

WEBVTT

1 "Dana andersen" (1994893312)

00:00:01.436 --> 00:00:23.839

Hello and welcome and thank you for calling in to sickness 2023 children and families. Awareness series. My name is Dana Anderson, and I am the coaching and support case managers here at ever nurse, Cigna, and due to the format of this call. You will not be able to ask.

2 "Dana andersen" (1994893312)

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Questions during the teleconference, however, the conference will be opened up for Q and a, at the completion of the presentation.

3 "Dana andersen" (1994893312)

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And you may also follow along there is a handout for today's seminar, and it is available at Cigna dot com forward, slash children families.

4 "Dana andersen" (1994893312)

00:00:44.430 --> 00:00:48.450

And please note that all policies covers.

5 "Dana andersen" (1994893312)

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Today's topic and so for more specific information, if your policy covers topics.

6 "Dana andersen" (1994893312)

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Discussed in today's seminar, please contact the number.

7 "Dana andersen" (1994893312)

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On the back of your insurance card today we have the pleasure of introducing any circle.

8 "Dana andersen" (1994893312)

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Annie is the manager of coaching at bright line.

9 "Dana andersen" (1994893312)

00:01:11.040 --> 00:01:18.720

She holds a master's degree in counseling psychology with an extensive background in community, mental health.

10 "Dana andersen" (1994893312)

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In past roles, Annie has worked with the school system, elementary and middle, and as a program supervisor and case manager for foster care

use and used within the juvenile justice system.

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She has also worked as a health coach for a medically supervised wellness program.

12 "Dana andersen" (1994893312)

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And today we will be discussing the topic of raising resilient children.

13 "Dana andersen" (1994893312)

00:01:45.120 --> 00:01:53.070

And so Eleanor, behavioral health is teaming up with our pediatric mental health solution provider bright line.

14 "Dana andersen" (1994893312)

00:01:53.070 --> 00:02:12.480

To discuss family, resilience, resilience during times of transitions throughout the year, whether you're studying into back to school season, or looking for tips on navigating any challenging times with your family. This webinar led by bright lines, mental health experts.

15 "Dana andersen" (1994893312)

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And it will help you learn the skills you need.

16 "Dana andersen" (1994893312)

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And supporting you to take both 1st.

17 "Dana andersen" (1994893312)

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To getting help, if you need it and included in this 50 minute session, you will learn more about family resilience and why it matters.

18 "Dana andersen" (1994893312)

00:02:28.110 --> 00:02:37.050

Good practical tips you can apply immediately to your child becoming more resilient, especially during challenging time.

19 "Dana andersen" (1994893312)

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And hear more about benefits available to you in your family through bright line as a signal, ever notice member.

20 "Dana andersen" (1994893312)

00:02:44.280 --> 00:02:47.820

We would like to thank you for being here today.

21 "Dana andersen" (1994893312)

00:02:47.820 --> 00:02:53.649

Uh, Annie, and you are welcome to start your presentation.

22 "Annie Certo" (1764782336)

00:02:53.649 --> 00:03:05.520

So much Dana, again, I'm Annie. Thanks so much for having me today as mentioned, we are going to talk about building resilient children. Next slide. Please.

23 "Annie Certo" (1764782336)

00:03:05.520 --> 00:03:10.080

What we're going to cover today? Oh, next slide again. Sorry.

24 "Annie Certo" (1764782336)

00:03:10.080 --> 00:03:28.860

What we're going to cover today is we're going to get some definitions of resilience talk a little bit about why resilience is important. Now, how to help your children become resilient, also, give you some quick parenting tips and then have some time for a Q and a, at the end next slide. Please.

25 "Annie Certo" (1764782336)

00:03:28.860 --> 00:03:47.940

So, to begin, I would love to start with a little visualization exercise to get us kind of grounded to where we are. So, what I would love for all of you to do is close your eyes. We're going to hop into a time machine and go back to when you were your kid's current age.

26 "Annie Certo" (1764782336)

00:03:47.940 --> 00:03:55.950

Choose a child maybe 1 maybe you have more than 1 child, and they're struggling right now. Um.

27 "Annie Certo" (1764782336)

00:03:55.950 --> 00:04:07.251

Try to think of what it was like to be that age. So say it's an 8 year old. Do you remember your 1 to 2 top stress stressors at that time?

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00:04:07.251 --> 00:04:08.294

See.

29 "Annie Certo" (1764782336)

00:04:08.294 --> 00:04:15.900

About kind of what you are seeing and feeling, what did you need at that time that maybe you didn't receive.

30 "Annie Certo" (1764782336)

00:04:15.900 --> 00:04:35.519

And then, with that think about how you can show up for your child and their feelings today, it's really important. Sometimes as we grow. And as we get older, it can be really hard to tap into that child perspective. And so taking a moment to kind of, think back to your own childhood as a way to get grounded in that.

31 "Annie Certo" (1764782336)

00:04:35.519 --> 00:04:55.519

Next slide please. So, let's talk about resilience. What is resilience resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral Flex.

32 "Annie Certo" (1764782336)

00:04:55.519 --> 00:05:02.969

Ability and also it includes the adjustment to external and internal demands.

