

WEBVTT

1 "Donovan Amanda" (361574656)

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Welcome, and thank you for calling in to sickness 2024, children and family awareness series. My name is Amanda Donovan, and I'm a coaching and support standard Sigma due to the format of this call. You will not be able to ask questions during a teleconference. The conference will be opened up for Q and a, at the completion of the presentation.

2 "Donovan Amanda" (361574656)

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A handout for case seminar is available online at dot com forward slash children. Families please note that all policies covers not all policies cover today's topic for more specific information. If your policy covers topics discussed in today's seminar, please contact the number on the back of your insurance ID cards.

3 "Donovan Amanda" (361574656)

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Today I have the pleasure of introducing Dana Anderson as a licensed professional counselor, and the state of Minnesota where she works for signal behavioral health as a specialty case manager, specializing in parenting, family, support, medical, behavioral case, integration and behavioral life coaching.

4 "Donovan Amanda" (361574656)

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Dana has been licensed for 5 years she received her bachelor's of arts degree, and the organizational psychology and development at the university and a masters and science degree in mental health counseling also at capella University, and her master's in business administration and management from University of Hartford. Connecticut.

5 "Donovan Amanda" (361574656)

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And it has worked in a variety of mental health settings, including memory care, residential care group management, intensive, outpatient services for children and adolescents and home health care is a member of the National Board of certified counselors, American counseling, counseling Association. And as a volunteer coordinator, with the American Red Cross.

6 "Donovan Amanda" (361574656)

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Working at national disaster and crisis, she was sharing information on a form of therapy referred to as acceptance commitment therapy, it's function skill that benefits and educate on how families can make this therapy useful for the family as a whole a short description of today's presentation. The new only walks through the elements, plugging our children and teams and.

7 "Donovan Amanda" (361574656)

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Ever increasing frequency. This has become a prevalent problem since the isolation that was experienced during the COVID pandemic. More and more our children are relying on social media for establishing connections versus more personalized activities. We will discuss the signs of loneliness, interventions and strategies and how social media plays a role in creating loneliness. We would like to thank you for being here today. So I know you are welcome to start your presentation.

8 "Andersen, Dana" (2004154368)

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Amanda and hello and welcome and thank you. Everyone for joining us today. I would like to start out with just fighting a quote. It's okay. I wouldn't choose me either. So, what an empty feeling that quote invokes. So the lonely person or child often, believe, just that they are not worthy of others, time, compassion, attention, and not deserving of loving kindness.

9 "Andersen, Dana" (2004154368)

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So, what exactly is loneliness. Well, it can be described in many different ways and that's part of the reason it's so hard to recognize or be discussed. So, loneliness is a feeling of social isolation.

10 "Andersen, Dana" (2004154368)

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A feeling of sadness or depression stemming from being alone. So, loneliness, isolation factors include living alone having very little, or no social ties not having people or friends to confide in.

11 "Andersen, Dana" (2004154368)

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And not spending time with others very often and in a recent survey conducted by Cigna, governor, aimed at exploring the impact of loneliness in the United States, the study did conclude that young people are reporting loneliness in increased numbers. And at a rate soaring above.

12 "Andersen, Dana" (2004154368)

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That of their elderly counterparts. Excuse me but what does loneliness look like for from a child's perspective? What can appear to be usual occurrence for children and adolescents can be a telltale site of loneliness often going on observe.

13 "Andersen, Dana" (2004154368)

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So several factors contribute to feelings of loneliness and young children and adolescents. Some of which occur outside of the school setting, including conflict within the home environment, moving to a new school or neighborhood.

14 "Andersen, Dana" (2004154368)

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Losing a friend, losing an object of possession or pets and also 1 major factor is experience in the divorce of a parent and or experiencing the death of a pet or a significant person.

15 "Andersen, Dana" (2004154368)

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Equally important are factors that occur within the child's school settings, such as being rejected by peers, lacking social skills and knowledge or difficulty in making friends factors, such as shyness.

16 "Andersen, Dana" (2004154368)

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Anxiety and low self esteem are all contributors to the difficulties in making friends. So, for example, um, kindergarten children who are singled out or picked on by whether that be verbal or physical actions against another report higher.

17 "Andersen, Dana" (2004154368)

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Levels of loneliness, distress and negative attitudes towards school then how others that are perceived as part of the group. So if we could advance the slide 2. so let's get some reasons why children and teen loneliness are at.

18 "Andersen, Dana" (2004154368)

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Epidemic proportions, so key factors in child adolescents, loneliness 1 is a lack of social connections, and this has been linked to an increase in physical and mental health problems that can kind of render and kind of.

19 "Andersen, Dana" (2004154368)

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And present as symptoms, such as upset, stomach headaches, tiredness along with high incidence incidents of anxiety and or depression. Also, the developmental changes that occur in the brain during adolescence, caused teens in particular to be most vulnerable to social isolation.

