To celebrate and share joy and hope during this challenging time, Building Bright Futures has launched the #vermontstrongkids campaign.

Where are you seeing family and community resilience?  
Who are the everyday heroes and helpers supporting kids and families near you?  
How is your family staying safe and strong?

Use #vermontstrongkids to share your story, photo and/or video on social media OR send us your story here: bit.ly/vtstrongkids.
Welcome to the Early Childhood Forum on Mental Health
Supporting children through transitions during the coronavirus crisis

The meeting will start at 1:00 PM
Please put yourself on mute, we will be with you shortly
Welcome to the Early Childhood Forum on Mental Health
Supporting children through transitions during the coronavirus crisis

BBF Mission: To improve the well-being of children and families in Vermont by using evidence to inform policy and bringing voices together to discuss critical challenges and problem-solve.

Wednesday, May 27th 2020
Mindful Moment

Balloon Breathing

mindfulness script from https://mindful.stanford.edu/2015/03/balloon/
Together by Zoom

- We are all home doing our best to tune in with lots of distractions. Take care of yourself. Babies, dogs, lunch are all welcome and important part of our lives.
- Please mute yourself when you are not speaking.
- Use the chat bar to introduce yourself and participate in prompts throughout the forum.
- Adjust your view; use the ‘presenter view’ to have the speaker large on your screen, use ‘gallery view’ to see grid of participants.
There isn’t one solution that will help everyone, but we are hopeful that with continued conversation, the support can continue to grow that will make it possible for families to thrive.”

In the chat bar,

Share a word or image that is giving you strength through these challenging times.
Early Childhood Forum on Mental Health
Supporting children through transitions during the coronavirus crisis

Amaryah Pendlebury - Registered Home Provider

David Rettew - Child Psychiatrist

Cindy Cole - School Psychologist
Early Childhood Forum on Mental Health
supporting children through transitions during the coronavirus crisis

David Rettew, MD
Medical Director, Child, Adolescent, and Family Unit, Vermont Dept of Mental Health
Associate Professor of Psychiatry and Pediatrics, University of Vermont Larner College of Medicine
@PediPsych
Key Topics

• How are children and adolescents doing?
• Tips to help support children now
• Tips to help support children as they transition

Be Kind to Your Mind
Tips to cope with stress during COVID-19

1. PAUSE. Breathe. Notice how you feel
2. TAKE BREAKS from COVID-19 content
3. MAKE TIME to sleep and exercise
4. REACH OUT and stay connected
5. SEEK HELP if overwhelmed or unsafe
This Is A Challenging Time For Families!

- Loss of income and employment
- Fear of contracting COVID-19
- Juggling work/child education/childcare/home responsibilities
- Increased social isolation
- Close quarters with same people
- Political overlay of crisis
Mental Health of Vermonters

- Not seeing current surge of people in mental health crisis
  - Suicide rates below 5-year average
  - Rates of presentations to emergency departments, inpatient psychiatric facilities relatively low
  - BUT data from other countries and other sources suggest increase likely
- Many younger children coping well with pandemic
- Older children and adolescents struggling more with isolation and cancellation of plans
- Vast majority of mental health visits taking place via telemedicine
Tips for Parents and Caregivers

All Ages

- Give yourself a little slack
- Monitor and address your own anxiety
- Keep routines going
- Work on creative and new ideas
- Get outside when you can
- Keep screen time reasonable
- Tell them when they are doing things you like
- Utilize help of others

Older Children

- Model and expect physical distancing
- Validate disappointment and loss
- Encourage activity
Transition Tips

- Start talking about this now
  - Diagnostic (what is driving reluctance) and therapeutic
- Try to transition in small steps, if possible
- As first day get closer, ok if home becomes a little less fun and a little more boring
- Begin to move sleep and wake times closer to camp schedule
- Engage camp or school for help if needed
- If intense anxiety, consider working with mental health professional
RESOURCES

• Vermont Department of Mental Health: https://mentalhealth.vermont.gov/Corona-MH
• Building Bright Futures: https://buildingbrightfutures.org/covid-19/
• Vermont Center for Children, Youth, and Families: http://med.uvm.edu/vccyf/resources_group/resources_for_families
• American Academy of Child & Adolescent Psychiatry: https://www.aacap.org/
• Child Mind Institute: https://childmind.org/
My Story

Metaphors
Going Back to School
Hello!

Ms. Filion, Principal

We are so excited that school will be opening soon!
1. We have missed you so much!

Guidance Department
Soon we will see you again!

Insert photo of another child or teacher

Insert Photo of your child
Some things will be the same!

✔ You will have a classroom teacher!
✔ You will make new friends in your classroom!
✔ We will read books, sing songs, work with numbers and write!
✔ We will have lunch and recess!
✔ And we will earn buzzies and have school wide celebrations.
Some things will be different!*

✔️ We will sit further away from our classmates - 6 feet!
✔️ We will sit further apart on the bus!
✔️ Our classrooms might look different and still great!
✔️ We might have to wear face masks.
✔️ And we will wash our hands a lot!

*This is just an example....We do not know how things will change yet, but this is the format we would use - Staying Positive!
And we will be ok
Because we have each other!
Resources

For Staying up to Date on the Rapidly Changing Information Important for Vermonters:

Department of Human Resources: Information Resources

For Children

We Wear Masks Social Story By Mr. Mike

Washing Your Hands Poster for Bathroom by CDC

Social Distancing Social Story

Covid 19 I Can Help by Carol Gray

A Story of Hope: Someday by Carol Gray

Corona Virus Story by Easter Seals

Staying at Home
Visual Schedules

End of day Routines

1. Bring backpack in classroom to my table.
2. Put papers in folder.
3. Put my belongings in backpack.
3. Go to Carpet to watch Bookflix.

It is my job to be safe, respectful, and responsible.

If I want to go back to class, I will:

☐ 30 minutes out of class
☐ Think Sheet
☐ Make up my work
In the chat bar,

What is a word or message of support you want to share with others as we close?
Thank you!

-Resources and Recording will be posted to https://buildingbrightfutures.org/

-Use #vermontstrongkids to share your story, photo and/or video on social media OR send us your story here: bit.ly/vtstrongkids

-Who do I call? Help Me Grow at 211 x 6

-Stay engaged through Building Bright Futures