33 "Annie Certo" (1764782336)

00:05:02.969 --> 00:05:14.639

A number of factors can contribute to how well, people adapt to adversities predominant among them are the ways in which individuals view and engage with the world.

34 "Annie Certo" (1764782336)

00:05:14.639 --> 00:05:18.899

The availability and quality of social resources or support.

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And then specific coping strategies.

36 "Annie Certo" (1764782336)

00:05:22.409 --> 00:05:35.789

Um, overall research demonstrates that resources and skills associated with more positive adaptation adaptation or greater resilience can be cultivated and practice.

37 "Annie Certo" (1764782336)

00:05:35.789 --> 00:05:38.819

So next slide please.

38 "Annie Certo" (1764782336)

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So, let's start with member vignette so this is actually from a real member that came through coaching and when they came to bright line, some of the challenges this child was experiencing was stuttering, having mild panic attacks, a really difficult time responding when

asked a question.

39 "Annie Certo" (1764782336)

00:05:58.819 --> 00:06:07.859

Question lacking eye contact and really this child was completely shut down in social settings and kind of unable to engage.

40 "Annie Certo" (1764782336)

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So, what did we do so exposure you may have heard of exposure but exposure is 1 of the hardest things in cognitive behavioral therapy to do um, this is the case with teens kids in adult.

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00:06:22.439 --> 00:06:35.399

Nobody likes it because we are asking people to do or sit with the thing that they are scared of. And so much of what we do is to try to avoid this exact scenario or fear.

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00:06:35.399 --> 00:06:49.019

However, the obstacle, or the exposure is the way it's the way to actually increase a person's distressed tolerance or be able to sit through something difficult and not let it overwhelm you.

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00:06:49.019 --> 00:07:09.019

So, the goal here, when you're thinking about exposing a child, the team, an adult to something unpleasant is not that anybody is ever going to love, you know, whatever fear or challenging situation here but we do want to get to a place where we don't feel so out of.

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00:07:09.019 --> 00:07:29.019

Control, but are able to get a little bit more comfortable, maybe to a place where we can at least tolerate it. So, how was this accomplished, especially with this child in mind. So, 1 of the key solutions was cognitive. Reframing, which is a psychological technique. That consists of identified.

45 "Annie Certo" (1764782336)

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Fine and then changing the way situations experiences events.

46 "Annie Certo" (1764782336)

00:07:33.599 --> 00:07:37.229

Ideas and or emotions are viewed.

47 "Annie Certo" (1764782336)

00:07:37.229 --> 00:07:57.229

So, cognitive reframing is the process by which such situations are thoughts are challenged and then changed. So, 1 of the ways that this child was approaching, these situations is shutting down and so looking at some of the thoughts that the child was having, when being exposed to these stress inducing.

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00:07:57.229 --> 00:08:07.109

In situations, socially, also learning coping skills to manage stress in the moment. And that can be things like deep breathing or, you know.

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00:08:07.109 --> 00:08:27.109

Practicing some positive self talk also with this specific child, making sure they had a support system. This particular member story. A lot of these challenges happened at school. So, making sure this child had supportive people around him, which was the teacher and some, you know.

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00:08:27.109 --> 00:08:47.109

Aid and some friends just to help him get through these difficult situations, and then over and over practicing exposure to fear and exposure to fear not choosing on a scale of 1 to 10, the child's top fear but starting with something smaller and systematic.

51 "Annie Certo" (1764782336)

00:08:47.109 --> 00:08:50.819

Practically practicing over and over, just.

52 "Annie Certo" (1764782336)

00:08:50.819 --> 00:09:10.819

Exposing themselves to it a little out of time after the all of this practice, what was noticed is the child was able to keep eye contact eye contact, had improved. This child was initiating more conversations asking questions when he was afraid in school or.

53 "Annie Certo" (1764782336)

00:09:10.819 --> 00:09:27.269

Stress was kind of overcoming him being able to actually ask for help through that support system and all that practice. And then this child actually ended up going even further outside their comfort zone and signed up for a safety team at school where he'd be.

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00:09:27.269 --> 00:09:44.879

He'd be practicing exposure every day to continue to build that resilience and kind of continue to get more comfortable and tolerate more of those social interactions, especially with people maybe that

he didn't know that. Well to continue to build resilience.

55 "Annie Certo" (1764782336)
00:09:44.879 --> 00:09:51.719
Next slide please. So.

56 "Annie Certo" (1764782336)
00:09:51.719 --> 00:09:54.959
We're going to be talking about how do we build.

57 "Annie Certo" (1764782336)
00:09:54.959 --> 00:10:14.959
Resilient children today, and this is we're going to pull from a model that you may have heard of called the head, heart, enhance model. You may have come across it and other forms such as, um, in the psychological world. It would be cognitive, effective and behavioral or in more common terms, thinking, feeling and doing.

58 "Annie Certo" (1764782336)
00:10:14.959 --> 00:10:32.609
The 3 H, model really proposes that any effective teaching or learning activities should embed the head is essentially responsible for imparting knowledge. The heart that instills. And in an individual the values in a sense of appreciation.

59 "Annie Certo" (1764782336)
00:10:32.609 --> 00:10:50.279
Enhance component component that encourages active involvement during practice and learning activities. The heads on creates the knowledge culture, the heart on influences reflection and the hands on helps develop a child's thinking and living skills.

