

COVID & Beyond: Meeting the Unique Needs of Quaranteenagers During Pandemic Times



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Pediatric Health Network



Save the Date: Business of Pediatrics

Your Pediatric Health Network is pleased to announce this year's **Business of Pediatrics CME program will take place virtually on Wednesday, November 18.** The program will be a half-day, online experience with dynamic speakers and panel presentations from **8:00 AM to 12:30 PM Eastern.**

Registration information coming soon!

A few notes about today's Grand Rounds

- All lines are muted throughout the presentation.
- Please use the Q&A to ask questions or make comments.
- We will be recording the session.
- Today's recording and materials will be posted to the PHN website following the presentation.
<https://pediatrichealthnetwork.org/>

Speakers



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No conflicts to disclose:

- No financial or business interest, arrangement or affiliation that could be perceived as a real or apparent conflict of interest in the subject (content) of their presentation.
- No unapproved or investigational use of any drugs, commercial products or devices.

PHN Grand Rounds

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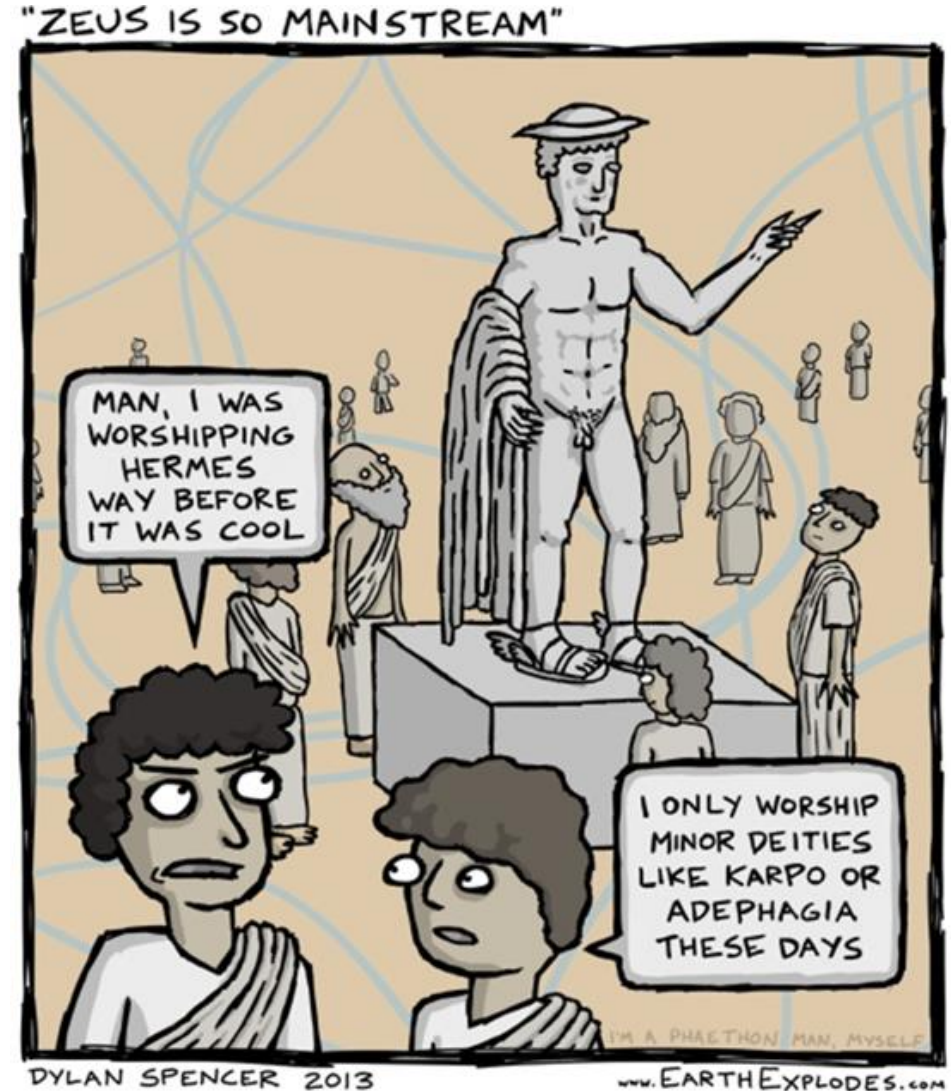
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Children's National.

