

WEBVTT

1 "Dana andersen" (1931704576)

00:00:04.379 --> 00:00:08.700

Welcome, and thank you for calling in to sickness.

2 "Dana andersen" (1931704576)

00:00:08.700 --> 00:00:19.589

2023 children and families awareness series. My name is Dana Anderson, and I am a coaching and support case managers throughout every nurse.

3 "Dana andersen" (1931704576)

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And just a little bit about the presentation due to the format of this presentation. We will not be able to ask questions during the teleconference. The conference will be opened up for Q and a, at the completion of the presentation.

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00:00:34.884 --> 00:00:49.374

Although today in a presentation, we do have a couple of video questions that will be presented through. And also for today's handout you may get that is available online at Cigna.

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Com forward slash children's families.

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And also you can log into spital for the Q and a, and to participate in any in the moment questions that, for your question.

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And please note that not all policy covers today's topics.

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So, for more specific information, if your policy covers topics discussed and space seminar, please contact the number on the back of your insurance cards.

9 "Dana andersen" (1931704576)

00:01:15.300 --> 00:01:20.520

And so today I have the pleasure of introducing Clayton Davis.

10 "Dana andersen" (1931704576)

00:01:20.520 --> 00:01:24.000

And today's presentation is on resilience.

11 "Dana andersen" (1931704576)

00:01:24.145 --> 00:01:37.255

And a little bit about the presentation is resilience is the ability to bounce back after life throws challenges in some way sometimes these challenges can knock a person down emotionally,

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00:01:37.285 --> 00:01:39.685

especially with all the variables that.

13 "Dana andersen" (1931704576)

00:01:39.930 --> 00:01:43.020

Been in play at the last 3 years.

14 "Dana andersen" (1931704576)

00:01:43.020 --> 00:01:50.670

This seminar will take a look at the dynamics of resilience and what are building blocks to increase.

15 "Dana andersen" (1931704576)

00:01:51.175 --> 00:02:05.995

It's going forward and just a little bit of bio information on Clayton Clayton Davis LPC has been licensed clinician for over 20 years in the field of counseling where he has assisted people to understand and

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00:02:05.995 --> 00:02:09.565

develop coping skills for issues such as anxiety.

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00:02:10.135 --> 00:02:18.535

Depression and substance abuse use presently signals behavioral, clinical strategists within the New York, New Jersey market,

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00:02:18.895 --> 00:02:29.515

and translates the latest behavioral trends and services for our partners to develop actionable steps for improving mental health within their organizations and communities.

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00:02:30.205 --> 00:02:38.845

He is a licensed professional counselor in the state of New Jersey, and is certified is a certified mental health 1st aid instructors.

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00:02:39.180 --> 00:02:45.210

We would like to thank you Clayton for being here. Today. You are welcome to start your presentation.

21 "W. Clayton Davis" (2555177216)

00:02:46.495 --> 00:02:58.165

Oh, good, thank you. So, 1st of all. I'm just gonna say, hello to everybody that's out there and and a big things to put aside some of your valuable time to listen to me talk about resilience. You know, as mentioned, I'm Walter.

22 "W. Clayton Davis" (2555177216)

00:02:58.165 --> 00:03:12.985

Clayton Davis referred to Clayton in these circles and will be your presented today. So my current responsibilities, as soon as a behavioral clinical strategist involves keeping up with the issues affecting the mental health and tools available and I'm going to talk to some of those today.

23 "W. Clayton Davis" (2555177216)

00:03:13.560 --> 00:03:16.800

And I've been in the field since about the 990 s.

24 "W. Clayton Davis" (2555177216)

00:03:16.800 --> 00:03:29.280

And before I joined signal, my time is spent working in a variety of mental health settings that range from either telephonic stress management, coaching up into counseling patients and acute inpatient settings.

25 "W. Clayton Davis" (2555177216)

00:03:29.280 --> 00:03:40.860

And a very crucial needed variable that occurred within all of these settings that I found was the ability to bounce back from challenges, which is resilience that we're going to talk about today.

26 "W. Clayton Davis" (2555177216)

00:03:42.360 --> 00:03:55.315

But what I want to look at is 1st off, let's kind of see where we're at, in, in the state at this present. So, if we look at the conditions we're facing, presently that make this ability to bounce back. So difficult. Lately.

27 "W. Clayton Davis" (2555177216)

00:03:55.615 --> 00:04:08.185

The last 3 years have been brutal in terms of stress anxiety, depression and trauma and when we look at communities that have been impacted by trauma, there are multiple ways of impact emerging.

28 "W. Clayton Davis" (2555177216)

00:04:08.605 --> 00:04:12.265

So for today I'm going to be focusing in on the green line. You can see.

29 "W. Clayton Davis" (2555177216)

00:04:12.360 --> 00:04:15.960

The screen that's representing the mental health burger.

30 "W. Clayton Davis" (2555177216)

00:04:15.960 --> 00:04:23.070

And as you can see the mental health burden lands on the scene at the 2nd wave.

31 "W. Clayton Davis" (2555177216)

00:04:23.070 --> 00:04:32.399

You know, the 1st wave is the immediate impact of the, the critical aspects of what's happening. And 1 of the things is, it escalates very rapidly.

32 "W. Clayton Davis" (2555177216)

00:04:32.399 --> 00:04:35.909

And it's also the very last to stabilize.

33 "W. Clayton Davis" (2555177216)

00:04:36.294 --> 00:04:50.214

You know, and that's the thing is, a person's sense of emotional security has been completely up into the last few years. And it just does not come down easily. It's the last to stabilize of all the different aspects of things that's been kind of at our attention.

34 "W. Clayton Davis" (2555177216)

00:04:50.604 --> 00:04:57.564

You know, you think about, we have we still have remaining nagging doubts and fears that had that haven't cleared up and they're not going to clear up overnight.

35 "W. Clayton Davis" (2555177216)

00:04:57.954 --> 00:05:05.784

Especially if there's some lingering effects that we're still experiencing, such as instability is in a variety of areas around the person.

36 "W. Clayton Davis" (2555177216)

00:05:05.909 --> 00:05:17.519

So, while some areas of the pandemic is approved, there's continue to be mental health struggles across the nation that are impacting, not just adults, but the children's and adolescents also.

37 "W. Clayton Davis" (2555177216)

00:05:18.534 --> 00:05:33.444

And so 1 of the things is, we've actually looked at a lot of research. 1 of the advantages that I have in my positions is, I can interface with a lot of different areas of research. And, and also people to

kind of see what does some of the data say, because we can see what's happening.

38 "W. Clayton Davis" (2555177216)

00:05:33.444 --> 00:05:46.374

And what we've seen is the research has shown that behavioral health is still impacted in particular areas, such as a, an anxiety and depression. These rates have been tripling over time like, for example.

39 "W. Clayton Davis" (2555177216)

00:05:47.519 --> 00:06:02.334

Before 2020, depression used to affect roughly about 8% of the population would be demonstrating some symptoms of depression that numbers risen to 25% of people struggling with that particular diagnosis. And this is just 1 example of different types of mental health issues.

40 "W. Clayton Davis" (2555177216)

00:06:02.364 --> 00:06:04.584

different types of mental health issues

41 "W. Clayton Davis" (2555177216)

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We've also found that medications have dramatically increased because once the pandemic kid, there was an immediate increase of 10 to 20% of just antidepressants to pick 1 group.

42 "W. Clayton Davis" (2555177216)

00:06:15.084 --> 00:06:18.384

And 1 of the things that makes the stat, alarming to me is,

43 "W. Clayton Davis" (2555177216)

00:06:18.384 --> 00:06:32.304

this is only capturing the segment of the people who actually are seeking out professional health and actually following through and filling their prescriptions for psychotropic medications. If that's the way they're treating it.

44 "W. Clayton Davis" (2555177216)

00:06:32.304 --> 00:06:35.034

Many individuals are either completely. completely

45 "W. Clayton Davis" (2555177216)

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Ignoring the symptoms, and then they become worse over time, or they begin engaging in very harmful coping patterns, you know, these are patterns such as either illegal drug use, and either beginning or increasing alcohol consumption.

46 "W. Clayton Davis" (2555177216)

00:06:49.674 --> 00:07:00.864

So the last 3 years has been very difficult and then the pile on top of that, we've actually had our ability to have our social supports continued with loneliness greatly increases.

47 "W. Clayton Davis" (2555177216)

00:07:01.524 --> 00:07:04.884

And this is also an additional unhealthy trend because by.

48 "W. Clayton Davis" (2555177216)

00:07:05.129 --> 00:07:14.639

We are very social creatures, you know, our mental health is so much better when there's a healthy balance of interactions with our family friends and communities.

49 "W. Clayton Davis" (2555177216)

00:07:14.639 --> 00:07:27.179

And this emotional balance of interactions actually help bolster our emotional resilience. And I'm going to kind of touch upon some of those variables later on as as 1 of the things that help build it up.

50 "W. Clayton Davis" (2555177216)

00:07:28.194 --> 00:07:42.774

So, as I mentioned before here I work with, so we look at a lot of behavioral friends and so we have a lot of access to data. So we've been kind of able to do a deep dive into certain aspects. And when we go deeply into resilience.

51 "W. Clayton Davis" (2555177216)

00:07:43.019 --> 00:07:55.619

We've looked at about how it impacts people, health, their mental health, their physical health and some of the correlations of what kind of helps be, they're bolster it. And what are some of the patterns that people that are highly resilient? What are some of the things that are around them?

