

COVID-19 & Collateral Damage

Protecting the well-being of children & caregivers during the pandemic

Join our MUSC Health experts for a mini-series aimed at promoting the well-being of children and caregivers amidst the pandemic. Brought to you by [MUSC Children's Health](#) in collaboration with [Modern Minds](#) and [MUSC Health's Back2Business](#).

Moderated by MUSC Children's Health pediatric infectious disease specialist, Allison Eckard, M.D.

Session 1: Mental Health & Other Indirect Effects of the Pandemic on Kids & Families

- Tuesday, March 9 at 5 p.m.
- A discussion of the pandemic's effects on the general well-being of children, including mental health and related issues
 - Rochelle Hanson, Ph.D.
 - Janice Key, M.D.

Session 2: Stress Reduction Techniques for Kids, Caregivers & Families

- Tuesday, March 16 at 5 p.m.
- Stress reduction techniques and advice for reducing the mental health effects of the pandemic for all ages with a specific focus on families
 - Alyssa Rheingold, Ph.D.
 - Stephanie Best, Ph.D.

Session 3: Recognizing The Red Flags of Mental Health in Children & Caregivers

- Tuesday, March 23 at 5 p.m.
- Recognizing signs and symptoms of anxiety, depression and suicidality for various ages and where to go for care
 - Elizabeth Wallis, M.D.
 - Anne Marie Albano, Ph.D.



Session 4: Protecting Children at Home

- Tuesday, March 30 at 5 p.m.
- Ways to provide a safer home environment for children, and recognizing substance use/abuse in teenagers and young adults
 - Annie Andrews, M.D.
 - Kevin Gray, M.D.

Session 5: Promoting Child Development & Education During the Pandemic

- Tuesday, April 6 at 5 p.m.
- Impact of the pandemic on children's development and education, ways to improve the virtual learning experience and related topics
 - Alice Salter, M.D.
 - Karlene Walker, M.D.

Please email LefMo@musc.edu for additional event information and webinar links.