"Teenagers these days are out of control. They eat like pigs, they are disrespectful of adults, they interrupt and contradict their parents, and they terrorize their teachers."

- Aristotle



"We're so used to seeing adolescence as a problem. But the more we learn about what really makes this period unique, the more adolescence starts to seem like a highly functional, even adaptive period."

- B.J. Casey



From, J. Contrera & C. Gibson (2017). "The Screen Age: Generation Z"
https://www.washingtonpost.com/sf/style/2017/01/04/generation-z-landing-page/?utm_term=.dfefcb20ed27

From Dobb, D (2011). "The New Science of the Teenage Brain"
<https://www.nationalgeographic.com/magazine/2011/10/>

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"All normally developing teenagers strive for independence, yearn to be with their peers and look ahead to the future.

Given this, how do we care for young people whose wings have been clipped, who aren't supposed to hang out with their friends and whose plans have been upended by coronavirus?"

- Lisa Damour

From Damour, L (2020). "Quaranateenagers: Strategies for Parenting in Close Quarters." <https://www.nytimes.com/2020/03/19/well/family/coronavirus-covid-teenagers-teens-parents-kids-family-advice.html>



From Damour, L (2020). "Dear Teenagers, Here's How to Protect Your Emotional Well-Being."

<https://www.nytimes.com/2020/09/29/well/family/teenagers-emotional-well-being-pandemic.html>

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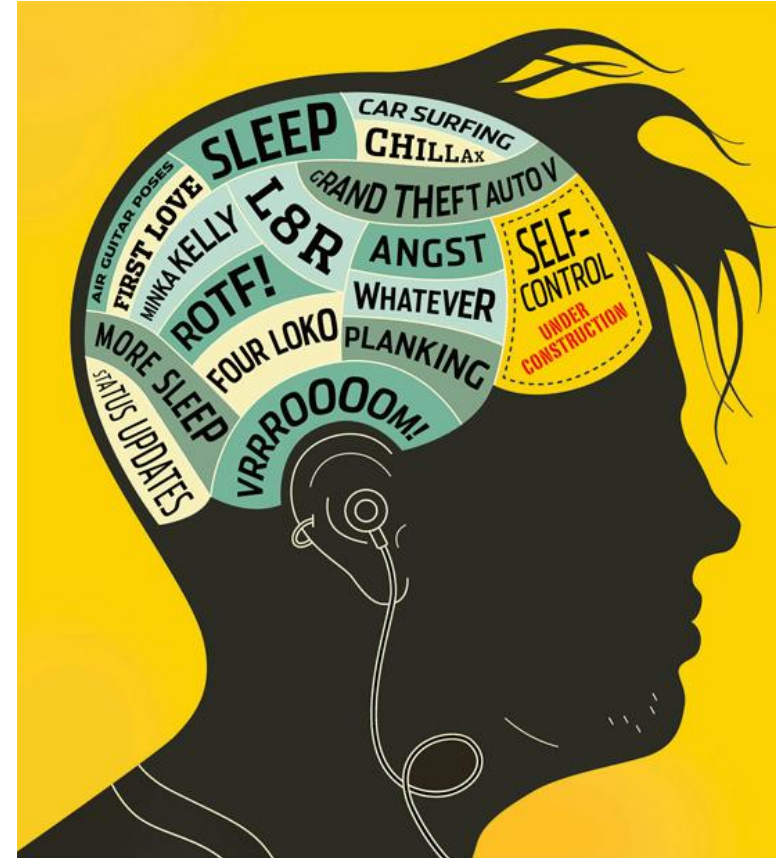


