> 00:41:43.430 re feeding and nutrition services.
NOTE Confidence: 0.8409789

00:41:43.430 --> 00:41:45.754 An monitoring during that to ensure that
NOTE Confidence: 0.8409789

00:41:45.754 --> 00:41:48.507 they don't get ill from from the refeeding.
NOTE Confidence: 0.8409789

00:41:48.510 --> 00:41:50.160 This could be kiddos following
NOTE Confidence: 0.8409789

00:41:50.160 --> 00:41:52.206 an overdose or an attempt where
NOTE Confidence: 0.8409789

00:41:52.206 --> 00:41:53.886 they're getting treated for that

NOTE Confidence: 0.8409789

00:41:53.886 --> 00:41:55.965 before they can be medically cleared

NOTE Confidence: 0.8409789

00:41:55.965 --> 00:41:57.993 and go to an inpatient unit.

NOTE Confidence: 0.8409789

00:41:58.000 --> 00:42:00.720 And so I think the numbers are high.

NOTE Confidence: 0.8409789

00:42:00.720 --> 00:42:03.086 If I had to guess a percentage,

NOTE Confidence: 0.8409789

00:42:03.090 --> 00:42:05.118 it would probably be anywhere from

NOTE Confidence: 0.8409789

00:42:05.118 --> 00:42:07.235 40 to 60% higher than previous.

NOTE Confidence: 0.8409789

00:42:07.235 --> 00:42:08.330 Years and times,

NOTE Confidence: 0.8409789

00:42:08.330 --> 00:42:11.250 but I I can get those numbers and

NOTE Confidence: 0.8409789

00:42:11.250 --> 00:42:12.891 what's interesting is those are

NOTE Confidence: 0.8409789

00:42:12.891 --> 00:42:15.140 not kids that we see in the ER.

NOTE Confidence: 0.8409789

00:42:15.140 --> 00:42:17.240 So the increase in acuity that we're

NOTE Confidence: 0.8409789

00:42:17.240 --> 00:42:19.567 seeing are not counted by those kids

NOTE Confidence: 0.8409789

00:42:19.567 --> 00:42:21.613 who have had those serious attempts.

NOTE Confidence: 0.8409789

00:42:21.620 --> 00:42:23.720 They would jump and actually

NOTE Confidence: 0.8409789

00:42:23.720 --> 00:42:25.400 go directly to Pediatrics.

NOTE Confidence: 0.8409789

00:42:25.400 --> 00:42:28.037 I hope that answers it in some way and
NOTE Confidence: 0.8409789

00:42:28.037 --> 00:42:30.904 I I do agree this is quite alarming,
NOTE Confidence: 0.8409789

00:42:30.910 --> 00:42:32.940 and we're hoping that we can try
NOTE Confidence: 0.8409789

00:42:32.940 --> 00:42:34.800 to lessen this risk mitigated.
NOTE Confidence: 0.8409789

00:42:34.800 --> 00:42:37.384 Try to reach out sooner rather than later.
NOTE Confidence: 0.8409789

00:42:37.390 --> 00:42:39.806 That's really going to be our hope for
NOTE Confidence: 0.8409789

00:42:39.806 --> 00:42:42.204 the future to ensure that we're not
NOTE Confidence: 0.8409789

00:42:42.204 --> 00:42:44.616 having to constantly play catch up to
NOTE Confidence: 0.8409789

00:42:44.616 --> 00:42:46.772 a year where kids have been struggling.
NOTE Confidence: 0.9208558

00:42:50.500 --> 00:42:54.880 Another another question from our audience.
NOTE Confidence: 0.9208558

00:42:54.880 --> 00:42:57.152 As COVID, let me just read it as
NOTE Confidence: 0.9208558

00:42:57.152 --> 00:42:58.769 COVID related easing of rules.
NOTE Confidence: 0.9208558

00:42:58.770 --> 00:43:00.310 MGH is expanding virtual visits
NOTE Confidence: 0.9208558

00:43:00.310 --> 00:43:02.468 to many many States and now things
NOTE Confidence: 0.9208558

00:43:02.468 --> 00:43:04.148 are a bit better but regular.
NOTE Confidence: 0.9208558

00:43:04.150 --> 00:43:06.201 But because of the regulations they will

NOTE Confidence: 0.9208558

00:43:06.201 --> 00:43:08.571 only have to be able to have virtual

NOTE Confidence: 0.9208558

00:43:08.571 --> 00:43:10.730 visits in New England States and Florida.

NOTE Confidence: 0.9208558

00:43:10.730 --> 00:43:12.310 Are there any regulations or

NOTE Confidence: 0.9208558

00:43:12.310 --> 00:43:13.574 proposed regulations that may

NOTE Confidence: 0.9208558

00:43:13.574 --> 00:43:15.209 impact our Tele medicine and Pam?

NOTE Confidence: 0.9208558

00:43:15.210 --> 00:43:17.892 I know you've been in the middle of this,

NOTE Confidence: 0.9208558

00:43:17.900 --> 00:43:20.890 so could I turn to you absolutely and I could

NOTE Confidence: 0.8536792

00:43:20.890 --> 00:43:22.390 talk about this all day.

NOTE Confidence: 0.8536792

00:43:22.390 --> 00:43:24.774 So thank you so much for the question.

NOTE Confidence: 0.8536792

00:43:24.780 --> 00:43:26.330 This is really interesting and.

NOTE Confidence: 0.8536792

00:43:26.330 --> 00:43:30.306 And has been an advocacy efforts by many

NOTE Confidence: 0.8536792

00:43:30.306 --> 00:43:33.220 different people in the health system.

