



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

PCP VIRTUAL DROP-INS

Strengthening families' resilience
in the face of the pandemic and
school uncertainty

OBJECTIVES



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

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

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

FAMILY RESILIENCE DEFINED

- Capacities in family functioning to withstand and rebound from adversity.
- More than surviving loss and coping with disruptions, resilience involves positive adaptation:
- Regaining the ability to thrive, with the potential for transformation and positive growth forged through the searing experience.

(Walsh, 2020)

FAMILY RESILIENCE

Fostered by shared beliefs

1. To *make meaning* of the crisis and challenges
2. To (re)gain a *positive, hopeful outlook that supports active agency*

For *transcendence*

- To rise above suffering and hardship through larger values, spiritual beliefs and practices, and experiencing transformations in new priorities, a sense of purpose, and deeper bonds.

(Walsh, 2020)



THE ART OF THE POSSIBLE

“Do all you can, with what you have, in the time you have, in the place you are.”

PANDEMIC + SCHOOL

What kinds of issues are your families facing?



PANDEMIC + SCHOOL

What kinds of issues are your families facing?



Externalizing kids

- Cant sit still in front of computer!
- Boring, difficulty maintaining attention

Families

- Parents juggling work or financial stress + helping kids pay attention

Internalizing kids

- Isolation, frustration, sadness
- Apathy

Families

- Parents juggling worries about virus + helping kids connect

PANDEMIC + SCHOOL

What strategies/resources have you found helpful?



Externalizing kids

- Scaffolding learning environment with minimal distractions.
- Creating natural breaks for standing up, moving.
- Visual cues, schedule, transition time.

Internalizing kids

- Space to process difficulties.
- Other opportunities for social connection.

REACHING UP, REACHING DOWN...

HELP FAMILIES TO REACH:

Up

- Reflect on & draw from philosophic, ethical, spiritual, religious values.

Down

- Ground to earth, place, relationship to environment.

In

- Turn towards internal means of engaging in pleasurable experiences, practicing gratitude.

Around

- Utilize technology & creativity to foster social support and connection.

REACHING UP, REACHING DOWN...

REFLECTIONS:

- What are essential components of a meaningful life?
- How do we retain a sense of hope and purpose?
- What is your source for courage, hope & faith?
- How do we maintain a core sense of serenity and peace?

NEW DAILY RITUALS

- Powerful connections that have been drastically altered
 - Graduations, marriages, funerals, religious ceremonies
- Creative connections
 - Drive-by celebrations, zoom meet-ups, post-it notes, family meals
- Inviting conversations about daily rituals
 - i.e Cooking, watching movies as family

5 4 3 2 1 Grounding Exercise



REFERENCES & RESOURCES

Fraenkel, P & Cho, WL. (2020). Reaching up, down, in, and around: couple and family coping during the coronavirus pandemic. *Family Process*.

<https://doi.org/10.1111/famp.12570>

Walsh, Froma. (2020). *Family Process*. 59(3): 883-897. Loss and Resilience in the Time of COVID-19: Meaning Making, Hope, and Transcendence.