Today's Objectives

- Describe the impact of COVID-19 pandemic related changes on early, mid- and late-stage adolescents
- Employ strategies to better engage teens at each stage of development, and regarding COVID-related stressors in general
- Understand the relationship between youth and digital media and how to support safe use of media by digital natives
- Learn about community-based, virtual health resources for youth

Adolescent Development

- Adolescents are negotiating the complex task of learning to control their emotions and impulses, and developing judgment
- Like the physical changes of puberty, psycho-cognitive development progresses in stages



From Gopnik, A (2012). "What's Wrong with the Teenage Mind?"
<https://www.wsj.com/articles/SB10001424052970203806504577181351486558984>

Adolescent Development in Quarantine

- Social isolation has unique and potentially serious implications for adolescent development
- Growing independence and strengthening peer relationships are important developmental tasks
- Youth rely on experiential learning (now in short supply)
- Adolescence is already awkward and today's uncertainty makes it even more uncomfortable
- Youth are appropriately grieving progressive and ongoing losses in addition to COVID-related challenges experienced by others

Early Adolescence: “Am I Normal?”

Early Adolescents

- Concrete thinking, immediate gratification
- Preoccupation with one’s own body
- Mood swings
- Intense same sex peer relationships
- Idealized and fluctuating goals

Early Adolescents in Quarantine

- Strong emotions and intense need for privacy may be difficult in close quarters
- May have more difficulty connecting virtually with friends
- May have poorer judgment when connecting online

General Tips for Early Adolescents

- Be sensitive to overwhelming self-consciousness
- Be simple, concrete and objective with clear limits
- Screen for problems with peer connectedness, or interactive media use

Middle Adolescence: *"Parents just don't understand"*

Middle Adolescents

- Increased abstract thought with some idea of consequence
- Some introspection but still self absorbed
- Exploratory behaviors
- Strong peer influence and peer group attachments

Middle Adolescents in Quarantine

- May suffer keenly from being socially isolated from friends
- Continued exploratory behavior may have significant health consequences

General Tips for Middle Adolescents

- Be objective, non-judgmental and avoid assumptions
- Respect their developing point of view and emerging decision-making
- Be an ALLY, not a parent or peer

Late Adolescence: “*Can I really do this on my own?*”

Late Adolescents

- Physical and cognitive maturity
- More capable of empathy/connection
- Independence from parents and peers – own values/behavior
- Still transitioning to independence

Late Adolescents in Quarantine

- More independence generally means more risk
- Concerns about missed milestones or serious interruptions to life – graduation, college, work

General Tips for Late Adolescents

- Avoid overestimating maturity
- Act as a resource – assist with system navigation, transition to independence

Adolescence in Quarantine: Tips for All Stages

- Acknowledge sadness and promote joy
- Acknowledge uncertainty
- Provide reliable information
- Offer honesty and hope
- Optimize structure and endorse routine
- Screen for unmet mental health needs
- Support families