52 "W. Clayton Davis" (2555177216)

00:07:55.619 --> 00:07:59.399

And 1, that's disturbing. Things that we found out is that.

53 "W. Clayton Davis" (2555177216)

00:07:59.724 --> 00:08:10.404

We are having an issue with people experiencing resilience. 3, out of 5, Americans are struggling. They're either having low resilience or no resilience at all.

54 "W. Clayton Davis" (2555177216)

00:08:10.764 --> 00:08:25.644

You know, and when we look at it, this is kind of alarming because

this is affecting the children and the adolescence because, you know, 1 of the things is we have to be able to model this for them and they pick up on some of these things. But we want to be able to kind of pay attention to that.

55 "W. Clayton Davis" (2555177216)
00:08:25.644 --> 00:08:26.694
It's very critical.

56 "W. Clayton Davis" (2555177216)
00:08:27.209 --> 00:08:36.059
So, the definition let's define, what is resilience what does resilience look like and I like to use a visual.

57 "W. Clayton Davis" (2555177216)
00:08:36.059 --> 00:08:39.449
And 1 of the things is I have on my risk is if you can't see it.

58 "W. Clayton Davis" (2555177216)
00:08:39.449 --> 00:08:42.959
I am holding a little here, but.

59 "W. Clayton Davis" (2555177216)
00:08:42.959 --> 00:08:53.009
Cause, you know, living in a house filled with females, the last 2 decades, these little plastic things show up everything to the point that I just started like.

60 "W. Clayton Davis" (2555177216)
00:08:53.009 --> 00:09:01.829
I'm tired of taking them back to bedrooms. I'm just going to, like, figure out you some of them myself. So I've discovered that these things are very adaptable and could be used.

61 "W. Clayton Davis" (2555177216)
00:09:01.829 --> 00:09:11.279
You know, because if we're looking for something as a physical representation, I think this really works. Well, because a couple things about it is number 1.

62 "W. Clayton Davis" (2555177216)
00:09:11.279 --> 00:09:16.379
Very stretching it stretches and snaps back into its original shape.

63 "W. Clayton Davis" (2555177216)
00:09:16.379 --> 00:09:24.239
You know, and I think that's 1 of the things we look at about when we're dealing with resilience and that we want to be able to bounce back into shape.

64 "W. Clayton Davis" (2555177216)

00:09:24.239 --> 00:09:29.219

You know, who we are, we have these things and practice and it kind of pulls us apart.

65 "W. Clayton Davis" (2555177216)

00:09:29.219 --> 00:09:35.099

And so 1 of the things is, we want to be able to have this ability to kind of pull it back.

66 "W. Clayton Davis" (2555177216)

00:09:35.099 --> 00:09:42.149

And I think the other thing is, when we look at these emotional resilience they think about, if somebody has this tie within them.

67 "W. Clayton Davis" (2555177216)

00:09:42.149 --> 00:09:55.074

They demonstrate some of this, they may not sure what the solution is but, you know what? This time is gonna help them hold it together while they keep moving forward with the belief that something will improve eventually. And it doesn't mean that they're not without a little messiness.

68 "W. Clayton Davis" (2555177216)

00:09:55.284 --> 00:10:07.284

It's about staying focused on the bigger, bigger picture and task while, bundling up that little bird's nest of anxiety and fears and pull it back and keep it out of your face. So that you can get what needs to be done.

69 "W. Clayton Davis" (2555177216)

00:10:07.884 --> 00:10:11.844

And I think another thing about resilience that we kind of take this hair analogy.

70 "W. Clayton Davis" (2555177216)

00:10:12.149 --> 00:10:13.649

Being further.

71 "W. Clayton Davis" (2555177216)

00:10:13.854 --> 00:10:27.744

Let's look at everybody has different variations in here just like we all had different variations and resilience that, for example, some of us have here is a little bit curly and anytime there's high amounts of humidity and makes a lot harder to manage.

72 "W. Clayton Davis" (2555177216)

00:10:27.984 --> 00:10:41.184

And then other people have just here that, you know, the humidity doesn't really affect it and same thing with our emotional resilience.

We some people, they're able to bounce back in some settings, very easily and other people and not so easily.

73 "W. Clayton Davis" (2555177216)

00:10:41.334 --> 00:10:43.584

It's not that 1 is better than the.

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00:10:43.649 --> 00:10:57.294

Other, it's just different, and I think that's the thing we want to kind of picture pitches and stuff of what we have to do and I always like the visual of of a woman who is facing some type of challenges. They don't want to go out there.

75 "W. Clayton Davis" (2555177216)

00:10:57.504 --> 00:11:07.554

And they got to so, what they do is they just grab that little twist Ty, pull their hair back, slapping a quick ponytail, and then head out the door with this. I got this setting.

76 "W. Clayton Davis" (2555177216)

00:11:08.249 --> 00:11:14.129

So then think about that, we are considering the resilience. So what does it look like and how does it interact.

77 "W. Clayton Davis" (2555177216)

00:11:15.024 --> 00:11:21.294

Now, 1 of the things is, I want to also touch base upon other aspects of what's happening here.

78 "W. Clayton Davis" (2555177216)

00:11:21.744 --> 00:11:35.184

So 1 additional problem facing facing, as if we've got enough instabilities is many people are feeling that they need to make a change of their lives, which has been leading what many people have called the great resignation.

79 "W. Clayton Davis" (2555177216)

00:11:35.514 --> 00:11:44.124

And there's been a significant portion of people leaving their place of employment. During recent times, their mental health is being 1 of the driving forces.

80 "W. Clayton Davis" (2555177216)

00:11:44.129 --> 00:11:49.709

About making change, they're trying to move forward for their own sanity and then when we look at this.

81 "W. Clayton Davis" (2555177216)

00:11:49.709 --> 00:11:56.009

And separate it up according to generations. Which generation do you think actually.

82 "W. Clayton Davis" (2555177216)

00:11:56.009 --> 00:12:05.009

Is the most likely to leave based upon their mental health, and just being able to walk out the door and to take care of themselves?

83 "W. Clayton Davis" (2555177216)

00:12:05.009 --> 00:12:09.299

Think about it we've got gen. Z, millennials. Gen X.

84 "W. Clayton Davis" (2555177216)

00:12:09.299 --> 00:12:15.359

And then the baby boomers, but think about that for a 2nd, who is most likely to walk out the door.

85 "W. Clayton Davis" (2555177216)

00:12:18.059 --> 00:12:32.664

If you pick jenvi, you'd be correct these are people ranging from age, 11 to 25 years of age. So we're looking at, you know, children and adolescents and young adults that are starting to enter into the workforce. And this is also critical.

86 "W. Clayton Davis" (2555177216)

00:12:32.664 --> 00:12:47.604

Because, by 2030, this is gonna be 30% of the US workforce and that's something to pay attention. This is a critical group here that's going to become more and more of a forcing C and 1 of the things is their behavioral health. things is their behavioral health

87 "W. Clayton Davis" (2555177216)

00:12:48.059 --> 00:12:57.474

Has been hit very hard over the last few years. Think about this this is the age group that when we've done some studies on loneliness, they have the highest rates of social loneliness.

88 "W. Clayton Davis" (2555177216)

00:12:57.804 --> 00:13:05.124

They also have the highest rates of admitting to having mental health challenges, and they also have the lowest amount of resilience.

89 "W. Clayton Davis" (2555177216)

00:13:05.429 --> 00:13:19.769

So there actually, this is 1 of the times demographics I kind of want to focus in so when we're thinking about children and adolescents, they are have the least amount of resilience when we're looking at the studies about high medium and low resilience.

90 "W. Clayton Davis" (2555177216)

00:13:19.769 --> 00:13:25.944

And also, the other component is, there's social interactions have been limited in the last few years for significant portions of time.

91 "W. Clayton Davis" (2555177216)

00:13:26.304 --> 00:13:37.794

And many of them had to experience their classroom learning, either in elementary school, junior high, or in college, through virtual instruction. And this is a very important period of lies.

92 "W. Clayton Davis" (2555177216)

00:13:38.069 --> 00:13:52.764

Plus, the other component is additional stressors, such as witnessing various financial difficulties that can contribute to a very pessimistic outlook for the future of how they see things to think about it this age group. Some of the ones that are more in the late teens.

93 "W. Clayton Davis" (2555177216)

00:13:52.764 --> 00:14:03.984

And twenties, they experience the recession through the parents in 2008, 2009 that resulted in 80% of Americans losing, at least 20% of their financial assets. at least twenty percent of their financial assets

94 "W. Clayton Davis" (2555177216)

00:14:04.674 --> 00:14:19.104

Then later on in life as either young adults, or teenagers or kids getting ready to go college, they also had another round of financial hardships, because the, the people that are starting to get into their 1st jobs,

95 "W. Clayton Davis" (2555177216)

00:14:19.104 --> 00:14:27.024

or maybe a high school job. They had half of them either a lost a job or had a decrease in pay by someone in the household.

96 "W. Clayton Davis" (2555177216)

00:14:27.569 --> 00:14:34.499

So, they're also experienced a lot of, you know, stress like cause, once again, sometimes children are starting to think forward.

97 "W. Clayton Davis" (2555177216)

00:14:34.499 --> 00:14:38.909

And they're seeing a very not so optimistic view of what they've got in the future.

98 "W. Clayton Davis" (2555177216)

00:14:40.134 --> 00:14:53.964

So, let's take a look at resilience this particular aspect when Cigna

did a deep dive into it. We kind of looked at some of the things. So not surprisingly the gencsi group has the least amount of resilience, according to the signals research, into the matter.

