

Connected Communities

Building Relationships, Growing Resilience

— **Special Edition: Caring for the Caregivers** —

THE RESILIENCE PROJECT COMMUNITY NEWSLETTER

JANUARY 2021

The Resilience Project, a Newton-Wellesley Hospital Community Health Initiative, is excited to embark on our fifth year of serving the community!



A Message from Our Team

*To all of the caregivers – parents, educators, healthcare professionals, counselors, social workers, first responders, and all those caring for their families and communities – we see you. 2020 was a year unlike any most of us have ever experienced. Demands and stresses on caregivers have been enormous, but with the unpredictability, change, and strains, we have also seen radical kindness, growing resilience, and community building. Caregiving can come with many joys and feelings of fulfillment, but also exhaustion and burnout – especially under conditions of long-term, high stress. It’s okay for the helpers to need help, too. As we begin a new year, we hope you will find ways to care for yourselves as you continue to support others. We invite you to use the FREE resources of The Resilience Project as a component of your self-care. **This Special Edition of our Connected Communities newsletter is dedicated to you, the caregivers.** We hope these resources can be supports for you as we shine a light on the importance of “caring for the caregivers.” Together, we can continue our mission of working to improve the mental health and wellbeing of children, teens, and the adults who support them – the caregivers.*



Connection Corner

With the need for limited sized gatherings and physical distancing remaining important parts of protecting each other from risk of COVID-19, the impact of social isolation and loneliness have been rising concerns for emotional wellbeing. During this time, we hope that you and your families can find ways to continue to safely socially connect with your friends, extended family, and community supports. Our *Connection Corner* offers resources for locally-based, virtual supports and helpful articles that you might consider, should they be good fits for you and your family.

Family Support Resources

Creative Start Children's Centers

Applications for FREE Head Start Pre-School Programs, for in-person and distance learning, now being accepted!
communitiesunitedinc.org/

Hand Hold, Mental Health Resources for Families

handholdma.org/

West Suburban YMCA, Newton MA

www.wsymca.org/

YMCA of Greater Boston, Needham, MA

ymcaboston.org/

Parenting During COVID-19

There are unprecedented demands, stress, and new roles for parents during the COVID-19 pandemic. Balancing work, parenting, children's education, financial concerns, supporting children's social and emotional needs, and coping with their own feelings have weighed heavily on many parents. Below are articles that may be helpful resources as you navigate these circumstances. We encourage you to be kind to yourself and reach out to your support systems during these challenging times. **You are not alone.**

pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus

cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/index.html

mghclaycenter.org/multimedia/managing-family-conflict-during-covid/

greatergood.berkeley.edu/article/item/how_to_reduce_the_stress_of_homeschooling_on_everyone

nytimes.com/2020/09/29/well/family/teenagers-emotional-well-being-pandemic.html

grownandflown.com/lisa-damour-under-pressure-anxiety-teens/?fbclid=IwAR3-v9y-QR8yaEcvYV02Pd4w_5E50IQKhZjfUoHEyFYLCrj7egwhIaGTW8

Teaching During COVID-19

Teaching has never been an easy job. During the COVID-19 pandemic, the demands and stresses on educators have been amplified. Equally pronounced

have been the creativity, resilience, and commitment of educators working toward innovations in education during these challenging times. **THANK YOU** to all of the educators who are working hard every day to support their students, colleagues, and school communities. Your dedication is not going unnoticed. We encourage you to reach out to your support systems and take time to care for yourself, as you care for so many.

Compassion Fatigue for Educators

teachforamerica.org/stories/tackling-covid-19-fatigue-as-a-teacher

apa.org/topics/covid-19/compassion-fatigue

Educator Wellbeing

psychologytoday.com/us/blog/multidimensional-aspects-adolescent-well-being/202009/how-covid-19-has-influenced-teachers-well

Heroes on the Front Lines: Resources for First Responders and Healthcare Professionals

Healthcare professionals and first responders have dedicated themselves to the wellbeing of others. During the COVID-19 pandemic, this commitment has been magnified. **THANK YOU** to all of the healthcare professionals and first responders who have tirelessly provided care throughout this crisis. You selflessly act in the best interest of others, day in and day out. We encourage you to use your support systems and take time for self-care, as you provide care for so many.