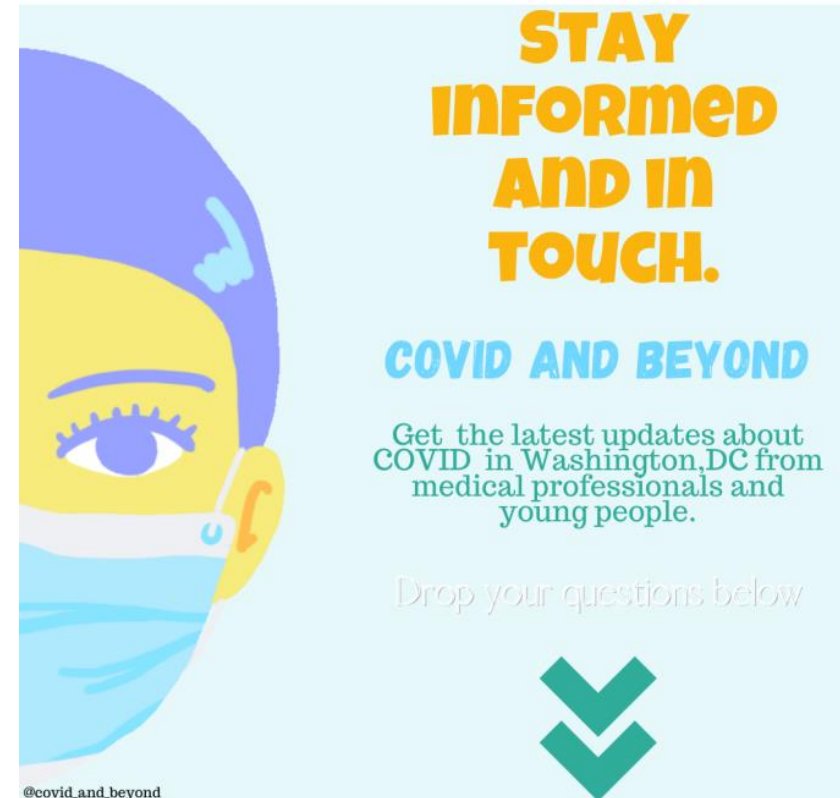


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Adolescence in Quarantine: Supporting Safe Behaviors

How do we support teens in maintaining physical distancing and wearing masks?

- Avoid fear-based strategies
- Provide accessible and developmentally appropriate health education
- Ensure access to PPE and safe physical spaces
- Support them in meeting their own needs for peer support and greater independence, in the safest way possible



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Strengths

School

Home

Activities

Drugs/substance use

Emootional/eating

Sexuality

Safety

Sleep

SSHADESSS EXAM: COVID EDITION

*How do we adapt our psychosocial
interview to pandemic times?*



Strengths

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Sleep

SSHADESSS EXAM: COVID EDITION

- How did things go for you at the end of the last school year?
- Do you have everything you need for school/distance learning?
- What's going on with your IEP?
- What are your plans for next year?

Strengths

School

Home

Activities

Drugs/substance use

Emootional/eating

Sexuality

Safety

Sleep

SSHADESSS EXAM: COVID EDITION

- Who are you “quarantining” with? Are you able to see family?
- Has anyone been sick or had problems with work?
- Does your family worry about meeting basic needs at home?

Strengths

School

Home

Activities

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Sleep

SSHADESSS EXAM: COVID EDITION

- Are you spending time with friends or other people your age?
- How do you keep safe when you are hanging out in-person?
- Are there any activities you usually do that are on hold because of COVID?
- How are you keeping active?

Strengths

School

Home

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Safety

Sleep

SSHADESSS EXAM: COVID EDITION

- *Patterns of substance use have shifted during the pandemic*
- *Use with peers is now occurring more virtually (but still occurs in person)*
- *Solitary substance use is a concerning trend*

Dumas, T et al (2020). What Does Adolescent Substance Use Look Like During the COVID-19 Pandemic? *J Adol Health*, 67:354-61.

Strengths

School

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Activities

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Sexuality

Safety

Sleep

SSHADESSS EXAM: COVID EDITION

- *Increased rates of PTSD, depression and anxiety related to COVID-19 stressors*
- *Screen aggressively for unmet mental health needs*
- *Patients with pre-existing mental health conditions or risk factors are especially vulnerable*
- *Address bereavement grief*

Guessoum, SB et al (2020). Adolescent psychiatric disorders during the COVID-19 pandemic and lockdown. *Psych Res*, 291: 113264.

Strengths

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SSHADESSS EXAM: COVID EDITION

- *Many youth are still seeing friends or romantic/sexual partners*
- *Relationship stability and quality are impacted by physical distancing*
- *Romantic and sexual interactions are happening virtually*
- *New access barriers to sexual and reproductive health care, including screening/preventive services*

Lindberg, LD, et al (2020). The Sexual and Reproductive Health of Adolescents and Young Adults During the COVID-19 Pandemic. *Perspect Sex Reprod Health*,10:1363.