NOTE Confidence: 0.8536792

00:43:33.220 --> 00:43:36.980 What MGH was able to do was provide

NOTE Confidence: 0.8536792

00:43:36.980 --> 00:43:39.120 alternatives during the pandemic,

NOTE Confidence: 0.8536792

00:43:39.120 --> 00:43:41.088 different states offered each

NOTE Confidence: 0.8536792

00:43:41.088 --> 00:43:43.056 individual lessening's of regulations,
NOTE Confidence: 0.8536792

00:43:43.060 --> 00:43:46.246 especially as it relates to physician
NOTE Confidence: 0.8536792

00:43:46.246 --> 00:43:48.875 licensure during the treatment and
NOTE Confidence: 0.8536792

00:43:48.875 --> 00:43:51.419 and that seeing kiddos over video.
NOTE Confidence: 0.8536792

00:43:51.420 --> 00:43:53.810 Now, because there's still a
NOTE Confidence: 0.8536792

00:43:53.810 --> 00:43:56.200 public health emergency and some
NOTE Confidence: 0.8536792

00:43:56.282 --> 00:43:58.398 states have continued that.
NOTE Confidence: 0.8536792

00:43:58.400 --> 00:44:01.095 We have different rules in different states,
NOTE Confidence: 0.8536792

00:44:01.100 --> 00:44:04.204 So what MGH has probably done is they've
NOTE Confidence: 0.8536792

00:44:04.204 --> 00:44:06.743 probably set up their providers to be
NOTE Confidence: 0.8536792

00:44:06.743 --> 00:44:09.753 able to have the Tele health license that
NOTE Confidence: 0.8536792

00:44:09.753 --> 00:44:12.672 is required for the state of Florida.
NOTE Confidence: 0.8536792

00:44:12.680 --> 00:44:14.610 They have the pleasure of
NOTE Confidence: 0.8536792

00:44:14.610 --> 00:44:15.768 our Connecticut government,
NOTE Confidence: 0.8536792

00:44:15.770 --> 00:44:17.696 allowing anybody with any state
NOTE Confidence: 0.8536792

00:44:17.696 --> 00:44:20.400 license to be able to treat patients

NOTE Confidence: 0.8536792

00:44:20.400 --> 00:44:22.330 in the state of Connecticut.

NOTE Confidence: 0.8536792

00:44:22.330 --> 00:44:24.646 Because of this public health emergency,

NOTE Confidence: 0.8536792

00:44:24.650 --> 00:44:26.978 which has the same rule that

NOTE Confidence: 0.8536792

00:44:26.978 --> 00:44:29.340 has been offered by New York.

NOTE Confidence: 0.8536792

00:44:29.340 --> 00:44:31.900 I will say MGH does not have that

NOTE Confidence: 0.8536792

00:44:31.900 --> 00:44:34.750 courtesy it for the state of Rhode Island.

NOTE Confidence: 0.8536792

00:44:34.750 --> 00:44:36.502 So it would be very interesting

NOTE Confidence: 0.8536792

00:44:36.502 --> 00:44:38.523 to see how they're handling their

NOTE Confidence: 0.8536792

00:44:38.523 --> 00:44:40.488 patients that have crossed over.

NOTE Confidence: 0.8536792

00:44:40.490 --> 00:44:42.534 Rhode Island has gone back and forth

NOTE Confidence: 0.8536792

00:44:42.534 --> 00:44:44.175 with their public health emergency

NOTE Confidence: 0.8536792

00:44:44.175 --> 00:44:45.583 rules and regulations related

NOTE Confidence: 0.8536792

00:44:45.583 --> 00:44:47.590 to Tele health and licensure,

NOTE Confidence: 0.8536792

00:44:47.590 --> 00:44:50.294 and so that one gets a little tricky.

NOTE Confidence: 0.8536792

00:44:50.300 --> 00:44:52.996 We thankfully, as part of our health system,

NOTE Confidence: 0.8536792

00:44:53.000 --> 00:44:54.685 because we do treat patients
NOTE Confidence: 0.8536792

00:44:54.685 --> 00:44:56.033 across several different states.
NOTE Confidence: 0.8536792

00:44:56.040 --> 00:44:58.068 Rhode Island, New York, and Connecticut.
NOTE Confidence: 0.8536792

00:44:58.070 --> 00:45:00.198 We've already been trying to think about
NOTE Confidence: 0.8536792

00:45:00.198 --> 00:45:02.459 this from a long term perspective,
NOTE Confidence: 0.8536792

00:45:02.460 --> 00:45:02.837 so.
NOTE Confidence: 0.8536792

00:45:02.837 --> 00:45:05.099 We are working with federal legislators
NOTE Confidence: 0.8536792

00:45:05.099 --> 00:45:07.930 and advocates to try to change these rules,
NOTE Confidence: 0.8536792

00:45:07.930 --> 00:45:10.090 not just during public health emergencies,
NOTE Confidence: 0.8536792

00:45:10.090 --> 00:45:12.922 and we've also had several different
NOTE Confidence: 0.8536792

00:45:12.922 --> 00:45:15.850 people from around the Tele health.
NOTE Confidence: 0.8536792

00:45:15.850 --> 00:45:17.992 From all over Tele health within
NOTE Confidence: 0.8536792

00:45:17.992 --> 00:45:20.585 the health system and through I am
NOTE Confidence: 0.8536792

00:45:20.585 --> 00:45:22.769 giving both written and oral testimony
NOTE Confidence: 0.8536792

00:45:22.769 --> 00:45:24.990 for our state General Assembly.
NOTE Confidence: 0.8536792

00:45:24.990 --> 00:45:27.342 To ensure that we can continue to

NOTE Confidence: 0.8536792

00:45:27.342 --> 00:45:29.704 treat children and families via video

NOTE Confidence: 0.8536792

00:45:29.704 --> 00:45:31.844 when appropriate as going forward,

NOTE Confidence: 0.8536792

00:45:31.850 --> 00:45:34.136 regardless of the public health emergency.

