



The Derner Hempstead Child Clinic Community Based Mental Health Services

May 2020 Newsletter

"We bereaved are not alone. We belong to the largest company in all the world—the company of those who have known suffering." **C.S. Lewis**



Mourning the Way Things Used to be...

As we face uncharted territory, and begin to embrace a “new normal”, we are reminded of what we lost. These last few weeks have changed our lives in many ways... some are mourning the loss of a loved one and some are facing unemployment.

It is a helpless feeling when a loved one is sick and we cannot provide comfort to them. When a loved one passes away, we are used to carrying out traditional customs such as bringing food to the family, hugging those who are in mourning

and attending a funeral to honor their memory. These ways of expressing grief and comfort are no longer feasible at this time due to COVID-19.

The emotional effects of this global pandemic have slowly sneaked up on most of us. Initially some may have been relieved that their schedule slowed down. People used the extra time to reach out to friends and try to engage in different activities that there is usually not enough time in the day to do. Now after one million Americans have been diagnosed with COVID-19 and we have lost over 50,000 Americans, with New York as the epicenter, it is difficult to not feel sadness as we watch the news. We are all being asked to stay home which essentially prevents us from doing many activities that bring us together, and it may be hard to make the effort to socialize. Social distancing is designed to keep us from spreading COVID-19, but it may evoke overwhelming feelings of anxiety and depression for some people. Substance use may seem like a relief to some but it only numbs the pain for a moment then the problems remain and often worsen.

Recognizing the signs of depression, for ourselves and our loved ones, is important to help prevent symptoms of depression from worsening. Symptoms of depression include poor motivation, fatigue, sadness, depressed mood, changes in appetite, changes in sleeping habits, irritability, low frustration tolerance, not engaging in activities that used to be enjoyable and being socially withdrawn.

This pandemic is a reminder of the fragility of life. It is important to remember that especially now we need to make an effort to reach out to our friends and family, who may be sick,

depressed, mourning a loved one or struggling to cope with life's stressors that have occurred due to this health crisis. While it is difficult to adjust to our "new norm" as we continue to live with so much uncertainty, it is important to make an effort to control those aspects of our life which we can control.

We can ...

- **Express gratitude to our family members by spending quality time with them**
- **Make efforts to reduce family conflicts by prioritizing our problems and putting them in perspective**
- **Use exercise and yoga to balance your mind, body and emotions**
- **Paint night or charades with friends and family**
- **create video social gatherings with friends and family.**
- **Plan a movie night or game night**
- **Create a book club with friends**
- **Search for jobs to work remotely**
- **Take an online college course**
- **Patronize our local small businesses to help them to stay in business and help the community**

These are just some of many free and fun activities that we can do to create an emotionally balanced home environment for our family and to improve our mood by escaping momentarily in a healthy way. **We can search for ways to empower ourselves to cope with this pandemic together.**

*Nicole Daisy, PhD
Clinical Psychologist
Clinical Director*

For those of you who have unfortunately lost a loved one to COVID-19, we extend our sincere condolences to you and your family. Below is an article to guide you with providing support to your children as they cope with grief:

<https://childmind.org/article/helping-children-cope-frightening-news/>

We at DHCC want to let you and your family know that we are here to support you with monthly workshops for parents, weekly individual therapy for elementary, middle and high school students and groups for pre-adolescents, teenagers and parents via telehealth.

If you are interested in attending a parent group or workshop, please email us directly at

