



A Closer Look: Youth Emotions & Behaviors During COVID19

"Events of the last several months can take a toll on young children. They may have experienced loss of friends as they moved from school or child care to staying safe at home. They may have had loved ones who were sick or lost a job. They may have witnessed violence in person, by listening to others or watching television. These can cause fears and anxiety... For many, especially children, the stress and trauma threaten to have long-lasting negative impacts on the body and brain." ([MN Department of Education](#)- June 18, 2020)

WARNING SIGNS

- Mood/behavior change; mood swings
- Extreme energy or lack of energy
- Severe agitation; pacing; fighting
- Inability to cope; excessive worry
- Talking rapidly or non-stop
- Frequent nightmares
- Hyperactivity, impulsivity, difficulty concentrating, risk-taking
- "Baby talk"/ younger behavior
- Changes in school performance
- Substance use
- Suicidal thoughts & statements**
- Isolation from friends/family
- Self injury; threats to self/others*
- Poor eye contact/communication
- Rapid weight loss or gain
- Headaches, stomachaches etc.
- Changes in appetite/sleep
- Frequent temper tantrums
- Confused thinking; detachment from reality (delusions), paranoia or hallucinations



CRISIS RESPONSE TEAM

- **651-266-7878**
- 24/7 mobile response
- 24/7 phone intervention
- De-escalate before crisis
- Non-emergency transport
- Stabilization after crisis
- Assessments, resource connections



* The TOADS acronym (time, opportunity, ability, desire, and stimulus) can help determine imminence and intent of a threat (to self or others.) With increased isolation, TOADS components are likely to be more prominent (e.g., more time to ruminate, increased stressors, less supervision). [NASP Resources for the Virtual Environment](#)

** [Suicide Intervention Checklist](#) during distance learning (NASP)

PLAN, COORDINATE, & COMMUNICATE

Help caregivers prevent crises, track changes and share info with their care team. This online Care Organizer includes fillable sections for medical/ mental health, crisis planning, school etc.

- [Family Care Organizer](#)



TRAINING & SUPPORT

RCCMHC offers free mental health training and support for staff/providers AND families.

- [For Families](#)
- [For Providers/ Professionals](#)

RCCMHC will also connect you with other local trainings and community supports!



COMMUNITY RESOURCES

Help families get connected. Often, the best supports are based in community and address whole-family wellbeing...

- [Mental Health Providers](#)
- [Basic Needs Services](#)
- [Local, Time-Sensitive Resources](#)



Visit the RCCMHC [Virtual Calm Room](#)