20 "Andersen, Dana" (2004154368)

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And keeping in mind, brain development changes are most flexible during adolescence, which has a tendency to make teenagers more receptive to positive interventions, meaning that once loneliness or mental illness is indicated intervention, interventions, such as therapy.

21 "Andersen, Dana" (2004154368)

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Have a high treatment success rate, and it is unfortunately not surprising to anybody that scientific studies have repeatedly found significant advantages to social interaction. So a lack of social connections has been linked, not to just increase.

22 "Andersen, Dana" (2004154368)

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Increases in the likelihood of developing depression, but also has a clear link to increase risk of physical elements in general. If social interactions is important to adults, it is critical to adolescence. The development changes that occur in the brain.

23 "Andersen, Dana" (2004154368)

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During this time, cause adolescence to be particularly vulnerable, vulnerable again to social isolation and a number of disorders, including depression, anxiety, and even schizophrenia. So increases during adolescence exposure of the brain to stressors. At this age have been found to play a significant role in these types of behavioral disorders.

24 "Andersen, Dana" (2004154368)

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And also, as I researched in a survey conducted by Psychology today, surveying ages of teens, 11 through 17 responses, were gathered to access to access how these age groups perceive loneliness. And how young people.

25 "Andersen, Dana" (2004154368)

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That loneliness involves feelings of being excluded disconnected from other people and feeling unhappy with their relationships. And more importantly, children and young people said that they can feel lonely even when they're with other people not just when they're alone.

26 "Andersen, Dana" (2004154368)

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Advanced to the next slide. So, in the last 50 years rates of loneliness has doubled in the United States. 1. staggering statistic in mental health visits to emergency rooms by ages 12.

27 "Andersen, Dana" (2004154368)

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The 17 increase 31% in the year 2020, compared with that previous year. So when a youth government poll responded around the same time, 69% of adolescence age, 13 through 17 said that they feel alone often or sometimes and 59%.

28 "Andersen, Dana" (2004154368)

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That they have no 1 to talk too often or sometimes.

29 "Andersen, Dana" (2004154368)

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Now, we can look at some of the reasons why this each group is often not suspect for being prone to loneliness. So, in what we know of our society, we think, or believe what we know about loneliness seems to fit other age groups.

30 "Andersen, Dana" (2004154368)

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Outside of our youth children's and teens are almost always surrounded by others due to the nature of their needs for care schooling, social events and circle of friends. So as well rounded as all of this.

31 "Andersen, Dana" (2004154368)

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May seem sometimes there is a lot missing in these types of interactions so we can kind of use the term age appropriation. So accordingly, loneliness as far from being thought of as a child or a team problem, it's more associated with the.

32 "Andersen, Dana" (2004154368)

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Stigma of our elderly homeless or groups that fall into categories would be an isolated and vulnerable to loneliness. So, most notably researchers found that loneliness rates peak among people in their twenties and reached their lowest point.

33 "Andersen, Dana" (2004154368)

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Among those in their sixties, so many people also experience a spike and loneliness feelings around their mid 40. so that being said children and teams don't even placed in this research example.

34 "Andersen, Dana" (2004154368)

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So, what are the signs of loneliness and children? What is it? And isn't a cause of concern so, loneliness is a complex emotion. It is not always easily identified. So next slide please.

35 "Andersen, Dana" (2004154368)

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And actually, the next slide, if we for the 1 more, thank you. So, some signs that your child is team might be feeling lonely and isolated include low self esteem and losing confidence in themselves and their abilities.

36 "Andersen, Dana" (2004154368)

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Being sad withdrawn and pulling away from others, getting angry and acting out not wanting to try or do new things, like hobbies or social activities and also we can associate loneliness to taking risks or.

37 "Andersen, Dana" (2004154368)

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Risky behaviors, such as drinking or smoking and a bed to feel accepted by their peers and inability to connect with others on a deeper level, more intimate level or no quote or quote best friends also overwhelming feelings of isolation, regardless of where you are and who you are around.

38 "Andersen, Dana" (2004154368)

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So some of the negative feelings of self doubt, and self worth overwhelming feelings of isolation, regardless of where you are, or who you around, for example, you can be at a party surrounded by dozens of people. And yet you feel isolated separated and disengaged.

39 "Andersen, Dana" (2004154368)

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And even people will say the same thing, if they are on a bus, a train or walking down a busy street, it says if you're in your own unbreakable bubble and negative feelings of self doubt, and self were.

40 "Andersen, Dana" (2004154368)

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Does it feel like you are always less than enough? These feelings long term are another possible symptom of chronic loneliness. So when we try to connect or reach out, and it's not responded to there is a more likelihood that you feel that you are not heard, or.

41 "Andersen, Dana" (2004154368)

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You are not seeing so, with that being said, loneliness can affect all types of people. It's easy to assume that someone who is naturally shy and introverted might be most at risk, but outgoing, even type a personality can also suffer from loneliness.

