

# Connected Communities

## *Building Relationships, Growing Resilience*

THE RESILIENCE PROJECT COMMUNITY NEWSLETTER

WINTER 2020

*The Resilience Project, a Newton-Wellesley Hospital Community Health Initiative, is excited to embark on our fifth year of serving the community!*



## A Message from Our Team

*As we approach the end of 2020 and look ahead to a new year, we are reminded of both the hopefulness and uncertainty that transitions can bring. Transitions are ultimately processes – changing and developing from one condition to another. As you approach transitions that may come for you and those you hold close, we hope there can be opportunities for growth through times of change and self-compassion as you navigate your own process of adjustment and coping. We look forward to continuing The Resilience Project's transition to the new year with much hopefulness and opportunities for transformation. We will hold on to our collective successes as a resilient community of parents, caregivers, educators, and other professionals, while also developing new and innovative ways to support and serve the community. We look forward to continuing to partner with you or welcoming you to join us for the first time, through our mental health resources, educational tools and webinars, parent groups, professional development talks, and resources to enrich home-school partnerships. Together, we can continue our mission of working to improve the mental health and wellbeing of children, teens, and the adults who support them.*



# Connection Corner

With the need for limited sized gatherings and physical distancing remaining important parts of protecting each other from risk of COVID-19, the impact of social isolation and loneliness have been rising concerns for emotional wellbeing. During this time, we hope that you and your families can find ways to continue to safely socially connect with your friends, extended family, and community supports. Our Connection Corner offers resources for locally-based, virtual supports and helpful articles that you might consider, should they be good fits for you and your family.

## Local Resources for Virtual Connection:

[bostonjcc.org/classes-and-events/virtual-jcc-classes-programs](http://bostonjcc.org/classes-and-events/virtual-jcc-classes-programs)

[academymetrowest.com/](http://academymetrowest.com/)

[sparkkindness.org/](http://sparkkindness.org/)

[danforth.framingham.edu/learn-create/](http://danforth.framingham.edu/learn-create/)

## Emotional Wellbeing Resources:

[handholdma.org/](http://handholdma.org/)

[apa.org/topics/resilience](http://apa.org/topics/resilience)

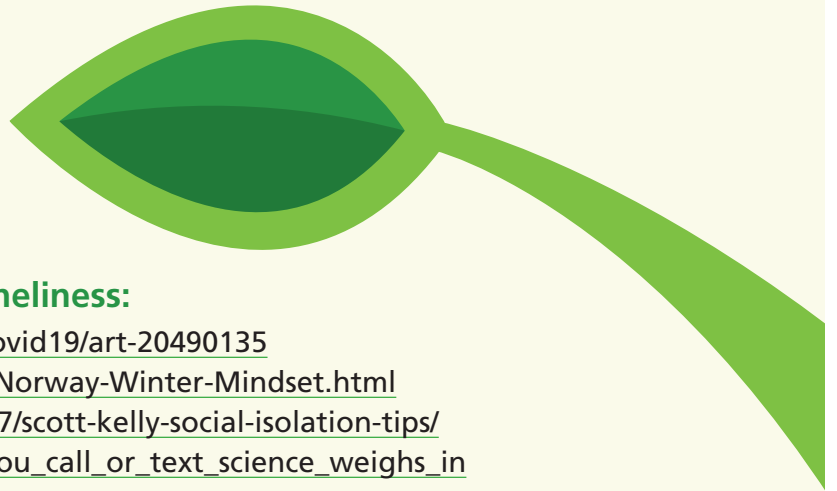
## Articles about Social Connection and Loneliness:

[mayoclinic.org/help-kids-cope-with-loneliness-covid19/art-20490135](http://mayoclinic.org/help-kids-cope-with-loneliness-covid19/art-20490135)

[nytimes.com/2020/10/15/well/mind/Scandinavia-Norway-Winter-Mindset.html](http://nytimes.com/2020/10/15/well/mind/Scandinavia-Norway-Winter-Mindset.html)

