Balancing Accommodations with Accountability During the Pandemic.
HOW CAN WE HELP OUR PATIENTS AND FAMILIES IMPROVE THEIR HEALTH AND WELLNESS?

1. We discussed sleep hygiene and the need for an age appropriate amount of sleep for wellness, emotional resilience, memory, taking out “trash”.

2. We discussed limiting electronics to achieve sleep hygiene and to increase physical activity, family time, reading and school work, creativity and other safe interactive contact with peers.

3. We know a healthier diet and regular exercise would also help with physical and mental health and wellness.

How do we get families to move in this direction???
THE PANDEMIC IS A SOURCE OF CHRONIC STRESS AND TRAUMA

Trauma informed care suggests patient child-driven progress with lots of support and accommodation.

Raising expectation might increase acting out when families are already at a breaking point.

EXPOSURE IS THE CRUX OF TREATMENT FOR ANXIETY

Long term accommodation of anxiety tends to worsen symptoms and impairment.

Graduated exposure has to begin with the current situation – how far afield is the current situation going to get before we start?

SHOULD WE RAISE OR LOWER DEMANDS AND EXPECTATIONS?
Where are they? Where are parents?
Where are we? How about grandma?

100% Rigid Expectations

- distress
- acting out
- impairment

100% Accommodations

- distress
- acting out
- impairment
THE FEAR

100% Rigid Expectations

distress
acting out
impairment

100% Accommodations

distress
acting out
impairment

The Terribles
THERE IS STILL SOME RISK, ESPECIALLY WITH CHRONIC ILLNESS

Anxious students do not/will not want to go back to in-person learning

Anxious parents will be reluctant to take any risk or to nudge their anxious child

Many families don’t trust the schools to use precautions and care

NOT GOING TO SCHOOL HAS A NEGATIVE IMPACT ON LEARNING, HEALTH AND WELLNESS

CDC, President, Governor, Board of Regents, School Superintendents and American Academy of Pediatrics support in person schools with precautions

Students who are 100% distance-learning feel more stressed than hybrid or in-person students

SHOULD ANXIOUS STUDENTS GO BACK TO SCHOOL?
SOME STUDENTS LEARN BETTER AND FEEL HEALTHIER AND LESS ANXIOUS FROM HOME.

WHY ROCK THE BOAT?
In-person School

- Prepared for In-person School
- Autonomy
- Social Skills
- Adaptability
- Strength
- Stamina
- Resilience

- All Classes, All Day Plus Extracurriculars
- All Classes with No Accommodations
- All Classes with Accommodations
- Most Classes with Accommodations
- Tutoring at School Plus Classes
- Tutoring at School
- Tutoring at Public Library
- In-Home Instruction

- Transitions/Unstructured Time
- Interactions with Adults
- Interactions with Peers
- Academic Content
In-person School

TRANSITIONS/UNSTRUCTURED TIME
INTERACTIONS WITH ADULTS
INTERACTIONS WITH PEERS
ACADEMIC CONTENT

All Classes, All Day Plus Extracurriculars
All Classes with No Accommodations

HYBRID CLASSROOM

DISTANCE LEARNING

AUTONOMY
SOCIAL SKILLS
ADAPTABILITY
STRENGTH
STAMINA
RESILIENCE
In-person School

100% IN PERSON

HYBRID CLASSROOM

DISTANCE LEARNING
HOW DO YOU ROCK THE BOAT?

1. “LISTEN”, UNTIL YOU UNDERSTAND.
2. DEVELOP AND EXPRESS EMPATHY WITH THE “WEAKEST LINK.”
3. PREDICT THE BARRIERS AND PLAN THE “WORKAROUND.”
Visualization works to expand your ability to rest and relax by focusing your mind on more calming and serene images.
REFERENCES & RESOURCES

VERY WELL MIND

VISUALIZATION FOR RELAXATION