

Tackling pediatric mental health

SOT

Mia Harrier, community health specialist at OSF HealthCare Sacred Heart Medical Center in Danville, Illinois

“As adults, we've been able to make our adjustments [to COVID] because we've been around for a long time. Our brains are through developing. However, with children throughout the pandemic, it kind of took some of those opportunities that you typically have away. So they're in this place where they've experienced a lot of confusion, a lot of fear, a lot of uncertainty. So their responses to that have been really varied, and it can go into some things like undue anxiety or some depression.” (:33)

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“If they have younger siblings, it's good for them to know and helps them to be a little bit more responsible for these things that we're teaching them.” (:10)

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“Making sure that they're really engaged, that we're asking them questions for them to respond to. We're asking them questions like ‘what do you think about this?’ or ‘what's your opinion?’ So, making it very much about them and where they stand on all of this.” (:14)