



# Building Resilient Children

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# I'm so glad to be here!



## **Annie Certo**

Annie is the manager of coaching at Brightline. She holds a Master's Degree in Counseling Psychology with an extensive background in community mental health. In past roles, Annie has worked with the school system (elementary and middle) and as a program supervisor and case manager for foster care youth and youth within the juvenile justice system. She has also worked as a Health Coach for a medically supervised wellness program.

# What we'll cover

- Defining resilience
- Why resilience is important now
- How to build resilient children
- Parenting Tips
- Q & A

# Visualization Exercise

## **Close Your Eyes:**

Hop into a time machine and go back to when you were your kids current age....

- Do you remember 1-2 top stressors at the time?
- What are you seeing and feeling? What did you need at that time that you didn't receive?
- How can you show up for your child and their feelings today?

**What**

**Is**

**Resilience ?**

# Brightline Member Story

**The Challenge:** Child stutters, has panic attacks, a difficult time responding when asked a question, and lacks eye contact

**The Exposure:** The Obstacle is the Way

**The Solution:** Cognitive reframing, learning coping skills to manage stress, supportive people around him, and practicing exposure to fear

**The After:** Eye contact has improved, initiating conversations, asks a question when he's afraid in school, and signed up for the safety team at school where he's practicing exposure everyday to build resilience.



## **Building Resilient Children**

**Head**

**Heart**

**Hands**

# Head: Build Mental Resilience

- Take the sunglasses off (EYES)
- Manager up (MOUTH)
- Switch the playlist (EARS)
- Exercise: Closed & opened doors



# Heart: Build Emotional Resilience

- The surfer's process - Ride the wave!
- Use your compass - Individual and family values
- Set the guardrails - Life principles
- Love the mirror - Develop a healthy view of self

# Hands: Build Behavioral Resilience

- Behave to become
- Move and love the body
- Hold hands with someone

# Parenting Tips



- 1:1 time
- Have a talk
- Model it
- Reward it / praise it
- Use real-life situations to teach
- Keep reframing
- Manage parent guilt
- Practice self-compassion
- Set smart goals for parenting

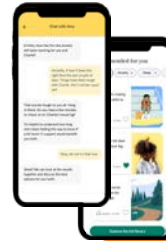
# Get Support

The only all-in-one behavioral health solution built to provide families, children, and teenagers ages 1.5 up to 18 years

- 1:1 virtual sessions with expert behavioral health coaches to address common challenges



Coaching

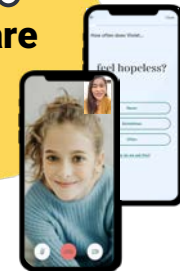


Connect +

- Digital front door to navigate families to the right support
- On-demand coach chat & personalized resources

Care

- 1:1 virtual sessions with highly-trained therapists and prescribers to treat clinical concerns



# Get Started

1. Scan this QR code or visit [helloworld.brightline.com/amazon](https://helloworld.brightline.com/amazon)



2. Click 'Get started' or 'Sign up' to get to your account creation page

The first screen of the Brightline app shows the 'Let's get started' page. It features a text input field for 'Email\*', a 'Create a password\*' field with a 'hide' icon, and a 'Next' button. There are also links for 'See requirements' and 'I agree to Brightline's Terms of Service', and a footer with a privacy policy link.

3. Enter your personal email and a password to create your account.

The second screen asks 'Who provides your child's benefits?'. It includes a dropdown menu for 'Who is your child's insurance provider?' and a text field for 'Which employer\* provides your child's benefits?'. A 'Next' button and a 'Check coverage later' link are at the bottom.

4. Enter your child's insurance and your employer information to confirm your Brightline coverage.

The third screen is titled 'Tell us about your family'. It contains fields for 'Child 1' including 'Child's first name\*', 'Child's last name\*', and 'Child's date of birth\*'. There is an '+ Add another child' button and a 'Next' button.

5. Tell us about your family by sharing your kids' names and ages

The final screen is 'What's on your mind?'. It features several circular buttons for selecting stressors: 'Worries & anxiety', 'School', 'Sadness & depression', 'Sleep', 'Attention & ADHD', 'Autism', 'Self-esteem', 'Gender Identity', 'Sexual Identity', 'Sex & dating', and 'Racial & ethnic Identity'. A 'Next' button is at the bottom.

6. Share what's on your mind — we'll help you get the right support. Choose as many as apply to your family.



# Questions