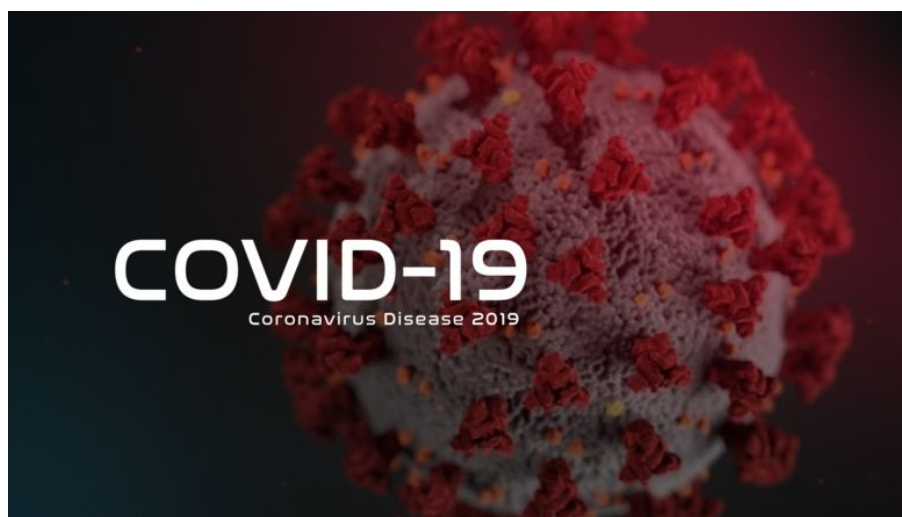
dernerclinic@hempsteadschools.org

For individual or group therapy for your child, please inform your child's school's social worker or school psychologist.

Monthly Motivational Workshop

Monday, May 18th @ 4-6 pm via Telehealth

Coping with



During this workshop, ways to manage the stress and sadness associated with COVID-19 will be discussed.

Learn coping skills to manage anxiety and depression

Receive resources to assist you in managing your emotions

WEEKLY SUPPORT GROUPS

Tuesday Evening's @ 7pm

MIDDLE SCHOOL GROUP THERAPY

Coping with COVID-19



The changes that have occurred since the pandemic have been difficult for all of us to cope with, especially our children...

Weekly group therapy sessions will

- **Provide a safe space to share their feelings of anxiety and sadness associated with COVID-19**
- **Provide support with frustrations associated with adhering to safety guidelines/social distancing**

Tuesday evening's 7pm via Telehealth

**If interested in joining the group, please contact us:
dernerclinic@hempsteadschools.org**

Tuesday Evening's @ 5pm

HIGH SCHOOL GROUP THERAPY

Coping with



Fears

Anxiety

Grief

TUESDAY EVENINGS @ 5PM via Telehealth

If interested email us: dernerclinic@hempsteadschools.org

Wednesday Evening's @ 6pm

PARENT SUPPORT GROUP

Coping with COVID-19



How to manage your stress and help your children cope

During this weekly group, we will

- Teach stress relief coping skills
- Provide grief counseling
- Provide ways for you to manage the stress and sadness associated with the effects of COVID-19

Wednesday evenings at 6pm via Telehealth

If interested email us at: dernerclinic@hempsteadschools.org

The following are crisis hotlines and resources that are available for support 24/7:

National Suicide Prevention Lifeline: (800) 273-TALK (8255)

National Helpline: (800) 662- HELP (4357)

**National Alliance on Mental Illness (NAMI) www.crisistextline.org
Text NAMI to 741-741**

**Substance Abuse & Mental Health Services Administration (SAMHSA)
treatment finder: (800) 662-4357 <http://findtreatment.samhsa.gov>**