NOTE Confidence: 0.8536792

00:45:34.140 --> 00:45:34.956 So far,

NOTE Confidence: 0.8536792

00:45:34.956 --> 00:45:37.404 the governor has signed an executive

NOTE Confidence: 0.8536792

00:45:37.404 --> 00:45:39.331 order extending the permissions for

NOTE Confidence: 0.8536792

00:45:39.331 --> 00:45:41.760 us to do so through April 20th,

NOTE Confidence: 0.8536792

00:45:41.760 --> 00:45:44.238 and I expect that either there will

NOTE Confidence: 0.8536792

00:45:44.238 --> 00:45:46.010 be a permanent solution.

NOTE Confidence: 0.8536792

00:45:46.010 --> 00:45:48.023 Via a bill that gets passed,

NOTE Confidence: 0.8536792

00:45:48.023 --> 00:45:48.356 hopefully,

NOTE Confidence: 0.8536792

00:45:48.356 --> 00:45:49.918 or a continued executive order

NOTE Confidence: 0.8536792

00:45:49.918 --> 00:45:51.453 that will allow this through

NOTE Confidence: 0.8536792

00:45:51.453 --> 00:45:53.049 the public health emergency,

NOTE Confidence: 0.8536792

00:45:53.050 --> 00:45:55.388 I hope that does answer the question.

NOTE Confidence: 0.8536792

00:45:55.390 --> 00:45:57.735 I'm happy to talk about it more.

NOTE Confidence: 0.8460171

00:45:59.500 --> 00:46:01.000 Think of the other payments

NOTE Confidence: 0.8460171

00:46:01.000 --> 00:46:02.500 to advocate with your state

NOTE Confidence: 0.8460171

00:46:02.559 --> 00:46:04.159 legislator, right? Please, do

NOTE Confidence: 0.8460171

00:46:04.160 --> 00:46:06.116 they need to hear from the

NOTE Confidence: 0.8460171

00:46:06.116 --> 00:46:07.827 constituents that this is something

NOTE Confidence: 0.8460171

00:46:07.827 --> 00:46:09.861 that you want that it's not

NOTE Confidence: 0.8460171

00:46:09.861 --> 00:46:11.820 just an improved min of access,

NOTE Confidence: 0.8460171

00:46:11.820 --> 00:46:13.240 but it's that patient.

NOTE Confidence: 0.8460171

00:46:13.240 --> 00:46:15.015 An person choice should be

NOTE Confidence: 0.8460171

00:46:15.015 --> 00:46:16.941 available to allow people to decide

NOTE Confidence: 0.8460171

00:46:16.941 --> 00:46:18.810 how they want to receive care.

NOTE Confidence: 0.9045661

00:46:21.010 --> 00:46:23.012 So I want to turn to another

NOTE Confidence: 0.9045661

00:46:23.012 --> 00:46:24.515 question then that was submitted

NOTE Confidence: 0.9045661

00:46:24.515 --> 00:46:26.851 ahead of time and we have a couple

NOTE Confidence: 0.9045661

00:46:26.912 --> 00:46:28.914 of questions in the chat as well.

NOTE Confidence: 0.9045661

00:46:28.920 --> 00:46:30.684 So I would actually ask Dorothy

NOTE Confidence: 0.9045661

00:46:30.684 --> 00:46:32.616 and Nancy both to address this

NOTE Confidence: 0.9045661

00:46:32.616 --> 00:46:34.356 question about how worried should

NOTE Confidence: 0.9045661

00:46:34.356 --> 00:46:36.516 we be about our children who have

NOTE Confidence: 0.9045661

00:46:36.516 --> 00:46:38.406 moved to a new town in summer

NOTE Confidence: 0.9045661

00:46:38.406 --> 00:46:40.548 and school in the summer of 2020,

NOTE Confidence: 0.9045661

00:46:40.550 --> 00:46:42.538 and yet still have yet to make

NOTE Confidence: 0.9045661

00:46:42.538 --> 00:46:44.435 a single friend because of the

NOTE Confidence: 0.9045661

00:46:44.435 --> 00:46:46.060 pandemic and being at home.

NOTE Confidence: 0.868344

00:46:48.540 --> 00:46:51.660 So I can. I can speak to that and then

NOTE Confidence: 0.868344

00:46:51.752 --> 00:46:56.360 I'll turn it over to Dorothy, I think.

NOTE Confidence: 0.868344

00:46:56.360 --> 00:47:00.186 I'd like to say that you know, children.

NOTE Confidence: 0.868344

00:47:00.186 --> 00:47:02.922 The children have just moved or

NOTE Confidence: 0.868344

00:47:02.922 --> 00:47:05.879 obviously with their parents and they

NOTE Confidence: 0.868344

00:47:05.879 --> 00:47:08.404 have relationships with their parents,

NOTE Confidence: 0.868344

00:47:08.410 --> 00:47:10.266 and while they don't,
NOTE Confidence: 0.868344

00:47:10.266 --> 00:47:13.710 if they are connecting virtually to school,
NOTE Confidence: 0.868344

00:47:13.710 --> 00:47:17.566 they might not really have a physical friend,
NOTE Confidence: 0.868344

00:47:17.570 --> 00:47:20.486 but perhaps a virtual friend and
NOTE Confidence: 0.868344

00:47:20.486 --> 00:47:22.430 perhaps appearance could ask
NOTE Confidence: 0.868344

00:47:22.511 --> 00:47:25.427 the teacher to help support some
NOTE Confidence: 0.868344

00:47:25.427 --> 00:47:27.770 interactions on line between the.
NOTE Confidence: 0.868344

00:47:27.770 --> 00:47:30.698 The the new child and the children have
NOTE Confidence: 0.868344

00:47:30.698 --> 00:47:33.905 been at school for awhile with the hope
NOTE Confidence: 0.868344

00:47:33.905 --> 00:47:37.446 that when things go back in person they can.
NOTE Confidence: 0.868344

00:47:37.450 --> 00:47:39.766 They can connect an an also.
NOTE Confidence: 0.868344

00:47:39.770 --> 00:47:42.426 I would also be in touch with the
NOTE Confidence: 0.868344

00:47:42.426 --> 00:47:45.261 school as the new school year comes
NOTE Confidence: 0.868344

00:47:45.261 --> 00:47:47.827 up and children are probably returning
NOTE Confidence: 0.868344

00:47:47.827 --> 00:47:50.979 to school to ask if there are children
NOTE Confidence: 0.868344

00:47:50.979 --> 00:47:53.315 in the neighborhood that that might

NOTE Confidence: 0.868344

00:47:53.315 --> 00:47:55.250 be in their child's class.