cdc.gov/coronavirus/2019-ncov/hcp/mental-health-healthcare.html

psychologytoday.com/us/blog/managing-your-mindset/202003/mental-health-first-aid-first-responders

greatergood.berkeley.edu/article/item/how_gratitude_can_reduce_burnout_in_health_care

nziwr.co.nz/wp-content/uploads/2020/03/NZIWR_Real-time_Resilience_Coping_with_Coronavirus.pdf

https://nziwr.co.nz/wp-content/uploads/2020/03/NZIWR_Real-time_Resilience_Coping_with_Coronavirus.pdf

Join us for our FREE Building Resilience Series Winter Programs

We are pleased to continue to host our Building Resilience Series—monthly educational events open to parents, school personnel, and anyone working to support kids and teens in our communities. To support safety and social distancing protocols, these events will be offered virtually, through Zoom meeting and webinar formats. The series includes a variety of topics that we hope will support conversations and promote resilience and wellbeing within our communities. All of our Building Resilience Series webinars are offered free of charge.

The schedule of events will be updated throughout the school year and posted on our website and Facebook page. Please save the dates for the following events already scheduled:

January 21

noon – 1 p.m.

Using Performance Strategies to Help Students During COVID-19

Webinar for parents, caregivers, and school personnel

Please join us for discussion and Q&A of tools and strategies for applying performance enhancing cognitive and emotional techniques to support students during COVID-19.

Featuring Nicole Danforth, MD, Director of Outpatient Programs, Newton-Wellesley Hospital Division of Child and Adolescent Psychiatry and Jonathan Jenkins, PsyD, CMPC, Staff Clinical Psychologist, MGH Child/Adolescent Psychiatry Department and Staff Sport Psychologist, MGH Sport Psychology Department

[Register Here](#)

February 26

11:30 a.m. – 12:45 p.m.

Parenting and Educating Children with Special Needs During COVID-19

Webinar for parents and caregivers

Please join us for a discussion and Q&A of tools and strategies to support parents and kids during this unusual school year. Topics will include strategies to assist parents with supporting children/teens with unique learning styles, balancing children's emotional wellness and academic achievement, managing parent stress, and promoting parents' emotional wellbeing.

Featuring Jennifer DelRey, PhD, Psychologist, Newton-Wellesley Hospital Division of Child and Adolescent Psychiatry and Program Manager and Director of School Outreach, The Resilience Project

[Register Here](#)



Local Resources

Resources for Families Experiencing Food Insecurity and Support with other basic needs

For Natick residents:

Natick Service Council
natickservicecouncil.org/heart-healthy-food-pantry

A Place to Turn
aplacetoturn-natick.org/

A Place to Turn – The Diaper Project
aplacetoturn-natick.org/diaper-project/

For Waltham residents:

city.waltham.ma.us/mayors-office/faq/where-are-the-local-food-pantries-located-in-waltham

For Needham residents:

needhamcommunitycouncil.org/food-pantry/

For Wellesley residents (food and diapers):

wellesleyfoodpantry.org/

For Newton residents:

newtonfoodpantry.org/



Raising Resilient Teens Parent Workshop: Winter/Spring Registration Now Open!

The Raising Resilient Teens workshop is a seven-week educational and skill-building program for parents of tweens/teens offered in a small group setting on Wednesday mornings from 8:45-10 am, and this year run fully virtually via Zoom. The workshop's weekly sessions provide a deeper and more personalized resource for parents and caregivers about topics specific to resilient parenting of tweens/teens, including adolescent development, the teen brain, parent-child connection, and communication. It is co-led by Tai Katzenstein, PhD and Juliana Chen, MD, Co-Directors of The Resilience Project Parents Program, and open to all parents and caregivers in our community. The cost of the workshop is \$90 total with sliding fee available. Additional information can be found on our program's Web site.

Winter Workshop (Jan-March) and Spring Workshop (April-Jun): Now accepting registrations!

For questions and/or to register, please email NWHResilienceProject@partners.org.

