

# Adolescent, Family & Societal Adaptation in a Time of Crisis

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# Objectives

- Explore the Impact of Covid-19 Pandemic & Other Current Factors
  - Challenges for Adolescents
    - Attachments, Autonomy, Identity, Illness vs. Resiliency
  - Challenges for Families
    - Routine and Regimen; Relationships; Economic & Interpersonal Stressors
  - Challenges for Society
    - School & Education/Vocational Trajectories
    - Social Norms & Healthcare Systems
- Explore Clinical Tools and Approaches for PCP setting
  - Genogram & Family History
  - Appreciation of Cultural and Societal Influences
  - Recognize Role of Adaptation to Change, Loss and Threat

# Disclosures

- I Have No Financial Conflicts of Interest to Disclose
- I am an advocate for the integration of behavioral health services in pediatric primary care practice.



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# Stating the Obvious:

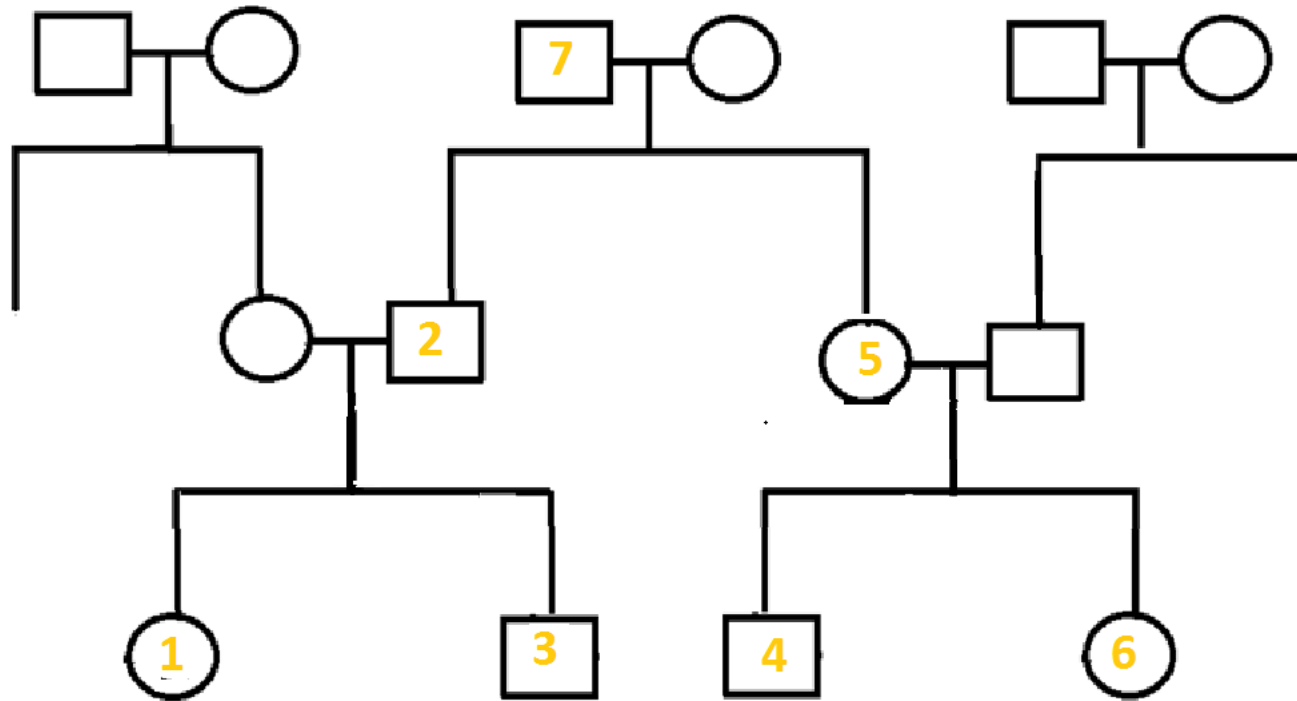
- Covid-19 & Associated Current Societal Events Affect Us All
  - Increased Need for Self-Awareness and Self-Care
    - Risks from stress, financial distress, SUDs, exacerbation of all ills
  - Lots of Risks but with Potential for Positive Change
    - Can these Crises be a Vehicle for Good??
- Opportunity for Meaningful Change for the Good (...or not)
  - Individuals
  - Families
  - Communities & Culture
  - Healthcare & Human Service Systems

# Adolescence: A Time of Enormous Developmental Transition

- Normal Adolescence is rough for ~20%
  - But > 80% sail through without scars (D. Offer, et al)
  - Most lifelong MH problems become evident in teen and early adult years
- Family is the Crucible in which Identity is Formed
  - Both Nuclear and Extended Family
- But Socio-Cultural Events are Significant, Especially in Adolescence
  - Eric Erikson's work— impact of social and cultural influences on personal development
  - Assess, Monitor & Support Adolescents in Their Search for Identity
- Change/Loss and Adaptation
  - At all Stages of Life
  - With Deep Emotional and Psychological Impact and Importance (E. Kubler-Ross)
    - Anxiety, Anger, Depression
    - Denial, Bargaining, Accommodation, Acceptance

# Contributions from Sociology: The Genogram

Impact of the Pandemic on the Life of a “Normal”  
Family



# The Challenges Our Society Faces

- Need to balance children's needs for normative social and educational engagement with ongoing concerns for their family's and their community's health risks.
- Countering a "Covid slide"
  - Decreased learning and educational progress
  - Non-Covid health risks (nutrition for kids fed at school, immunization compliance, inattention to other health concerns)
  - Risk of long-term mental and psychosocial impairment in consequence to the stresses of the new 'norms'
- Optimizing our children's educational, social and developmental opportunities will inevitably entail increased risk to individuals and to the overall public health.

# Rules of the Road Ahead

(Sharfstein, et al)

- **Location Matters:** Enclosed spaces versus outdoor space.
- **Social Distancing:** 6+ feet of space; facial masks, hand-washing, sanitizing efforts.
- **Social Pods:** Limit social contacts to stable smaller group of peers and adults
- **Length of Time:** Minimize time in enclosed public space; ventilate.
- **Type of Activity:** Interactive contact sports and physical play will be more risky
- **Personal Risks for Family Members:** Family members' risks need to be considered.
- **Risks to Children from Family Members:** Minimize transmission risk from exposed adults
- **Someone sick → Stay at home**
- **Acknowledge and address anxieties:** kids and teens, parents and teachers
- **Parents should be informed :**
  - Have a checklist of signs and symptoms of potential infection
  - Monitor their kids' exposure and risk
- **Schools:** Use technologies to optimize social interaction and educational activities



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Be Safe, Stay Well

Engage and Continue to Grow

THANKS FOR WHAT YOU DO FOR KIDS & FAMILIES