42 "Andersen, Dana" (2004154368)

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Even though they may appear to be the life of the party. So this type of loneliness is not exclusive to anyone personality type or age group as we are seeing more prevalent lead. Today. Next slide.

43 "Andersen, Dana" (2004154368)

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So, the effects of loneliness. So again, children and adolescents are making the life changing transition from childhood to adulthood. And this isn't always a straightforward process. In other words, teams often flip back and forth between childhood and adulthood.

44 "Andersen, Dana" (2004154368)

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Throughout adolescence, and during their transition from childhood to adulthood, it is not unusual for children and teams to compare themselves with their peers and adults around them. And this process of comparison is a major determining factor in a teenager's level of self esteem and their.

45 "Andersen, Dana" (2004154368)

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Consideration of just how they fit into the world around them. It is also a time of loneliness for many teams, because even they know that they're alive. They don't always feel part of the rest of humanity. So, teams sometimes describes themselves during the stage in their development as the see through kids.

46 "Andersen, Dana" (2004154368)

00:14:35.999 --> 00:14:51.899

A feeling of being almost invisible and alone while actually being surrounded by others. And so other things that we found is feeling of alienation or loneliness can be difficult for teams.

47 "Andersen, Dana" (2004154368)

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So some people believe the increased incidence of school shootings demonstrates a level of anger and frustration that can resolve from severe, prolonged feelings, alienation during adolescence. And also there is a researcher from Western reserves.

48 "Andersen, Dana" (2004154368)

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Psychology, and this is Ray by, from Meister puts it this way. Social rejection seems to be seems to undermine self regulation, making negative behaviors more likely. So actually, when teams feel that they are rejected in any way.

49 "Andersen, Dana" (2004154368)

00:15:33.409 --> 00:15:47.159

Whether it be from friends from family through divorce, there is a more likelihood that this could resolve in mental health and, or risky negative behaviors.

50 "Andersen, Dana" (2004154368)

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And sometimes loneliness as a result of things that happened to us, for example, we might feel a period of loneliness when we move to a new town and have to make new friends. Other times. We can feel lonely if we've been bullied or teams.

51 "Andersen, Dana" (2004154368)

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Also, losing a friend or relative can cause us to feel lonely. Some of the other causes of team loneliness include the separation of the force of her parents, as we mentioned earlier transitioning from middle school to high school.

52 "Andersen, Dana" (2004154368)

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And or high school to college, oftentimes resulting from broken hearts or break ups with girlfriends or boyfriends. And although this may seem a normal part of life. But the teenagers, these types of events.

53 "Andersen, Dana" (2004154368)

00:16:36.479 --> 00:16:56.189

Can be devastating and next slide please. So, loneliness is a silent plague that is hurting young people most. And I'm just going to share a story, which is called Alice is story.

54 "Andersen, Dana" (2004154368)

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And we can go to the next slide. Please. So, for Allison's story, we are looking at Alice and Alice is starting the new year of school in the 9th grade. So, just coming in as freshmen in high school.

55 "Andersen, Dana" (2004154368)

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And it seems on the 1st, day of school, Alison, big concerns is what to, where, what unfolds in the days to come the challenges of beginning, high school as the days, go on Alice signs herself, isolating and feeling very lonely.

56 "Andersen, Dana" (2004154368)

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What happens when Alice continues to feel different and out of place with others this is when loneliness creeps in and takes over analysis story is kind of typical of some children who often feel lonely and vulnerable.

57 "Andersen, Dana" (2004154368)

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No, no fault of her own. Alice feels different from the other children. Alice feel she doesn't fit in and struggles to make friends. She finds it hard to join in with others in class and doesn't have the support. She needs to keep up or join in.

58 "Andersen, Dana" (2004154368)

00:18:04.559 --> 00:18:19.829

With every day that passes for competency roads, leaving her isolated feeling, lost and empty inside and as her self esteem declined so does her chances for a successful better future.

59 "Andersen, Dana" (2004154368)

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So, it may sound strange that someone who knows what loneliness is, but more often than not parents don't know how to recognize it in their keynote child. This is often because of the stereotypes that our society has.

60 "Andersen, Dana" (2004154368)

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Surrounding this age group, so when teenagers start to become withdrawn depressed and Moody family members, who are closest to them automatically assume, or made just assume that these are just normal behaviors because of mental effects or puberty.

61 "Andersen, Dana" (2004154368)

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So, they give them space because they think that this will help, but unfortunately, this is isn't normal at all. This could be definitely signs of depression and loneliness. We're looking at these symptoms as assigned a child is in desperate need of time with others who care about them.

62 "Andersen, Dana" (2004154368)

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And basically, not needing more distance away from them. So, loneliness may also entail feelings of isolation and low self esteem, and even self hatred, especially if the child starts to blame themselves for the situation that they are going through. And this is often typical of.