99 "W. Clayton Davis" (2555177216)

00:14:54.504 --> 00:14:59.064

The result of the research found that across the lifespan, it follows a U shaped.

100 "W. Clayton Davis" (2555177216)

00:14:59.489 --> 00:15:12.384

With young children ages 5 to 10 being the most bouncy to challenges. Because if you think about it, they fall down the sandbox and then they just roll up to can you continue playing sand castles or whatever it is occupying their attention span at that time.

101 "W. Clayton Davis" (2555177216)

00:15:13.404 --> 00:15:26.274

Their concerns about consequences beyond when the next play time is is very minimal. You know, they haven't really, at this age, from 5 to 10, they haven't really discovered all the limitations in their ability yet, or what they can be in the future.

102 "W. Clayton Davis" (2555177216)

00:15:26.784 --> 00:15:29.124

And 1 of the things is, as the age into.

103 "W. Clayton Davis" (2555177216)

00:15:29.489 --> 00:15:43.614

The young adulthood, they discover more and more consequences to actions along with limitations, which can further affect their optimism and and confidence and willing to kind of like, you know, bounce back to who they feel they are.

104 "W. Clayton Davis" (2555177216)

00:15:43.614 --> 00:15:44.994

And that optimistic approach.

105 "W. Clayton Davis" (2555177216)

00:15:45.539 --> 00:15:55.554

You know, I think back, you know, just to use an example, I recall a moment in junior high when I figured out that playing in the NBA was probably not going to happen, you know, 1st,

106 "W. Clayton Davis" (2555177216)

00:15:55.554 --> 00:16:04.974

of all everybody kept growing taller and I couldn't hit an outside shot despite continually practicing and, you know, eating healthy and doing everything I was supposed to.

107 "W. Clayton Davis" (2555177216)

00:16:05.424 --> 00:16:14.514

And so these are the kinds of things that when we start to realize some limitations and some of the things and some of these aspects is, it can be very disheartening.

108 "W. Clayton Davis" (2555177216)

00:16:14.849 --> 00:16:29.669

So so, sadly, the person has difficulty sometimes and so, as you build up over time, it starts your resilience, keeps lowering and lowering the ability to emotionally feel confident and adaptable to bounce back to where they fit.

109 "W. Clayton Davis" (2555177216)

00:16:29.669 --> 00:16:41.309

Now, but it's not all bad news because, as you can see, it's a U shape. So, after you get through that little late teens and young adulthood, it does start to shift back up.

110 "W. Clayton Davis" (2555177216)

00:16:41.309 --> 00:16:53.454

You know, if you think about it, we start to learn more ways to get from point a, to point B, we start being able to see more solutions that maybe there's more than 1 solution to our problems. We think we can also see about pivoting other things.

111 "W. Clayton Davis" (2555177216)

00:16:53.724 --> 00:17:08.394

And we also learn how to just not sweat the small stuff, realizing that many external things do not define who we really are as a person, which, as a child, and an adolescent. Sometimes, the external things is easy for them to start feeling.

112 "W. Clayton Davis" (2555177216)

00:17:08.394 --> 00:17:09.744

If this defines who they are.

113 "W. Clayton Davis" (2555177216)

00:17:10.289 --> 00:17:18.599

So, as you start to shift back up on that little new shape, we started to have stronger pillars for resilience and I'm going to touch upon more and more.

114 "W. Clayton Davis" (2555177216)

00:17:18.599 --> 00:17:31.409

But a key items, what what you can do for children, adolescents, a young adults during this process, to kind of develop resilient thinking for later in life, to lay the foundation for them to be able to do the obsolete.

115 "W. Clayton Davis" (2555177216)

00:17:31.409 --> 00:17:39.804

Because it's critical to build that because 1 of the things we found that children with lower resilience rates are more likely to perform poorly in the classroom.

116 "W. Clayton Davis" (2555177216)

00:17:39.984 --> 00:17:46.494

They're more likely to suffer from anxiety, have lower self worth and self esteem and are more likely to need treatment.

117 "W. Clayton Davis" (2555177216)

00:17:46.494 --> 00:18:01.314

For mental health and behavioral issues later on so adults play a critical role this time, whether it's as a parent teacher coach or community leader, if we can help build some of the skills early, then we're going to kind of, you know, bloomed later on it can help get them back on.

118 "W. Clayton Davis" (2555177216)

00:18:01.409 --> 00:18:11.249

Positive trajectory is easier later on in life that's gonna carry them through the rest of the life. So it's very important to support children as they cope and grow through these challenges.

119 "W. Clayton Davis" (2555177216)

00:18:11.249 --> 00:18:25.194

Because it's a, it's a feeling of belonging fitting in. That's very important. At this time. There's approximately 1 of the things is children sometimes don't feel like they fit at 3 out of 10 are saying that they only fit in either sometimes or not at all.

120 "W. Clayton Davis" (2555177216)

00:18:25.554 --> 00:18:32.904

And the ones that say they do not fit in in surveys are 20 times more likely to have this low resilience.

121 "W. Clayton Davis" (2555177216)

00:18:33.359 --> 00:18:45.504

And then that carries on in the young adults with because children, adults that are younger in their twenties are 5 times less likely than those high reserves to feel like they have people to spend time with, you know,

122 "W. Clayton Davis" (2555177216)

00:18:45.504 --> 00:18:53.184

it's 90% 96% of people with high to do versus 17% with low resilience, young adults. low resilience young adults

123 "W. Clayton Davis" (2555177216)

00:18:53.609 --> 00:18:58.139

And so it's 1 of those things that we're building the blocks for later on in life with them.

124 "W. Clayton Davis" (2555177216)

00:18:58.139 --> 00:19:11.819

Encourage them, it can be very, very helpful in learning these skills on how to adapt emotionally. How do we explore different settings that could be a better fit? Because I think that's the other thing is what children need to explore and fit.

125 "W. Clayton Davis" (2555177216)

00:19:11.819 --> 00:19:26.489

And also reinforce that belief in self and who they are. Because I think the other thing going back to my realization that maybe I'm not that good at basketball. I was able to have an adult in my life, you know, point out that. Hey, you know what, hey, kid.

126 "W. Clayton Davis" (2555177216)

00:19:26.489 --> 00:19:37.314

You know, you're kind of bad in basketball, but that doesn't mean that you have a poor work ethic that you don't work out hard or that you're a bad teammate that maybe there's other things that's a better fit to you.

127 "W. Clayton Davis" (2555177216)

00:19:37.674 --> 00:19:42.684

And so they encouraged me to explore other options and found, you know, better bit fits.

128 "W. Clayton Davis" (2555177216)

00:19:42.959 --> 00:19:57.239

So think about it, these little interactions sometimes at the right time can make a very, very big difference in a child's life and their ability to realize, you know, that, hey, there's other things I can do. There are adaptability and other components.

129 "W. Clayton Davis" (2555177216)

00:19:58.374 --> 00:20:12.834

Because I think that's the other component is when we're starting to to have this sense of identity, because if you're mentioned the higher tight and stretches, but fundamentally, it does pull back to its core shape. And I think that the other thing is many times.

130 "W. Clayton Davis" (2555177216)

00:20:12.834 --> 00:20:27.144

People may feel as they're developing the personality and the identity that's being pulled in stretch. So there's 2 areas to look at. There's the internal personal narratives that a person tells themselves and the social reality. So, I think.

131 "W. Clayton Davis" (2555177216)

00:20:27.239 --> 00:20:37.524

That's the other component is billing this foundation because besides the social norms that we adopt the stories, we tell ourselves also determine our life purpose perspective,

132 "W. Clayton Davis" (2555177216)

00:20:37.764 --> 00:20:44.094

personal beliefs towards ourselves and what we view as possible are made solid by the narratives that we hold. True.

133 "W. Clayton Davis" (2555177216)

00:20:44.304 --> 00:20:53.874

We can think of this name as the eye side, our head, our identity exists there and in this at the cross over of the social reality.

134 "W. Clayton Davis" (2555177216)

00:20:54.359 --> 00:21:06.144

Cause I think that's the other component is, you know, we need to be able to have other things that are reflected back to us because our own individual story may not be. The whole story is simply reflects our internal perspective.

135 "W. Clayton Davis" (2555177216)

00:21:06.504 --> 00:21:15.114

So, the resiliency grows out of both the internal perspective of self skills and the resources and reflections of external components.

136 "W. Clayton Davis" (2555177216)

00:21:16.164 --> 00:21:25.284

So, that's the other can be, is it, like I said, it's a nice crossroad, because I think that's the other trick is as an adult helping them balance that out because sometimes, you know,

137 "W. Clayton Davis" (2555177216)

00:21:25.284 --> 00:21:33.264

some children may fall into the trap of being so much about the social reality of how the people perceive them on the various social media,

138 "W. Clayton Davis" (2555177216)

00:21:33.294 --> 00:21:45.174

how they're being presented on Instagram and all these things or they think that when they see all the social media that this is the way everybody's supposed to be. And that, that may be 1 reflection. But you also need to have the.

139 "W. Clayton Davis" (2555177216)

00:21:45.389 --> 00:21:53.789

Internal personal narrative hey, you know, that's not always you, you

have to have a healthy balance of recognizing some of the components.

140 "W. Clayton Davis" (2555177216)

00:21:54.834 --> 00:22:03.714

So, I think that 1 of the things is, how can we nurture this and this is the other thing I want to look at here is how to purposely build some of these building blocks.

141 "W. Clayton Davis" (2555177216)

00:22:04.044 --> 00:22:11.634

These are 2 little areas that we can kind of, like, help nurture for for the adolescents and the children and also yourself.

