




First Presbyterian Church
Connections
“Life after Lockdown”

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West Bergen Mental Healthcare


West Bergen Mental Healthcare

- Long established non-profit organization focused on children and families
- Specialty programs: depression, anxiety, autism, family issues, ADHD, residential programs
- In-school therapy program and support services
- 300 staff, various professionals, team approach
- Visit us at westbergen.org




A different kind of traumatic event:
EVERYBODY is impacted

- Ourselves
- Our families
- Our friends
- Our communities



Start with good news: Human Beings are VERY resilient

- Most people will be (relatively) ok
- Homeostasis: natural inclination to be “normal”
- Post Traumatic GROWTH
 - Research from 9/11
 - Focus on both children and adults



Ask yourself:
What did you LEARN in the past 19 months?

- What coping worked for you over the past 19 months?
- What coping worked for your family?
- How did our communities cope?

What can we do to help ourselves?

- Structure/schedule/predictability
- Social connections
- Things to look forward to (future oriented)
- Balance of sharing feelings and then taking a break from it
- Help you overall family, friends, and community

How do we spot folks (including ourselves) that need more support?

- Changes in sleep patterns
- Changes in eating patterns
- Change in social relationships
- “She just isn’t the same”

When is professional help needed?

- Trust your own instinct and experience
- “Small fires are easier to put out than big fires”
- Appears to be more than one can usually handle
- When stress (or depression or anxiety, etc) becomes THE *driver* for decisions and planning

How to find a therapist?

- Do you know anyone that has been in therapy/counseling?
- Ask your friends and colleagues about referrals
- Ask your physician or clergy
- Who else do you trust?
- Psychiatrists versus therapists

Questions? Ideas? Comments?

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- Do NOT hesitate to call or email me!