NOTE Confidence: 0.868344

00:47:55.250 --> 00:47:57.230 Could they get together finding

NOTE Confidence: 0.868344

00:47:57.230 --> 00:47:59.210 places in the community where?

NOTE Confidence: 0.868344

00:47:59.210 --> 00:48:01.736 Their child could spend time outside,

NOTE Confidence: 0.868344

00:48:01.740 --> 00:48:02.584 you know,

NOTE Confidence: 0.868344

00:48:02.584 --> 00:48:05.116 on playgrounds and things like that.

NOTE Confidence: 0.868344

00:48:05.120 --> 00:48:07.646 If if the playgrounds are open,

NOTE Confidence: 0.868344

00:48:07.650 --> 00:48:10.450 but really looking into all opportunities to

NOTE Confidence: 0.868344

00:48:10.450 --> 00:48:13.558 help the child engage with other children,

NOTE Confidence: 0.868344

00:48:13.560 --> 00:48:16.528 and I'm assuming that the child also

NOTE Confidence: 0.868344

00:48:16.528 --> 00:48:19.888 might have friends from the place they moved,

NOTE Confidence: 0.868344

00:48:19.890 --> 00:48:21.554 so maintaining those connections,

NOTE Confidence: 0.868344

00:48:21.554 --> 00:48:24.530 even just by like zoom play dates,

NOTE Confidence: 0.868344

00:48:24.530 --> 00:48:27.786 might be helpful to the to the child

NOTE Confidence: 0.868344

00:48:27.786 --> 00:48:30.500 to and to the parents too.

NOTE Confidence: 0.868344

00:48:30.500 --> 00:48:32.064 To feel like yes,
NOTE Confidence: 0.868344

00:48:32.064 --> 00:48:35.070 this is this is going to be OK.
NOTE Confidence: 0.868344

00:48:35.070 --> 00:48:37.632 I mean for all children I think
NOTE Confidence: 0.868344

00:48:37.632 --> 00:48:39.260 parents have felt there.
NOTE Confidence: 0.868344

00:48:39.260 --> 00:48:41.549 The hardest thing for them as parents
NOTE Confidence: 0.868344

00:48:41.549 --> 00:48:43.552 is seeing how socially isolated
NOTE Confidence: 0.868344

00:48:43.552 --> 00:48:44.977 their children are.
NOTE Confidence: 0.868344

00:48:44.980 --> 00:48:47.647 So for even children who've been friends,
NOTE Confidence: 0.868344

00:48:47.650 --> 00:48:49.792 they really haven't had play dates
NOTE Confidence: 0.868344

00:48:49.792 --> 00:48:51.840 and opportunities to be together.
NOTE Confidence: 0.868344

00:48:51.840 --> 00:48:53.740 If they're still learning virtually
NOTE Confidence: 0.868344

00:48:53.740 --> 00:48:54.500 so Dorothy.
NOTE Confidence: 0.88368213

00:48:55.600 --> 00:48:57.096 You said it beautifully.
NOTE Confidence: 0.88368213

00:48:57.096 --> 00:48:59.905 One thing I would say is when
NOTE Confidence: 0.88368213

00:48:59.905 --> 00:49:01.857 families move during kovid,
NOTE Confidence: 0.88368213

00:49:01.860 --> 00:49:03.945 in particular, the parents don't

NOTE Confidence: 0.88368213

00:49:03.945 --> 00:49:06.440 have supports either and you know,

NOTE Confidence: 0.88368213

00:49:06.440 --> 00:49:09.359 did they have a church community before?

NOTE Confidence: 0.88368213

00:49:09.360 --> 00:49:12.230 Did they have you know where there's

NOTE Confidence: 0.88368213

00:49:12.230 --> 00:49:13.948 some other communities reaching

NOTE Confidence: 0.88368213

00:49:13.948 --> 00:49:16.034 out to schools, social services,

NOTE Confidence: 0.88368213

00:49:16.034 --> 00:49:18.119 etc to see what's around?

NOTE Confidence: 0.88368213

00:49:18.120 --> 00:49:20.560 And how can they connect

NOTE Confidence: 0.88368213

00:49:20.560 --> 00:49:23.000 with other families so that?

NOTE Confidence: 0.88368213

00:49:23.000 --> 00:49:25.112 They and their children can feel

NOTE Confidence: 0.88368213

00:49:25.112 --> 00:49:27.499 more connected to the new community.

NOTE Confidence: 0.8831255

00:49:29.800 --> 00:49:31.304 So another another question

NOTE Confidence: 0.8831255

00:49:31.304 --> 00:49:33.560 submitted earlier was how can we

NOTE Confidence: 0.8831255

00:49:33.627 --> 00:49:35.507 help children under three adjust

NOTE Confidence: 0.8831255

00:49:35.507 --> 00:49:37.779 to their parents going back to

NOTE Confidence: 0.8831255

00:49:37.779 --> 00:49:39.399 work into the workplace and.

