Transcript-Audio-Video Clips

- **Catherine Fuller-United High School Senior- Monmouth, Illinois**
- **Luke Raymond-Director of Behavioral Health, OSF HealthCare-Peoria, Illinois**
- **Dr. Sam Sears-Director of Behavioral Health Physician Services, OSF HealthCare-Peoria, Illinois**

SOT-Catherine Fuller-United High School Senior- Monmouth, Illinois

Teenagers are more comfortable reaching out to each other, rather than the adults in their lives because they feel their peers are more likely to understand what they're going through, according to high school senior Catherine Fuller. But, they don't have adequate skills.

"Kids aren't professionals. They're really not going to be able to properly help each other in these kinds of extreme situations but they're really not sure where else to go; they're not really comfortable going anywhere else." (:11)

SOT-Catherine Fuller-United High School Senior- Monmouth, Illinois

Fuller, who wants to be a behavioral health professional, thinks parents and teens need to move beyond what she called "robotic" questions and answers while they're cooped up at home together.

"We need to sit down and have these serious conversations and when you ask the questions, 'How are you? What's going on?' you need to be able to be ready to hear the answer and respond to that with help." (:12)

SOT-Luke Raymond-Director of Behavioral Health, OSF HealthCare-Peoria, Illinois

OSF Behavioral Health Director Luke Raymond says parents can help their teens navigate options.

"I don't think we have to know the answers or be able to fix the problem but we can be present with that person and help them find the right answer and help get them to the place that can get them the help they need. It's incredibly important that if you're going to ask it, (How are you doing?), you better be ready for the answer."(:17)

SOT-Dr. Sam Sears-Director of Behavioral Health Physician Services, OSF HealthCare-Peoria, Illinois

OSF Behavioral Health Director of Physician Services Dr. Sam Sears emphasizes teenagers who are trying to be there for others should realize it *is* extremely valuable to check in with their friends to see how they are doing.

"Yeah, none of us are ok but (asking) 'How not ok are you right now?' and finding ways to really be there right now for folks can mean the difference in whether that person gets through the day or not." (:13)

SOT-Catherine Fuller-United High School Senior- Monmouth, Illinois

Fuller says her peers struggle to project themselves beyond their current situation and yet many of her friends feel like their childhood is being stripped from them.

"A lot of students are stressed. A lot of students are depressed as well and I think it's really difficult for them right now to be seeing some of the silver linings … to see some of the positivity and I think that's what we, as a student community, need to be focused on. We really need to be there for each other. We need to remind each other that this is a temporary problem. It's going to get better." (:23)

SOT-Luke Raymond-Director of Behavioral Health, OSF HealthCare-Peoria, Illinois

Raymond reminds parents they should try to model good social, emotional behavior because their teens are paying attention.

"We often tell our teenagers and kids to do certain things but then if we don't practice what we preach so to speak. (Realize) they're much more likely to model our behavior than to comply with what we say. So, if we want our kids to engage in those pro social activities then we need to engage in those pro social activities too." (:20)