142 "W. Clayton Davis" (2555177216)

00:22:11.634 --> 00:22:23.784

Because the other thing is, some of these characteristics may be challenging for the adults, because they may not have learned some of these characteristics and don't practice them in daily routine. So, 1 of the things that you listen to this.

143 "W. Clayton Davis" (2555177216)

00:22:24.264 --> 00:22:35.304

Challenge yourself to maybe look at challenging your own inner dialogues and perceptions so let's kind of look at some of these real quick. I'm not going to do a huge deep dive, but Tim characteristics.

144 "W. Clayton Davis" (2555177216)

00:22:35.304 --> 00:22:47.544

So 1st off is having a sense of commitment working toward a shared goal through self sacrifice persistence on 1 of these others. So we want to cultivate an environment that trusted dependability next up. We have connected to this.

145 "W. Clayton Davis" (2555177216)

00:22:48.239 --> 00:23:02.304

But this involves receiving support from and contributing to, like, family neighborhood and communities. So we want to have some sense of belonging. I was, like, think of, you know, this connection interlocking with things. The other component is the coherence. Yeah.

146 "W. Clayton Davis" (2555177216)

00:23:02.334 --> 00:23:08.034

To me, that's the glue of we want to have a certain level of self confidence and self reliance.

147 "W. Clayton Davis" (2555177216)

00:23:08.489 --> 00:23:22.734

But we also want to have be able to translate that optimism into making a difference in proving yourselves and the world. So, being able to have also the cohesion. Because once again, you gotta have the

self confidence and coherence of yourself identity.

148 "W. Clayton Davis" (2555177216)

00:23:22.884 --> 00:23:27.984

But also the cohesion for the rest of the group of maintaining that level of togetherness.

149 "W. Clayton Davis" (2555177216)

00:23:28.229 --> 00:23:41.519

So, it's very important and once again, I always go back to that theme of balance because you want to have a nice balance of being a part and connected to a group but also having some freedom for individual self expression.

150 "W. Clayton Davis" (2555177216)

00:23:41.519 --> 00:23:47.459

Another very, very, very important component is the adaptability.

151 "W. Clayton Davis" (2555177216)

00:23:47.459 --> 00:23:57.384

To build a cope with change balancing traditions with flexibility to change rules and decisions. So, once again, part of resilience is, we want to nurture that ability to adapt.

152 "W. Clayton Davis" (2555177216)

00:23:57.594 --> 00:24:02.844

What are some of the strengths in 1 area that maybe you can ship into another area and adapt.

153 "W. Clayton Davis" (2555177216)

00:24:04.044 --> 00:24:18.414

A variable that's very common to positive. Mental health is the communication so we want to encourage communication having clear open consistent. 2 way. I can't emphasize that enough of having 2 way empathetic, listening for construction.

154 "W. Clayton Davis" (2555177216)

00:24:18.774 --> 00:24:20.214

Constructive problem. Listing.

155 "W. Clayton Davis" (2555177216)

00:24:20.579 --> 00:24:34.619

And then on the other thing is spirituality. Now, this is something I don't want to make, you know, controversial, but it's very helpful to maintain some type of regular pattern of connecting whatever the individual's personal belief system is.

156 "W. Clayton Davis" (2555177216)

00:24:34.619 --> 00:24:42.624

You know, and it's whether it's an organized structured thing that you

do at a certain time, a certain day, a certain place, or maybe it's more of a personal journey.

157 "W. Clayton Davis" (2555177216)

00:24:42.624 --> 00:24:57.624

That's not within an organized structured setting, but having that spirituality component and engaging in whatever that is, that makes the person who they are, they can connect to. So this is 1 of those tools that's very helpful developing a sense of purpose.

158 "W. Clayton Davis" (2555177216)

00:24:58.014 --> 00:25:00.294

And particularly in difficult in bits.

159 "W. Clayton Davis" (2555177216)

00:25:01.799 --> 00:25:16.404

And then 1 other pattern, that kind of seems like a no brainer when it talks about, you know, supporting and nurturing is just tying together either through daily routines to connect or just, you know, being in the same place, doing something together, you know,

160 "W. Clayton Davis" (2555177216)

00:25:16.404 --> 00:25:18.984

at a play in some when nothing in particular to do.

161 "W. Clayton Davis" (2555177216)

00:25:19.559 --> 00:25:33.329

And the last 2 things are individual assets and community support. So we want to have the process of person developing talents, personality traits, the internal build of skill sets and tools. And then the other is, the community supports.

162 "W. Clayton Davis" (2555177216)

00:25:33.329 --> 00:25:43.914

You know, having things that either through family activities, local, local organizations, school organizations, but some type of local structure. So, having that support that we can build.

163 "W. Clayton Davis" (2555177216)

00:25:44.094 --> 00:25:57.474

And plus other thing is, I like to call it, finding your tribe of where are the places that you really feel connected to. So, that, that resilience. So that helps you be able to kind of like, hey, this is who I am. This is where I fit, and this is kind of 1 of those things.

164 "W. Clayton Davis" (2555177216)

00:25:57.474 --> 00:25:59.394

These structure can it helps me bounce back.

165 "W. Clayton Davis" (2555177216)

00:25:59.699 --> 00:26:11.399

So, another component to look at is, how does a person know when resilience is being pushed far possibly too far like, many things. The warning signs are very important to recognize.

166 "W. Clayton Davis" (2555177216)

00:26:11.399 --> 00:26:26.184

There are common changes to watch watch for such as sleep eating patterns, weight fluctuations, becoming easily irritated, or just becoming highly stressed over situations that maybe the kid to navigate very easily in the past. But now.

167 "W. Clayton Davis" (2555177216)

00:26:26.514 --> 00:26:40.014

Just escalates rapidly, and then also being able to recognize these things and being that trusted person or having a trusted 1st round for yourself is very helpful because the borrowed old saying,

168 "W. Clayton Davis" (2555177216)

00:26:40.014 --> 00:26:41.634

you really can't see your ears.

169 "W. Clayton Davis" (2555177216)

00:26:42.204 --> 00:26:49.404

So, once again, for social creatures, we grow some feedback from others that can spot some of these patterns that somebody's becoming overlooked.

170 "W. Clayton Davis" (2555177216)

00:26:49.764 --> 00:26:57.234

You know, once again, if you're the adult, and when the room with an analyst, their children, you may see some of the patterns that they may not see themselves.

171 "W. Clayton Davis" (2555177216)

00:26:57.834 --> 00:27:06.264

And I think that's the other 1 is trying to get some support needed and not to ignore it. Because I think that's the other thing is many people get in their own way.

172 "W. Clayton Davis" (2555177216)

00:27:06.444 --> 00:27:14.394

And so I think the thing is, you have to be able to be honest with yourself, that recognize it's time to get support and to utilize some of the sources.

173 "W. Clayton Davis" (2555177216)

00:27:14.694 --> 00:27:26.904

Because I think, I always think went back to the issue of saying, like, if you drove into work, there's some type of some people if the

check engine light comes on, they just like, oh, it'll be okay. And they're just gonna keep driving until they're like.

174 "W. Clayton Davis" (2555177216)

00:27:27.564 --> 00:27:36.534

On the sales side, the road, the dead car with smoke coming out of the hood, or other individuals sees the check engine, they immediately get somebody to take a look at it.

175 "W. Clayton Davis" (2555177216)

00:27:36.804 --> 00:27:43.044

And it's really easy to kind of guess who has the higher repair bills in the course of a year, and has higher amounts of stress.

176 "W. Clayton Davis" (2555177216)

00:27:43.374 --> 00:27:52.974

So we want to encourage utilizing some of these things and once again model these patterns yourself and teach children to be able to engage in some of the self care.

177 "W. Clayton Davis" (2555177216)

00:27:55.859 --> 00:28:09.204

So, I want to focus on adults for a 2nd here. So remember that if you're not in a good place mentally, emotionally, you really can't take care of others. So you, you want to prioritize and put yourself 1st, is not being selfish. It's also good self care.

178 "W. Clayton Davis" (2555177216)

00:28:09.204 --> 00:28:16.014

So, stick to the basics, get good sleep, nutrition, physical activities that's appropriate to you eat healthy.

179 "W. Clayton Davis" (2555177216)

00:28:16.499 --> 00:28:20.999

And find that when your self care, you know.

180 "W. Clayton Davis" (2555177216)

00:28:20.999 --> 00:28:25.704

For tank is being empty, you need to take notice engage in some of these activities.

181 "W. Clayton Davis" (2555177216)

00:28:26.004 --> 00:28:40.524

It's something that maybe something you need to stop, doing such as either saying, no setting boundaries when you're starting to get stretched too far or do some of the things that you need to start doing either working on gratification list or engaging some type of hobby.

182 "W. Clayton Davis" (2555177216)

00:28:40.764 --> 00:28:46.254

Do what works for you to find a positive activity before the negative thoughts start to creep in here?

183 "W. Clayton Davis" (2555177216)

00:28:48.989 --> 00:28:56.279

So I mentioned before some of the building blocks that you want to encourage, you know, with, with these people that you're working with.

184 "W. Clayton Davis" (2555177216)

00:28:56.279 --> 00:29:04.469

Or just, you know, that you have in your household so let's talk about some of the things there's been volume of research on the traits.

185 "W. Clayton Davis" (2555177216)

00:29:04.469 --> 00:29:15.984

Of resilient people have overcome many difficulties in their lives through healthy, coping skills and when we separated some of these traits in the foundational pillars, found within them and also,

186 "W. Clayton Davis" (2555177216)

00:29:15.984 --> 00:29:24.264

what are some of the activities and processes that are kind of close to to them either? That they directly contributed to, or they place them in.