NOTE Confidence: 0.8831255

00:49:39.400 --> 00:49:41.386 Given the length of this pandemic,
NOTE Confidence: 0.8831255

00:49:41.390 --> 00:49:43.484 it may be that some children
NOTE Confidence: 0.8831255

00:49:43.484 --> 00:49:45.540 have only known having a full
NOTE Confidence: 0.8831255

00:49:45.540 --> 00:49:47.005 time mom and dad Nancy.
NOTE Confidence: 0.8831255

00:49:47.010 --> 00:49:48.009 Would you like
NOTE Confidence: 0.8800015

00:49:48.010 --> 00:49:50.320 to start? Or that's often I mean,
NOTE Confidence: 0.8800015

00:49:50.320 --> 00:49:52.928 back in the old days that was often
NOTE Confidence: 0.8800015

00:49:52.928 --> 00:49:54.588 the adjustment that young children
NOTE Confidence: 0.8800015

00:49:54.588 --> 00:49:57.532 had to make when they turn 3 and they
NOTE Confidence: 0.8800015

00:49:57.532 --> 00:49:59.584 were going off to nursery school.
NOTE Confidence: 0.8800015

00:49:59.590 --> 00:50:00.930 Maybe for half day.
NOTE Confidence: 0.8800015

00:50:00.930 --> 00:50:03.888 You know three half days a week or two,
NOTE Confidence: 0.8800015

00:50:03.890 --> 00:50:05.290 half days a week.
NOTE Confidence: 0.8800015

00:50:05.290 --> 00:50:07.800 Making that adjustment is a really big
NOTE Confidence: 0.8800015

00:50:07.800 --> 00:50:10.159 step for someone that little and so.
NOTE Confidence: 0.8800015

00:50:10.160 --> 00:50:13.877 Being able to do things to familiarize

NOTE Confidence: 0.8800015

00:50:13.877 --> 00:50:16.932 the child with the school they're

NOTE Confidence: 0.8800015

00:50:16.932 --> 00:50:21.458 going to be going to to go and see it

NOTE Confidence: 0.8800015

00:50:21.458 --> 00:50:24.878 physically to try to see if the school.

NOTE Confidence: 0.8800015

00:50:24.878 --> 00:50:27.686 Many, many good preschools do home

NOTE Confidence: 0.8800015

00:50:27.686 --> 00:50:30.109 visits before the year starts.

NOTE Confidence: 0.8800015

00:50:30.110 --> 00:50:33.351 So asking the teacher if they could

NOTE Confidence: 0.8800015

00:50:33.351 --> 00:50:36.972 have a home visit sometimes can be

NOTE Confidence: 0.8800015

00:50:36.972 --> 00:50:40.164 a useful thing to do sometimes.

NOTE Confidence: 0.8800015

00:50:40.170 --> 00:50:42.230 Preschools will have open houses

NOTE Confidence: 0.8800015

00:50:42.230 --> 00:50:44.686 for all the children returning and

NOTE Confidence: 0.8800015

00:50:44.686 --> 00:50:46.933 the parents the parents come to and

NOTE Confidence: 0.8800015

00:50:46.933 --> 00:50:49.474 then also finding a program that

NOTE Confidence: 0.8800015

00:50:49.474 --> 00:50:51.764 really understands the importance of

NOTE Confidence: 0.8800015

00:50:51.764 --> 00:50:53.434 supporting children through making

NOTE Confidence: 0.8800015

00:50:53.434 --> 00:50:55.892 that adjustment to a new school

NOTE Confidence: 0.8800015

00:50:55.892 --> 00:50:58.370 while it's while it means having
NOTE Confidence: 0.8800015

00:50:58.461 --> 00:51:01.233 to say goodbye to Mommy and Daddy
NOTE Confidence: 0.8800015

00:51:01.233 --> 00:51:04.026 or Mommy and Mommy or Daddy and
NOTE Confidence: 0.8800015

00:51:04.026 --> 00:51:07.136 Daddy for part of the day for the
NOTE Confidence: 0.8800015

00:51:07.136 --> 00:51:10.062 very first time and get to know.
NOTE Confidence: 0.8800015

00:51:10.070 --> 00:51:13.120 New people it holds so many growth
NOTE Confidence: 0.8800015

00:51:13.120 --> 00:51:15.295 producing experiences for the child.
NOTE Confidence: 0.8800015

00:51:15.300 --> 00:51:17.084 So while it's difficult,
NOTE Confidence: 0.8800015

00:51:17.084 --> 00:51:19.760 it really does promote growth and
NOTE Confidence: 0.8800015

00:51:19.840 --> 00:51:22.105 development and so having teachers
NOTE Confidence: 0.8800015

00:51:22.105 --> 00:51:25.240 who are sensitive to the fact that
NOTE Confidence: 0.8800015

00:51:25.240 --> 00:51:27.984 separation anxiety is real and we we
NOTE Confidence: 0.8800015

00:51:27.984 --> 00:51:31.166 want to see that because it speaks to
NOTE Confidence: 0.8800015

00:51:31.166 --> 00:51:33.383 the importance of the relationship
NOTE Confidence: 0.8800015

00:51:33.383 --> 00:51:36.666 that the child has with the parents.
NOTE Confidence: 0.8800015

00:51:36.670 --> 00:51:39.334 At the same time the parents

NOTE Confidence: 0.8800015

00:51:39.334 --> 00:51:41.110 also have their own.

NOTE Confidence: 0.8800015

00:51:41.110 --> 00:51:42.646 Feelings of separation anxiety.

NOTE Confidence: 0.8800015

00:51:42.646 --> 00:51:45.480 It's hard enough without the COVID overlay,

NOTE Confidence: 0.8800015

00:51:45.480 --> 00:51:48.112 but with that it makes it even more

NOTE Confidence: 0.8800015

00:51:48.112 --> 00:51:50.543 even more difficult and also not

NOTE Confidence: 0.8800015

00:51:50.543 --> 00:51:53.087 knowing the school they're going to

NOTE Confidence: 0.8800015

00:51:53.165 --> 00:51:55.799 and not really knowing the teachers.