60 "Annie Certo" (1764782336)
00:10:50.279 --> 00:10:54.209
Next slide please. So, let's start with the head.

61 "Annie Certo" (1764782336)
00:10:54.209 --> 00:11:04.019
So, with the head, we're looking to build our mental resilience. Some of the ways that we think about this think about the head is that the eyes, the mouth, the ears.

62 "Annie Certo" (1764782336)
00:11:04.019 --> 00:11:12.149
So, 1st, take the sunglasses off. Think about have your child evaluate the way that they are seeing things.

63 "Annie Certo" (1764782336)
00:11:12.149 --> 00:11:21.809
Is there another way to see it? Can we open up our thinking and kind

of open up our perception of whatever situation it may be that's challenging.

64 "Annie Certo" (1764782336)

00:11:21.809 --> 00:11:41.809

Manage up using the mouth, so this can be practice positive self, talk to help balance negativity. If your child is kind of perceiving things in a really negative way, have them practice positive self talk or a different way to communicate about this situation to themselves and.

65 "Annie Certo" (1764782336)

00:11:41.809 --> 00:12:01.809

And switch the playlist, think about the ears, evaluate the messages we are telling ourselves or that we're hearing or how we're filtering the messaging that we hear. 1. good way to do. This is thinking about there's an exercise called closed and open doors. The only thing that is constant in life.

66 "Annie Certo" (1764782336)

00:12:01.809 --> 00:12:21.809

Is change and so thinking about closed in open doors is really the goal of this exercise is twofold. 1st, to make you aware that the end of something is also the beginning of something new the end of something positive is not only negative, but can also create.

67 "Annie Certo" (1764782336)

00:12:21.809 --> 00:12:27.029

Great room for something positive again. It will help. You become.

68 "Annie Certo" (1764782336)

00:12:27.029 --> 00:12:45.689

Aware that this requires a shift in perspective from focusing on what is not there anymore to seeing the potential of the future. Secondly, this exercise will make you aware of what currently prevents them from adopting a more optimistic outlook when doors close.

69 "Annie Certo" (1764782336)

00:12:45.689 --> 00:13:05.689

So, this insight can be used to develop a more positive outlook for future, closing door events, but it's not to downplay the negative event. So it's always important to whatever the child's reaction to the event or the emotions associated with it. The pain, the heart.

70 "Annie Certo" (1764782336)

00:13:05.689 --> 00:13:17.309

However, acknowledge and validate that, but not hold on to them, but create awareness of the positive potential that arises as a result from the closed door.

71 "Annie Certo" (1764782336)

00:13:17.309 --> 00:13:37.309

So 1 way to do about to do this, especially as a parent is a lot of what we can do as model, but think about a time in your life when someone rejected you, or you missed out on something important or when a big plan collapsed. These would be points in your life or a door closed now. Think about what happened.

72 "Annie Certo" (1764782336)

00:13:37.309 --> 00:13:58.189

After what doors opened after, what would have never happened if the 1st store didn't close, sometimes it's important to kind of write down these experiences, or have your child kind of write down these experiences. Because even as young as they are, they may have experienced this in some way and talk about it. Um, be able to.

73 "Annie Certo" (1764782336)

00:13:58.189 --> 00:14:07.079

To kind of shift that thinking a little bit and open it up a little bit more to what possibilities can come out of a closed door.

74 "Annie Certo" (1764782336)

00:14:07.079 --> 00:14:10.379

All right next slide, please.

75 "Annie Certo" (1764782336)

00:14:10.379 --> 00:14:30.379

Now, let's talk about the heart, how do we build emotional resilience to start think about you've probably heard of writing the wave. This can come up when we talk about stress stress as a wave emotions as a wave. Um, whenever we find ourselves.

76 "Annie Certo" (1764782336)

00:14:30.379 --> 00:14:50.379

In a situation that is highly emotional or really struggling, it's important to remember that our actual emotions are very short lived. I don't know if you've heard of the 92nd rule, but there was a brain scientist Dr Taylor where, where they studied when a person has a reaction to something in their.

77 "Annie Certo" (1764782336)

00:14:50.379 --> 00:15:10.379

Environment there's a 92nd chemical process that happens. Any remaining emotional response is just the person choosing to stay in that emotional loop or our response to it. So, with this, it's, it's a good way to kind of frame for a child that emotions can be passing. It can.

78 "Annie Certo" (1764782336)

00:15:10.379 --> 00:15:30.379

Feel like completely overwhelming at the time, but if you start to

look at using kind of a mindfulness technique and the 92nd rule, you can start to work on regaining emotional self control and a child can begin to feel some self efficacy and their ability to.

79 "Annie Certo" (1764782336)
00:15:30.379 --> 00:15:33.479
Evaluate to feel.

80 "Annie Certo" (1764782336)
00:15:33.479 --> 00:15:53.479
Um, but not to get overwhelmed by emotion. So 1 thing to do is when you begin to feel an emotion or feel triggered, look at a clock and begin to count down 90 seconds, this leads you to kind of observe the emotional response. Instead of engaging with it. You can take a.

