Caring for those growing up in the pandemic

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Caring for those growing up in the pandemic
Caring for those growing up in the pandemic
giving help in the pandemic

for what?

how?

/smartphone/
/wifi/
shifts in care settings
**PHQ-A, GAD-7 (PARS)**
phqscreeners.com

Screening
Measurements-based care
Psychoeducation
Validation

Collaborative formulation framework:
Predisposing / Precipitating / Perpetuating / Protective factors

ReachOut.com (Aus + US)
YouthBeyondBlue.com
AnxietyCanada.com : youth
BounceBackOntario.ca (15yrs+)

Headspace, Woebot ...
connectedlearning.ucl.edu

Mossman,S et al: The Generalized Anxiety Disorder 7-item (GAD-7) scale in adolescents with generalized anxiety disorder: signal detection and validation
Collaborative formulation framework:

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<th>4P Factor Model</th>
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Scottye J. et al: Comprehensive Approaches Using Technology to Address Mental Health  M.A. Moreno, A. Radovic (eds.), Technology and Adolescent Mental Health, https://doi.org/10.1007/978-3-319-69638-6_19
anxietycanada.com: anxiety in youth
Managing our new reality
A pocket self-care toolkit

Take a Breather
- Smiling Mind
- Headspace
- Stop, Breathe & Think

Talk it Out
- Woebot
- Youper
- Wysa

Game your Goals
- Happify
- MoodMission
- SuperBetter

Track your Thoughts
- Sanvello
- Catch It
- Daylio

All of these apps are free to download on Google Play and iTunes stores. To learn more about these apps and find the one that's right for you, visit www.psyberguide.org.

https://connectedlearning.ucl.edu
adolescents + virtual / e-mh:

88% of Adolescents have access to a smartphone; 94% of these go online at least 1/day; 68% of teens who don’t have a smartphone go online >1/day. 90% text at least once a day, sending/receiving avg 30 texts/day. 84% use the internet to search health topics. 12% have played health-related games. 7% have worn a wearable health device.

Therapeutic alliance can be maintained with distance interventions.

Mixed preference comparing in-person, video, telephone, email or text communication.
Adolescents described using technology for their health:

1. To gather information;
2. a. To share their own experiences, and
   b. To view others’ experiences in order to gain social support or inspiration;
3. To track behaviours and health goals.

Adolescents wanted to use technology with their provider for:

1. To have questions answered outside of appointments;
2. Have greater access to providers as a way to build relationship or rapport.
3. Share data regarding behaviours in between visits.

meeting them were they are