Strengths

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Sleep

SSHADESSS EXAM: COVID EDITION

- *Screening for safety is critically important.*
- *Screen for intrafamilial/ domestic violence, gender-based violence, community violence, virtual safety*
- *Families are typically concerned about safety at school, as schools reopen*

Strengths

School

Home

Activities

Drugs/substance use

Emootional/eating

Sexuality

Safety

Sleep

SSHADESSS EXAM: COVID EDITION

- How do you think you're sleeping?
- What is your sleep schedule like?
- What is most likely to keep you up at night, these days?
- Do you have enough energy to do all the things you need to be doing?

Strengths

School

Home

Activities

Drugs/substance use

Emootional/eating

Sexuality

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Sleep

SSHADESSS EXAM: COVID EDITION

And don't forget:

- **Screen-time**
- **Social Media**

How do we counsel youth on limiting screen-time, when this is the safest modality for school and peer/community connections? When even healthcare is online? When supervision is more challenging for guardians?

Supporting Digital Natives during Virtual Times: Who is Generation Z?



- Super-connected
- Individualistic
- Diverse
- Highly ethical
- Radically inclusive
- Pragmatic
- More anxious, more depressed

Technology remains a crucial tool for bridging the gaps created by social physical distancing

Social Media and Youth



FACT TANK | MAR 31, 2020

Americans turn to technology during COVID-19 outbreak

A majority of Americans are turning to digital means to stay connected and track information about the coronavirus outbreak.



FACT TANK | MAR 16, 2020

As schools close due to coronavirus, some U.S. students face a digital 'homework gap'

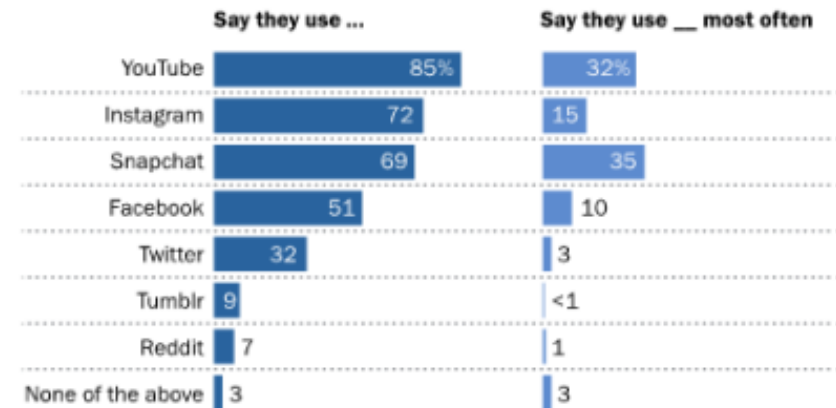
REPORT | OCT 9, 2019

Americans and Digital Knowledge

REPORT | SEP 5, 2019

YouTube, Instagram and Snapchat are the most popular online platforms among teens

% of U.S. teens who ...



Note: Figures in first column add to more than 100% because multiple responses were allowed. Question about most-used site was asked only of respondents who use multiple sites; results have been recalculated to include those who use only one site. Respondents who did not give an answer are not shown.

Source: Survey conducted March 7-April 10, 2018.

