

Summer Parent Workshop: Resilience

UBHC - school based counseling

- On-Site Crisis Intervention & Screening
- Access to Mental Health Services
- Collaboration with Mental Health Providers
- Mental Health Awareness & Education
- Consultation to Support Current Practices
- Referrals made through School Counselors

Implications of Covid-19 on our Lives

- Changes in daily routines and structure
- Decreased engagement in valued activities
- Social isolation and loneliness
- Financial issues
- Increased anxiety and stress
- Increased depressive symptoms
- Grief and loss

Parental Stress

- Parents reported significantly higher levels of stress related to COVID than non-parents
- Parents acquired new roles
- Parents attending to a variety of demands/needs at the same time

(APA,2020)

What is stress?

Stress is any uncomfortable "emotional experience accompanied by predictable biochemical, physiological and behavioral changes." Baum, A. (1990).

Stress is a state of tension related to your body attempting to cope with its environment, is the body's way of preparing to meet a tough situation.

The stress response involves the nervous system and specific hormones in the body, and it enhances the ability to perform under pressure as well as avoid danger.

Stress is individualized, affecting everyone uniquely in terms of the symptoms they experience.

Brief Resilience Scale (BRS)

Respond to each statement below by circling <u>one</u> answer per row.		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
BRS 1	I tend to bounce back quickly after hard times.	1	2	3	4	5
BRS 2	I have a hard time making it through stressful events.	5	4	3	2	1
BRS 3	It does not take me long to recover from a stressful event.	1	2	3	4	5
BRS 4	It is hard for me to snap back when something bad happens.	5	4	3	2	1
BRS 5	I usually come through difficult times with little trouble.	1	2	3	4	5
BRS 6	I tend to take a long time to get over setbacks in my life.	5	4	3	2	1

Scoring: Add the value (1-5) of your responses for all six items, creating a range from 6-30. Divide the sum by the total number of questions answered (6) for your final score.

Total score: _____ / 6

My score: _____ (average)

BRS Score	Interpretation
1.00 - 2.99	Low resilience
3.00 - 4.30	Normal resilience
4.31 - 5.00	High resilience

Smith, B.W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P. and Bernard, J. (2008). The Brief Resilience Scale: Assessing the Ability to Bounce Back. *International Journal of Behavioral Medicine*, 15, 194-200.

How to Be a Resilient Parent

Resilience is about finding a way to be the parent you want to be, no matter what else is going on around you

Resilience and Children

Keys to resilience

- **Connection:** Even in difficult times, children do well when they have stable, supportive adults in their lives, and meaningful ways to stay connected.
- **Routines:** Routines provide a sense of safety, control and predictability. Helping a younger child master a daily routine that you set for them and later learn to develop and keep it up on their own is an essential skill.
- **Self-care:** Children become more resilient when they know how to tune into their feelings, and learn how to manage worry in a healthy way. (Practicing mindfulness can help.)
- **Self-efficacy:** When children believe in their own abilities and have a feeling of “I can do this,” they turn challenges into opportunities for growth. This supports the development of their self-esteem.
- **Family:** Family traditions give children the connection and stability they crave. Even during uncertain times, they’re a foundation for hope and reassurance.
- **Mindfulness:** When children learn how to focus on the present moment, they become better at managing stress and adapting to change.
- **Play:** Play is fundamental to how all children learn, especially young children. It allows kids to make mistakes in a safe and comfortable environment and develop problem-solving skills.

PARENT SUPPORT

Create a self-care toolbox for you and your children:

- Coping skills (calling a friend)
- Breathing exercises, staying hydrated, and eating nutritious meals
- Spirituality
- Distracting activities- reading a book or watching a movie
- Comfort activities- playing with a pet, taking hot shower, talking to a friend
- Release of energy
- Expressing yourself- singing a song, dancing , art and crafts
- Empowering- writing positive things about self, gratitude list
- Enjoyment
- Mindfulness
- Teach your child to problem solve
- Remind your child of their to get through tough times, particularly with the love and support of family and friends

Mindfulness

Mindful Breathing

Mindfulness activities

-Five Finger Breathing Activity

Belly Breathing
Color Counting
5 Senses Body Scan
Mindfulness Card Deck
Guided Imagery
Headspace (App)

Resilience Resources for Parents

Resilience/ Center on the Developing Child, Harvard University
<https://developingchild.harvard.edu/science/key-concepts/resilience/>

Resources for Resilient Parents/ Good Grief
<https://good-grief.org/resources-for-resilient-parenting/>

Resilience Guide for Parents and Teachers/American Psychological Association
www.apa.org/topics/resilience/guide-parents-teachers

Resilience Booster Tips/American Psychological Association
www.apa.org/topics/parenting/resilience-tip-tool

Mental Health Hotline Resources

- ▶ **2nd Floor Youth Helpline of New Jersey:** Call or Text 888-222-2228
- ▶ **New Jersey Hopeline:** 1-855-654-6735
- ▶ **Crisis Text Line:** Text HOME to 741741 to connect with a Crisis Counselor; chat feature also available through facebook messenger
- ▶ **Rutgers UBHC Acute Psychiatric Services:** 855-515-5700
- ▶ **Princeton Medical Center ER:** 609-853-7730

OTHER MENTAL HEALTH RESOURCES

- Carrier <https://carrierclinic.org/>
- Perform Care <https://www.performcarenj.org/index.aspx>
- Genpsych <http://genpsych.com/>
- High Focus <https://highfocuscenters.pyramidhealthcarepa.com/>
- Princeton House princetonhcs.org/care-services/princeton-house-behavioral-health
- Jewish Family Services <https://www.jfcsonline.org/>
- Trinity Counseling <https://trinitycounseling.org/>
- Village Counseling <http://www.vcsnj.info/>

Questions?