

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

Telehealth Research

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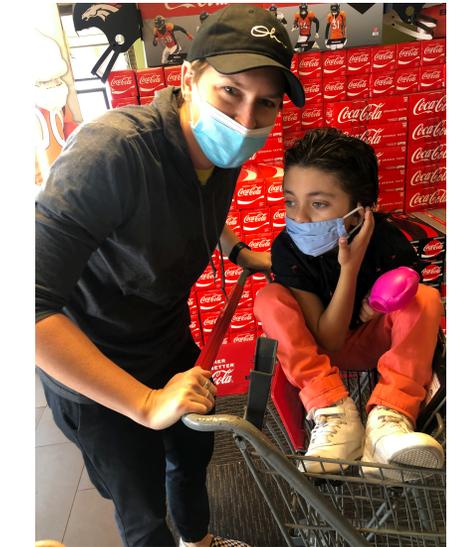
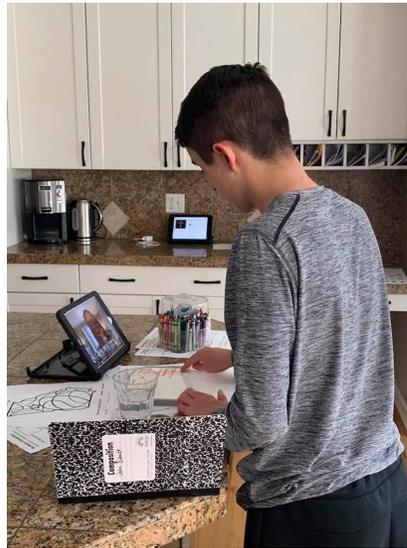
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Individualized Sessions

- 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:	<ol style="list-style-type: none"> 1. Stressed 2. Anxious 3. Sad 4. Nervous 	<ol style="list-style-type: none"> 1. Bored 2. Sick 3. Confused 4. Frustrated 5. Nervous
Thumbs Down Thoughts I do NOT like thinking:	<ol style="list-style-type: none"> 1. I can't do this 2. I am stuck at home 3. I have too much to do 	<ol style="list-style-type: none"> 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:	<ol style="list-style-type: none"> 1. Writing reports (work at home) 	<ol style="list-style-type: none"> 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

calendar

TIME FOR
CALENDAR!

me

Navigation icons: left arrow, pencil, square, right arrow

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

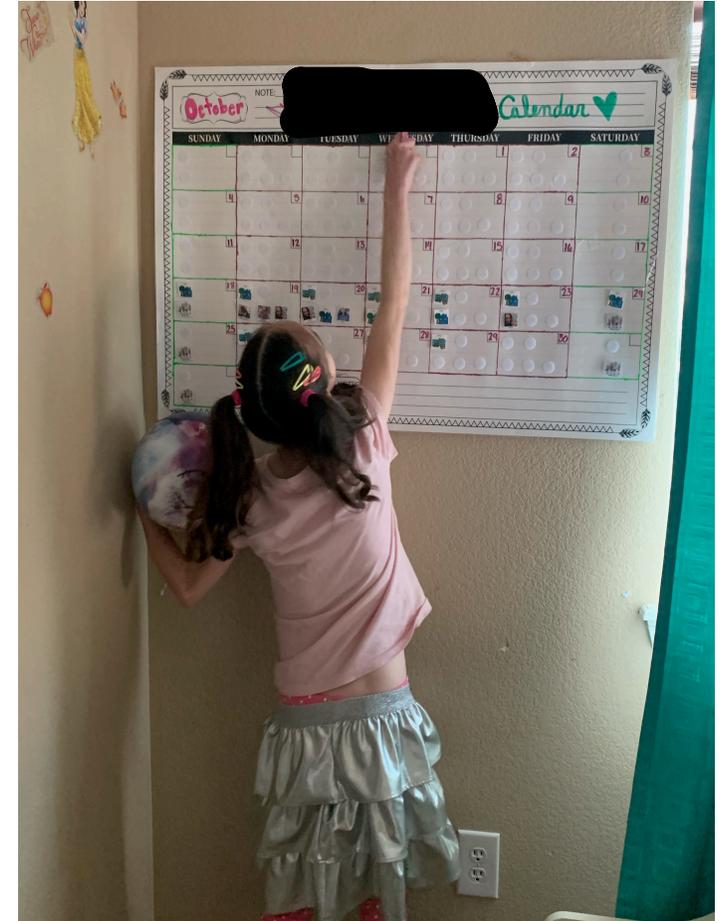
██████████ and ██████████ Video Schedule

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!			