63 "Andersen, Dana" (2004154368)

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Divorce, they somehow feel that they are to blame for the reason that their parents separated. So, loneliness and teams is heightened by a number of factors these include the following. So, this is really important to look at. So, the part of the team brain that regulates the motion is still maturing therefore, team feel the negative emotional impact of loneliness more.

64 "Andersen, Dana" (2004154368)

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Translate also as children, we are rarely alone teenagers don't feel comfortable being in solidarity. In addition. Teens haven't had enough time yet to learn coping skills for dealing with loneliness. So they may find themselves. Wondering why do I feel lonely?

65 "Andersen, Dana" (2004154368)

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And during adolescence, a lonely teenager may feel that everyone else is having a great time while they are all alone social media posts, showing others, quote, unquote, perfect life add to the feeling of the fear of missing out.

66 "Andersen, Dana" (2004154368)

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And the natural process of teen identity formation can create feelings of teenage alienation and isolation. Therefore, some of loneliness is teenager and a teenager is normal. So, loneliness and teenagers is sometimes the result of social anxiety.

67 "Andersen, Dana" (2004154368)

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Just to touch a bit on social anxiety and not to get too far off the topic this this order, mostly commonly appears in teams at onset of age 13. so, social anxiety is a debilitating disorder in which teams are overcome with excessive here and worry in social settings.

68 "Andersen, Dana" (2004154368)

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Particularly in school settings, and as this this disorder becomes more severe, the team will become completely withdrawn and demonstrate avoidance behaviors further adding to the ceiling and sense of loneliness. Next slide. Please.

69 "Andersen, Dana" (2004154368)

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In order to fully understand why child team loneliness has become so common in America youth. Today. Some researchers have started to study

social media to see if the main source if this is the main source of the problem.

70 "Andersen, Dana" (2004154368)

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So, the opinions on the subject are split some feel that because children spend so much time on the Internet, they are really not seeking out real life friendships that would be more satisfying to their needs for closeness security and understanding.

71 "Andersen, Dana" (2004154368)

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While others say that parents are just as guilty of these behaviors, which is causing them to sometimes ignore their children who are desperately seeking the pension from them. So, in other words, simply taking away electronic devices is not an easy fix and decreasing loneliness.

72 "Andersen, Dana" (2004154368)

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And as social media is such a huge part of our youth today, it would be inclusive to talk about mental wellbeing and children and young people without thinking about the online world. And the role it plays for children and young people are growing up in a different world in previous generation.

73 "Andersen, Dana" (2004154368)

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In particular screen based activities play a big part in our children's life today, whether that's watching TV gaming, using social media to connect with friends. It is estimated that screentime.

74 "Andersen, Dana" (2004154368)

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Can take up between 2 to 8 hours a day for our young people, the social media has a big influence over how our children interact with others and experience their world. There is a lot of positives to this, but also worries about the impact. This can have on our children and young people's mental wellbeing.

75 "Andersen, Dana" (2004154368)

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So, when a world where technology has enabled us to be more connected than ever, it just goes to show that. It isn't always the case 1 of the biggest issues. Young people comparing themselves to other online, which can lead to feelings again of isolation and.

76 "Andersen, Dana" (2004154368)

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Comparing and feeling that they're falling short of their peers, and, as we know loneliness existed long before social media and its followers. So it is inevitable that our children will experience loneliness from time to time. However, the impact of social media and the increasing numbers of online friends may result in.

77 "Andersen, Dana" (2004154368)

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The perception that they are never alone, however, time and energy spends on social media and its connections may be happening at the expense of deeper issues and replacing real and genuine relationships.

78 "Andersen, Dana" (2004154368)

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And so, what are the best way for parents to assist and present, preventing their children from suffering from loneliness and it is if you can spend as much time in person with them as possible. And of course well, this isn't always easy because of busy work schedules. And long to do list.

79 "Andersen, Dana" (2004154368)

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It can be extremely beneficial in helping them feel a lot things serve for. So, getting teams together with some of the other peers is helpful as well such as engaging them and joining sports activities or other extra curricular events.

80 "Andersen, Dana" (2004154368)

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Although research isn't support of specific practices, assisting lonely children in the classroom is weak as parents. We must consider several approaches that may be adapted to individual children. And we have found that children who are aggressive report the greatest degree of loneliness.

81 "Andersen, Dana" (2004154368)

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Total social dissatisfaction and children and children may be reject for many reasons and with the help from teachers and school counselors, the circumstances that lead to rejection can be identified. 1 of the big factors in rejection includes bullying.

82 "Andersen, Dana" (2004154368)

00:25:42.829 --> 00:26:03.959

And also, this can be a large part of a child or teens daily routine. So some children teams may struggle with difficulty enter, entering or ongoing interactions and adapting to situations. So, look for signs of difficulty, communicating needs and desires to you as a parent or others.