81 "Annie Certo" (1764782336)
00:15:53.479 --> 00:16:13.479
Hail take a few deep breaths and notice, you know, have the child or you do it yourself, you can model it and notice the tension in your body neck, jaw hands, shoulders, and try to actively relax those areas. Noticing the name in the emotion when we're feeling that is really important.

82 "Annie Certo" (1764782336)
00:16:13.479 --> 00:16:23.819
Kind of cultivate that awareness and how you feel it in your body and reassuring yourself and also reassuring your child that you're safe.
Um.

83 "Annie Certo" (1764782336)
00:16:23.819 --> 00:16:43.819
You can kind of distance yourself from the feelings and become an insert and observer instead of just a participant kind of, at the will of the emotion. So that's 1 way to kind of think about emotions and to separate ourselves from it in kind of form a scientific way. Um, another thing to do is really when we're thinking about.

84 "Annie Certo" (1764782336)
00:16:43.819 --> 00:17:03.819
Resilience is to use your comfort compass. So each of us within our family within ourselves has our own values that we live our lives by maybe as a family these are just known and they're what you've kind of raised your children with or maybe it's time to create.

85 "Annie Certo" (1764782336)
00:17:03.819 --> 00:17:08.669
List with children as more of an active participant, um.

86 "Annie Certo" (1764782336)
00:17:08.669 --> 00:17:28.669

So creating your own list of values, or what you guys value together, especially as you're with your children as they grow because these things could change, um, are there new ones to add, or what are some values that may be a fallen off, or been replaced by others some of the areas that we look at identifying our individual and family.

87 "Annie Certo" (1764782336)

00:17:28.669 --> 00:17:47.999

Values are within kind of the social realm, maybe religious or spiritual beliefs, work or school, um, any sort of moral values, or recreational, or kind of values around how we spend our free time. Our downtime. Um.

88 "Annie Certo" (1764782336)

00:17:47.999 --> 00:18:07.999

And some of the examples are, you know, thinking of the consequences before you act or learning from failures, celebrating successes, put your best effort towards every task always continue to learn. So, coming up with this is a great exercise to help children and.

89 "Annie Certo" (1764782336)

00:18:07.999 --> 00:18:27.999

The whole family be speaking the same language and really get back to what matters the most another way is really to set the guard rails for your child and for yourselves. And that's really looking at like, what are some principles that you really guide your life? Some examples of this would be, you know, living in the moment.

90 "Annie Certo" (1764782336)

00:18:27.999 --> 00:18:42.809

Nurturing family and friends, relationships, staying healthy, being active, doing what you enjoy, and have a passion for, you know, within reason being there for others. Um.

91 "Annie Certo" (1764782336)

00:18:42.809 --> 00:18:52.109

Always keep developing really looking at growth mindset amongst the family, or or for your children as they continue to grow and learn.

92 "Annie Certo" (1764782336)

00:18:52.109 --> 00:19:12.109

And then, lastly, another way is to really develop a healthy view of self, and this starts also with modeling. So love the mirror. You know, a good way to start is having your child identify their strengths, sit down. And what are the things that they really can celebrate about themselves? And.

93 "Annie Certo" (1764782336)

00:19:12.109 --> 00:19:32.109

That they like about themselves, if that's too challenging for them to

do, you can start modeling by telling them things you love about them. Strengths that you see in them to help them. Really start to deeply feel what makes them unique. And what makes them, you know, a contributor and what are the things that they bring to the.

94 "Annie Certo" (1764782336)
00:19:32.109 --> 00:19:38.519
Into the world next slide.

95 "Annie Certo" (1764782336)
00:19:38.519 --> 00:19:53.369
And lastly, we're going to look at the hands. How do we build behavioral resilience? 1 of the ways to think about this is we behave to become behavior is our way of practicing and skill building.

96 "Annie Certo" (1764782336)
00:19:53.369 --> 00:20:13.369
To become who we want to be by practicing and try and again, despite setbacks or obstacles that may surface we are evolving and growing and therefore, building resilience another way to do. This is really get getting connected with kind of our physical body moving and loving the body.

97 "Annie Certo" (1764782336)
00:20:13.369 --> 00:20:33.369
Any sort of movement or physical activities that your children enjoy, or teens enjoy, can help to cultivate this appreciation for our physical body and what it can do kind of marvel at how wonderful that I can do these things another thing is like, holding hands with somebody really.

98 "Annie Certo" (1764782336)
00:20:33.369 --> 00:20:53.369
Connection is so important, so finding ways that you can kind of connect with your child with whatever ways they're comfortable. This could be physical. This could be sitting next to them, you know, while you're having a talk or while you're supporting them through something difficult, but really finding those ways to connect this individual to your child.

99 "Annie Certo" (1764782336)
00:20:54.929 --> 00:21:14.929
Next slide and finally, you know, some tips, these are just some ideas they're not exhaustive, but some, some ways that you can really cultivate this head heart hands kind of approach to building resilience. The 1st thing is 1 on 1 time. Now, we.

100 "Annie Certo" (1764782336)
00:21:14.929 --> 00:21:34.929
All live really busy lives and so think about 1 on 1 time, as it can

be as short as 15 minutes a day, but make it focus time with your child, where you're both fully present. There's no phones or screens are involved and you just have some time to check in about the day, or support them through something that they may be going.

