

# What does Coping with COVID involve?

**PARENT-LED THERAPY:**  
Parents work one-on-one with therapists over Zoom to learn skills to cope with stress and anxiety that they can teach their child



**COGNITIVE BEHAVIORAL THERAPY:**  
CBT, which teaches children how to identify, challenge, and overcome unhelpful anxiety-related habits and thought patterns, is one of the best evidence-based treatments for addressing stress and anxiety

CONTACT US: 832-206-4034, [projectreach@bcm.edu](mailto:projectreach@bcm.edu)



## Coping with COVID



**Baylor College of Medicine and Harris Health System** are offering **free 6 weekly one-on-one sessions over Zoom** to **teach parents** how to help their **children cope with stress or anxiety** related to the COVID-19 pandemic

### **You may be eligible if your child is:**

- aged **5-13** years old
- living in the State of **Texas**
- able to **communicate verbally**



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Children in Harris County and the rest of Texas are experiencing school closures, social isolation, lack of access to usual activities, fears of infection, and increased family stress in the face of the COVID-19 pandemic. All of these factors may negatively affect children's mental health. How can parents help their child cope with fears and uncertainties related to COVID-19?

### **What is "Coping with COVID"?**

The Coping with COVID program, a collaboration between Baylor College of Medicine and Harris Health System, provides free parent-led cognitive behavioral therapy (CBT) for children in Texas who are experiencing stress and anxiety related to the COVID-19 pandemic. 6 weekly 60-minute therapy sessions are delivered by therapists through Zoom or phone. No in-person visits are required.

### **What is cognitive behavioral therapy (CBT)?**

CBT is an evidenced-based therapy that is one of the best treatments for stress and anxiety in children. CBT teaches children how to identify, challenge, and overcome unhelpful anxiety-related habits and thought patterns.

### **What is parent led therapy?**

In parent-led therapy, parents learn skills to cope with stress and anxiety which they can then teach to their child. The child does not need to directly speak with the therapist.

Over 6 weekly 60 minute sessions through Zoom or phone, our trained therapists will provide one-on-one therapy to parents, covering how to address their child's anxiety and depressive symptoms, emotionally support their child during the pandemic, and help their child develop effective coping skills. Parents will learn cognitive behavioral techniques to teach their child, such as identifying emotions, improving emotion regulation, and developing adaptive coping thoughts and behaviors. In each session, therapists will provide homework assignments and handouts, videos, and resources on CBT. Therapists will guide parents to practice these learned cognitive behavioral techniques with their child outside of the one-on-one parent-therapist sessions.

### **Who is eligible for Coping with COVID?**

You and your child may be eligible for Coping with COVID if:

1. Your child is experiencing stress or anxiety related to the COVID-19 pandemic.
2. Your child is 5 to 13 years old.
3. You live in the state of Texas and can be in Texas during treatment sessions.
4. You are willing and able to participate fully in treatment and assessments.
5. You are able to read and/or understand English.
6. Your child is able to communicate verbally.

### **Getting started**

If you are interested in participating in Coping with COVID, please call (832) 206-4034 or email [projectreach@bcm.edu](mailto:projectreach@bcm.edu). You will be pre-screened by Coping with COVID staff over the phone. This initial conversation will help staff determine if the services offered through Coping with COVID may be a good fit for you and your child.