

## A Conversation on Infant & Early Childhood Mental Health During COVID-19

April 14, 2020

### The Institute for Innovation & Implementation Resources:

- [HIPAA-Compliant Technology During COVID-19](#)
- [Communicating with Your Audience During COVID-19: Five Essential Tips](#)
- [A Conversation on Crisis Communication During COVID-19](#)
- [Managing & Responding to COVID-19: Special Guidance on Wraparound](#)
- [Managing & Responding to COVID-19: Special Guidance on FOCUS](#)
- [A State-by-State Guide to COVID-19 Telehealth Medicaid Expansions](#)
- [Telebehavioral Health: Tech to Connect with Youth & Families TA Network](#)
- [Register for the TA Telegram](#)
- [Video Blog: Coping with COVID-19 As A Family from Parent, Infant & Early Childhood Team](#)

### Presenter Resources:

### Community Resources Shared in Conversation Chat:

#### Federal Resources

- [SAMHSA COVID-19 Information for Discretionary Grant Recipients](#)
- [CDC Guide to Stress and Coping During COVID-19](#)
- In Spanish: [SAMHSA Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#)
- In Spanish: [SAMHSA Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)
- [Latest HIPAA Guidance](#)
- [CDC Infographics on Caring for Yourself or Others Who Have Been Infected](#)

#### Structural Racism & Disproportionate Impact of COVID-19

- [It's about racism, not race, when coronavirus hits communities of color hard](#)
- [Community Catalyst Structural Racism & COVID-19](#)
- [Racism Impact of Health on Children and Teens](#)
- [Embrace Race Disproportionate Impacts of COVID-19](#)
- [National Minority Health Month Toolkit National Institute for Children's Health Quality](#)

#### Child Development

- [What is COVID-19? And How Does it Relate to Child Development?](#)
- [AACAP COVID-19 Resource Library](#)

- [Zero to Three Tips for Families: Coronavirus](#)
- [Center on the Social & Emotional Foundations of Early Learning: Parent Training Modules](#)
- [Postpartum Support International COVID-19 Resources](#)
- [Center of Excellence for Infant & Early Childhood Mental Health Consultation](#)
- [National Association on the Education of Young Children's Coping with COVID](#)

#### Telehealth

- [MassHealth Provider Resource: Telephone and Internet Connectivity for Telehealth](#)
- [National Center for School Mental Health, UMB, Telehealth 101 Video](#)
- [Zero to Three Five Tips to Make the Most of Video Chats](#)

#### Resources for Families

- [Judge Baker Children's Center COVID-19 Family Resources](#)
- [Zero to Three The Importance of Self Care](#)
- [Thriving at Home: A Mental Wellness Workbook for Children and their Families During Quarantine](#)
- [NetSmartz Online Safety Web Series for Kids K-5](#)
- [Voices of Youth: COVID-19: your voices against stigma and discrimination](#)
- [Zero to Three Five Tips to Make the Most of Video Chats](#)
- [Child Trends Resources for Supporting Children's Emotional Well-Being During COVID-19](#)
- [Child Life Disaster Relief: DIY Talking to Children about the Coronavirus](#)
- [Early Learning Coalition Video Series](#)
- [Communicating with Children During the COVID-19 Outbreak – Michigan Dept of Health & Human Services](#)
- [The Parent's Place of Maryland COVID-19 Issues](#)
- [Child Mind Institute Helping Children Cope](#)
- [Georgetown Center for Child & Human Development](#)
- [Child & Family Services COVID-19 Updates & Info Hawaii](#)

#### Activities for Families

- [Erie Playhouse PLAYtime](#)
- [ABCmouse.com Early Learning Academy](#)
- [Zero to Three At-Home Activity Guide](#)
- [Zero to Three A Year of Play](#)
- [Zero to Three Play with Me](#)
- [GoodNight with Dolly Parton](#)
- [Coronavirus Guide for Kids](#)
- [Cosmic Kids: Yoga, Mindfulness, Relaxation for Kids](#)
- [My Hero is You: how kids can fight COVID-19](#)

- [A Certain Kind of Sick](#)
- [Caroline Conquers Her Corona Fears: A Kids Coping & Coloring Book](#)
- [Bear hunts and encouraging words are signs of COVID-19 times](#)
- [COVID-19 Time Capsule + Free Download & Tutorial](#)
- [Autism Educator Book: What is the Coronavirus?](#)
- [Sesame Street in Communities Health Emergencies Videos](#)
- [Free Yoga Online](#)