187 "W. Clayton Davis" (2555177216)

00:29:24.599 --> 00:29:33.119

But, let's kind of look at the top 4 pillars of some of the internal things you want to encourage the 1st, is I've already kind of touched upon as awareness.

188 "W. Clayton Davis" (2555177216)

00:29:33.564 --> 00:29:44.784

You know, this is being able to recognize what are those negative self talk and how it's not productive, you know, and that's the thing you want to listen for the language of people you want to pay attention to some of these things.

189 "W. Clayton Davis" (2555177216)

00:29:44.784 --> 00:29:58.134

Because, you know, sometimes you can hear the children saying some of these negative talk and you're like, oh, I'm stupid. I can't do it. We want to actually recognize some of these things of these is, this is a time let's refresh. Let's refrain.

190 "W. Clayton Davis" (2555177216)

00:29:58.134 --> 00:30:02.634

Some of those statements that are more positive thing. So 1st of all self awareness.

191 "W. Clayton Davis" (2555177216)

00:30:03.119 --> 00:30:08.609

When it's, we're starting to get stretched. The 2nd foundation is personal skills.

192 "W. Clayton Davis" (2555177216)

00:30:09.114 --> 00:30:22.614

And this is something we're definitely want to work with people on learning some of these things, because I've hit the point of social support network and interaction and into communication with others of being the social creatures.

193 "W. Clayton Davis" (2555177216)

00:30:22.824 --> 00:30:35.544

And 1 of the things is to be able to engage in the social support and either being that person that's supportive or needing to pull them in there is having the skills to create some of the connections with other individuals.

194 "W. Clayton Davis" (2555177216)

00:30:36.084 --> 00:30:38.604

So this may be something either learning yourself.

195 "W. Clayton Davis" (2555177216)

00:30:38.609 --> 00:30:45.899

Or teaching children about some of the personal skills of what are some of the ways we can reach out because at the end of the day.

196 "W. Clayton Davis" (2555177216)

00:30:45.899 --> 00:30:57.809

Connections don't come back into your front door. They have to be developed and maintain and nurture as children as as adult adolescents. And even as adults of maintaining some of these connections.

197 "W. Clayton Davis" (2555177216)

00:30:57.809 --> 00:31:03.299

A, 3rd area to understand as a, a building block of of resilience is control.

198 "W. Clayton Davis" (2555177216)

00:31:03.299 --> 00:31:11.699

Now, this does not and I stress not mean the ability to control and exert control over others and the environment.

199 "W. Clayton Davis" (2555177216)

00:31:11.699 --> 00:31:17.669

It's more about taking ownership of what areas is within your ability to address.

200 "W. Clayton Davis" (2555177216)

00:31:17.669 --> 00:31:31.344

You know, what's your locus of control? Because I think that's the other thing is we're looking at control. People sometimes struggle with the correct balance. Children don't know either a, they think they can control a lot more than they can or B, they may think they're helpless.

201 "W. Clayton Davis" (2555177216)

00:31:31.344 --> 00:31:46.044

And they have no areas they can control. So primarily is learning what are the things that you can do? What some of your own actions of being able to engage and taking some control of what you can be responsible for it and address.

202 "W. Clayton Davis" (2555177216)

00:31:46.289 --> 00:31:54.419

And then the 4th pillar, you know, that's the physical and mental health once again, you know, good eating good sleeping a lot of healthy things. There.

203 "W. Clayton Davis" (2555177216)

00:31:54.419 --> 00:32:03.599

Now, the bottom 3 things to look at is some of the processes of what's really been positive for people with, with the resilience.

204 "W. Clayton Davis" (2555177216)

00:32:03.599 --> 00:32:18.324

So, the 1st thing is to look at is diverse communities. We want to have diverse communities of in putting yourself, or putting the, the child into diverse communities in terms of different approaches to things.

205 "W. Clayton Davis" (2555177216)

00:32:18.599 --> 00:32:31.649

Because I think it 1 thing that exposes the multiple approaches to the same situation, to be able to build creative thinking, which in terms boost at that adaptability that we talked about earlier.

206 "W. Clayton Davis" (2555177216)

00:32:31.649 --> 00:32:37.409

You know, and it provides options to be able to realize that there's a lot of other ways to do certain situations.

207 "W. Clayton Davis" (2555177216)

00:32:37.409 --> 00:32:48.234

So then when it comes time to get created, boost up a person's bit creativity and ability to look at that, and 1 of the things is, when we look at say, cultural diversity, the gen,

208 "W. Clayton Davis" (2555177216)

00:32:48.264 --> 00:32:57.534

Z population is actually a lot more diverse than any other than the boomer or the gen, X has been in terms of their exposure to diversity.

209 "W. Clayton Davis" (2555177216)

00:32:57.534 --> 00:33:07.164

So either through the Internet through your classroom communities, it's a lot more different approaches to be able to look into and also finding other options. And then the other thing is.

210 "W. Clayton Davis" (2555177216)

00:33:07.409 --> 00:33:15.689

Again, finding where you feel like you fit in, so there's more options so that you don't just necessarily have different groups to kind of really connect with.

211 "W. Clayton Davis" (2555177216)

00:33:15.689 --> 00:33:23.129

Now, the 2nd dynamics that we found is associated with resilient people is having a safe space.

212 "W. Clayton Davis" (2555177216)

00:33:23.129 --> 00:33:27.509

And I know that's kind of a buzzword that some people think is a negative, but it's.

213 "W. Clayton Davis" (2555177216)

00:33:27.509 --> 00:33:40.739

Having some type of either physical or emotional place, where you can explore ideas and skills without judgment, and being able to feel okay that it doesn't have to be perfect. The analogy I like to think of is.

214 "W. Clayton Davis" (2555177216)

00:33:41.964 --> 00:33:56.124

In high fine dining I was watching the harbor the other day about fine dining and 1 of the things is a lot of chefs have what they call a test kitchen and this is the kitchen that necessarily they're going to try out new recipes and ideas.

215 "W. Clayton Davis" (2555177216)

00:33:56.304 --> 00:34:10.644

This is the kitchen that's separate from the kitchen that's putting that food on the menu and stuff, so they can explore different things. So that some, some of the items they create aren't going to taste good. Some, they're going to discover. And so, but it's having a safe space for a child. That's kind of.

216 "W. Clayton Davis" (2555177216)

00:34:10.739 --> 00:34:18.659

Explore some of the things that they don't have to be perfect and to be comfortable and to kind of nurture and explore it. So, having just 1 place.

217 "W. Clayton Davis" (2555177216)

00:34:18.659 --> 00:34:26.939

So that when they do adapt to the outside world, but there may not always be safe spaces. They can actually be able to know where some of the things that works for them.

218 "W. Clayton Davis" (2555177216)

00:34:26.939 --> 00:34:40.229

And then the last process is we found that resilient children and adults is the ones that have higher amounts of resilience, have certain daily routines. And they couple these with available resource.

219 "W. Clayton Davis" (2555177216)

00:34:40.229 --> 00:34:54.954

You know, because I mentioned before, we may not always recognize when we're running an empty so to speak so that we want to have those regular times during the day or week to recharge and reassess or just touch base with people that's important to you.

220 "W. Clayton Davis" (2555177216)

00:34:55.224 --> 00:35:10.074

So that create a space a time of the day for the children for the adults. Some of the many adults don't do. This is, what is this time to recharge? What's the time to stop and reassess where we're going? And because I think 1 of the things we want to.

221 "W. Clayton Davis" (2555177216)

00:35:10.229 --> 00:35:11.249

Who is.

222 "W. Clayton Davis" (2555177216)

00:35:11.249 --> 00:35:14.759

We don't want to wait until the last minute.

223 "W. Clayton Davis" (2555177216)

00:35:14.759 --> 00:35:23.339

There's 1 of the things I like to steal from the marathon is if you wait till you're thirsty to hit the water stop during the marathon.

224 "W. Clayton Davis" (2555177216)

00:35:23.339 --> 00:35:35.994

You waited too late. You've already been running for a few miles of dehydration. Your chance of cramps are much higher. Now your performance has decreased significantly and your performance for the rest of the race is going to be much lower.

225 "W. Clayton Davis" (2555177216)

00:35:36.384 --> 00:35:47.334

So same thing with everything else emotionally. If you wait until you're feeling emotionally crispy around the edges, you know, you've probably been running hard emotionally for quite a while there.

226 "W. Clayton Davis" (2555177216)

00:35:47.334 --> 00:35:52.704

So, make it a regular time to do this because you're not always aware when you're running low.

227 "W. Clayton Davis" (2555177216)

00:35:53.249 --> 00:36:06.839

So recharge and refuel. Why say it could be a 15 minutes at a certain point of the day to either engage in mindful meditation, which there are some mindful meditation podcast on the senior dot com that's open to everybody.

228 "W. Clayton Davis" (2555177216)

00:36:06.839 --> 00:36:14.849

Or, maybe it's reading a book, or maybe it's working out, but finding just a little bit of time in there to kind of practice that.

229 "W. Clayton Davis" (2555177216)

00:36:14.849 --> 00:36:29.159

So the other thing is, sometimes when you are starting to run on empty, or you're starting to get overwhelmed and and that rubber band is like, stretching very, very far. It's just about to break. You may need to pull some other people into this.