NOTE Confidence: 0.8800015

00:51:55.800 --> 00:51:57.995 There are these teachers gonna

NOTE Confidence: 0.8800015

00:51:57.995 --> 00:52:00.958 love my child as much as I do,

NOTE Confidence: 0.8800015

00:52:00.960 --> 00:52:03.258 and so really kind of attending

NOTE Confidence: 0.8800015

00:52:03.258 --> 00:52:05.719 to our own anxiety about that,

NOTE Confidence: 0.8800015

00:52:05.720 --> 00:52:08.558 but also supporting the child's movement

NOTE Confidence: 0.8800015

00:52:08.558 --> 00:52:10.833 forward and acknowledging you know

NOTE Confidence: 0.8800015

00:52:10.833 --> 00:52:13.321 the sadness and the anger and the and

NOTE Confidence: 0.8800015

00:52:13.321 --> 00:52:15.726 the anxiety that come with making.

NOTE Confidence: 0.8800015

00:52:15.730 --> 00:52:17.848 Such such a big developmental stone.

NOTE Confidence: 0.8565185

00:52:18.930 --> 00:52:20.740 Great thank you Nancy Jan.

NOTE Confidence: 0.8565185

00:52:20.740 --> 00:52:23.162 Could I turn to you for two

NOTE Confidence: 0.8565185

00:52:23.162 --> 00:52:25.070 questions that might be related?

NOTE Confidence: 0.8565185

00:52:25.070 --> 00:52:26.965 We've known that the pandemic

NOTE Confidence: 0.8565185

00:52:26.965 --> 00:52:29.602 has really shown a lot of shone

NOTE Confidence: 0.8565185

00:52:29.602 --> 00:52:31.926 a light on a lot of differences,

NOTE Confidence: 0.8565185

00:52:31.930 --> 00:52:33.010 and in equities.

NOTE Confidence: 0.8565185

00:52:33.010 --> 00:52:34.090 Could you speak?

NOTE Confidence: 0.8565185

00:52:34.090 --> 00:52:36.030 This was a question submitted

NOTE Confidence: 0.8565185

00:52:36.030 --> 00:52:37.970 earlier about the difference in

NOTE Confidence: 0.8565185

00:52:38.040 --> 00:52:39.950 impact between Inner city school

NOTE Confidence: 0.8565185

00:52:39.950 --> 00:52:42.225 children who have been less likely

NOTE Confidence: 0.8565185

00:52:42.225 --> 00:52:44.617 to have been able to stay in person

NOTE Confidence: 0.8565185

00:52:44.617 --> 00:52:46.364 with school versus children from

NOTE Confidence: 0.8565185

00:52:46.364 --> 00:52:48.169 less populated or rural areas,

NOTE Confidence: 0.8565185

00:52:48.170 --> 00:52:50.220 and then similarly the demographics

NOTE Confidence: 0.8565185

00:52:50.220 --> 00:52:53.090 of the children that are presenting.

NOTE Confidence: 0.8565185

00:52:53.090 --> 00:52:55.267 To both Bradley Hospital in the Ed.

NOTE Confidence: 0.82266384

00:52:56.670 --> 00:52:59.309 Right, I think I'll try to keep

NOTE Confidence: 0.82266384

00:52:59.309 --> 00:53:01.650 it brief 'cause this could be.

NOTE Confidence: 0.82266384

00:53:01.650 --> 00:53:03.948 This could be a big topic.

NOTE Confidence: 0.82266384

00:53:03.950 --> 00:53:06.470 I think there are the issues of

NOTE Confidence: 0.82266384

00:53:06.470 --> 00:53:07.550 the pre-existing pre-existing

NOTE Confidence: 0.82266384

00:53:07.615 --> 00:53:09.215 strains and the pre-existing

NOTE Confidence: 0.82266384

00:53:09.215 --> 00:53:11.215 numbers then magnified by COVID.

NOTE Confidence: 0.82266384

00:53:11.220 --> 00:53:12.528 So for example,

NOTE Confidence: 0.82266384

00:53:12.528 --> 00:53:15.144 town like Bridgeport has maybe one

NOTE Confidence: 0.82266384

00:53:15.144 --> 00:53:17.503 guidance counselor in you know 303

NOTE Confidence: 0.82266384

00:53:17.503 --> 00:53:20.214 hundred students or as a town found

NOTE Confidence: 0.82266384

00:53:20.214 --> 00:53:23.350 like like Westport will have half of that.

NOTE Confidence: 0.82266384

00:53:23.350 --> 00:53:26.059 So you bring the COVID pandemic and a big
NOTE Confidence: 0.82266384

00:53:26.059 --> 00:53:28.645 part of the COVID pandemic is outreach.
NOTE Confidence: 0.82266384

00:53:28.650 --> 00:53:31.100 Kids are not getting online.
NOTE Confidence: 0.82266384

00:53:31.100 --> 00:53:32.948 Or resource issues with getting online.
NOTE Confidence: 0.82266384

00:53:32.950 --> 00:53:34.846 There are family demands about getting
NOTE Confidence: 0.82266384

00:53:34.846 --> 00:53:37.253 online in terms of parents ability to be
NOTE Confidence: 0.82266384

00:53:37.253 --> 00:53:39.719 at home and work depends on the community.
NOTE Confidence: 0.82266384

00:53:39.720 --> 00:53:41.896 So so the strains on already reduced staff
NOTE Confidence: 0.82266384

00:53:41.896 --> 00:53:44.037 are much greater in those communities,
NOTE Confidence: 0.82266384

00:53:44.040 --> 00:53:45.876 so that makes it very difficult.
NOTE Confidence: 0.82266384

00:53:45.880 --> 00:53:48.024 I don't think we have all the numbers
NOTE Confidence: 0.82266384

00:53:48.024 --> 00:53:50.330 yet on how many kids just simply
NOTE Confidence: 0.82266384

00:53:50.330 --> 00:53:52.035 dropped out and didn't attend.
NOTE Confidence: 0.82266384

00:53:52.040 --> 00:53:52.964 Even get online.
NOTE Confidence: 0.82266384

00:53:52.964 --> 00:53:54.504 I think there's some preliminary
NOTE Confidence: 0.82266384

00:53:54.504 --> 00:53:55.120 numbers there.