83 "Andersen, Dana" (2004154368)

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In using problem identification, parents can assist the child team in changing the situation and build self esteem. And we have found that children who are supported nurtured and chairs are less likely to be rejected and more likely to interact positively with.

84 "Andersen, Dana" (2004154368)

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Here so children who are neglected or withdrawn also report feelings of loneliness, although to a lesser extent, than do aggressive rejected children, because these children often lack social skills, they have difficulty interacting with their peers.

85 "Andersen, Dana" (2004154368)

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And these children teams may also be extremely shy, inhibited and anxious and may lack self competence. So if children lack certain skills, apparently want to focus on giving feedback.

86 "Andersen, Dana" (2004154368)

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Suggestions and ideas that children can use when he or she encounters such situations and to keep in mind children who possess adequate social skills that are reluctant to use them can be given opportunities for doing. So, by being paired with younger children, such as if you have.

87 "Andersen, Dana" (2004154368)

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Siblings, this can be a good way for them to practice social skills in a safe environment and this experience gives the older child, the opportunity to boost their self confidence in using and practicing their skills and another important thing. That was found that children who are victimized by others, believe that school is an unsafe and threatening place.

88 "Andersen, Dana" (2004154368)

00:27:43.319 --> 00:27:58.799

And often express a dislike for school. So furthermore, these children and adolescents report lingering feelings of loneliness and as and also a desire to avoid school, even when victimization has ceased.

89 "Andersen, Dana" (2004154368)

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So, we can say that even if the bullion has become a controlled situation, and is no longer a threat, the lingering feelings from this is associated to ongoing loneliness and these findings point to the importance of the implementing.

90 "Andersen, Dana" (2004154368)

00:28:18.799 --> 00:28:42.529

Intervention strategies to reduce the victimization and if this is happening in a school setting, it is best to support your child by talking with a school counselor, and also helping your children to develop life skills. They need such as respecting others and their style engaging and problem solving working together on skills and tasks that.

91 "Andersen, Dana" (2004154368)

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Fire cooperation and expressing feelings and emotions inappropriate ways.

92 "Andersen, Dana" (2004154368)

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Some children may benefit by giving by being given opportunities to express their feelings, or of sadness, or loneliness through techniques, such as drawing movements, music, or creative activity. Also, another important thing that can happen to help implement strategies as.

93 "Andersen, Dana" (2004154368)

00:29:09.109 --> 00:29:35.189

Plane or providing a area with props may help some children, or teams act out, or express their feelings and gain a better sense of control and also use of crisis oriented books with children referred to as therapy. May assess the child in coping with personal crisis. And also sharing carefully select literature with children may assessment.

94 "Andersen, Dana" (2004154368)

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May assist them and facilitating better, emotional health, and as children who are better able to express and speak their concerns and feeling, they want to talk about their unhappiness with somebody else, rather than keeping it inside. And this is an important factor to always keep the door of communicating.

95 "Andersen, Dana" (2004154368)

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Open oftentimes our children and teams will feel that they don't want to express because it may be embarrassing or they may feel a sense of shame or they don't want to feel like they are outside of.

96 "Andersen, Dana" (2004154368)

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What is considered normal? So next slide please. So, as a parents so a parent's guide.

97 "Andersen, Dana" (2004154368)

00:30:25.739 --> 00:30:51.059

3rd, alright.

98 "Andersen, Dana" (2004154368)

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So talking to your child or your team, so it's never too late start now. And you can also build your child's trust in you talk about what is important to you. This is really something that is difficult.

99 "Andersen, Dana" (2004154368)

00:31:12.509 --> 00:31:32.509

Sometimes, there's a disconnect between parent sharing what's important to them as they may feel that it's too big for a child or a team to handle. But if you let them know what's important to you, and give them the sense that they can be part of that that can actually open up the.

100 "Andersen, Dana" (2004154368)

00:31:32.509 --> 00:31:35.729

Is the communication value.

101 "Andersen, Dana" (2004154368)

00:31:35.729 --> 00:31:53.999

And also help her children feel good about themselves. This can be done by praising by giving rewards for good behavior. Just things that can surround them in their self worth and their self competence. And so just knowing the facts about loneliness.

102 "Andersen, Dana" (2004154368)

00:31:53.999 --> 00:32:13.999

That can also render a more better understanding between parent and child about what to look for about how to deal with possible loneliness. And if this becomes notable, and there are behavioral problems, find a.

103 "Andersen, Dana" (2004154368)

00:32:13.999 --> 00:32:38.509

Care professional children and adolescents benefit greatly from therapy when they are struggling with not only depression or anxiety, but also loneliness, a lot of times loneliness is not thought of as a mental health disorder. But considering that a goes hand in hand with depression and anxiety, it's never.

104 "Andersen, Dana" (2004154368)

00:32:38.509 --> 00:32:46.229

Too early to start preventative measures. If your child's obviously showing signs of struggling.

