



**USC** University of  
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# INCREDIBLE YEARS IN LOS ANGELES DURING THE PANDEMIC

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- 2.8 million identified cases, 31,991 deaths
  - Infection rate 28,779 per 100k, death rate 319 per 100k
- 72% vaccination rate
- Winter peaks in 2020-2021 and 2021-2022
- Uptick in rates since April
- Masking indoors no longer required in California
- LAUSD schools are masking optional, unless there is an outbreak
- L.A. County requires universal masking in healthcare settings
  - Restrictions on the size of group activities

- IY groups at CHLA remain full and in demand. We continue to offer the same number of groups as pre-pandemic
  - 2 Spanish parent groups, 2 English parent groups, 4 child groups
- Groups are delivered by telehealth
  - 60 minutes for child groups

# Telehealth Advantages and Disadvantages

- Families like the convenience of telehealth
  - Two years into the pandemic, families understand videoconferencing platforms
- Group dynamics remain a challenge
  - Fewer spontaneous interactions among group members, particularly in child groups
  - Dosage is smaller
  - Less opportunity for hands-on guidance, practice

- CHLA is limited in capacity due to COVID restrictions
  - First year of the pandemic, interns were trained in groups of five
  - This past year interns were trained in a group of ten and a second round of training was held for new clinical staff, psychiatry fellows, and O.T. residents
  - We have not been able to open up trainings to outside participants

- Less usage during the pandemic
  - Not every agency was able to pivot to telehealth - implementation matters!
- Lots of staff turnover meant that other agencies lost trained staff
- More recent inquiries regarding trainings offered through CHLA

- Meeting with DMH to discuss training needs of other agencies
- DMH will be surveying agencies to determine need
- DMH will be restarting the IY Learning Collaborative
- Hoping to assist with training and implementation, encouraging use in schools

# Small Group Dina Online: Lessons Learned

- Short and sweet:
  - Attention spans (especially for IY kids) are short for telehealth
  - Move things along quickly
    - Frequent movement breaks
      - Songs
      - Yoga poses
      - Scavenger hunts
    - Limit screen shares
    - More puppet usage!



- Facilitate Interactions Among the Kids
  - Distance learning did not encourage kids to socialize online
  - The format is difficult for large group conversations
  - Group leaders must prompt for interactions:
    - Breakout rooms
    - Teams
    - Notice similarities
    - Complement circles
    - Celebrate interactions

# Small Group Dina Online: Lessons Learned

- Essential Small Group Dina Activities can be maintained:
  - Puppets
  - Videos with practice
  - Token Economy
  - Behavior Plans
  - Free play / Circle time / Activity time / Closing ... structure is the same

- Encourage Parent Involvement:
  - Support with technology
  - Monitoring behavior
  - Offering praise and positive attention
  - Weekly check in / reminder
  - Parents learn by watching group leaders model praise, ignoring, positive attention, play

# Small Group Dina Online: Lessons Learned

- Recommended online tools:
  - YouTube I Spy videos
  - Yoga poses for kids
  - Build Your Own Spinning Wheel
  - Treehouse building sites (promote teamwork)



# QUESTIONS?