NOTE Confidence: 0.82266384

00:53:55.120 --> 00:53:57.276 I know in New Haven at least,

NOTE Confidence: 0.82266384

00:53:57.280 --> 00:53:59.854 you know maybe 15% of kids get at least

NOTE Confidence: 0.82266384

00:53:59.854 --> 00:54:02.938 one F and this semester I think it's doubled.

NOTE Confidence: 0.82266384

00:54:02.940 --> 00:54:03.903 This last semester,

NOTE Confidence: 0.82266384

00:54:03.903 --> 00:54:05.829 so clearly kids are declining in

NOTE Confidence: 0.82266384

00:54:05.829 --> 00:54:07.978 their in their in their work function.

NOTE Confidence: 0.82266384

00:54:07.980 --> 00:54:10.185 And then of course all the things

NOTE Confidence: 0.82266384

00:54:10.185 --> 00:54:12.874 that you can imagine as well that

NOTE Confidence: 0.82266384

00:54:12.874 --> 00:54:14.964 the higher socioeconomic areas have

NOTE Confidence: 0.82266384

00:54:14.964 --> 00:54:17.505 more folks that can work from home.

NOTE Confidence: 0.82266384

00:54:17.510 --> 00:54:19.460 It's a challenge in terms of

NOTE Confidence: 0.82266384

00:54:19.460 --> 00:54:20.435 supervising your kids,

NOTE Confidence: 0.82266384

00:54:20.440 --> 00:54:22.816 but at least you have an option as

NOTE Confidence: 0.82266384

00:54:22.816 --> 00:54:25.469 opposed to folks that have to go in and

NOTE Confidence: 0.82266384

00:54:25.469 --> 00:54:27.908 work in person have limited resources.

NOTE Confidence: 0.82266384

00:54:27.910 --> 00:54:30.066 I think the other piece that we've
NOTE Confidence: 0.82266384

00:54:30.066 --> 00:54:32.667 seen is that the sum of the urban
NOTE Confidence: 0.82266384

00:54:32.667 --> 00:54:34.740 areas have more higher death rates.
NOTE Confidence: 0.82266384

00:54:34.740 --> 00:54:37.008 People love brown and persons of color,
NOTE Confidence: 0.82266384

00:54:37.010 --> 00:54:39.482 so that kids are also exposed to those
NOTE Confidence: 0.82266384

00:54:39.482 --> 00:54:41.444 environments in those complications and
NOTE Confidence: 0.82266384

00:54:41.444 --> 00:54:43.589 people getting sick more frequently.
NOTE Confidence: 0.82266384

00:54:43.590 --> 00:54:45.370 As far as the numbers,
NOTE Confidence: 0.82266384

00:54:45.370 --> 00:54:46.078 just quickly.
NOTE Confidence: 0.82266384

00:54:46.078 --> 00:54:47.140 On the demographics,
NOTE Confidence: 0.82266384

00:54:47.140 --> 00:54:49.788 I think the demographics the Ed serves both
NOTE Confidence: 0.82266384

00:54:49.788 --> 00:54:52.820 the Yale New Haven and the surrounding areas,
NOTE Confidence: 0.82266384

00:54:52.820 --> 00:54:55.305 like the last figures that we had,
NOTE Confidence: 0.82266384

00:54:55.310 --> 00:54:56.018 were perhaps,
NOTE Confidence: 0.82266384

00:54:56.018 --> 00:54:56.726 you know,
NOTE Confidence: 0.82266384

00:54:56.726 --> 00:54:58.855 50% thirty percent 4050% people up

NOTE Confidence: 0.82266384

00:54:58.855 --> 00:55:01.326 30% people of color and 70% white,

NOTE Confidence: 0.82266384

00:55:01.326 --> 00:55:03.342 but that could be that could

NOTE Confidence: 0.82266384

00:55:03.342 --> 00:55:05.250 be off at this point.

NOTE Confidence: 0.86742425

00:55:08.040 --> 00:55:10.147 And the and the Children's Day hospital.

NOTE Confidence: 0.86742425

00:55:10.150 --> 00:55:11.053 One other pieces.

NOTE Confidence: 0.86742425

00:55:11.053 --> 00:55:12.558 We serve the same population,

NOTE Confidence: 0.86742425

00:55:12.560 --> 00:55:14.936 but we also have the added demand of

NOTE Confidence: 0.86742425

00:55:14.936 --> 00:55:16.469 transportation which is not available,

NOTE Confidence: 0.86742425

00:55:16.470 --> 00:55:18.395 which we'd like to make available to

NOTE Confidence: 0.86742425

00:55:18.395 --> 00:55:19.927 families because some families have

NOTE Confidence: 0.86742425

00:55:19.927 --> 00:55:21.883 better capacity to transport than others.

NOTE Confidence: 0.86742425

00:55:21.890 --> 00:55:23.265 So another piece for socioeconomics

NOTE Confidence: 0.86742425

00:55:23.265 --> 00:55:25.200 can play a role in treatment.

NOTE Confidence: 0.84533083

00:55:27.790 --> 00:55:30.110 So big thanks to all our panelists and

NOTE Confidence: 0.84533083

00:55:30.110 --> 00:55:32.530 we have one more minute and Dorothy.