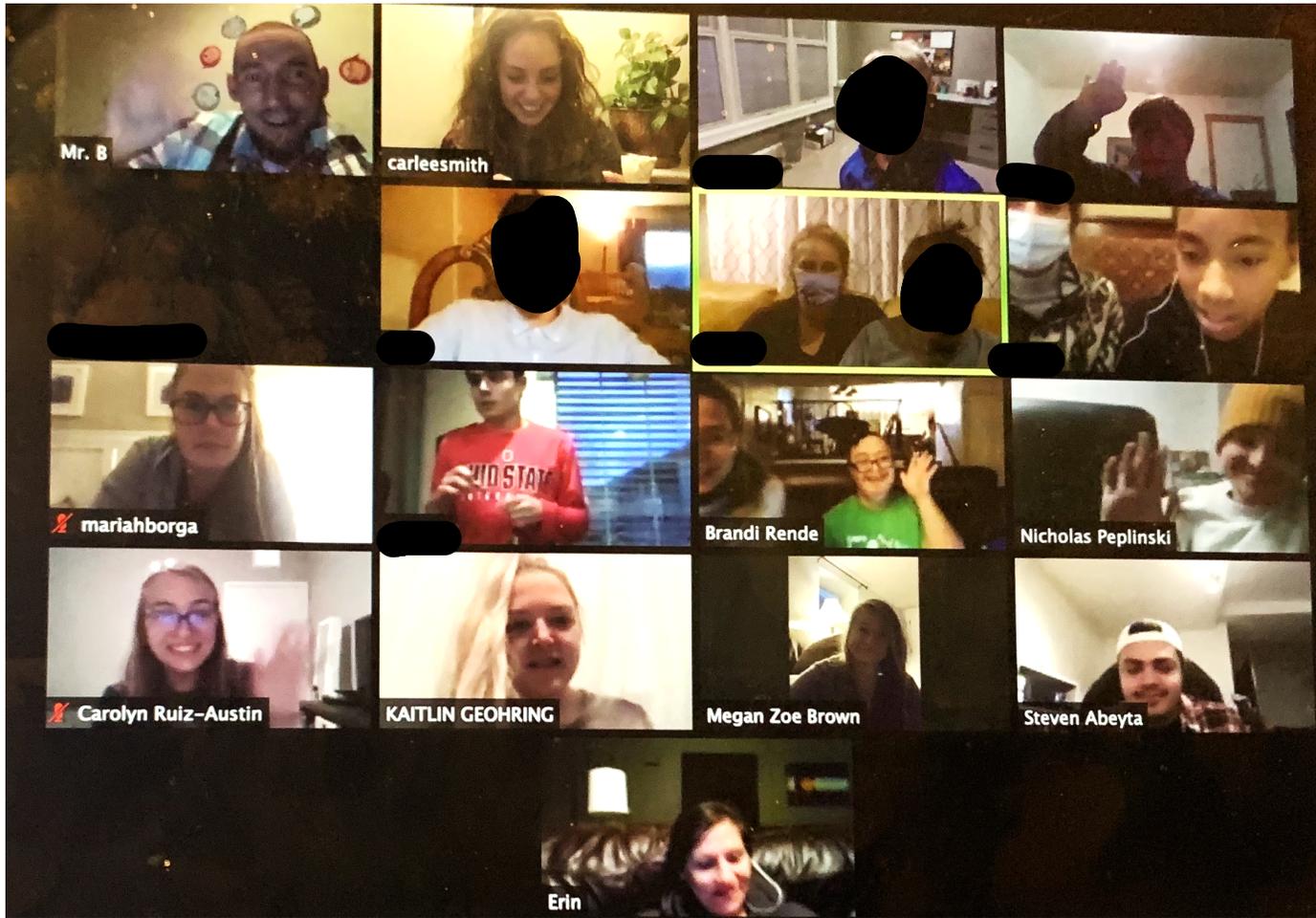
ALL DONE!!!

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 https://pbskids.org/learn/life	Free Choice https://pbskids.org/learn/readynat	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 Options →	Coronavirus	Meeting new people	Friends	Spring Activities	Coronavirus	Transportation
	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!