"Teens, Social Media & Technology 2018"

PEW RESEARCH CENTER

The Bad

- Cyber bullying
- Worsening of mental illness
- Excess screen time
- Predators
- Sharing of personal information
 - Posting photos of themselves online or using their real names on their profiles
 - Revealing their birthdates and interests
 - Posting their school name and the town where they live



The Really Bad



- Problematic interactive media use (PIMU) can cause harm, especially for youth with underlying mental health concerns
 - Consider PIMU when obsessive, compulsive and uncontrolled use of social media, gaming, pornography leads to significant functional impairment
 - Information bingeing is another subtype

Connected Yet Isolated

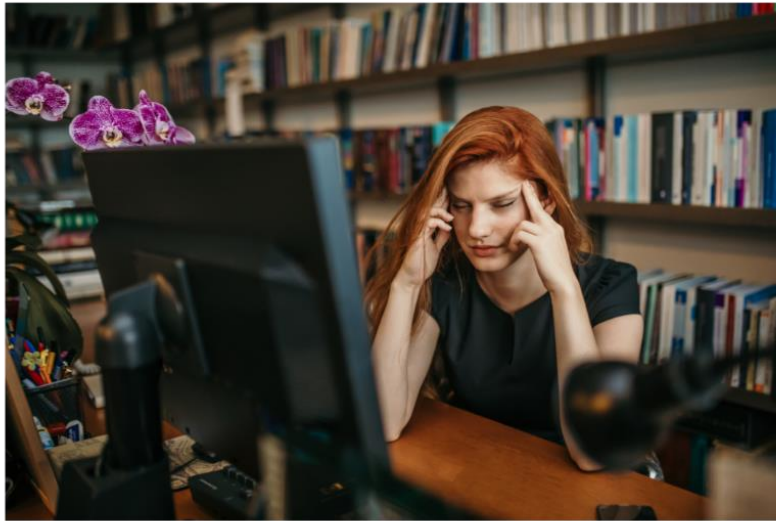
Teens may be "super-connected", yet still overwhelmed and socially isolated - while continuing to work on their evolving identity

- Deliberately foster positive and genuine connectedness
- Foster self-confidence and identity consolidation
- Promote positive decision-making for health



Not All Digital Natives are Digital Experts

Digital natives may not be good digital citizens, or virtual life experts



- On-line safety and good digital citizenship require dedicated training and a multi-level approach
- Virtual students may require additional support organizing online tasks, developing digital discipline, and connecting with teachers or material in a totally new way

The Good

Social media also allow teens to:

- Stay connected with friends and family
- Volunteer or get involved with a campaign, nonprofit, or charity
- Enhance their creativity by sharing ideas, music, and art
- Meet and interact with others who share similar interests
- Communicate with educators and fellow students



Social media is increasingly being used to disseminate health information and resources

Promoting Safe Social Media Use

How do we promote safe social media use?

- Online safety, digital citizenship
- Supervision/oversight with a focus on quality (and not just quantity)
- Digital discipline through limit setting and promoting non-digital alternatives for activities and connectedness
- Modeling responsible and disciplined use