NOTE Confidence: 0.84533083

00:55:32.530 --> 00:55:35.042 Did you want to mention that the about
NOTE Confidence: 0.84533083

00:55:35.042 --> 00:55:36.947 access mental health that you just
NOTE Confidence: 0.84533083

00:55:36.950 --> 00:55:41.110 put in the chat so one of the.
NOTE Confidence: 0.84533083

00:55:41.110 --> 00:55:43.246 Participants here asked about a 15
NOTE Confidence: 0.84533083

00:55:43.246 --> 00:55:45.808 year old that they have who's had
NOTE Confidence: 0.84533083

00:55:45.808 --> 00:55:48.300 sort of chronic anxiety but has really
NOTE Confidence: 0.84533083

00:55:48.371 --> 00:55:50.705 gotten worse during COVID and the
NOTE Confidence: 0.84533083

00:55:50.705 --> 00:55:53.014 usual thing my insurance gave me.
NOTE Confidence: 0.84533083

00:55:53.014 --> 00:55:55.246 You know names and names and
NOTE Confidence: 0.84533083

00:55:55.250 --> 00:55:57.491 others gave me names and names,
NOTE Confidence: 0.84533083

00:55:57.491 --> 00:56:00.130 and I've been calling and no one
NOTE Confidence: 0.84533083

00:56:00.216 --> 00:56:02.806 has any spots and it is true
NOTE Confidence: 0.84533083

00:56:02.806 --> 00:56:04.919 that it's difficult to get spots
NOTE Confidence: 0.84533083

00:56:04.920 --> 00:56:06.408 if you're in Connecticut,
NOTE Confidence: 0.84533083

00:56:06.410 --> 00:56:09.350 may I suggest that you ask your
NOTE Confidence: 0.84533083

00:56:09.350 --> 00:56:12.398 pediatrician to call access mental health?

NOTE Confidence: 0.84533083

00:56:12.400 --> 00:56:14.350 The resources that we have in

NOTE Confidence: 0.84533083

00:56:14.350 --> 00:56:16.998 terms of who are all the providers,

NOTE Confidence: 0.84533083

00:56:17.000 --> 00:56:18.770 what insurances do they take?

NOTE Confidence: 0.84533083

00:56:18.770 --> 00:56:20.050 Who has spots open?

NOTE Confidence: 0.84533083

00:56:20.050 --> 00:56:22.439 Can really help make this so much

NOTE Confidence: 0.84533083

00:56:22.439 --> 00:56:24.439 easier because you are correct.

NOTE Confidence: 0.84533083

00:56:24.440 --> 00:56:26.558 It can be just really overwhelming

NOTE Confidence: 0.84533083

00:56:26.558 --> 00:56:29.580 trying to find someone.

NOTE Confidence: 0.84533083

00:56:29.580 --> 00:56:29.940 I'd

NOTE Confidence: 0.8956293

00:56:29.940 --> 00:56:32.439 only add that from the emergency perspective,

NOTE Confidence: 0.8956293

00:56:32.440 --> 00:56:34.582 one of the beautiful things about

NOTE Confidence: 0.8956293

00:56:34.582 --> 00:56:37.425 Connecticut and I can say this as a

NOTE Confidence: 0.8956293

00:56:37.425 --> 00:56:39.580 transplant into this state is 211.

NOTE Confidence: 0.8956293

00:56:39.580 --> 00:56:41.365 The ability to access someone

NOTE Confidence: 0.8956293

00:56:41.365 --> 00:56:43.150 at a more urgent level.

NOTE Confidence: 0.8956293

00:56:43.150 --> 00:56:45.397 If you're not sure who you're supposed
NOTE Confidence: 0.8956293

00:56:45.397 --> 00:56:48.314 to go to where they can then help
NOTE Confidence: 0.8956293

00:56:48.314 --> 00:56:50.625 guide you through this process that
NOTE Confidence: 0.8956293

00:56:50.625 --> 00:56:53.138 even as someone who's in the process,
NOTE Confidence: 0.8956293

00:56:53.140 --> 00:56:54.925 sometimes I have trouble navigating
NOTE Confidence: 0.8956293

00:56:54.925 --> 00:56:55.639 it myself.
NOTE Confidence: 0.8956293

00:56:55.640 --> 00:56:58.601 So like we've been talking about a lot of
NOTE Confidence: 0.8956293

00:56:58.601 --> 00:57:01.787 this can be murky and difficult to navigate.
NOTE Confidence: 0.8956293

00:57:01.790 --> 00:57:04.798 So sometimes reaching out to two on one,
NOTE Confidence: 0.8956293

00:57:04.800 --> 00:57:07.425 it is not just a COVID number,
NOTE Confidence: 0.8956293

00:57:07.430 --> 00:57:10.805 it can be used for for mental health crises,
NOTE Confidence: 0.8956293

00:57:10.810 --> 00:57:12.250 not just emergency crises,
NOTE Confidence: 0.8956293

00:57:12.250 --> 00:57:14.050 but crises of attempting to
NOTE Confidence: 0.8956293

00:57:14.050 --> 00:57:15.699 find treatment an access.
NOTE Confidence: 0.87742907

00:57:16.910 --> 00:57:19.550 So thanks to all our panelists and thanks.
NOTE Confidence: 0.87742907

00:57:19.550 --> 00:57:21.200 Thanks to everyone for joining.

NOTE Confidence: 0.87742907

00:57:21.200 --> 00:57:23.180 While I know what we've presented

NOTE Confidence: 0.87742907

00:57:23.180 --> 00:57:25.048 is sobering, there also is light

NOTE Confidence: 0.87742907

00:57:25.048 --> 00:57:27.270 beginning to come and we are very

NOTE Confidence: 0.87742907

00:57:27.270 --> 00:57:29.310 much together as a community to

NOTE Confidence: 0.87742907

00:57:29.310 --> 00:57:31.400 help children and families help them

NOTE Confidence: 0.87742907

00:57:31.400 --> 00:57:33.738 return back to school on to return

NOTE Confidence: 0.87742907

00:57:33.740 --> 00:57:36.050 back to whatever life will look like.

NOTE Confidence: 0.87742907

00:57:36.050 --> 00:57:38.000 Post COVID, but we're most grateful

NOTE Confidence: 0.87742907

00:57:38.000 --> 00:57:40.669 for all of you for joining with us.

NOTE Confidence: 0.87742907

00:57:40.670 --> 00:57:42.320 Send us your additional questions.

NOTE Confidence: 0.87742907

00:57:42.320 --> 00:57:44.867 We'd be glad to answer by email and just

NOTE Confidence: 0.87742907

00:57:44.867 --> 00:57:47.358 very much appreciate your interest and.

NOTE Confidence: 0.87742907

00:57:47.360 --> 00:57:49.512 And support thank you.