

# KN**UCK** OUT OPIOID ABUSE



Stephanie Iannelli LCSW  
with Hope Sheds Light  
presents:

# COVID-19 AND THE TRAUMA IMPACTING OUR CHILDREN

*The Coronavirus*



# EVERYONE HAS BEEN AFFECTED IN SOME WAY, *but no one has been affected in the same way*

## Differences in Experience

- Diagnoses
- Work or school
- Social interaction



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## Differences in Impact

- No overt impact on mental health
- Symptoms of depression
- Symptoms of anxiety
- Acute stress symptoms



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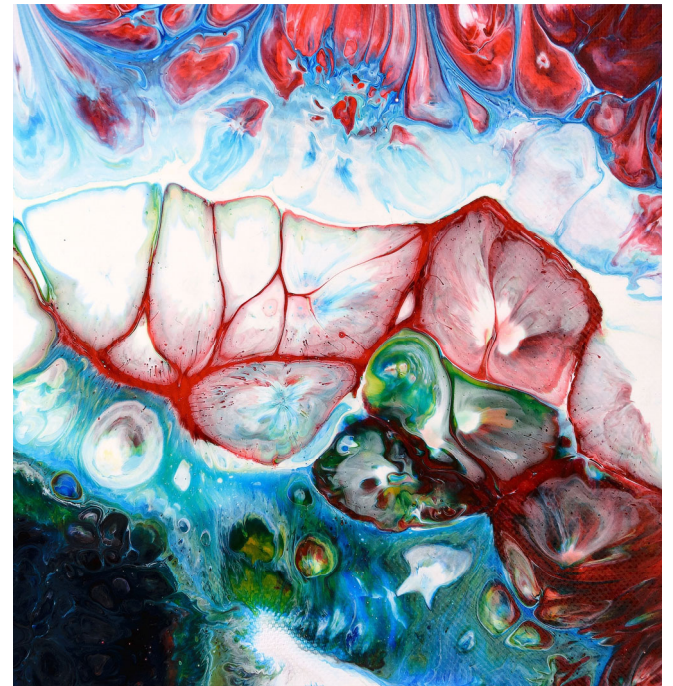
*What is existential  
trauma and why is  
COVID-19 being  
treated as such?*



# HOW WILL YOU KNOW IF THE PANDEMIC IS HAVING A TRAUMATIC EFFECT ON YOUR CHILD?

## MANY FACTORS:

- Attachment style
- Personality
- Current life experiences
- Predisposition for mental illness and/or substance abuse
- Childhood experiences (ACE)



**WHO IS MOST VULNERABLE  
TO THE EMOTIONAL IMPACTS  
OF THIS VIRUS?**



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# WHAT DOES IT LOOK LIKE?

*Michael and Jonathan are 17y/o boys attending high schools in Central Jersey. They are both honor roll students, involved in sports, and active with student counsel.*

## **Michael**

- *Parents are divorced – good relationship with dad, conflictual relationship with mom*
- *Grandmother and father both had corona virus, grandmother was hospitalized*
- *Has not left the home since*
- *ACE score 1*

## **Jonathan**

- *Lives with both parents – good relationship with both*
- *No diagnoses of corona virus*
- *Parents are liberal in allowing contact with friends if social distancing is practiced*
- *ACE score 0*

# WHAT DOES IT LOOK LIKE?

*Christine and Tomeka are pre-teen girls attending middle schools in Southern Jersey. They both have average grades and neither participate in school activities. Both girls are viewed as popular amongst their peers.*

## **Christine**

- *Lives with grandmother and has no contact with parents*
- *Older sister was diagnosed with corona virus*
- *Has asthma and has not left the house*
- *ACE score 5*

## **Tomeka**

- *Lives with single mother*
- *No corona virus diagnoses*
- *Has not been allowed to leave the house*
- *ACE score 5*

# WHAT CAN WE DO TO MITIGATE THE NEGATIVE IMPACT?

*Parents*

*Providers*

*Family*

*Other Support Systems*

Empathic listening

Validating the impact of experiences

Normalizing emotions

Be aware that previous traumatic experiences may be triggered and come up

Know when to get professional help – seek “limbic system therapies such as Brainspotting.”



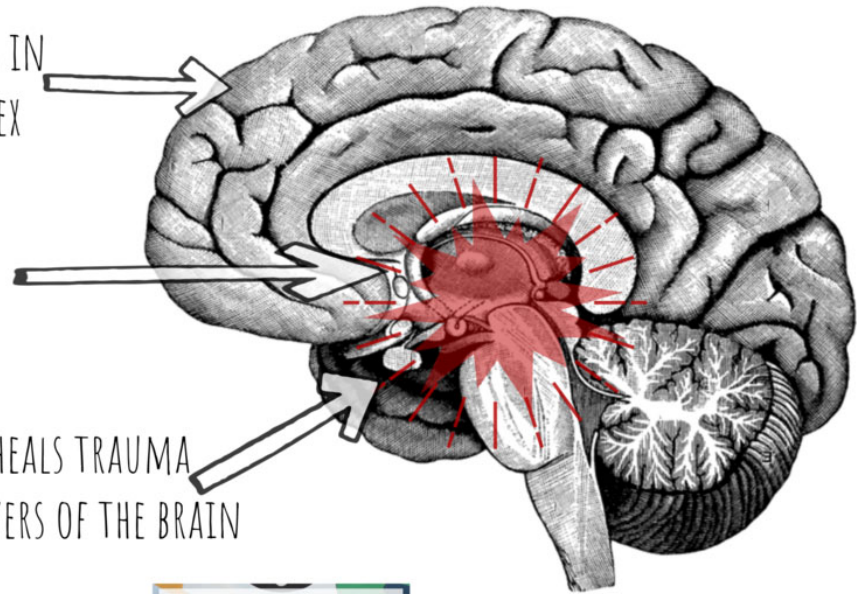
# WHY BRAINSPOTTING THERAPY?

## THE DIFFERENCE BETWEEN *Brainspotting* AND TALK THERAPY

TALK THERAPY OCCURS IN  
THE CEREBRAL CORTEX

TRAUMA IS STORED  
DEEP IN THE BRAIN

BRAINSPOTTING HEALS TRAUMA  
THROUGHOUT ALL LAYERS OF THE BRAIN



An abstract, textured background featuring a variety of colors including red, yellow, green, blue, and purple. The surface has a cracked, marbled appearance, similar to aged paint or stone. The colors are layered and blended, creating a rich, multi-dimensional effect.

**WHAT QUESTIONS  
DO YOU HAVE?**

*Feel free to contact us  
if your questions are  
not answered today...*

# THANK YOU

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## References:

- Van der Kolk, Bessel A. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. New York: Viking, 2014.
- Grand, David. *Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change*. Colorado: Sounds True, 2013.
- <https://acestoohigh.com/>

## How to find certified Brainspotting clinicians:

- <https://brainspotting.com/> - BSP Directory
- <https://www.psychologytoday.com>



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