101 "Annie Certo" (1764782336)

00:21:34.929 --> 00:21:47.009

True. Um, it doesn't even have to be like a sit down for a talk. It could be 1 on 1 time focus doing something that you both want to do together. It can be an activity. It can be as simple as.

102 "Annie Certo" (1764782336)

00:21:47.009 --> 00:22:02.429

Maybe you're washing dishes together, but really make it intentional. And also, if you have multiple children, making sure that you have 1 on 1 time with each of them. So, 10 to 15 minutes of focus time makes all the difference.

103 "Annie Certo" (1764782336)

00:22:02.429 --> 00:22:22.429

Just with getting children to open up and be able to share with you about their day you can have a talk if that's something that you're maybe your child's especially verbal or or likes to talk through things or you can just even sit there next to them. While they're doing their homework, or they're doing.

104 "Annie Certo" (1764782336)

00:22:22.429 --> 00:22:26.429

Something just that support where you're physically there.

105 "Annie Certo" (1764782336)

00:22:26.429 --> 00:22:46.429

Um, another thing is just modeling modeling, you know, as adults we've, we've been through a lot in life already, and we've probably experienced, you know, our own lessons and resilience and having to bounce back from things, even modeling when you're going through something difficult in an age appropriate.

106 "Annie Certo" (1764782336)

00:22:46.429 --> 00:23:06.429

Of how you get through it, or how you talk yourself through something challenging is a great way for children to kind of pick up on that themselves and be able to apply it to their lives rewarding it or praising it. So, if you notice a child or team getting through something difficult, or.

107 "Annie Certo" (1764782336)

00:23:06.429 --> 00:23:26.429

Doing something that you want to see more of, or doing something hard, call it out. I mean, it doesn't have to be a formal reward, but even

just acknowledging and giving them some praise or just that you notice how hard they're working can have such such a, can have such an impact.

108 "Annie Certo" (1764782336)

00:23:26.429 --> 00:23:30.419

Being seen for for the work that they're doing.

109 "Annie Certo" (1764782336)

00:23:30.419 --> 00:23:50.419

Also, just using real life situations to kind of teach things that are relevant for them. Right now, going back to the beginning of this talk, when we were looking at, you know, putting yourself in your child's shoes or in their age, and kind of thinking back to what life was like for you at that time.

110 "Annie Certo" (1764782336)

00:23:50.419 --> 00:24:10.419

You might have situations that you went through as a child that could apply and that you could walk them through the closed door moment. And then what happened after not to say that all things are the same, but sometimes hearing about challenges that you've gone through, can be really helpful for children.

111 "Annie Certo" (1764782336)

00:24:10.419 --> 00:24:27.839

To know that you get it that you've seen adversity yourself and it might not be exactly the same. We don't want to. We don't pretend to know exactly how our Childs are feeling, but opening up that conversation of this is what happened for me. What do you think about that?

112 "Annie Certo" (1764782336)

00:24:27.839 --> 00:24:47.839

Um, keep reframing so a lot of times the messages that we're kind of telling ourselves are the way that we're looking at things and perceiving it can be really hard for a child in the moment to think of another way. So this is where a parent can come in and kind of open up their perspective a little bit. Um, even in kind of a curious way.

113 "Annie Certo" (1764782336)

00:24:47.839 --> 00:25:05.729

Of, you know, what's another way we can look at this? I know that this is what you're experiencing, and this is what you feel, not to say that that's not valid but is there another way could there be another way to look at this and kind of walk them through how you reframe your thoughts in a different way.

114 "Annie Certo" (1764782336)

00:25:05.729 --> 00:25:25.729

Um, really important is, you know, just like they say on the airplane that you need to secure your oxygen mask 1st, before helping your child. I think we also need to look internally at some of our own messaging, and some of our own feelings around adversity, and, you know, challenges that our children may be going.

115 "Annie Certo" (1764782336)

00:25:25.729 --> 00:25:45.729

True managing our own guilt about how we may approach a situation with our child if we don't get it. Right? The 1st time. That's okay. It's okay. And actually can be really powerful to tell a child like, hey, let's try that again. You know, I made a mistake or that that's not how I wanted that to go.

116 "Annie Certo" (1764782336)

00:25:45.729 --> 00:25:50.339

Let's try that again and kind of alleviate yourself of guilt of having to get it.

117 "Annie Certo" (1764782336)

00:25:50.339 --> 00:26:10.339

Perfect or just right or, you know, always be right on with what your child needs, you know, it's a, it's a learning process overall. And so sometimes that transparency can be really healing for everybody also practicing your own self compassion because, you know, when your child's going through difficult.

118 "Annie Certo" (1764782336)

00:26:10.339 --> 00:26:19.259

Time you could also be going through a difficult time so cutting yourself some slack if you're really struggling with your own resiliency at the moment. Um.

119 "Annie Certo" (1764782336)

00:26:19.259 --> 00:26:29.159

It's okay. Um, and then also setting smart goals for parenting. So, smart goals really are looking at, um.

120 "Annie Certo" (1764782336)

00:26:29.159 --> 00:26:49.159

You know, specific, measurable, achievable, relevant in time bound, keep it simple. Oftentimes our expectations are of our children are adult expectations because we're stuck in our adult world and so really kind of taking a step back and and setting a goal or or.

