



Reading the Signs:

DOES YOUR CHILD NEED HELP?
OR IS THIS THE NEW NORMAL?

Patricia Hovey, Thrive Executive Director
Christina Jelly, Community Outreach Director
Krista Seabrook, Thrive Clinician, Paramus



Thrive Alliance Group

Who We are



PATRICIA HOVEY
Executive Director



CHRISTINA JELLY
Community Outreach Director



KRISTA SEABROOK
Thrive Clinician (Paramus)

About Us



— What We Are Seeing



Proactive Approaches

"I am bigger than my anxiety" - Emma Stone

- #PhysicallyDistantSociallyClose
- Encouraging kids to stay connected in healthy ways
- Take the "temperature" regularly in various ways



Parents, Guardians & Teachers

- ☑ Focus on the positive
- ☑ Be factual not evasive
- ☑ Ask open ended questions
- ☑ Explore together
- ☑ Limit exposure to TV and internet
- ☑ Affirm feelings
 - Dispel negative self talk
 - Engage



Carson Daly

"Even just talking about it
made me feel better."



— When It Is Not The "New" Normal





How To Help At Home

"We are all in the same storm, but not the same boat."

- Friends & Family
- School System
- Pediatrician
- Mental Health Resources
- In Crisis, 911

Additional Mental Health Resources

- childmind.org
- www.common sense media.org
- CDC 24/7
- [Prevention.com](https://www.prevention.com)

"Everyone is going through something we can't see."
-Kevin Love Cleveland Cavaliers



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