

**THE INSTITUTE FOR
INNOVATION & IMPLEMENTATION**

Integrating Systems • Improving Outcomes

Managing Now For a **BETTER** Tomorrow

Conversations & Resources During COVID-19

#BETTERTOMORROW #TANETWORKTALKS

A Conversation Series During COVID-19

Recordings Available For:

Crisis Communications, held March 25 & 31

In-Home Behavioral Health, held March 26

Residential Treatment Facilities, April 10, 2 PM ET

Additional Date: Supporting Families, April 13, 3:30 PM ET

Infant & Early Childhood Mental Health, April 14, 3:30 PM ET

Mobile Response & Stabilization, April 16, 3:30 PM ET

Dates To Be Announced Shortly:

Supporting Tribal Communities

Housing Instability & Homelessness

Sign up for Conversations & Resources During COVID-19:
theinstitute.umaryland.edu/covid-19

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A Conversation on Supporting Families During COVID-19

fredla

We are here for you.

TA
NETWORK

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Thank You!

- Family-run organizations for responding with creativity
- Parent peer support providers for being dedicated and undaunted
- Providers, administrators & policy makers for supporting families and the organizations that serve them

The focus has changed in the last 30 days



THEMES: What we are hearing from family leaders

- 1) Engaging families and youth through technology
- 2) Need for accurate information
- 3) Strain on daily living
- 4) Safety and health concerns
- 5) Impact on milestones & traditions
- 6) Impact on emotional well-being
- 7) Managing home schooling and daily responsibilities
- 8) Changing processes & protocols

Engaging families and youth through technology

FROs are having families identify how best to connect!

- One-to-one peer support
- Online support groups for parents and youth
- Daily text messages with staff & families
- Regular check-in phone calls
- Using social media for creative activities – sharing pictures – hosting coffee breaks
- Phone trees

How have you engaged families in designing what support looks like?

Need for accurate information

- Mis/Information overload
- Who do you trust?
- Explaining to children and youth and individuals with special needs
- Balancing information while not unduly creating fear

THEMES: What we are hearing from family leaders

- Unstable or crowded living situations
 - shelters closing – living in cars – hotels
- Inability to purchase or scarcity of necessities
 - formula – diapers – pharmacy items – food banks
- Financial concerns
 - reduced hours – loss of employment – bills due
- Working in fear
- Health disparities

What strategies are you using to cope with stress when you can't access usual means?

Impact on safety and health

- Additional stressors may increase abuse & neglect
- Isolation may reduce reporting & investigation Limited access to routine health care or specialized medical care
- Medication refills (remind families)
- Concerns about children who may be living in a group setting – i.e. residential program or detention.

Impact on milestones & traditions

- Birthdays
- School, sporting events & activities
- Spiritual
- Religious
- Holidays
- Graduation
- Weddings
- End of life

Please share creative ways you are supporting families or staff to celebrate milestones or deal with losses

Impact on emotional well-being

- Added responsibilities can lead to burnout
 - self care – sharing the burden
- Lack of sleep, socialization, nutrition, exercise
- Fear, anxiety, depression and trauma
- Suicide

Managing home schooling and daily responsibilities

- Setting up structure at home
- Trying to meet academic needs - Special academic needs (IEPs)
- Activities and exercise routines
- Unique needs for age groups
- Balancing working from home with children being home
- Establishing in-home health protocols

Changing processes & protocols

- How you do your work
 - relaxed regulations - amended contracts – new reporting structures – new expectations
- When you do your work
 - When are you available? When are families available?
- How staff are supported

What significant changes have you or your organization made?

Yale: The Science of Well-being

Free online course

1. Deep breathing
2. Do acts of kindness for others
3. Focus on what you can control
4. Exercise and eat well
5. Practice gratitude

Resources

Please download the resource file



Please share questions and comments

THANK YOU!