121 "Annie Certo" (1764782336)

00:26:49.159 --> 00:27:09.159

You know, a strategy, that's maybe a little bit more achievable and in looking at it more as a systematic kind of baby steps, but also, again, tapping into that child perspective and really, you know, when

you're say you're 8 years old, and you're not invited to a birthday.

122 "Annie Certo" (1764782336)

00:27:09.159 --> 00:27:20.249

Party and to us, it might be like, oh, you know, that happens there'll be other birthday parties, but really looking at when you're that young that can be everything, you know.

123 "Annie Certo" (1764782336)

00:27:20.249 --> 00:27:35.789

Friendships are really starting to become more and more primary for kids, and they're moving away from family input as the most primary, and starting to open up to, like, how their peer see them in and those connections. And so really.

124 "Annie Certo" (1764782336)

00:27:35.789 --> 00:27:45.059

Looking at what it could be like, for that child, it might be like the world is ending and it's hard for them to get that perspective.

125 "Annie Certo" (1764782336)

00:27:45.059 --> 00:27:51.419

And so, with that, you know, setting our expectations and our goals for how we, um.

126 "Annie Certo" (1764782336)

00:27:51.419 --> 00:27:56.579

You know, help our child in a realistic way.

127 "Annie Certo" (1764782336)

00:27:56.579 --> 00:28:00.959

All right next slide.

128 "Annie Certo" (1764782336)

00:28:00.959 --> 00:28:06.989

All right, that is kind of the end of the, um.

129 "Annie Certo" (1764782336)

00:28:06.989 --> 00:28:26.143

Building resilient children portion, but we definitely have time for Q, and a, at the end, which I would love to answer any questions you may have from anything that I've shared so far, but I'm going to pass it over to Linda to kind of talk a little bit about bright line and how to get support.

130 "Linda Hall " (1024761344)

00:28:26.143 --> 00:28:45.209

Thanks Danny. Great information. And for any caregiver that's looking to get support for your children for your teams for yourself for your entire family. Bright line is your partner and providing pediatric,

virtual, mental health support. We work with.

131 "Linda Hall " (1024761344)

00:28:45.209 --> 00:29:05.209

Your family and your children ages toddler a year, and a half all the way up through 18 years old some of the services of our programs include connect. Plus, which is our digital platform, the front door on how you start to navigate your care and your personalized support program.

132 "Linda Hall " (1024761344)

00:29:05.209 --> 00:29:22.439

How you access resources, including articles on topics like building resilient children, and so many others, and also some interactive activities that can really help you navigate through lots of different challenges that all families face. So.

133 "Linda Hall " (1024761344)

00:29:22.439 --> 00:29:42.439

You can access connect plus at any time, when you enroll and sign up for services, you also get access to 1 on 1 live virtual care sessions with expert, behavioral health coaches that really help you address some of those common challenges. So if you think about eating.

134 "Linda Hall " (1024761344)

00:29:42.439 --> 00:30:02.439

Sleeping friendships, navigating through school schedules, just regular family dynamics. Our coaches are available to help support you through a variety of topics like that things that we consider to be on a lower acuity model. And then, of course, you also have access to.

135 "Linda Hall " (1024761344)

00:30:02.439 --> 00:30:12.599

Care therapists, and you can have live 1 on 1, virtual sessions with highly trained therapists and also you can.

136 "Linda Hall " (1024761344)

00:30:12.599 --> 00:30:32.599

Use our medical management program, if that's applicable to your family. So, overall, the program provides a dyadic model for you as a caregiver for your children, and really can help to support you through a variety of challenges that can occur all through the ages where you're raising your.

137 "Linda Hall " (1024761344)

00:30:32.599 --> 00:30:52.599

And trying to teach them behaviors. That can really help them to be resilient to overcome their challenges and certainly to support you through any type of struggles. That you might have. So, we definitely recommend viewing bright line as your partner to help you navigate

through these challenges. If you go to the next slide, you can easily.

138 "Linda Hall " (1024761344)

00:30:52.599 --> 00:31:00.059

We enroll and sign up it takes about 6 minutes. So if you slip to the next slide.

139 "Linda Hall " (1024761344)

00:31:00.059 --> 00:31:20.059

You can scan the QR code right now and that will get you started and on your way. It's basically 4 simple steps to gather some basic information. And then you will receive information from bright line and engage in a welcome session. That really helps determine what's going to be the best care.

140 "Linda Hall " (1024761344)

00:31:20.059 --> 00:31:40.059

For you, it'll be personalized, you'll get to meet your coach and or therapist and really get started very quickly. Bright line is here to support you, you're not going to have a long wait list to get the care that you need. You're going to have access to care in a very quick turnaround time. And, as I said, it takes.

141 "Linda Hall " (1024761344)

00:31:40.059 --> 00:32:00.059

A little to get started these 4 simple steps. We're going to ask you to set up your account. We're going to ask you to enter in your insurance information so that we can verify your coverage. We're going to ask you to tell us a little bit about your family and your dependent child that you're seeking help for.

