

Learning from COVID – Creativity in the Face of Adversity

The [final survey](#) in the learning from COVID series asked providers to share creative ways they've devised to continue to keep youth & families engaged in treatment. As providers, youth, & families increasingly report "screen exhaustion", the following ideas submitted by providers from across the Commonwealth may help keep things fresh and interesting. Many thanks to everyone who contributed!

- *Sending text reminders to support a youth or family in achieving a short-term goal like getting more exercise.*
- *Music sharing and discussing feelings around songs.*
- *Holding sessions with two caregivers in two different homes to work on co-parenting with a neutral space.*
- *Letter writing*
- *Connecting with youth through their video games*
- *Going for a video walk "together"*
- *Scavenger hunts have led to unexpectedly insightful discussions about important memories and interpersonal relationships. I have a short list of things to find to get us started then I make up the items spontaneously in later sessions. Scavenger hunts allow the child to direct the session as they know the stories behind their favorite book, stuffed animal, or photograph. Scavenger hunts also give the child space to get up and move as well as practice some executive functioning skills.*
- *Playing charades and dancing with clients.*
- *Conducting care plan team meetings via Zoom. It gets more people at the table than would be possible in-person.*
- *Using "fill in the blank" worksheets (like Mad Libs) or playing "Would you Rather?"*
- *Building "together" using toys such as blocks or Legos.*
- *We've subscribed to Therapist Aid which allows access to interactive therapeutic activities, books and resources for kids and adults which have been helpful in keeping people of all ages engaged.*
- *Using psycho-educational videos like those on [PsychHub](#)*
- *Creating online support groups to allow families to build connection.*

- *Use of apps like Houseparty to engage in games with teens to keep their interest in between clinical interventions.*
- *Hosting “drop-in” hours for parents with family partners.*
- *Our clinicians are using video clips to teach and reinforce skills during the sessions through screen sharing. Psychoeducation with parents can be done more seamlessly when materials are able to be seen and shared on screen during sessions.*
- *My team has found ways to do “drive by” therapy for families that don't have access to regular phone or internet.*
- *Some clinicians in my office are using whiteboards to share drawings and create visuals over the computer.*
- *Using online card games or other fun cooperative games while they are on a Zoom call to engage the youth and talk at the same time.*
- *Using YouTube clips and other digital media to look for examples of feelings/coping skills/etc.*
- *We put together developmentally appropriate activity kits for youth and families to be able to do together.*

Want to submit YOUR creative solution? Visit: <https://www.cbhknowledge.center/learning-from-covid>