



Building Resilient Children

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I'm so glad to be here!



Annie Certo

Annie is the manager of coaching at Brightline. She holds a Master's Degree in Counseling Psychology with an extensive background in community mental health. In past roles, Annie has worked with the school system (elementary and middle) and as a program supervisor and case manager for foster care youth and youth within the juvenile justice system. She has also worked as a Health Coach for a medically supervised wellness program.

What we'll cover

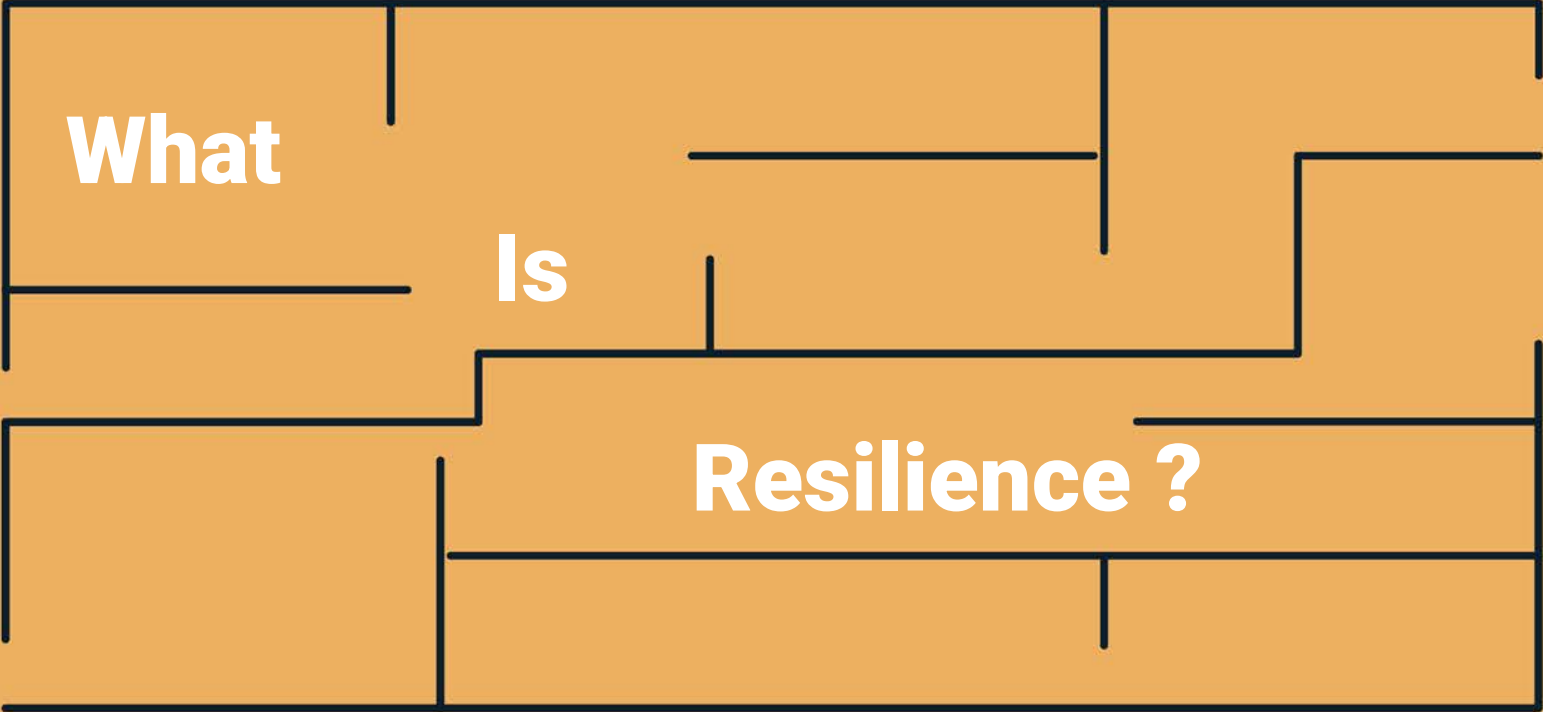
- Defining resilience
- Why resilience is important now
- How to build resilient children
- Parenting Tips
- Q & A

Visualization Exercise

Close Your Eyes:

Hop into a time machine and go back to when you were your kids current age....