230 "W. Clayton Davis" (2555177216)

00:36:29.159 --> 00:36:43.404

But the problem is, it's not a linear journey. People don't go straight to therapy easily. It usually takes a period of time. Because if you think about it, we start on this journey. You know, we're self managing. We're doing certain things.

231 "W. Clayton Davis" (2555177216)

00:36:43.404 --> 00:36:49.644

We may have certain stuff. We do exercise and work on the gym and it's working for us for a while.

232 "W. Clayton Davis" (2555177216)

00:36:50.399 --> 00:36:54.449

But then after time when we're getting stretched, sometimes.

233 "W. Clayton Davis" (2555177216)

00:36:54.449 --> 00:37:01.379

We start realizing that something's not right I don't feel like myself

100%.

234 "W. Clayton Davis" (2555177216)

00:37:01.379 --> 00:37:07.799

You know, they can tell you as somebody who practices the therapist many people have seen me as clients and they would just kind of like.

235 "W. Clayton Davis" (2555177216)

00:37:07.799 --> 00:37:16.739

Come to me, and, like, I don't know why I'm here. I just don't feel like I'm not myself anymore. Something don't feel right and it's hard to describe.

236 "W. Clayton Davis" (2555177216)

00:37:16.739 --> 00:37:26.274

And I think that's the other thing with children because children don't have the vocabulary to describe it. There's adults that don't have the vocabulary. They just like, I don't feel like myself.

237 "W. Clayton Davis" (2555177216)

00:37:26.304 --> 00:37:40.794

I I have all this mixed emotions, and I don't know what it is and so the next step they may begin to do is take some type of perspective they start looking at either support or validation. They start asking friends or maybe they start researching it either.

238 "W. Clayton Davis" (2555177216)

00:37:40.794 --> 00:37:45.744

Online through either various online resources or social media.

239 "W. Clayton Davis" (2555177216)

00:37:46.079 --> 00:37:56.039

And, you know, so that's also doubly because as the adult working or working with either the children or, you know, other friends.

240 "W. Clayton Davis" (2555177216)

00:37:56.064 --> 00:38:07.614

Or maybe even yourself is we want to learn how to balance appropriate ways to seeking appropriate perspective and support, you know, there's a lot of good resources out on the Internet.

241 "W. Clayton Davis" (2555177216)

00:38:07.644 --> 00:38:11.904

You're, you're seeing this on the Internet today, our senior dot com site.

242 "W. Clayton Davis" (2555177216)

00:38:11.904 --> 00:38:26.034

It's got a wealth of behavioral awareness series and different materials you can read about, but then on the flip side, there's also

some things on social media that are not research, not evidence based. And sometimes there may be another financial.

243 "W. Clayton Davis" (2555177216)

00:38:26.039 --> 00:38:37.080

Agenda for the people putting out some of these materials that's not necessarily, you know, validated as actual effect of things. So we want to educate and assist.

244 "W. Clayton Davis" (2555177216)

00:38:37.080 --> 00:38:44.640

Then in this process of seeking an appropriate perspective and support, either from your direct observations, or.

245 "W. Clayton Davis" (2555177216)

00:38:44.640 --> 00:38:48.300

Basically, showing people how to actually read out some of these things.

246 "W. Clayton Davis" (2555177216)

00:38:49.135 --> 00:39:02.605

And then the next thing is getting more information. So, once again, finding out some stuff of, maybe it's time of, what are the resources that you can look at of, whether it's online wellness services sometimes it may be some good books.

247 "W. Clayton Davis" (2555177216)

00:39:02.965 --> 00:39:08.515

Some of the other tools and resources. So once again, we're starting to get to that and then at a certain point.

248 "W. Clayton Davis" (2555177216)

00:39:08.820 --> 00:39:15.000

People may start to realize that okay, these problems a little more in depth than I realized.

249 "W. Clayton Davis" (2555177216)

00:39:15.000 --> 00:39:29.220

And maybe they're a little more complicated to really learn coping skills for where it's time to pull in some out of outside resources. And this is where we start transitioning into actual inter, real internal realization that.

250 "W. Clayton Davis" (2555177216)

00:39:29.220 --> 00:39:43.260

I need some help and I need to pull somebody else into this. And then that's when people start to engage in the system and 1 of the things is that's really good. When you're starting to engage in the system is looking. There's a wide variety of stuff. That I'm gonna talk about in a 2nd, here.

251 "W. Clayton Davis" (2555177216)

00:39:43.260 --> 00:39:56.515

But, unfortunately, people, sometimes at any point of what I've described, may actually, then return to the right back they to make it discourage or they think that it's not that bad or maybe the symptoms start to get a little better because symptoms don't are like,

252 "W. Clayton Davis" (2555177216)

00:39:56.515 --> 00:40:06.505

a steady line they go up and they go down and then they think I'm having a good day and then they go back to the beginning and they start it all over. So it's kind of sometimes takes a while to connect to getting help, appropriate help.

253 "W. Clayton Davis" (2555177216)

00:40:06.810 --> 00:40:10.020

And I think when you look at appropriate health.

254 "W. Clayton Davis" (2555177216)

00:40:10.020 --> 00:40:18.475

I'm just showing you a sampling of stuff, you know, 1 of the things you want to be aware of is there's a wide range of resources available out there in the world that you would look at.

255 "W. Clayton Davis" (2555177216)

00:40:18.835 --> 00:40:31.465

If there's any silver lining of what we've experienced in the last few years is the very rapid expansion of virtual mental health resources out there. So there's a lot more things out there that you can actually utilize.

256 "W. Clayton Davis" (2555177216)

00:40:31.675 --> 00:40:34.165

But 1 of the things you want to maybe start doing is.

257 "W. Clayton Davis" (2555177216)

00:40:34.470 --> 00:40:46.200

You know, become aware of what your resources are either through your HR manager, your manager or communities, but look at stuff. And I think another thing, another little caveat I want to throw out there is that.

258 "W. Clayton Davis" (2555177216)

00:40:46.200 --> 00:40:55.500

The variety of resources to treat issues are is actually greatly expanded too, because I like to always compare mental health with physical health.

259 "W. Clayton Davis" (2555177216)

00:40:55.500 --> 00:41:08.790

And, like, physical health, we can see, and we can actually think of just like, with a child and adolescent they, like, can see or feel things like that. It's simple to connect. Or mental health may be a little bit more complex.

260 "W. Clayton Davis" (2555177216)

00:41:08.790 --> 00:41:14.880

But think about it, like, I'm going to compare, say, obesity, I'm just randomly picking that topic because.

261 "W. Clayton Davis" (2555177216)

00:41:14.880 --> 00:41:28.585

In the concept of obesity, there is a wide range of severity and there's a wide range of resources to address it on 1 end where it's a very acute and very dangerous for some individual from medical risk. There.

262 "W. Clayton Davis" (2555177216)

00:41:28.615 --> 00:41:43.555

They may be accessing resources, such as surgeons, considering a bariatric surgery on, you know, a high end top of the license individuals and a lot of resources required to address that severity. Then on the other end of the spectrum.

263 "W. Clayton Davis" (2555177216)

00:41:44.245 --> 00:41:58.285

Maybe, it's just you gain a few pounds during the course of Kobe and that's very common. And maybe you just need to consult with a personal trainer, different license, different credentials and different interventions to where the personal trainer is just going to work with you through.

264 "W. Clayton Davis" (2555177216)

00:41:58.435 --> 00:42:02.275

You know, learning how to do is set up and talk into having a salad for lunch every so often.

265 "W. Clayton Davis" (2555177216)

00:42:03.025 --> 00:42:09.835

Now, mental health is the same thing. There's a wide range of resources. There is sometimes there may be some self directed stuff.

266 "W. Clayton Davis" (2555177216)

00:42:09.835 --> 00:42:22.585

You can do online for maybe learning some coping mechanisms, such as say, mindfulness, meditation, tools and resources to settle it down all the way up until you got your regular therapy and your psychiatrist. So keep in mind.

267 "W. Clayton Davis" (2555177216)

00:42:22.585 --> 00:42:32.995

There's a wide range of things that you can tap into. It's not all going straight off to say a psychologist and you need to go into an inpatient hospitalization. No, no, no. There's all these different.

268 "W. Clayton Davis" (2555177216)

00:42:33.000 --> 00:42:47.125

Tools and resources, and the children in analysts, they may not be aware of it so it's always better just like, with everything else to begin to access early on, to be able to tackle some of these tools and resources and maybe it's better to learn the coping skills, you know,

269 "W. Clayton Davis" (2555177216)

00:42:47.125 --> 00:42:50.725

in in the virtual environment where it's a lot more receptive.

270 "W. Clayton Davis" (2555177216)

00:42:52.470 --> 00:43:07.285

And so, the last thing as I'm getting toward the end of this, the very last thing I want to kind of throw at you and if you remember 1 thing from today's talk, it's this slide right here. What you're looking at G. R. O. W.

271 "W. Clayton Davis" (2555177216)

00:43:07.885 --> 00:43:15.505

this is to help children adolescence and adults on this is how we can grow greater resilience.

272 "W. Clayton Davis" (2555177216)

00:43:15.750 --> 00:43:22.650

You know, that a person can take so let's kind of take this step by step. So, on the grow to grow your.

273 "W. Clayton Davis" (2555177216)

00:43:22.650 --> 00:43:36.715

So the 1st thing is the G, this is the ground do you want to ground yourself in the situation if anybody who was a former boy scout or girl scout if you remember, sometimes you periodically stopped and you'd kind of like take assessments with the ground.

