

### 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



### Who We are



PATRICIA HOVEY
Executive Director



CHRISTINA JELLY
Community Outreach Director

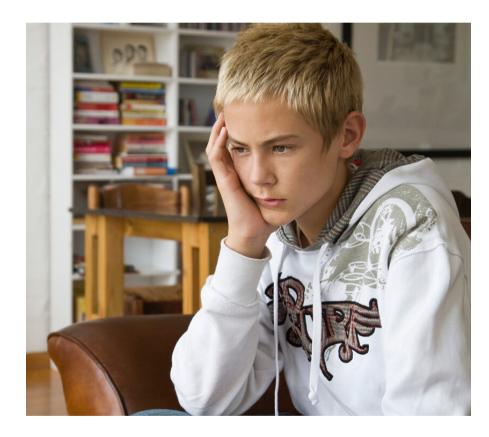


KRISTA SEABROOK
Thrive Clinician (Paramus)

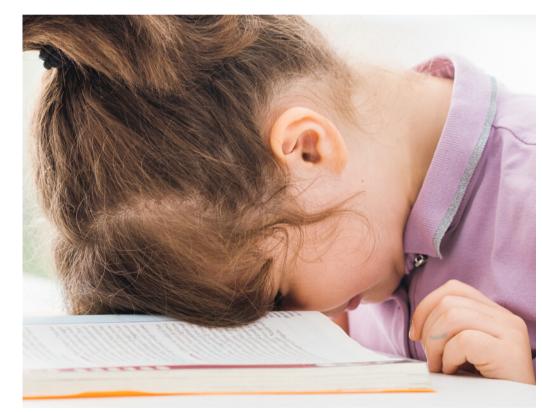
# About Us



### 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.commonsensemedia.org
- CDC 24/7
- Prevention.com

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

