Therapeutic Intervention for Teens During COVID-19

Carlee Smith, M.A., BCBA
Lead Behavior Consult
GoldStar Learning Options
“Strategies for Surviving and Sometimes Thriving in an Online World”
How did we do it?

Collaboration and Teamwork
Frequent Communication
Stepping outside our comfort zone
Being comfortable with change
Educating Ourselves
9 Months Later, We Continue to...

Collaborate
Communicate
Step outside our comfort zone
Stay flexible with change
Educate Ourselves
Individualized Sessions

- In Person
- Telehealth
- Outdoors only
- Phone Calls
- Check-Ins
- Making Videos
- Social Group
What do you focus on teaching when the world has flipped upside down?

- Feelings and Emotions
- Parent Training and Family Involvement
- Expanding Leisure Activities
- Flexibility
Telehealth Ideas

• Dance Parties
• Creating Stories and Presentations
• Virtual Tours
• Researching New Topics
• Show and Tell
• Online Games
• House Tour
• Scavenger Hunt
• Connecting with Friends
• Watching Videos
• Whiteboard Feature for Drawing and Other Activities
Circle Time at Home
Creating Social Stories

I am not sick right now. I have to stay home, so I stay healthy.

Sometimes I get bored at home.

This makes me feel frustrated.
Creating Schedules

Video Schedule

To Do

Greetings and Check In
Staff's Choice
Choice
Whose choice did you like best?
Follow Rules:
1. Eyes on the screen
2. Respond to questions
3. Listen to staff
4. Say when I need a break
5. Use words when I feel upset

Goodbyes and see you again!

ALL DONE!!!
Social Group Fun
When in person and telehealth just isn’t an option...
Parent Support
Thank you!