274 "W. Clayton Davis" (2555177216)

00:43:36.715 --> 00:43:48.865

The phone you look at where you're at, in this case, you're looking at where you're at, emotionally and physically and then you also ride out. Where do you want to be? I, at that point a.

275 "W. Clayton Davis" (2555177216)

00:43:50.005 --> 00:44:03.865

These are the conditions that's going around with, inside the person

and you want to help this person explore. So, if you're working with a small child and adolescent, you know, they, you need to figure out where are they at emotionally? Where are the ads physically?

276 "W. Clayton Davis" (2555177216)

00:44:04.195 --> 00:44:06.355

And then figuring out, where do we want to go?

277 "W. Clayton Davis" (2555177216)

00:44:06.660 --> 00:44:14.550

And I think that's the other thing is you want to try to figure out what direction we're not just randomly. I just don't want to be here. Where do we want to go.

278 "W. Clayton Davis" (2555177216)

00:44:15.205 --> 00:44:25.225

The next step, when we look at that is the R, this is recognized once again we're touching upon that control recognizing what are the things that you can control?

279 "W. Clayton Davis" (2555177216)

00:44:25.735 --> 00:44:33.655

You know, it'd be great to say oh, I'm stressed I like a 100Million dollars would help me outside. Thank you very much, but no, I can't control. can't control

280 "W. Clayton Davis" (2555177216)

00:44:33.960 --> 00:44:39.835

The bank, giving me a 1Million dollars we want to look at what are the things that's within your skill set?

281 "W. Clayton Davis" (2555177216)

00:44:39.835 --> 00:44:44.875

What are realistic steps that you can do today to move to that point B,

282 "W. Clayton Davis" (2555177216)

00:44:44.875 --> 00:44:57.565

that you identified in the G so recognize you will definitely recognize your abilities of what is able to get accomplished then the next step is organizing. This is the oh.

283 "W. Clayton Davis" (2555177216)

00:44:58.375 --> 00:45:11.215

Because once again, we're social creatures, and this sometimes is looking at what are the resources available? What are the people available? And maybe if you don't have the skills at this time, what are the skills you need?

284 "W. Clayton Davis" (2555177216)

00:45:11.635 --> 00:45:13.645
So, this is where you start to organize.

285 "W. Clayton Davis" (2555177216)
00:45:14.425 --> 00:45:26.455
A plan to gather and develop what's needed because once again, maybe it's a thing where it's the teenage teenager, and they're like, I'm kind of concerned about the future. I don't know what I'm going to do, but I kind of want to think about.

286 "W. Clayton Davis" (2555177216)
00:45:26.455 --> 00:45:33.805
I have to start come up with some game plan and this could be a time for, say, a 15 or 6 year. It's a very hard time for them. Really think it through.

287 "W. Clayton Davis" (2555177216)
00:45:34.350 --> 00:45:44.790
And I think the other thing is they may get overwhelmed because, like, I have no idea what there is out there to help me to get there. So, this is where, as, as an adult as a parent.

288 "W. Clayton Davis" (2555177216)
00:45:44.790 --> 00:45:51.420
Was a teacher as a coach, you can maybe start identify what are the resources that they may not have been available.

289 "W. Clayton Davis" (2555177216)
00:45:51.775 --> 00:46:05.305
You know, if it's something that they're looking at careers, maybe it's a case of, you know, if they want to do, say, become an electrician, what are some of the votech schools that maybe they need to do to get the training available for that? What are the low tech options in there?

290 "W. Clayton Davis" (2555177216)
00:46:05.845 --> 00:46:16.225
If it's a college aspect? You know, what are the colleges what are the resources that they need to put together? And this is where they start to look at what is realistic going back to the recognized.

291 "W. Clayton Davis" (2555177216)
00:46:16.915 --> 00:46:21.415
And then the other thing is what they can do, and because I think that's the other option. People.

292 "W. Clayton Davis" (2555177216)
00:46:21.420 --> 00:46:35.910
Don't always see it, it gets easy to get overwhelmed and the results should get stretched the breaking point. So that, once we start to

really organized and get that mindset, too of being able to pull them together, this is going to help people swing back and get back to who they are.

293 "W. Clayton Davis" (2555177216)

00:46:35.910 --> 00:46:39.360

And then the file number is work.

294 "W. Clayton Davis" (2555177216)

00:46:39.360 --> 00:46:52.705

And at some level, that's kind of self explanatory work. This is now we're going to put it in action work with your community for support, using an analogy essay and adolescent, trying to look forward to maybe school.

295 "W. Clayton Davis" (2555177216)

00:46:52.705 --> 00:47:07.525

Is this the time they start to work with engage with their sources? You know, maybe it's taking a, a campus tour or going to the votech college to kind of check it out. Also tapping into other people that's around them work with your community.

296 "W. Clayton Davis" (2555177216)

00:47:07.915 --> 00:47:09.265

Because I think that's the other thing is.

297 "W. Clayton Davis" (2555177216)

00:47:09.360 --> 00:47:13.855

We've worked with the community to learn about that of what do I need to get there?

298 "W. Clayton Davis" (2555177216)

00:47:14.065 --> 00:47:24.985

Who can help me get there educate me, because I think that's some things that maybe children adolescents haven't learned yet because at the end of the day adults we do this all the time.

299 "W. Clayton Davis" (2555177216)

00:47:25.374 --> 00:47:39.265

You know, we're looking at maybe other positions in an organization, or in the community. What we do is we actually tap into the community. We talk, we lean on either friends or other people. We take some time to talk to somebody what.

300 "W. Clayton Davis" (2555177216)

00:47:39.360 --> 00:47:43.260

That roll entail. What do you what skill set do you need for that?

301 "W. Clayton Davis" (2555177216)

00:47:43.260 --> 00:47:47.580

Or the flip side, being that person to describe it to him. So work.

302 "W. Clayton Davis" (2555177216)

00:47:47.580 --> 00:47:52.470

The only that helps you out the G. R. O. W. round yourself.

303 "W. Clayton Davis" (2555177216)

00:47:52.470 --> 00:47:56.130

Recognize what you control organize resources.

304 "W. Clayton Davis" (2555177216)

00:47:56.130 --> 00:48:06.775

And then work, and 1, last thing that I would like to end with all my talks is unfortunately, the resilience for somebody who maybe stretched to a point where they are considering suicide,

305 "W. Clayton Davis" (2555177216)

00:48:07.555 --> 00:48:20.455

which is another horrible byproduct of the pandemic of the number of people contemplating suicide. It's doubled so be aware of the resources and the 1 resource I want to throw out there is suicide and crisis lifeline.

306 "W. Clayton Davis" (2555177216)

00:48:20.970 --> 00:48:24.540

Extra call 908 8.

307 "W. Clayton Davis" (2555177216)

00:48:24.540 --> 00:48:30.480

And you will be connected to a suicide and crisis lifeline worker. You're not alone.

308 "W. Clayton Davis" (2555177216)

00:48:30.480 --> 00:48:37.170

And these are individuals, they can help you cope with and connect to the resources that can help navigate that crisis.

309 "W. Clayton Davis" (2555177216)

00:48:37.170 --> 00:48:42.600

And with that, I'm going to kick it out to any questions in Q and a there.

310 "Dana andersen" (1931704576)

00:48:45.750 --> 00:48:50.695

Data okay, thank you. Yes, so much Clayton for that wonderful presentation.

311 "Dana andersen" (1931704576)

00:48:50.695 --> 00:49:05.155

And we do have some questions I will start with the 1st question and

that is when, considering how to support family members with mental health, how can we support them as we work through our own needs.

312 "W. Clayton Davis" (2555177216)

00:49:08.160 --> 00:49:12.180

Oh, that's a very complicated question. I'm going to start with.

313 "W. Clayton Davis" (2555177216)

00:49:12.180 --> 00:49:17.520

A couple of things number 1 is, I'm going to answer in 2 parts.

314 "W. Clayton Davis" (2555177216)

00:49:17.520 --> 00:49:20.700

The internal and working with the person. So 1st, off.

315 "W. Clayton Davis" (2555177216)

00:49:20.700 --> 00:49:24.630

You want to make sure that you're accessing services yourself.

316 "W. Clayton Davis" (2555177216)

00:49:24.630 --> 00:49:29.460

You know, if you're kind of feeling compromising, that's the other thing is you're never alone.

317 "W. Clayton Davis" (2555177216)

00:49:29.815 --> 00:49:34.675

So always be aware that there's a number of resources out there. I mentioned the suicide lifeline.

318 "W. Clayton Davis" (2555177216)

00:49:35.725 --> 00:49:46.495

There's another thing is within saying, the dot com, we have a listing of various resources that are nationwide that you can call a consult with them because that's the other component. Is.

319 "W. Clayton Davis" (2555177216)

00:49:47.040 --> 00:49:57.810

There are people that you can either a twofold a help. You look at your own things to stabilize your own struggle, but also they can help you coach the person that's in the family.

320 "W. Clayton Davis" (2555177216)

00:49:57.810 --> 00:50:12.360

And I think that's the other thing is, I think when I talk teach the middle health 1st, day and that's 1 of the key things is I'm not trying to teach people to become a little mental health counselor. But it's learning a couple of skills and realizing where are they are.

321 "W. Clayton Davis" (2555177216)

00:50:12.360 --> 00:50:18.900

So that and I think the other thing is being honest with the family members, because the other component is.

322 "W. Clayton Davis" (2555177216)

00:50:18.900 --> 00:50:33.000

They're your family members, they've been around, or if they're not, they're either family in some fashion either by blood or by bond. And so that if they've been around you for a while, it's kind of hard to be the fake some things with them. So you want to be honest.