105 "Andersen, Dana" (2004154368)

00:32:46.229 --> 00:33:06.229

Next slide please and so risk factors of loneliness and here are some of the risk factors that we found to be pretty prevalent and important. So, adolescence young adults are particularly at risk as marked by growing.

106 "Andersen, Dana" (2004154368)

00:33:06.229 --> 00:33:38.539

Incidents of depression, substance abuse in suicide and all of this is linked and can be associated back to feelings of being loneliness or isolated and external factors may be accelerating the crisis. So, research indicates, for instance, Internet and social media engagement can be a big part of the association between good mental health and mental health.

107 "Andersen, Dana" (2004154368)

00:33:38.539 --> 00:33:41.639

Struggle for our children.

108 "Andersen, Dana" (2004154368)

00:33:41.639 --> 00:34:01.639

Loneliness has negative impacts on mental health so, of course, whenever we are struggling, we may experience worsening depression, anxiety, mood, disorders and cognitive decline. So, with this being said, if a child is struggling with loneliness or any of these mental health disorders.

109 "Andersen, Dana" (2004154368)

00:34:01.639 --> 00:34:24.809

We might be starting to see a decline in academic progress, or and, or not wanting to associate with friends. And again, like we discussed earlier, maybe not wanting to do social activities outside of the home. And so also, loneliness is, as this is found in a recent study of smoking, 15 cigarettes a day.

110 "Andersen, Dana" (2004154368)

00:34:24.809 --> 00:34:44.809

So, it is really a big, a big factor and it is something that kind of hides in the shadows loneliness. Again, as we said, earlier is thought of is maybe elderly who are by themselves, living alone, homeless people. The kind of people like, kind of.

111 "Andersen, Dana" (2004154368)

00:34:44.809 --> 00:35:11.419

Into a category, but the reality is, is that loneliness is, isn't everybody problem next slide please. So just some facts on youth and suicide statistics. So this I just wanted to present just for awareness around the prevalence of suicide in and adolescence.

112 "Andersen, Dana" (2004154368)

00:35:11.419 --> 00:35:37.369

Uh, suicide is the 2nd, leading cause of death for ages, 10 through 24 and suicide is the 2nd, leading cause of death for college age, youth, ages, 12, through 18 or highschool agents. Sorry ages, 12 to 18. so that's a pretty staggering statistic. And I just wanted to make that straightforward. So, you know, we know that.

113 "Andersen, Dana" (2004154368)

00:35:37.369 --> 00:36:00.469

This is an alarming rate that has become a societal problem next slide. Please. And also we'll add a little bit more to use site youth, suicide statistics. So each day in our nation, there are an average of over 3703.

114 "Andersen, Dana" (2004154368)

00:36:00.469 --> 00:36:23.359

By young people grade 910 and 4 out of 5 individuals, considering suicide, give some sign of their intention either verbally or behaviorally, and we can move to our next slide. And I just included some really great resources.

115 "Andersen, Dana" (2004154368)

00:36:23.359 --> 00:37:01.517

From some of the research that I have here, and also there is the information here on suicide and different ways that you can get crisis intervention involved if that need be and just a lot of good reading about some of the loneliness and the impact that we're seeing on today's children and adolescents, and that concludes our presentation for today. So I can open it up for questions.

116 "Donovan Amanda" (361574656)

00:37:01.517 --> 00:37:11.492

Thank you, Dana checking the final call at this time. I do not see any questions in the Q and a, not sure if you want to wait a few minutes to see how to trickle in.

117 "Andersen, Dana" (2004154368)
00:37:11.492 --> 00:37:43.329
Yeah, we can wait a few minutes.

118 "Andersen, Dana" (2004154368)
00:37:43.329 --> 00:37:48.034
And also on today, I'm sorry, go ahead.

119 "Donovan Amanda" (361574656)
00:37:48.034 --> 00:37:58.253
Oh, I did have a question pop in and it just says what might be some signs of loneliness in a toddler around ages 4 to 6.

120 "Andersen, Dana" (2004154368)
00:37:58.253 --> 00:38:08.969
That's a really good question at that developmental age. It is really difficult to find what might be.

121 "Andersen, Dana" (2004154368)
00:38:08.969 --> 00:38:28.969
Separating them from, maybe somebody of their same age group but again, 1 of the things that is more of a telltale sign of loneliness is, you know, kind of wanting to be separated from activities or not wanting to.

122 "Andersen, Dana" (2004154368)
00:38:28.969 --> 00:38:58.650
Play like, they usually do finding that they're not getting as much satisfaction out of activity, such as, you know, if they generally like to do something and it's like their go to activity. They really enjoy it. And you find them kind of shying away from that. Anything that shows some kind of isolation that's different. And that seems to be becoming a pattern would be.

