

**PARENTAL  
COMMUNICATION  
WITH TEENS  
DURING COVID-19**



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- **Voluntary, school-based, drug & alcohol prevention and early intervention services**
  - Brief, 1-3 sessions to do an assessment and educate students about the dangers of AOD use.
  - If further intervention is needed, SAC makes appropriate referrals to outside agencies
- **SAC is available to speak with any student about stressors that might put them at risk for AOD use.**
  - Stress, anxiety, depression, family history of substance use, peer conflict, etc.
- **Referrals can be made by administration, faculty, parents and peers.**
  - If you would like for your child to be seen by their SAC please feel free to email or call us!

# TIPS FOR PARENTS



- **SELF-CARE**

Find space for yourself to decompress, designated time to relax, having self-compassion, reconnect with things you enjoy



- **HEALTHY ROUTINE**

Logging into classes every day, maintaining a regular sleep schedule, eating healthy, connecting with others



- **EMPATHY/ VALIDATION**

One of the most painful parts of this for teenagers is missing out on life events. Try to give room to acknowledge this sadness



- **FAMILY TIME**

Family hikes, walks or bike rides. Pre-recorded classes, games or family "screen breaks," know when to ask for help

# ADOLESCENT WELL- BEING



- **Challenges during pandemic:** changes in routine, loss of life events, some sadness; “grieving” is normal
- **What is abnormal behavior for this time or signs of depression?**
  - Prolonged feelings of sadness, interfering with functioning (i.e.school work, job, extra-curricular activities; Intensity of feelings
  - If you have any concerns, reach out to a professional for advice
- **Substance Use**
  - Some teens will turn towards substances as a coping mechanism during this time.
  - Important to Discuss expectations around substance use with your children.
  - Check in with children and have open communication!

# RESOURCES

- **Power to the Parent** <http://powertotheparent.org/>
- **Child Mind Institute**  
<https://childmind.org/coping-during-covid-19-resources-for-parents/>
- **Office of Alcoholism and Substance Abuse**  
<https://oasas.ny.gov/prevention/parents-and-caregivers>
- **Common Sense Media** <https://www.common Sense Media.org/>
- **NY Project Hope**  
[https://nyprojecthope.org/?utm\\_medium=G1Search&utm\\_source=Google&utm\\_campaign=OMHProjectHOPERSPGrant](https://nyprojecthope.org/?utm_medium=G1Search&utm_source=Google&utm_campaign=OMHProjectHOPERSPGrant)
- **Know 2 Prevent** <https://www.know2prevent.org/>

**REACH OUT TO US BY EMAIL  
OR PHONE WITH ANY  
QUESTIONS!**



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