



ProjectTEACH
TRAINING AND EDUCATION FOR THE ADVANCEMENT OF CHILDREN'S HEALTH

PCP VIRTUAL DROP-INS

Strength-based approaches to supporting youth behavioral health.

OBJECTIVES



1. Practice managing stress through self-care exercises and group support.

2. Discuss difficult cases and strategize how to approach supporting resilient youth.

3. Take-away tools and resources for helping youth find resilience in the face of school and pandemic stress.

RESILIENCE IN DEVELOPMENT

- Dynamic process of positive adaptation to or in spite of significant adversities.
- Rooted in give and take of safe, stable, nurturing relationships over time.
- Occurs through play, exploration, exposure to a variety of normal activities and resources.

(Masten, 2001)

THREADS OF CHILDHOOD RESILIENCE

- Thinking and learning brain
- Hope
- Regulation or self control
- Efficacy
- Attachment
- Developmental skill mastery
- Social connectedness



TOOLS FOR RESILIENCE

- Combining inner practice, science, & wise action.
- Emotional resonance - feel feelings of another without over-identifying.
 - Imagine what its like to be this person vs what if this were me?
 - “Feeling felt” - important quality for healing.
- Practices can include monitoring feelings, calming techniques, perspective taking
- Dan Siegel’s work



MONITORING INTERNAL FEELINGS

Sit up straight. Take a nice deep breath.

Listen to the effect of these words internally.

MOVING FROM NO BRAIN TO YES BRAIN.

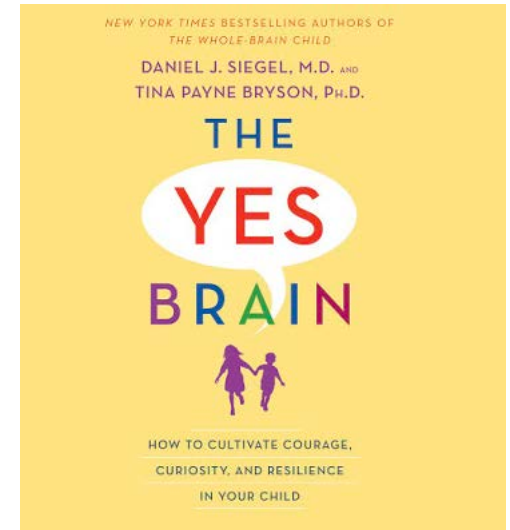
“No” – fighting, flighting, fleeing or fainting

“Yes” – creating a yes state in the body.

Purpose of self care practices for providers

- Widening our container or capacity to be able to hold more suffering without burnout.

https://www.youtube.com/watch?v=RkC8hx-_k3Y



The Healthy Mind Platter



The Healthy Mind Platter for Optimal Brain Matter

The Healthy Mind Platter



How are you finding balance?

BUILDING THERAPEUTIC ALLIANCE: HELP

H- Hope: Facilitates coping. Increase family's hopefulness by describing realistic expectations for improvement and reinforcing strengths & assets.

E- Empathy: Listen attentively, acknowledge struggles, share happiness experienced by child and family.

L- Language, Loyalty: Use family's language to reflect your understanding of the problem and correct misperception. Loyalty through expressing support & commitment.

P- Permission, partnership, plan: Ask for permission to ask in-depth and sensitive questions or make suggestions for further evaluation, management. Partner to identify barriers or resistance. Plan or incremental first step to take action.

(Foy, 2019)

STRENGTH-BASED APPROACHES

- Elicit strengths from patient and their caregiver
 - What are your parents most proud of?
 - What are you most proud of?

- Elicit goals from patient
 - What is important for you to work towards?

- Elicit victories as well as challenges:
 - What is an example of something going well for you or your family?

BUILDING ALREADY EXISTING SKILLSETS

Provide empathetic support to parents to be able to do so for their kids.

➤ *This is a tough time for everyone...*

Identify family cultures & values that speak to resiliency.

➤ *We are a family that gets through difficult times...*

Moving from control to coping.

➤ *We can't predict what will happen and we will get through this...*

REASSURING, RESTORING ROUTINE, REGULATING



American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



BRIEF MINDFUL PRACTICE: 2 FEET, 1 BREATH

Before opening a door into a meeting, exam, or interview, whether virtual or in-person....

Two Feet – feel our feet on the ground

and a breath – be aware through one breath cycle

And continue into the room. A little more present.

REFERENCES & RESOURCES

- Foy et al. 2019. Mental Health Competencies for Pediatric Practice. *Pediatrics*. 144(5).
- Masten, A.S., Ordinary magic. Resilience processes in development. *Am Psychol*, 2001. 56(3): p.227-38.
- Mount Sinai Calm: Two feet, One Breath Meditation
<https://youtu.be/i3urwbdDBA0>
- Pediatric Minute Series: <https://services.aap.org/en/patient-care/mental-health-minute/>
- Siegel, Daniel. *The Healthy Mind Platter* was created by Dr. Daniel J. Siegel, Executive Director of the [Mindsight Institute](#) and Clinical Professor at the UCLA School of Medicine in collaboration with Dr. David Rock, Executive Director of the [NeuroLeadership Institute](#).