142 "Linda Hall " (1024761344)

00:32:00.059 --> 00:32:20.059

And then share the topics, the challenges, the issues that you're most interested in, and that can help support your family the most. And then bright line will be in touch to set you up and start your personalized care plan very quickly. So, again, if you're looking to get started right away, you can scan the QR code right here or.

143 "Linda Hall " (1024761344)

00:32:20.059 --> 00:32:25.229

You can certainly visit hello? Bright line dot com to get started.

144 "Linda Hall " (1024761344)

00:32:29.669 --> 00:32:37.498

And I think I'm going to turn it back over to see if there are any questions that we can help answer at this time.

145 "Dana andersen" (1994893312)

00:32:37.498 --> 00:32:55.839

Yes, thank you so much Dana's back here. So I'm just going to go ahead and let you know what we have here for questions. So I'll start with the 1st 1 is do you have references for the 90 seconds? Emotional responsible for further study.

146 "Annie Certo" (1764782336)

00:32:55.839 --> 00:33:14.809

Yeah, so brain scientist, if you if you look up brain scientist, Jim multi Taylor. Jill. Sorry Jill multi Taylor. She actually wrote a book of my stroke of insight, but also builds on. I don't know if you've ever heard of man search for meaning a book by Victor.

147 "Annie Certo" (1764782336)

00:33:14.809 --> 00:33:34.809

Frankel, which is he was a survivor of the Holocaust, but also looks at kind of the way to he he chose his response to his circumstances instead of letting the circumstances make the choice for him. So that's also another powerful way to kind of look at that response. But Jill multi Taylor.

148 "Annie Certo" (1764782336)

00:33:34.809 --> 00:33:54.809

If you Google her, there's lots of different articles there's actually 1 that came up in psychology today that really talks about the 92nd rule that build self control. Um, so that would be my answer for that. There's a lot of things out there and just very simple kind of mindfulness techniques that you can follow. That just walks.

149 "Annie Certo" (1764782336)

00:33:54.809 --> 00:33:57.508

Do you through what to do?

150 "Dana andersen" (1994893312)

00:33:57.508 --> 00:34:05.309

Awesome Thank you. Next question. Can you use your E benefit with bright line?

151 "Annie Certo" (1764782336)

00:34:08.694 --> 00:34:13.679

Linda, can I kick this 1 over to you?

152 "Linda Hall " (1024761344)

00:34:18.449 --> 00:34:27.929

Sorry, actually, you can use the benefits through Cigna. I'm going to actually.

153 "Linda Hall " (1024761344)

00:34:27.929 --> 00:34:33.517

Take it back to the signet team to answer that.

154 "Dana andersen" (1994893312)

00:34:33.517 --> 00:34:53.629

The other thing I would suggest is if you are on my com, or you can go to my signature dot com, and then you can look at what your benefit is. And I believe on the site, you can look the provider up or the facility to see.

155 "Dana andersen" (1994893312)

00:34:53.629 --> 00:34:59.789

They do accept the.

156 "Dana andersen" (1994893312)

00:34:59.789 --> 00:35:08.879

And if you can't find it there, you could always call your HR department and they would be able to set you up with an benefit. That is part of.

157 "Dana andersen" (1994893312)

00:35:08.879 --> 00:35:13.319

Uh, um, part of your employee package.

158 "Dana andersen" (1994893312)

00:35:13.319 --> 00:35:17.759

Hope that helps.

159 "Dana andersen" (1994893312)

00:35:17.759 --> 00:35:26.546

And so next, but do you have any experience and advice for families with young children going through the, for.

160 "Annie Certo" (1764782336)

00:35:26.546 --> 00:35:30.569

Yeah, that definitely comes up, um.

161 "Annie Certo" (1764782336)

00:35:30.569 --> 00:35:43.139

Here at I would say, I think the 1st thing to do is really to look at the impact on your child and, you know, your children best. So if you're noticing kind of a change in behavior or, um.

162 "Annie Certo" (1764782336)

00:35:43.139 --> 00:35:56.609

Anything or withdrawal, I think getting connected with either a coach or a therapist, usually with something like divorce or a big life transition we would.

163 "Annie Certo" (1764782336)

00:35:56.609 --> 00:36:16.609

Recommend, you know, an evaluation, depending on how young the children are, but there can be simple strategies to kind of help them

to process what they may be feeling. I'm using kind of looking at some of their thoughts and their behaviors and what's what's happening for them. So, I would say overall.

164 "Annie Certo" (1764782336)

00:36:16.609 --> 00:36:32.609

Just just what you notice with children sometimes they're sometimes we actually anticipate that there's more of an impact than there is. So it can go kind of either way but I think just reaching out for help and getting a professional to kind of.

165 "Annie Certo" (1764782336)

00:36:32.609 --> 00:36:38.754

Evaluate what's going on for them.

166 "Dana andersen" (1994893312)

00:36:38.754 --> 00:36:49.889

Thank you and I'm still open for questions. Is there is there anybody else that has a question for and.

167 "Dana andersen" (1994893312)

00:37:02.298 --> 00:37:15.059

Hello.

168 "Dana andersen" (1994893312)

00:37:15.059 --> 00:37:25.679

Yeah, I'm not seeing any additional questions at this time.

169 "Dana andersen" (1994893312)

00:37:25.679 --> 00:37:31.161

Oh, I'm sorry, I did see another 1. okay, so, is it.