123 "Andersen, Dana" (2004154368)
00:38:58.650 --> 00:39:16.020
Would be an indicator of something might be going on behaviorally or something that has troubled them, or has happened that they not able to process at the geo gauge. And so that's what I would be on the lookout for.

124 "Donovan Amanda" (361574656)
00:39:24.719 --> 00:39:36.873
Yes, thank you, Dana. I have another 1 here. What are types of options of trusted care provider other than a therapist and counselling.

125 "Andersen, Dana" (2004154368)
00:39:36.873 --> 00:39:55.890
Trust trusted, that means that you can, even if you have a pediatrician, you can also bring up some of the things some of the signs or things that changes that you're seeing in your child.

126 "Andersen, Dana" (2004154368)

00:39:55.890 --> 00:40:15.890

They might have other options other than therapy. So that's a really good. Go to is to always have your pediatrician or your doctor. Even if your child is not wanting to talk about it, it could be a conversation that you could have with your medical team.

127 "Andersen, Dana" (2004154368)

00:40:15.890 --> 00:40:35.890

Just to see if they have any other kinds of ideas or outlets also, school counselors is a really good way to engage your child in something that doesn't really seem like, you know, quote unquote therapy. So it doesn't seem alarming to your child.

128 "Andersen, Dana" (2004154368)

00:40:35.890 --> 00:40:55.890

For adolescent, it's kind of part of the school set up already where it's just, you know, hey, you know, you're just going to pop in and talk to somebody about, you know, maybe you're struggling and you don't really want to bring all this up with me. But this would be a good person that you could probably talk to in a safe environment. And, you know, a lot of times some of these things.

129 "Andersen, Dana" (2004154368)

00:40:55.890 --> 00:41:19.582

Our school days, so it kind of makes sense to maybe rein them into so that they can help. And a parent is always able to talk to a school counselor as well. So, those are really good opportunities if you are not looking for, you know, professional therapy.

130 "Donovan Amanda" (361574656)

00:41:19.582 --> 00:41:50.360

Perfect Thank you for that. I am not seeing. Actually, I've got 1 that just popped in. Okay. It says my son is 10 and recently diagnosed with anxiety stress, induce migraine. He's seeing a child therapist, and have a 504 plan at school. He has expressed feelings of feeling lonely. I have been divorced for 6 years now and he is just expressing these feelings. Anything you recommend on how I can support him.

131 "Andersen, Dana" (2004154368)

00:41:50.360 --> 00:42:21.670

You know, again, like, talking about sharing personal time, you know, as much time as you can possibly spend together supporting him and the things that he's doing really well, a lot of times kids that are struggling, especially like, with a medical condition, like migraines. And then also having a formal 401 plan, kids kind of feel separated and they don't feel like they belong.

132 "Andersen, Dana" (2004154368)

00:42:21.670 --> 00:42:46.070

So just really interacting and going over the strengths and building the strength and encouraging to try new things and, you know, to let your child have opportunities outside of school where you and your child can

interact together. So, you can kind of bring that bonding experience and help them just, you know, grow.

133 "Andersen, Dana" (2004154368)

00:42:46.070 --> 00:43:06.070

That self worth and self esteem, because it's very hard, especially with all that you mentioned, being a child of divorce, and all of the other things going on. In essence, you know, he is, he is different, but that doesn't mean that he's not less than. And that's kind of what you really want to focus on. Is this.

134 "Andersen, Dana" (2004154368)

00:43:06.070 --> 00:43:15.847

Ranks and building that and supporting him around what he goes. Well.

135 "Donovan Amanda" (361574656)

00:43:15.847 --> 00:43:36.268

Thank you, I do have another question. It's not only a question. It's more kind of like a common idea, but thank you for all this information. It was helpful. I thought this webinar topic would also speak about willingness experience. My parents just a suggestion for future topics. I don't know if you had anything to speak to, in regards to parents experiencing loneliness at all in general.

136 "Andersen, Dana" (2004154368)

00:43:36.268 --> 00:44:07.670

Yeah, actually this is geared for children and adolescents, but I really think that that's a great suggestion is because, you know, as I said, everybody is vulnerable to loneliness, whether it's temporary or whether it's chronic. So, in this format, we generally target the topic to child in adolescence, but if you would want to find some information about parenting and.

137 "Andersen, Dana" (2004154368)

00:44:07.670 --> 00:44:31.585

Loneliness and that type of thing, you can always go to my Cigna dot com and there's resources and different kind of community supports and also things like parenting classes that you may be able to find that can help. You explore that a little bit more on your own.

138 "Donovan Amanda" (361574656)

00:44:31.585 --> 00:44:46.304

Alright, thank you for those resources. I have another question that popped in here. I've heard screen screen time is directly related to depression and children. Is this true? And what is your screen time recommendation?

139 "Andersen, Dana" (2004154368)

00:44:46.304 --> 00:45:02.000

I think that that's kind of a fluid. That'd be a fluid answer. I think it's kind of different with all situations. The recommendation that I have been recently is a child should.