[prevention.com/health/mental-health/a34383117/scott-kelly-social-isolation-tips/](http://prevention.com/health/mental-health/a34383117/scott-kelly-social-isolation-tips/)

[greatergood.berkeley.edu/article/item/should\\_you\\_call\\_or\\_text\\_science\\_weighs\\_in](http://greatergood.berkeley.edu/article/item/should_you_call_or_text_science_weighs_in)



# Mental Health Supports for Kids/Teens

If you are worried about new and/or worsening mental health issues in your child, please know there are options for support. For children not already in mental health treatment with a therapist and/or psychiatrist, parents could consult with their child's pediatrician. In addition, the following resources are available to families:

- Consider contacting your child's teacher and/or counselor, as school staff are still available in the setting of remote learning, and could potentially provide their guidance, resources, and referrals.
- Visit our NWH Child and Adolescent Psychiatry Clinic Web site to find suggested resources for coping with COVID-19 and to learn more about our outpatient services. If you have any questions, please call our intake team at 617-243-6328.
- If your child is experiencing a mental health or substance use crisis, Mobile Crisis Intervention (MCI) is available 24 hours/day, 7 days/week, 365 days/year by calling 1-877-382-1609. Enter your zip code to get the phone number of the closest



MCI team that serves your area. MCI provides your child and family with crisis assessment, intervention and short term stabilization.

If you are not able to access MCI services and you are concerned about your child's safety, call 911 or go to the nearest hospital emergency department.

# Join Us! Building Resilience Series Winter Programs:

We are pleased to continue to host our Building Resilience Series—monthly educational events open to parents, school personnel, and anyone working to support kids and teens in our communities. To support safety and social distancing protocols, these events will be offered virtually, through Zoom meeting and webinar formats. The series includes a variety of topics that we hope will support conversations and promote resilience and wellbeing within our communities. All of our Building Resilience Series webinars are offered free of charge.

The schedule of events will be updated throughout the school year and posted on our website and Facebook page. Please save the dates for the following events already scheduled:

**December 17, 2020**

**10 – 11 a.m.**

## **Coping and Distress Tolerance Techniques and Strategies**

**DBT and ACT-Informed Tools for Children and Adolescents**

**Webinar for parents, caregivers, and school personnel**

Please join us for discussion and Q&A of tools and strategies to support positive coping and manage distressing feelings for children and adolescents.

*Featuring Susan Maxwell, LICSW, Director of Therapy Programs, Newton-Wellesley Hospital Division of Child and Adolescent Psychiatry*

[Register Here](#)

**January 21, 2021**

**noon – 1 p.m.**

## **Using Performance Strategies to Help Students During COVID-19**

**Webinar for parents, caregivers, and school personnel**

Please join us for discussion and Q&A of tools and strategies for applying performance enhancing cognitive and emotional techniques to support students during COVID-19.

*Featuring Nicole Danforth, MD, Director of Outpatient Programs, Newton-Wellesley Hospital Division of Child and Adolescent Psychiatry and Jonathan Jenkins, PsyD, CMPC, Staff Clinical Psychologist, MGH Child/Adolescent Psychiatry Department and Staff Sport Psychologist, MGH Sport Psychology Department*

[Register Here](#)

**February 26, 2021**

**11:30 a.m. – 12:45 p.m.**

## **Parenting and Educating Children with Special Needs During COVID-19**

**Webinar for parents and caregivers**

Please join us for a discussion and Q&A of tools and strategies to support parents and kids during this unusual school year. Topics will include strategies to assist parents with supporting children/teens with unique learning styles, balancing children's emotional wellness and academic achievement, managing parent stress, and promoting parents' emotional wellbeing.

