Child Care, Mental Health and COVID-19:
Self-Care Strategies During the Pandemic

presented by:
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Today’s Objectives

• Provide Support Child Care Providers
• Understand Emotional/Psychological Effects of Disasters
• Explore Self-Care Strategies for the COVID19 Pivot and beyond
Today’s Agenda

• Welcome and Check-in
• Introduction of purpose of webinar
• Pandemic is a shared experience
• Self-Care Strategies Top 10 TIPS
• Support available from ECMH providers
• Questions from participants
A **pandemic** is a disease outbreak that spreads across countries or continents. It affects more people and takes more lives than an epidemic. The World Health Organization (WHO) declared COVID-19 to be a pandemic when it became clear that the illness was severe and that it was spreading quickly over a wide area.

https://www.webmd.com/cold-and-flu/what-are-epidemics-pandemics-outbreaks
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Kübler-Ross Grief Cycle

Denial
Avoidance
Confusion
Elation
Shock
Fear

Anger
Frustration
Irritation
Anxiety

Depression
Overwhelmed
Helplessness
Hostility
Flight

Acceptance
Exploring options
New plan in place
Moving on

Bargaining
Struggling to find meaning
Reaching out to others
Telling one’s story

Information and Communication
Emotional Support
Guidance and Direction

50th Anniversary Edition
ON DEATH & DYING
What the Dying Have to Teach Doctors, Nurses, Clergy & Their Own Families
ELISABETH KÜBLER-ROSS, M.D.

foreword by IRA BYOCK, M.D.

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UP-PACKING THE 5 STAGES

- **Denial** - Disbelief, Confusion, Shock, Rebellion,
- **Anger** - Anxiety, Frustration, Worry $$, Hyper/ Hypo Alert, Sleep, Eating, Alcohol/Drugs, Relationships
- **Bargaining** - Early projections return to work, current efforts to restart economy, personal decisions
- **Depression** - Loss, Isolation, Parents managing children, managing remote work & learning, lack of self-care, fear, anxiety, effects of increased use of technology, lack of exercise, ETOH, allostatic load (wear & tear on body)
- **Acceptance** – rebalancing, gain new perspectives, contextualize the experience and begin healing....
Why is this an important message?

1. Mental health is essential

2. It is a part of our physical health

3. It is linked to well-being and overall health

4. Effects can be shared among families - children are co-regulators
Top 10 Tips for Parents

During the coronavirus outbreak

1. CHILDREN look to adults for guidance. Keeping your stress in check can help manage kids' worries and anxiety.

2. ENCOURAGE children to ask questions and talk about their fears. This provides parents the chance to give age-appropriate information.

3. TEACH children prevention strategies such as hand-washing and covering coughs. This reduces the risk of infection and gives children a sense of control, which can reduce anxiety.

4. ROUTINE and structure are your friends. Involve children in creating their daily or weekly routine that includes hygiene, learning, reading, exercise, play, mindfulness, and nutrition.

5. STAY CONNECTED. Help kids address isolation and social distancing by writing cards and letters, making crafts, and calling or FaceTiming friends and loved ones.

6. FAMILY TIME. Play board games, cards, checkers, and trivia games. This can help kids feel secure while keeping them connected. Involve kids in sanitizing these items after use.

7. USE THE WEB RESPONSIBLY. Monitor use of social media. There are many online resources for kids to learn. Plan which web sites are appropriate for your children.

8. SELF CARE. Teach children about wellness. Build in time daily for rest and mindfulness activities such as yoga or meditation. Model relaxation techniques like reading a book or watching a movie.

9. BE ACCESSIBLE. Children need reassurance as the crisis progresses. Be honest and manage expectations. Let them know you are there and will help keep yourself and the family well.

10. DON'T PANIC. The community's response to COVID-19 is evolving daily, know where to get help and information to help maintain the mental wellness of your children and family.
• Check-ins frequently during the day
• Note emotional, mental or physical status
• Assess Daily Routines self-care time
• Establish Emotional Regulation Activities
  Deep Breathing, Mediation, Yoga, Art
Child Care, Mental Health and COVID-19:
Self-Care Strategies During the Pandemic

• Build Supports personal/work
• Manage isolation and boundaries
• Manage risk with best practices
• Focus on the positives daily
• Find reasons to feel “gratitude”
• Don’t suffer, get help you may need!
• Know where to get help & resources available
Ohio Preschool Expulsion Prevention Partnership

Do you have a child who is no longer a good fit at your preschool?
Does this child’s challenges put them at risk for expulsion?

Now, there’s support available to you.

Nationwide Children’s Hospital, in collaboration with the Ohio Department of Mental Health and Addiction Services, announces a new resource for licensed preschools and child care providers – the Ohio Preschool Expulsion Prevention Partnership at 1-844-678-ABCs (2227).

A call to 1-844-678-ABCs* (2227) will link you with an early childhood consultant in your area who can complete a consultation at your site within two business days. The consultant will:

• Observe and consult at your preschool
• Provide recommendations on specific classroom strategies and interventions designed to have an immediate impact
• Offer service recommendations and resources for your students and families, including referrals to local mental health providers if necessary
• Give recommendations for training and professional development
• Link you with free early childhood trainings

As you well know, every child deserves a high-quality, early education, but some children face significant challenges. Please call us if a child at your site can benefit from these services.

*The line is staffed from Monday-Thursday, 8 a.m. to 7 p.m., and Friday, 8 a.m. to 5 p.m. Voicemail will be returned promptly on the next business day.
Crisis Text Line
Keyword Partnership

Total (May 2016—March 2019):
• Messages: 22,080
• Texters: 10,907
• Active Rescues: 146

Last 30 days:
• Messages: 747
• Texters: 511
• Active Rescues: 8

You are not alone.

If you or someone you know is feeling Sad—Afraid—Scared—Out of Control—Concerned about something—Hurt—Annoyed—Ashamed—Confused—Anxious—Embarrassed—Hopeless—Guilty—Like you want to hurt yourself—Withdrawn—Helpless—Unloved—Discouraged—Unhappy—Empty—or just need to talk to someone.

Text 4hope to 741741

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Hey! I’m Here
Transition-Aged Youth

• Hey! I’m Here is a new social marketing campaign created by and for young people to build an online community engaged in changing the conversation around mental wellness.

• A safe digital space for young people experiencing problems related to mental health and/or substance use to share stories, offer encouragement, and find resources available to them in Ohio.

• Go to heyimhere.org to join the conversation and find support in your area.
Contacts

• General Questions regarding ECMH Support
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More information

- [http://mha.ohio.gov/](http://mha.ohio.gov/)


- Join our OhioMHAS e-news listserv for all of the latest updates!