140 "Andersen, Dana" (2004154368)

00:45:02.000 --> 00:45:22.000

Be having no more than 1 to 2 hours of screen time of day. And the effects of loneliness with the social media is kind of based on, you know, that's their interaction. So they're not really using and building social skills, which.

141 "Andersen, Dana" (2004154368)

00:45:22.000 --> 00:45:42.000

Really a very important part of their development, especially like their brain is now kind of developing from child to adults and when they're not actually having personal interaction that really isn't developing and helping that skill building that they're going to need.

142 "Andersen, Dana" (2004154368)

00:45:42.000 --> 00:46:02.000

So that can lead to them, not having very much confidence and social settings. So, for instance, if they're mostly online with friends, and then all of a sudden, then there's something that's a social gathering. They may feel very awkward. And they may feel like they're appearance blocking.

143 "Andersen, Dana" (2004154368)

00:46:02.000 --> 00:46:26.208

A lot of times social media is kind of about, you know, showing how others are better than you or that's how it's perceived. So, I think that it is relevant and I, I think it's true enough to say that it is a problem.

144 "Donovan Amanda" (361574656)

00:46:26.208 --> 00:46:39.744

Okay, thank you for that. 1. I have 1 more here. It says my daughter wasn't vanilla pulling in the past, and she was refusing to get help. We have gone to therapy sessions, but it only makes her angry.

145 "Andersen, Dana" (2004154368)

00:46:39.744 --> 00:46:54.360

And does she expressed what the anger sometimes anger is part of the process of trying to work through because our children and adolescents don't really know.

146 "Andersen, Dana" (2004154368)

00:46:54.360 --> 00:47:10.830

Which emotion kind of matches the problem. So they have a difficulty in expressing it. And a lot of times when they feel frustrated, they feel like they get very angry and bullying is 1 of those things where.

147 "Andersen, Dana" (2004154368)

00:47:10.830 --> 00:47:30.830

It does, uh, road self esteem and self confidence, but also it does leave. It could leave a child feel very angry for being victimized. And, you know, my suggestion is, is sometimes, depending on the age of the child, I.

148 "Andersen, Dana" (2004154368)

00:47:30.830 --> 00:47:50.830

Known that play therapy, or our therapy is very helpful, because it doesn't really focus. It doesn't take the child and have them kind of on the spot so to speak, it gives them the opportunity to express through a different thing, other than just verbally. So, like, play therapy.

149 "Andersen, Dana" (2004154368)

00:47:50.830 --> 00:48:15.278

Your art therapy, where they can draw, or they can kind of play out some of the scenarios that happen to them. And then that can be addressed in a more subtle way, rather than, you know, asking and question answer type thing. So that's a suggestion. If you could maybe look into play or art therapy.

150 "Donovan Amanda" (361574656)

00:48:15.278 --> 00:48:27.870

Those are great suggestions data. I've got 1 more that trickled in and it says, would you say children, diagnosis things like ADHD are more vulnerable to becoming lonely.

151 "Andersen, Dana" (2004154368)

00:48:27.870 --> 00:48:46.020

I think any child or adolescents that has a learning disability, a mental health diagnosis is always going to be kind of in a class that is more vulnerable to loneliness.

152 "Andersen, Dana" (2004154368)

00:48:46.020 --> 00:49:06.020

So, again, like, the question earlier is is supporting the strength supporting what they do. Well, there's also 1 thing that I could suggest is if you go into our archives for the children and family awareness series, there's a fantastic presentation.

153 "Andersen, Dana" (2004154368)

00:49:06.020 --> 00:49:31.100

On ADHD, and it's titled, why we don't always do what we want and that's kind of telling parents and educating on how the ADHD brain processes differently than others. And that can give you a really good sense of how your child sees things processes things. And I think that would be a really good.

154 "Andersen, Dana" (2004154368)

00:49:31.100 --> 00:49:44.614

Source for you to check into and it's archived and it's easily defined on my signal dot com and going to the children family who were in a series.

155 "Donovan Amanda" (361574656)

00:49:44.614 --> 00:50:05.154

Thank you those are great suggestions. I don't see anything additional in the Q and a, at this time. You want to wait another minute or so or do you.

156 "Donovan Amanda" (361574656)

00:50:11.295 --> 00:50:36.611

Perfect Thank you. Well, thank you so much everyone for attending and thank you for providing such wonderful insights. If you have specific questions about any of the topics discussed today. Please contact Cigna by calling the number on the back of your insurance ID card. Our next webinar will take place on May 17 2024 with our presenter being Clayton data's discussing and mental health. Thank you for attending and have a great day. And thank you so much Dana for your wonderful presentation.

157 "Andersen, Dana" (2004154368)

00:50:36.611 --> 00:50:50.136

Thank you everybody for joining and take care and have a great day.