*Featuring Jennifer DelRey, PhD, Psychologist, Newton-Wellesley Hospital Division of Child and Adolescent Psychiatry and Program Manager and Director of School Outreach, The Resilience Project*

[Register Here](#)

**A sneak peek into our spring program series!**

## **COMING MARCH 2021: Special Education Educators' Forum**

**Webinar event for school personnel**

Please join us for an interactive program, including a panel discussion with The Resilience Project team members and local Special Education leaders.

Space is limited. Please contact us at [NWHResilienceProject@partners.org](mailto:NWHResilienceProject@partners.org) for information about registering teams of educators for this program.



# Partner Programs

We are pleased to be participating in the Mass General Cancer Center at Newton-Wellesley's new Survivorship Series "Thriving After Cancer: Strategies and State of Mind".

## Home for the Holidays: Navigating Family Challenges and Connecting with Loved Ones during COVID-19

**December 9, 2020, 7 – 8 p.m.**

Please join us for a discussion about this unique holiday season. We know that many of the usual gatherings and traditions will not be possible this year, and families and friends may need to figure out alternative plans. We'll talk about disappointment, difficult family conversations, and how to make the best of it even under difficult circumstances.

Led by Jennifer Koch, MD, Director of The Pappas PACT Program; Juliana Chen, MD, Co-Director of The NWH Resilience Project Parents Program and Pappas PACT Psychiatrist; Tai Katzenstein, PhD, Co-Director of The NWH Resilience Project Parents Program

We welcome all parents, grandparents, and community partners who are interested in a discussion about this unique holiday season to join us.

[Register Here](#)

We welcome you to join us throughout the year, and please contact us at [NWHResilienceProject@partners.org](mailto:NWHResilienceProject@partners.org) with any questions.

Warmly,

### Elizabeth Booma, MD

*Chief, Division of Child and Adolescent Psychiatry*

*Director, The Resilience Project*

### Juliana Chen, MD

*Psychiatrist, Division of Child and Adolescent Psychiatry*

*Co-Director, The Resilience Project Parents Program*

### Jennifer DelRey, PhD

*Psychologist, Division of Child and Adolescent Psychiatry*

*Program Manager, The Resilience Project and Director, The Resilience Project School Outreach*

### Tai Katzenstein, PhD

*Psychologist, Division of Child and Adolescent Psychiatry*

*Co-Director, The Resilience Project Parents Program*

## Raising Resilient Teens Parent Workshop: Winter/Spring Registration Now Open!

The Raising Resilient Teens workshop is a seven-week educational and skill-building program for parents of tweens/teens offered in a small group setting on Wednesday mornings from 8:45 – 10 a.m., and this year run fully virtually via Zoom. The workshop's weekly sessions provide a deeper and more personalized resource for parents and caregivers about topics specific to resilient parenting of tweens/teens, including adolescent development, the teen brain, parent-child connection, and communication. It is co-led by Tai Katzenstein, PhD and Juliana Chen, MD, Co-Directors of The Resilience Project Parents Program, and open to all parents and caregivers in our community. The cost of the workshop is \$90 total with sliding fee available. Additional information can be found on our program's Web site.

Winter Workshop (Jan-March) and Spring Workshop (April-Jun): Now accepting registrations!

For questions and/or to register, please email [NWHResilienceProject@partners.org](mailto:NWHResilienceProject@partners.org).

## Stay Connected!

Interested in joining our email list to stay informed of upcoming events, programs, and resources?

E-mail us at

[NWHResilienceProject@partners.org](mailto:NWHResilienceProject@partners.org) and request to add your email!



**Follow us on Facebook!**

For helpful articles and links aimed to support families, schools, kids, and teens, as well the most up-to-date information about our workshops and events — please follow us on Facebook ([@NWHResilienceProject](https://www.facebook.com/NWHResilienceProject))



**NEWTON-WELLESLEY  
HOSPITAL**

*The Newton-Wellesley Collaborative for*

**Healthy Families  
and Communities**