#### Social Marketing & PSA Examples

- [Julia Louis-Dreyfus's COVID-19 PSA Hilariously Highlights the Importance of Beauty Professionals](#)
- [Univision Teams with Listos California on Pandemic PSA Campaign](#)
- [Matthew McConaughey is 'at war' with COVID-19 in new PSA](#)

#### Safety Plan Resources

- [Love is Respect Safety Plan](#)
- [Safety Planning – COVID-19 A Guide for Survivors of Domestic Violence](#)
- [End Violence Against Children Protecting Children During COVID-19](#)
- [Unicef Guide Protection of Children During COVID-19 Immediate Response Measures](#)
- [Futures Without Violence: Information on COVID-19 for Survivors](#)
- [NYT: A New COVID-19 Crisis: Domestic Abuse Rises Worldwide](#)
- [National Domestic Violence Hotline](#)

#### Provider Resources

- [Yale's Happiness Course: The Science of Well-Being by Laurie Santos](#)
- [Children's Behavioral Health Initiative Provider FAQ Massachusetts](#)
- [Trauma Training PTSD "A New ERA"](#)
- [Conscious Discipline: Resources for Families & Educators During COVID-19](#)
- [That Discomfort You're Feeling is Grief Harvard Business Review](#)

### **Comments from the Chat Box. Thank you for sharing!**

#### How are you meeting the need to understand how caregivers are doing?

- Reaching out and trying to schedule Zoom meetings
- Reaching out to caregivers to set up a regular weekly meeting to vent, brainstorm, and support
- Engaging families through telehealth and finding resources within their community to attaining accordingly to their needs
- Holding calls with home visitors to see how families are doing. Home Visitors and Family Advocates doing weekly check-ins with families, more for those with extra risk/challenges
- We're also using Doxy.me and Doximity. Most families are wanting to maintain weekly phone or video sessions

- Many of my families are stressed at the fact that they have to teach their children with disabilities. We are trying to support them by sharing/creating resources and being available for their questions
- We call each parent daily and ask if anything is needed along with daily lessons
- Families who have some limited resources now that everyone is sheltered in placed. Giving coping skills and tools to assist families in maintain safety
- I help parents understand they are crisis schooling, much different looking than homeschooling.
- Connecting to families via email and calls about strategies to use at home, Parents are so appreciative
- our counties are utilizing facetime, zoom, google duo so families can stay connected
- Parent and child visits are taking place through video in some states
- My daughter's preschool teachers send YouTube links of educational topics such as phonics

#### What opportunities are you finding in this crisis to deliver services?

- We are doing group reflective supervision with 6 therapists and it is working well
- I am working with 2 mothers in drug treatment and we had one live session of infant massage before and now tomorrow we will try it on Zoom!
- Also providing families with care packages where it includes a packet for the children with sensory activity objects; coloring books and pencils etc
- Our agency sent some materials packets to families so there could be tools for specific dyadic activities during sessions in addition to any opportunities for observation
- With the little ones, I've been using a hand puppet to get their attention. We've made sock puppets that they can use when they are talking to me to keep it fun
- Ohio has converted In-person Training to virtual web-based platforms to provide the ECMH consultant credential application and renewal to meet required core competencies courses
- My families love the Telehealth options. Most have stated that they would like this option for the future, so they don't have to cancel meeting due to things like a sick child/family member, head lice, or bed bug outbreaks

#### Is anyone doing in person visits?

- I am doing zoom therapy sessions, and only doing face to face session in the case of emergency with PPEs
- No longer doing in-person services
- We are utilizing our school resource deputies and local mobile response team to make home visits when we are concerned about students
- Not occurring in Montgomery County, MD
- No in-person visits. Phone calls zoom meetings if they're able
- No face to face visits
- Yes-I'm a medical social worker. Patients are still coming in

