Coping with COVID

Baylor College of Medicine and Harris Health System are offering free 6 weekly one-on-one sessions over Zoom to teach parents how to help their children cope with stress or anxiety related to the COVID-19 pandemic.

You may be eligible if your child is:

- aged 5-13 years old
- living in the State of Texas
- able to communicate verbally

CONTACT US: 832-206-4034, projectreach@bcm.edu
What does Coping with COVID involve?

PARENT-LED THERAPY: Parents work one-on-one with therapists over Zoom to learn skills to cope with stress and anxiety that they can teach their child.

COGNITIVE BEHAVIORAL THERAPY: CBT, which teaches children how to identify, challenge, and overcome unhelpful anxiety-related habits and thought patterns, is one of the best evidence-based treatments for addressing stress and anxiety.

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UP-C and UP-A

Aims to reduce intense negative emotion states by extinguishing the distress and anxiety these emotions produce

- Emotion-focused education
- Awareness techniques
- Cognitive strategies
- Problem-solving
- Behavioral strategies
- Exposure and activation techniques
Overview of Program

Sessions

Session 1: Parent and child goals, emotions and parenting
Session 2: Emotion exposures
Session 3: Opposite actions and exposure planning
Session 4: Exposure planning and opposite behaviors
Session 5: Present-moment awareness, body scanning, and exposure
Session 6: Thinking traps and flexible thinking
COPING WITH COVID TIMELINE

EXPRESSION OF INTEREST

ELIGIBILITY PRESCREENING

SESSIONS 1-3

MID-PROGRAM FEEDBACK FORM

SESSIONS 4-6

POST-PROGRAM ASSESSMENT

- 40-60 minute phone questionnaire with coordinator
- PHQ-9
- GAD-7
- COVID-19-specific factors
- Spence Children’s Anxiety Scale
- Family Relationships
- Columbia Suicide Severity Scale

- 60-minute weekly session with therapist

- 3-minute anonymous online survey

- 40-60 minute phone questionnaire with coordinator
- PHQ-9
- GAD-7
- COVID-19-specific factors
- Spence Children’s Anxiety Scale
- Family Relationships
- CGI-I, CGI-S
- Treatment satisfaction
Here's what parents are saying about Coping with COVID!

Coping with COVID is a great program that has helped my child address her issues. As a parent, I've learned how to help my child deal with her strong emotions, and guide her to change her way in how she reacts to situations.

[My therapist is] informative, encouraging, and helpful. I've honestly learned more from her in the last three weeks than I've ever learned regarding anxiety. She has had a positive impact on me and everything she has taught me has had a positive impact on my son. I'm excited for the next sessions and will be sad when our time is up.

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More parent testimonials:

I think it’s been helpful to talk through our approaches as parents and have these be normalized while giving us more tools to improve in a tangible way. I think the exercises have been useful to reflect and learn from our patterns.

We have utilized multiple tools from the sessions including identifying the different pieces of big emotions, identifying triggers and helpful vs non helpful behaviors, and practicing exposures.

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To learn more or sign up for Coping with COVID,

Contact us at

832-206-4034

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