Mental Health Supports



If you or those you care for are experiencing new and/or worsening mental health issues, please know there are options for support. For individuals not already in mental health treatment with a therapist and/or psychiatrist, primary care physicians could provide consultation and referrals for mental health care. For children and teens, their pediatrician can provide such consultation and referrals. In addition, the following resources are also available:

- Visit our [NWH Child and Adolescent Psychiatry Clinic](#) web site to find suggested [resources for coping with COVID-19](#) and to learn more about our outpatient services. If you have any questions about psychiatry services for children and teens at NWH, please call our intake team at **617-243-6328**.
- Visit our [NWH Psychiatry](#) web site to learn more about available services and find suggested resources for coping with the COVID-19 pandemic for adults. If you have any questions about adult psychiatry services at NWH, please call **617-243-6006**.
- If you or your child are experiencing a mental health or substance use crisis, **Mobile Crisis Intervention (MCI)** is available 24 hours/day, 7 days/week, 365 days/year by calling **1-877-382-1609**. Enter your zip code to get the phone number of the closest MCI team that serves your area. MCI provides you and your family with crisis assessment, intervention and short-term stabilization.

- If you or your child are experiencing an emergency and/or concerns for your/their safety or the safety of others, including thoughts of suicide, self-harm, and/or harm to others, call 911 or go to your nearest hospital emergency department.

Suicide Prevention Hotlines:

- Samaritans Massachusetts Statewide Hotline (24/7 Crisis Support), call or text 1-877-870-HOPE (4673)
- National Suicide Prevention Lifeline 1-800-273-TALK (8255)

Therapy and Behavioral Health Resources:

- Home Base – Mental Health Resources and Support for Veterans and Families of Veterans homebase.org/education-training/resources/first-responders/
- Project Interface Therapy Referral Service interface.williamjames.edu/
- psychologytoday.com
- therapymatcher.wordpress.com
- helppro.com
- Social Work Therapy Referral Service, 617-720-2828
- Health Professionals Advancing LGBT Equality glma.org
- Fenway Health, fenwayhealth.org/

Online Therapy Resources:

- teencounseling.com
- taoconnect.org
- betterhelp.com
- talkspace.com
- amwell.com
- doctorondemand.com/

Supports for Substance Use Education, Prevention, and Treatment:

- Newton-Wellesley Hospital's Substance Use Services, 617-243-6062 nwh.org/psychiatry/substance-use-services/substance-use-services
- Natick 180 – Free community resources for addiction education, prevention and recovery natick180.org/

Many employers may also offer free and confidential mental health supports and service through their EAP.

A sneak peek into our spring program series!

COMING FEBRUARY 2021:

Executive Functioning and Study Skills Workshop for Parents/Caregivers

In-person, hybrid, or remote, many families are experiencing a heavy load of information, schedules, and changing routines to manage during this unique school year. Join us for a 4-week workshop, designed for parents/caregivers to learn ways of solving problems related to organization, time management, planning, and managing long-term tasks/assignments and lessen the strain on the parent-child relationship. Each group will be limited to 6-8 families. Each session will feature a didactic component, with concrete strategies and tools, followed by discussion and Q & A specific to the needs and experiences of the group members. This workshop will be led by Jennifer DelRey, PhD, Psychologist in the Newton-Wellesley Hospital Division of Child and Adolescent Psychiatry. For more information and to register, please contact the Child and Adolescent Psychiatry Outpatient Clinic at 617-243-6490.

COMING MARCH 2021:

Special Education Educators' Forum

Please join us for an interactive program, including a panel discussion with The Resilience Project team members and local Special Education leaders. Space is limited. Please contact us at NWHResilienceProject@partners.org for information about registering teams of educators for this program.



We welcome you to join us throughout the year, and please contact us at NWHResilienceProject@partners.org with any questions.

Warmly,

Elizabeth Booma, MD

*Chief, Division of Child and Adolescent Psychiatry
Director, The Resilience Project*

Juliana Chen, MD

*Psychiatrist, Division of Child and Adolescent Psychiatry
Co-Director, The Resilience Project Parents Program*

Jennifer DelRey, PhD

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Tai Katzenstein, PhD

*Psychologist, Division of Child and Adolescent Psychiatry
Co-Director, The Resilience Project Parents Program*

Stay Connected!

Interested in joining our email list to stay informed of upcoming events, programs, and resources?

E-mail us at NWHResilienceProject@partners.org and request to add your email!

 **Follow us on Facebook!**

For helpful articles and links aimed to support families, schools, kids, and teens, as well the most up-to-date information about our workshops and events — please follow us on Facebook ([@NWHResilienceProject](https://www.facebook.com/NWHResilienceProject))



NEWTON-WELLESLEY
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The Newton-Wellesley Collaborative for
**Healthy Families
and Communities**