170 "Annie Certo" (1764782336)

00:37:31.161 --> 00:37:35.145

In the Max, I'm sorry.

171 "Dana andersen" (1994893312)

00:37:35.145 --> 00:37:41.069

Somebody else taking.

172 "Dana andersen" (1994893312)

00:37:41.069 --> 00:37:48.419

Is 18 the Max 8, if you have children with other challenges that are older.

173 "Dana andersen" (1994893312)

00:37:48.419 --> 00:37:52.268

Can you still help.

174 "Annie Certo" (1764782336)

00:37:52.268 --> 00:37:59.189

At this time, 18 is the maximum maximum age at bright line.

175 "Annie Certo" (1764782336)

00:37:59.189 --> 00:38:08.279

However, there are kind of other platforms to look at for young adults. Um, if you want to get them connected, uh.

176 "Annie Certo" (1764782336)

00:38:08.279 --> 00:38:21.451

With life challenges kind of transitions, especially if you think about above 18 going into college and kind of adulthood, but currently, 18 is the Max age bright line.

177 "Dana andersen" (1994893312)

00:38:21.451 --> 00:38:28.710

Great, thank you any further questions for any.

178 "Dana andersen" (1994893312)

00:38:37.560 --> 00:38:48.390

Let's just give it a few more minutes here. Okay. Um, any advice for a 13 year old.

179 "Dana andersen" (1994893312)

00:38:48.390 --> 00:38:51.660

How to handle the in bullied by a girl.

180 "Dana andersen" (1994893312)

00:38:51.660 --> 00:38:54.720

Who is who has autism.

181 "Annie Certo" (1764782336)

00:38:57.926 --> 00:39:01.170

Oh, let me just.

182 "Annie Certo" (1764782336)

00:39:01.170 --> 00:39:21.170

Um, I would say, really, for a 13 year old, I think getting them connected with any resources at school. I think specifically with bullying, making sure that the school is also aware so that there's kind of supports in place there. But I.

183 "Annie Certo" (1764782336)

00:39:21.170 --> 00:39:35.160

I think for that 13 year old as a family really being able to talk about the impact and what's happening for the child that I think also bullying is sometimes.

184 "Annie Certo" (1764782336)

00:39:35.160 --> 00:39:55.160

Is often a risk factor for other things and just how it internally impacts if you think about, like a young team. Um, I also think getting that child connected with a counselor, whether at school, or even with a therapist to be able to kind of work through some of that. Um, it can be a little bit complex.

185 "Annie Certo" (1764782336)
00:39:55.160 --> 00:39:58.530
But also, you know.

186 "Annie Certo" (1764782336)
00:39:58.530 --> 00:40:03.210
They're saying that that the child has autism, who is.

187 "Annie Certo" (1764782336)
00:40:03.210 --> 00:40:06.330
Bullying doing the balloon or the 13 year old.

188 "Annie Certo" (1764782336)
00:40:06.330 --> 00:40:23.400
Has autism, I guess I'm reading it that the child who is bullying has autism. Um, so also, maybe looking at some resources of of how do we cultivate our own sort of empathy? There might be.

189 "Annie Certo" (1764782336)
00:40:23.400 --> 00:40:39.090
Some inability to empathize from the bully and so looking at some of that from the 13 year olds perspective to better understand, you know, it may be more of a mismatch and and lack of social skills and kind of.

190 "Annie Certo" (1764782336)
00:40:39.090 --> 00:40:44.040
But I think overall just making sure that they're support in place.

191 "Annie Certo" (1764782336)
00:40:44.040 --> 00:40:57.115
Outside of just you, so, within the school, or finding a therapist for the child to kind of work through this and and come up with some strategies to create some boundaries and also to kind of put a stop to it.

192 "Dana andersen" (1994893312)
00:40:57.115 --> 00:41:02.160
Hello.

193 "Dana andersen" (1994893312)
00:41:02.160 --> 00:41:07.590
Thank you any additional questions. We do have some time.

194 "Dana andersen" (1994893312)

00:41:46.920 --> 00:41:53.160

I don't see any additional questions so I want to thank you so much.

195 "Dana andersen" (1994893312)

00:41:53.160 --> 00:42:13.160

For attending, and thank you for providing such wonderful insight. Annie. Uh, if you have specific questions about any topics discussed today, please contact governor the signal by calling the number on the back of your insurance card. Our next webinar webinar will take place on October.

196 "Dana andersen" (1994893312)

00:42:13.160 --> 00:42:16.920

1st, with our presenter being Tuesday Tori.

197 "Dana andersen" (1994893312)

00:42:16.920 --> 00:42:27.355

And it will be a pleasure to have you joined us again so everybody, thank you and have a very wonderful day.

198 "Annie Certo" (1764782336)

00:42:27.355 --> 00:42:31.445

Thank you so much for having me thanks, Danny.

199 "Dana andersen" (1994893312)

00:42:31.445 --> 00:42:32.653

Thanks, Linda.

200 "Linda Hall " (1024761344)

00:42:32.653 --> 00:42:35.664

Thank you have a good day.

201 "Dana andersen" (1994893312)

00:42:35.664 --> 00:42:41.544

To see the next year.