- Do you remember 1-2 top stressors at the time?
- What are you seeing and feeling? What did you need at that time that you didn't receive?
- How can you show up for your child and their feelings today?



What

Is

Resilience ?

Brightline Member Story

The Challenge: Child stutters, has panic attacks, a difficult time responding when asked a question, and lacks eye contact

The Exposure: The Obstacle is the Way

The Solution: Cognitive reframing, learning coping skills to manage stress, supportive people around him, and practicing exposure to fear

The After: Eye contact has improved, initiating conversations, asks a question when he's afraid in school, and signed up for the safety team at school where he's practicing exposure everyday to build resilience.



Building Resilient Children

Head

Heart

Hands

Head: Build Mental Resilience

- Take the sunglasses off (EYES)
- Manager up (MOUTH)
- Switch the playlist (EARS)
- Exercise: Closed & opened doors

Heart: Build Emotional Resilience

- The surfer's process - Ride the wave!
- Use your compass - Individual and family values
- Set the guardrails - Life principles
- Love the mirror - Develop a healthy view of self

Hands: Build Behavioral Resilience

- Behave to become
- Move and love the body
- Hold hands with someone

Parenting Tips



- 1:1 time
- Have a talk
- Model it
- Reward it / praise it
- Use real-life situations to teach
- Keep reframing
- Manage parent guilt
- Practice self-compassion
- Set smart goals for parenting

Get Support

The only all-in-one behavioral health solution built to provide families, children, and teenagers ages 1.5 up to 18 years

- 1:1 virtual sessions with expert behavioral health coaches to address common challenges



Coaching



Connect +

- Digital front door to navigate families to the right support
- On-demand coach chat & personalized resources

Care

- 1:1 virtual sessions with highly-trained therapists and prescribers to treat clinical concerns



Get Started

1. Scan this QR code or visit
hellobrightline.com/amazon



2. Click 'Get started' or 'Sign up' to get to your account creation page

The first screen of the Brightline app, titled "Let's get started". It features the Brightline logo at the top. Below the title, there is a text input field for "Email*", followed by a "Create a password*" field with a "hide" icon. A link "See requirements" is below the password field. At the bottom, there is a checkbox for "I agree to Brightline's Terms of Service." and a green "Next" button. A small disclaimer at the very bottom states: "Brightline is committed to protecting and respecting your privacy. Learn more about how your information is monitored and used."

3. Enter your personal email and a password to create your account.

The second screen, titled "Who provides your child's benefits?". It includes the Brightline logo and a sub-header "We'll check if Brightline is covered by your health plan." Below this, there is a dropdown menu for "Who is your child's insurance provider?" and a text input field for "Which employer* provides your child's benefits?". A footnote states: "*This also be a school, union, or other benefits provider." A green "Next" button and a link "Check coverage later" are at the bottom.

4. Enter your child's insurance and your employer information to confirm your Brightline coverage.

The third screen, titled "Tell us about your family". It features the Brightline logo and a sub-header "This private information will never be shared outside of Brightline." Below this, there is a section for "Child 1" with input fields for "Child's first name*", "Child's last name*", and "Child's date of birth*" (with a date format "mm/dd/yyyy"). A link "+ Add another child" is below the date field. A green "Next" button is at the bottom.

5. Tell us about your family by sharing your kids' names and ages

The fourth screen, titled "What's on your mind?". It features the Brightline logo and a sub-header "Let's take some of that stress away. What are areas where your family could use support?". Below this, there are several buttons for different areas of support: "Worries & anxiety", "School", "Sadness & depression", "Sleep", "Attention & ADHD", "Autism", "Self-esteem", "Gender identity", "Sexual identity", "Sex & dating", and "Racial & ethnic identity". A green "Next" button is at the bottom.

6. Share what's on your mind — we'll help you get the right support. Choose as many as apply to your family.



Questions