

A large, irregular blue ink splatter or watercolor blotch serves as the background for the text. The splatter is centered and has a textured, painterly appearance with various shades of blue and white. The text is overlaid on this splatter in a clean, white, sans-serif font.

# Therapeutic Intervention for Teens During COVID-19

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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

## Telehealth Research

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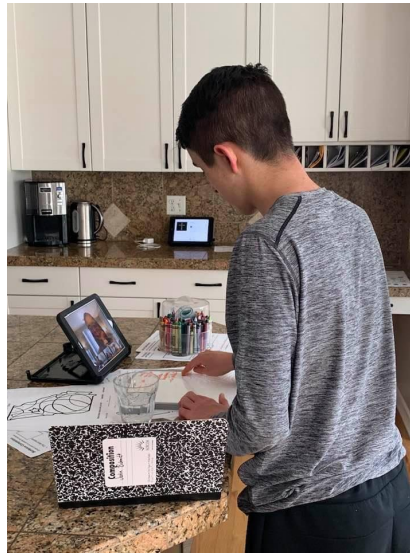
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# Individualized Sessions

- 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

Feelings Activity 5. 14. 20

	Carlee	[REDACTED]
Thumbs Down Feelings I do NOT like feeling:	1. Stressed 2. Anxious 3. Sad 4. Nervous	1. Bored 2. Sick 3. Confused 4. Frustrated 5. Nervous
Thumbs Down Thoughts I do NOT like thinking:	1. I can't do this 2. I am stuck at home 3. I have too much to do	1. I need to throw up 2. I am stuck at home 3. There is not enough time to do things. 4. This is really hard.
Thumbs Down Activities/Things I do NOT like doing:	1. Writing reports (work at home)	1. Schoolwork at home





# 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

## ██████████ and ██████████ Video Schedule

To Do	██████████ All Done	██████████ Done	All
Greetings and Check In			
Staff's Choice			
██████████ 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!!!**

## MAY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
	Theme=	Theme=	Theme=	Theme=	Theme=	
	Meeting new people	Music	Spring Activities	Family	Coronavirus	
03	04	05	06	07	08	09
Theme=	Theme=	Theme=	Theme=	Theme=	Theme=	
Playing Games	Learn about something new	Friends <a href="https://pbskids.org/learn/life">https://pbskids.org/learn/life</a>	Free Choice <a href="https://pbskids.org/learn/read">https://pbskids.org/learn/read</a>	Physics		
10	11	12	13	14	15	16
Theme=	Theme=	Theme=	Theme=	Theme=	Theme=	
17	18	19	20	21	22	23
Theme=	Theme=	Theme=	Theme=	Theme=	Theme=	
24	25	26	27	28	29	30
Theme=	Theme=	Theme=	Theme=	Theme=	Theme=	
		Animals	Transportation	New Spaceship		
Theme	Coronavirus	Meeting new people	Friends	Spring Activities	Coronavirus	Transportation
Options→	Playing games	Learning about something new	Social Skills	Family	Playing games	
	Physics		Music	Free Choice	Physics	





# Social Group Fun



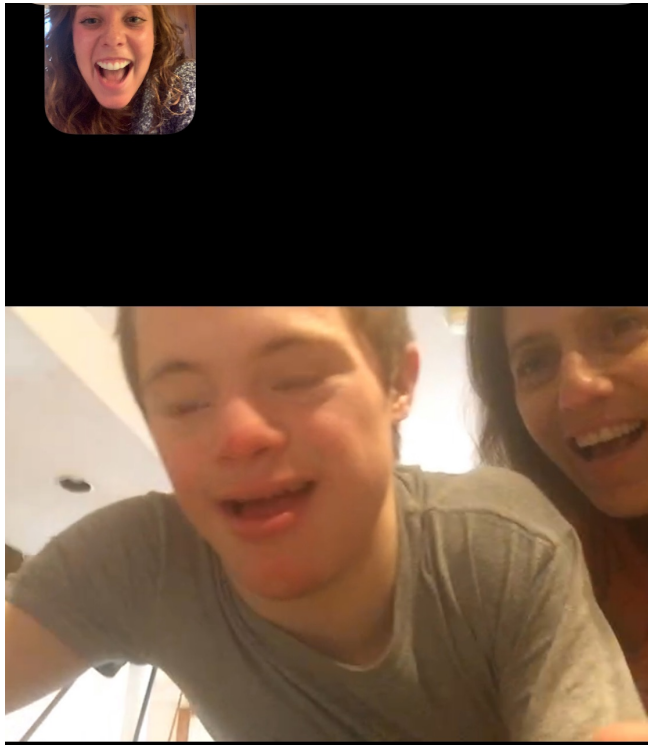




When in person and telehealth just isn't an option...



# Parent Support





Thank you!