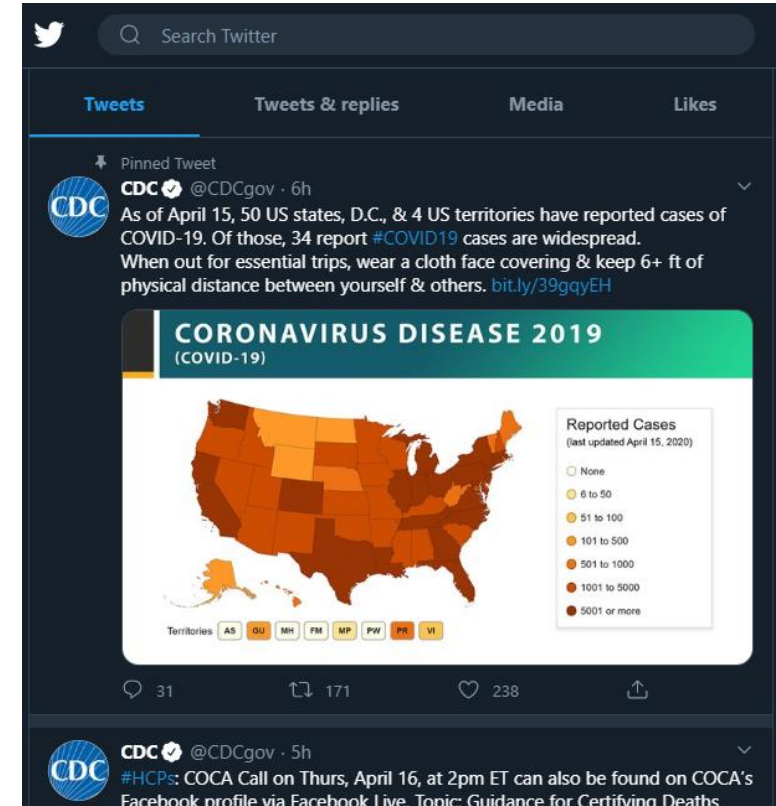


Promoting Safe Social Media Use

How do we promote safe social media use?

- Innovative use of social media and other technologies to promote health, connectedness, and to bridge resource gaps

**Reaching and teaching digital natives requires familiarity with a totally new style of information gathering, digital fluency, and understanding of peer networks*



Social Media: Innovations & Best Practices

What else can practices do?

- Rethink how they communicate with youth
- Ask about their virtual lives, and respect these avenues as viable means for support (as well as risk)
- Leverage existing digital health resources to complement care



SACKID Teen and Young Adults with Type 1 Diabetes

Public group · 517 members

Join Group



Why use social media to engage youth?

- Health Education
 - Research shows that most teens have accessed health information online
 - Allows them to access credible, medically accurate information, and lets them choose when, where, and how they access it.
 - Provides social support/influence
- Behavior Change
 - Some teens report changing their behavior due to health information accessed online
- Legitimacy
 - Having a social media presence can be seen as a sign of legitimacy and increases the awareness of your practice

Why use social media to engage youth?

- **Information About Services**
 - Can lead to greater utilization of services
 - Allows practices to collect data on patient experiences and opinions
- **Reach Target Populations**
 - Personalize and tailor messages to target specific youth populations within a community.
 - Leverage audience networks to facilitate information sharing
 - Expand reach to include broader, more diverse audiences.
 - Personalize and reinforce health messages that can be more easily tailored or targeted to particular audiences
- **Timeliness**
 - Increase the timely dissemination and potential impact of health and safety information.
 - Facilitate interactive communication, connection and public engagement among patients, and between patients and health professionals

Emerging Research

Promoting Healthy Eating Habits for College Students Through Creating Dietary Diaries via a Smartphone App and Social Media Interaction: Online Survey Study.

Adolescents' Motivations to Engage in Social Distancing during the COVID-19 Pandemic: Associations with Mental and Social Health

Impact of COVID-19 pandemic on children and adolescents' lifestyle behavior larger than expected

An Enhanced Social Networking Intervention for Young People with Active Suicidal Ideation: Safety, Feasibility and Acceptability

Instagram as a tool for study engagement and community building among adolescents: A social media pilot study.

Reaching Adolescent and Young Adult Cancer Patients Through Social Media: Impact of the Photographs of Meaning Program.

Social media used as a health intervention in adolescent health: A systematic review of the literature

Community-Based Resources for Quaranteenagers

- Reproductive Health Virtual Sessions
- Transcendental Meditation Training
- Leveraging the Voices of Teens and Young Adults Community Survey
- Teen and Young Adult Social Media Campaign
- Upcoming Youth Town Halls



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Reproductive Health Sessions for Teens

- Weekly virtual reproductive health sessions
- Confidential
- Hormonal contraceptive methods
- Proper condom use
- STI symptoms
- Text TEEN HEALTH to 202-780-6703



Mental Health

Transcendental Meditation Training

- Children's Health Center and Transcendental Meditation Center at THEARC
- Transcendental Meditation training for teens ages 12 +
- David Lynch Foundation
<https://www.davidlynchfoundation.org/washington-dc.html>

**Would you like a way to
REDUCE STRESS?**



**BE GREAT
&
LEARN TO MEDITATE**

Prizes awarded for your participation!