323 "W. Clayton Davis" (2555177216)

00:50:33.000 --> 00:50:41.610

Also, you can say, I don't know all the solutions and but there are some people we can look together and find those solutions. So hopefully that answers that question.

324 "Dana andersen" (1931704576)

00:50:43.230 --> 00:50:51.360

Okay, and I do have a another question here. Can you speak to the difference between an L.

325 "Dana andersen" (1931704576)

00:50:51.360 --> 00:50:57.510

The and psychologist in seeking mental health providers.

326 "W. Clayton Davis" (2555177216)

00:50:59.875 --> 00:51:13.615

So, he's looking at all the different types of providers. So an W, a psychologists and a psychiatrist. So I'm gonna kind of like, pick those 3 just for today. There's a number of other rules, but those are the main ones.

327 "W. Clayton Davis" (2555177216)

00:51:13.855 --> 00:51:17.155

A psychiatrist is a medical doctor.

328 "W. Clayton Davis" (2555177216)

00:51:17.460 --> 00:51:29.635

So, a medical doctor, this is somebody that may be treating a mental health issues with either medication management or other other tools. And so it once again, this is a medical doctor. So they're looking at a medical treatment.

329 "W. Clayton Davis" (2555177216)

00:51:29.635 --> 00:51:34.705

So, they're going to do a lot of aspects of that component where such as prescribing drugs,

330 "W. Clayton Davis" (2555177216)

00:51:35.005 --> 00:51:47.245

that if that case and also they're going to be the ones best qualified to assess whether psychotropic meds would be appropriate for that or whether cooking skills not a psychologist is a PhD that.

331 "W. Clayton Davis" (2555177216)

00:51:47.460 --> 00:52:02.365

That has a doctorate degree, but is not a medical doctor so they're not able to prescribe drugs, but they have a lot of training in what I call talk therapy. And also a lot of comprehensive psychiatric evaluations.

332 "W. Clayton Davis" (2555177216)

00:52:02.365 --> 00:52:17.365

And so they have a lot of training and being able to do psychiatric evaluations to kind of get a good beat on certain types of things and assist with creating a, a treatment plan. Um, and then plus some psychologists will do actually what I call talk.

333 "W. Clayton Davis" (2555177216)

00:52:17.460 --> 00:52:29.160

Therapy so they've had the training and ability to engage in your traditional face to face. Let's sit down and we talk about it and develop, you know, what's the what began the problem? What is the coping skills and.

334 "W. Clayton Davis" (2555177216)

00:52:29.160 --> 00:52:35.040

Is a licensed social worker, and I'm also going to throw in license professional counselors.

335 "W. Clayton Davis" (2555177216)

00:52:35.040 --> 00:52:49.345

Um, and then the other states may have different initials for this, but that's those are the 2 main initials. These are individuals that have gone through. They've got typically a master's degree on. They've had anywhere from 2 to 3 years of graduate school, and they've been trained in once again.

336 "W. Clayton Davis" (2555177216)

00:52:49.345 --> 00:52:57.565

I'm going to oversimplify it for the sake of today in engaging in talk therapy. So they're gonna be talking about, you know, once again.

337 "W. Clayton Davis" (2555177216)

00:52:57.900 --> 00:52:59.455

You know, you're just talking, you know,

338 "W. Clayton Davis" (2555177216)

00:52:59.455 --> 00:53:14.365

what's what brings you here what are some of the things and what are

some specific coping skills and ways to look at these situations that's gonna be more productive and they may actually guide you in other little different techniques that people have been found to increase their mental health such as, you know,

339 "W. Clayton Davis" (2555177216)

00:53:14.365 --> 00:53:27.895

say a certain type of counselor may be trained and mindfulness meditation. They may guide you and teach you how to do mindfulness, meditate, meditation, type things or how to engage in. Some of these tools to be able to slow things.

340 "W. Clayton Davis" (2555177216)

00:53:27.900 --> 00:53:39.630

Down emotionally, and to refocus, or maybe learn about how to do reframing types of stuff. So that's my oversimplified like to talk therapy assessments, medication management.

341 "Dana andersen" (1931704576)

00:53:40.710 --> 00:53:49.080

So next question, um, we do have about 4 minutes left. Are there any additional questions for Clayton?

342 "Dana andersen" (1931704576)

00:53:51.210 --> 00:53:55.110

You can either put them in the chat or put them in Slack.

343 "W. Clayton Davis" (2555177216)

00:53:57.000 --> 00:54:02.850

So, once again, just as you're thinking of questions.

344 "W. Clayton Davis" (2555177216)

00:54:02.850 --> 00:54:10.980

Um, particularly since today's focuses with children and adolescents that it's very, very important to be non judgmental.

345 "W. Clayton Davis" (2555177216)

00:54:11.575 --> 00:54:24.985

And also to be aware that give them some patients, because they're trying to learn the word. They may not have the words to describe what they're feeling and going through. And, you know, I've worked with adults that don't have the words, describe what they're going through.

346 "W. Clayton Davis" (2555177216)

00:54:25.195 --> 00:54:35.545

And I think that's the other thing is, when their resilience is being pulled, we want to help them be able to realize that, what is that a plasticity within them? What's some of the things that they have ability?

347 "W. Clayton Davis" (2555177216)
00:54:35.905 --> 00:54:40.735
Because everybody does have some strengths that they can help pull back to and identify.

348 "W. Clayton Davis" (2555177216)
00:54:41.280 --> 00:54:49.170
And it's good to be there to help them pull, pull it back in there. And once again, it doesn't have to be pretty, just like, with these little hair ties.

349 "W. Clayton Davis" (2555177216)
00:54:49.170 --> 00:54:54.930
I've seen so many times. People just pulled back in that ponytail. So you roll up your sleeves and get get some work done.

350 "W. Clayton Davis" (2555177216)
00:54:54.930 --> 00:54:58.650
And as the children are trying to learn how to do that.

351 "Dana andersen" (1931704576)
00:55:02.850 --> 00:55:09.210
So, we got about 3 more minutes left. We did get 1 question pertaining to.

352 "Dana andersen" (1931704576)
00:55:09.775 --> 00:55:24.235
Where they can get this information, they did come in late and they're interested so you can get a copy of the handouts and the recording at dot com forward slash children families.

353 "Dana andersen" (1931704576)
00:55:24.810 --> 00:55:29.220
Um, that is where you can go to get the, uh, presentation and the recording.

354 "W. Clayton Davis" (2555177216)
00:55:30.480 --> 00:55:44.965
Yep, and I like that that this is what is part of our behavioral awareness city series that you obviously have access on dot com but on senior dot com, there's other tools and resources in there not just for children adolescents,

355 "W. Clayton Davis" (2555177216)
00:55:44.965 --> 00:55:52.165
but a lot of different aspects there's a stress toolkit in there and we also cover other additional topics too. That's available.

356 "W. Clayton Davis" (2555177216)
00:55:52.680 --> 00:55:59.880

And we have more exciting topics for children and adolescents on the behavioral awareness coming up as the year goes through.

357 "W. Clayton Davis" (2555177216)

00:56:01.620 --> 00:56:11.280

Exactly, and this is recorded. And how long will this be available Dana?

358 "Dana andersen" (1931704576)

00:56:12.360 --> 00:56:19.680

I believe this is available. What happens is kind of stays up, like, throughout the month.

359 "Dana andersen" (1931704576)

00:56:20.275 --> 00:56:34.645

And then when the next recording comes out, then it didn't go into an archive and then you can just go ahead and go to search more. It'll show you where the archives are. I believe they are available for quite some time.

360 "Dana andersen" (1931704576)

00:56:35.245 --> 00:56:41.635

I don't know the exact time frame, but it is not a quick disappear. So that much. I know.

361 "W. Clayton Davis" (2555177216)

00:56:46.470 --> 00:56:55.615

And also, if you're so inclined, there is a white paper that has the full details of our resilient study that we've done within Cigna.

362 "W. Clayton Davis" (2555177216)

00:56:55.645 --> 00:57:03.895

And then, so, if you want to get into the hard numbers that is also on the public domain, and you can actually pull up and find our white paper on all these topics.

363 "Dana andersen" (1931704576)

00:57:04.170 --> 00:57:10.980

Correct. And then again, another question for getting the.

364 "Dana andersen" (1931704576)

00:57:10.980 --> 00:57:16.110

Slides in the session, um, you can go to, uh.

365 "Dana andersen" (1931704576)

00:57:16.945 --> 00:57:30.055

Cigna dot com forward, slash children, families and everything is there for you. All right. So, I guess we're going to wrap up for today. So thank you so much for attending. And thank you for Friday.

366 "Dana andersen" (1931704576)

00:57:30.085 --> 00:57:32.815

Such wonderful insights in your presentation. Clayton.

367 "Dana andersen" (1931704576)

00:57:33.150 --> 00:57:37.950

And if you have specific questions about any of the topics discussed today.

368 "Dana andersen" (1931704576)

00:57:37.950 --> 00:57:51.480

Please contact Cigna by calling the number on the back of your insurance card and our next webinar will take place on February 12 with our presenter being Emma Baldwin discussing fetal alcohol syndrome disorder.

369 "Dana andersen" (1931704576)

00:57:51.480 --> 00:57:54.930

Understanding Alcoholics post pregnancy.

370 "Dana andersen" (1931704576)

00:57:54.930 --> 00:57:59.790

So, thank you again for attending and everybody have a great day.

371 "W. Clayton Davis" (2555177216)

00:58:01.950 --> 00:58:04.692

Hmm.