- Telehealth and telephone only; no in person visits due to county-specific orders for staying at home
- Only in person visits for crisis situations at my agency
- I'm using zoom. This allows the kiddos and I to explore online activities such as Zoom Cams
- We are doing weekly virtual visits, sending activity packages for families and children and weekly online resources
- We are doing video visits and if we cannot get in contact with the clients reaching out to the family or LE
- Zoom and phone sessions only
- I work as a part of a mobile response team working with those in mental health crisis. We are still attempting to meet face-to-face for those who have shown no symptoms; however, we are doing our best to keep the visits as short as possible while using social distancing. We also have other options if families do not feel comfortable with that via zoom or telephone. But we do try to meet face-to-face still
- Zoom and phone sessions only
- I'm from NYC, team and families we served are adjusting to telehealth and children learning remotely
- We are required to complete opening paperwork face to face (using PPE), not allowed to go in the homes but meeting outside briefly to complete in person needs and all other sessions are telehealth
- We are doing more contacts with our families and talk to them as a source to help them de-stress. This helps us to see the kids more and assess if they are in the need of anything.
- Just did a meeting with an RTF setting where they are using zoom for therapy sessions and conference calls for med management meetings

#### How are agencies allocating funds for telehealth?

- Mobile Response services in NJ are providing services via telehealth. PPE is extremely scarce.
- Diverting funds from cancelled events to purchasing phones and/or computers to families who do not have. Contacting service providers to access free internet
- In NYC, we found a resource that provides wifi for free for 60 days.
- The local cable provider is providing free internet service and equipment for families with school aged children here in California
- If families don't have internet, we are able to do and bill phone sessions.
- We have our wifi on each school campus open so families and students can pull into the lot and work from their cars
- Public libraries, while closed, can often have WIFI access from their front entrance or even their parking lot depending on the strength of the signal
- We have used our Agency's facebook to post information, ideas, and some group reading by the Therapeutic childcare staff.

### What do we need to be prepared to address with children and families during this time?

- I think preparing children, who we are telling stay away from everyone, and it's not safe to go out... Then, "it's all okay now" don't worry...I think we will see a lot more anxious children (and parents), and how do we explain why it's safe "now" when they go back
- Domestic violence rates are also a concern of rising, therefore children are at risk of witnessing these occurrences. More media attention for support and identifying resources, supports, checking on family and neighbors safely, etc. to help boost keeping families safe
- Connecting needs to be carefully thought about with families. Domestic violence is a huge issue when using telehealth
- We encourage family and friends to report child abuse. LE is calling in more reports on the things that they see with the families in the communities. Doctors are calling in from the video calls they are doing with patients and what they see coming in the office.
- A few new mothers have mentioned that the pediatrician has given them a postpartum stress assessment to assist them
- Text therapy is something that has been explored for clients who are living with their abusers. May not be the best, but some form of support is better than no form
- The loss of having the support system of school that is not always provided at home...
- Our local prosecutor reported a 48% increase in domestic violence reports in the last 2 weeks compared to similar time last year
- I agree there are so many moments and continuous positive moments - families eating together, spending time with one another, safe in home with loved ones. Helping families to see all of the positives out of chaos of today, helps keep them going and wanting to find other positive moments and memories. I do agree, that transitioning back to normal going back to work and school will also be a step to consider in adjustment and effects of trauma. Hopefully schools will be prepared on how to support secondary trauma for students, teachers, and social workers.
- Real time face to face interaction is essential for social development. These children will just have to catch up when they are able to
- There is no substitute but there are books about social skills to read online with the group
- I am hearing similar stories about both family preference for telehealth as well as older children preferring it
- Children are being challenged with using eLearning Florida and it's causing a lot of stress. However, teachers are encouraging them and supporting them as much as possible with encouraging words and even talking them through assignments
- The Administration on Courts has put out recommendations from the Foster care court improvement project

- I put together tutorials for my coworkers to use with families for the different platforms we are allowed to use for Telehealth to help with getting them to be able to engage better
- Just to add perspective, I would not say that some communities are "better able to adapt" to these circumstances, I think there needs to be acknowledgement around the privilege that some communities, schools, etc. have based on funding, their race, and socio-economic status. I also have not heard anything mentioned about how this COVID crisis is disproportionately impacting Black/African-American families due to the amount of racism in this country and how that directly impacts the Black children, especially the little ones. It is not just a simple "support the parent to make this a good memory for the child" that is a very Eurocentric perspective. There are layers to this crisis, and the children who belong to communities of color, who make up a lot of our essential workers are the ones being mostly impacted
- We have increasing numbers of grandparents raising grandkids on Cape Cod. The COA's are trying to help
- Please add that they are impacted due to racism, not due to their race.
- It is tied to racism
- You can fight it by addressing the racism in this country, in the workplace, etc. and advocating for systems change. Also, by having conversations with other white folks about their racist behaviors and how it may be impacting others