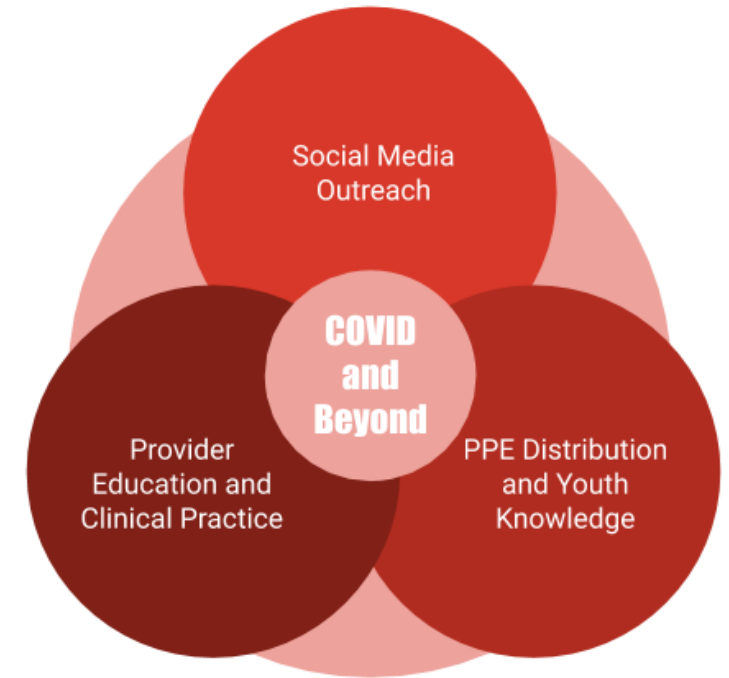
Call us at The Meditation Center @THEARC to sign-up for the next meditation course!
202.465.4862

Please take one of these flyers with you

Follow us on INSTAGRAM @davidlynchfoundationtmc AND @childrensnational

Leveraging the Voices of Teens and Young Adults

- DC HOPE funded project through Mayor's Office of Community Affairs
- Youth Survey
 - Teen's understanding of COVID symptoms
 - Compliance with PPE recommendations
 - Motivations behind compliance or non-compliance with PPE
 - Where they obtain information about COVID
 - Perspectives on access to care during the pandemic



Social Media Outreach

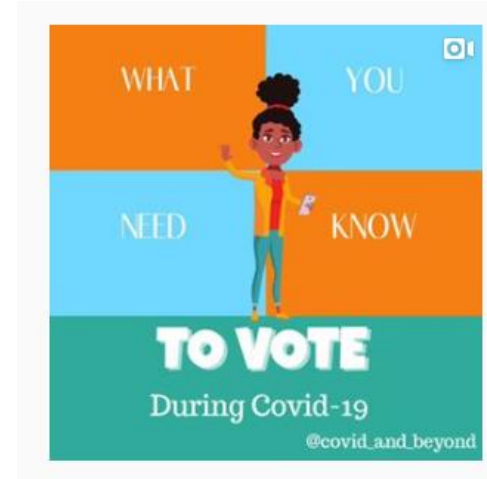
Teen friendly information about the following:

- COVID
- Reproductive health
- Tips for self care
- Tips on virtual learning
- Civic information

https://www.instagram.com/covid_and_beyond/



COVID_and_Beyond



https://www.instagram.com/covid_and_beyond/

Upcoming Youth Town Halls

The Child Health Advocacy Institute will sponsor another webinar series for high school students:

- Wednesday, November 18:
Back to School & Mental Health and Wellness Supports
- Wednesday, December 2:
Accessing Alternative Primary Care Services during School Closings
- Wednesday, December 9:
Accessing Reproductive Health Services during School Closings: STI Testing and Counseling, Family Planning Options, LGBTQIA Community Supports and Services

For more information about Youth Town Halls, contact schoolpartnerships@childrensnational.org

Thank you for caring for our quaranteenagers.



Pediatric Health Network



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