



Caring for Our Young People and Their Mental Health in the Time of COVID (Live Online)

January 20, 2021
9:00am—10:00am

PRESENTERS:

Keary Sarabia
CEO and President
RFS Behavioral Health



Erin Carroll, LISW-S
Director, Clinical Services
RFS Behavioral Health



This program has been submitted to the HR Certification Institute (HRCI) for review. The Employers' Association is a recognized provider of recertification credits. The use of this official seal confirms that this Activity has met HR Certification Institute's® (HRCI®) criteria for recertification credit pre-approval.



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According to a study released by the CDC on November 12, 2020, the proportion of ER visits from mid-March to October related to children's mental health rose dramatically compared to the same period last year.

We're living through an extraordinary period in history that has upended the usual routines and rhythms of our work and family lives. As adults, we've pivoted to working from home—many of us for the first time – and many of us have found ourselves serving as teachers to our kids (at least part-time) all while trying to do our own jobs and maintain some semblance of routine in our families' lives. As stressful as it may be on us, it can be even more stressful for the young people in our lives. They have been cut off from their friends and endured cancellations of football games, band practice, school clubs, proms, and numerous other rites of passage that we were fortunate to experience while we were in school. An important question that we as parents must consider is, what impact has all of this upheaval had on our kids?

Join us for this special presentation as Keary Sarabia, CEO and President of RFS Behavioral Health and Erin Carroll, Director of Clinical Services at RFS, share information on the following areas:

- Social isolation:** what is the impact on youth?
- Anxiety and worry:** what does it look like in kids?
- Cell phones and social media:** what kinds of information are our kids consuming?
- Self-care for parents:** what can we do to re-energize and take care of ourselves as we take care of our families?
- Moving forward:** how will we “dig out” of all of this?

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