**National Eating Disorder Association (NEDA) National Eating
Disorder Helpline re local resources (800) 931-2237**

National Domestic Violence Hotline: (800) 799-(SAFE)7233

FREE Resources

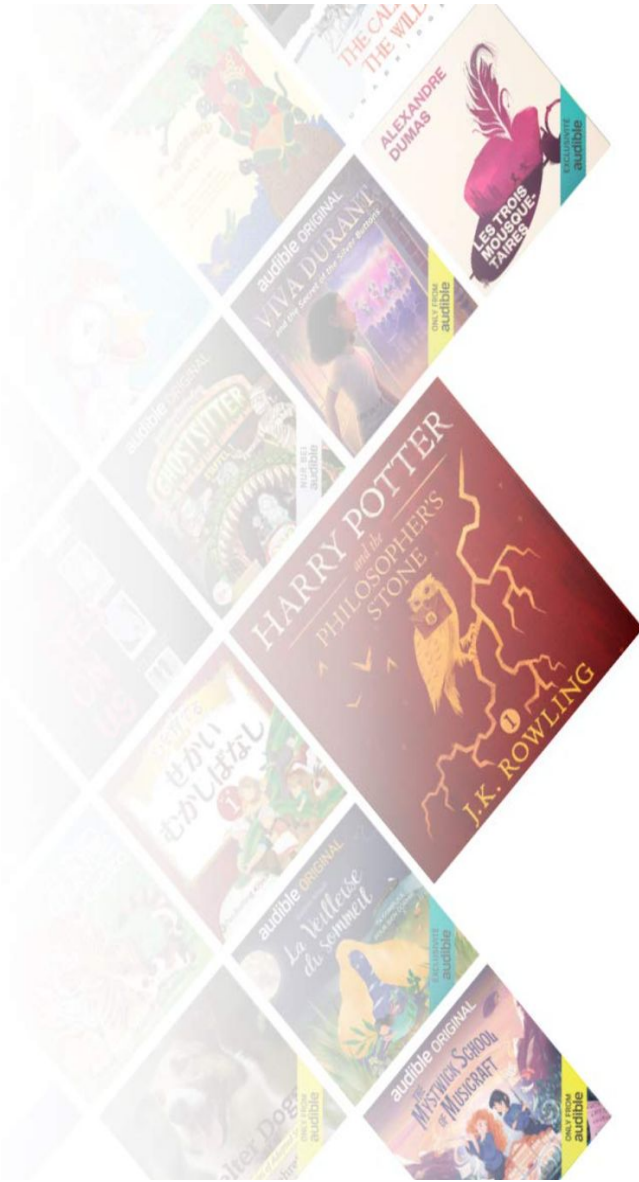
Yoga, mindfulness and relaxation for kids. Interactive adventures which build strength & balance.

Cosmic Kids Yoga



<https://www.youtube.com/user/CosmicKidsYoga>

FREE Resources



Stories help.

They entertain. They teach. They keep young minds active, alert, and engaged.

For as long as schools are closed, we're open. Right now, kids everywhere can instantly stream an incredible collection of stories, including titles across eight different languages, that will help them continue dreaming, learning, and just being kids.

All stories are free to stream on your desktop, laptop, phone or tablet.

Explore the collection, select a title and start listening.

It's that easy.

[Start Listening](#)

[Learn How to Use Stories.](#)

[Please see here for our Privacy Notice.](#)

<https://stories.audible.com/start-listen>

TEN INDOOR FAMILY FUN ACTIVITIES



- 1 Family Game Tournament**
Have each family member pick a different board game and make it a tournament.
- 2 Karaoke Battle and Dance Party**
Find your favorite songs on YouTube with lyrics.
- 3 Scavenger Hunt**
Hide clues around the house to lead to a treasure.
- 4 At-Home Boot Camp**
Each family member takes turns picking the exercise for your new family workout routine.
- 5 Art Gala Evening**
Create art and display it around the house for a fun evening of meeting the artists and getting to know your new favorite pieces of art.
- 6 Themed Dinner Night**
Work together to create a meal with a theme. Themes could be a country, book, movie, or your family's heritage.
- 7 Camp In Night**
Make a blanket fort to create your tent, go on "hikes" around the house, tell campfire stories, and make s'mores.
- 8 Cooking Show**
Pretend you are on a cooking show to make your favorite sweet treat.
- 9 Express Yourself**
Paint, color, build, create, or journal to express how you feel.
- 10 Comedy Night**
Spend the day coming up with your best jokes. Create a stage and your comedian routine for the night.

FREE Resources

Every Episode of The Joy of Painting with Bob Ross Is Streaming Free on YouTube

By JEREMY DICK — April 10, 2020 in STREAMING



Movieseries-Unlimited

<https://tvweb.com/bob-ross-joy-of-painting-youtube-free-streaming/>

A promotional banner for Ivy League online courses. The left side features a green background with the text 'FREE ONLINE IVY LEAGUE COURSES' in white. The right side has a light green background with seven university crests (Brown, Columbia, Cornell, Dartmouth, Harvard, Penn, Princeton, and Yale) and the text 'Ivy League Online Courses' followed by 'Free online courses from Brown, Columbia, Cornell, Dartmouth, Harvard, Penn, Princeton, and Yale.'

[https://www.classcentral.com\\$/collection/ivy-league-moocs](https://www.classcentral.com$/collection/ivy-league-moocs)

KNOWLEDGE IS POWER!

Follow the safety guidelines to prevent the spread of COVID-19:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Be safe & Stay healthy! Spread the Message of Safety:

<https://www.cdc.gov/coronavirus/2019-ncov/communication/social-media-toolkit.html>