

Lunch and Learn

When Once-A-Week Therapy Isn't Enough

CLIP: Overcoming the Stigma: Facing Common Challenges

Together TRANSCRIPT



[Clip Video Link](#)

[Full Video Link](#)

Watch Time: 1:56 minutes

Read Time: 2 minutes

[00:00:00] **Josh Novick, LCPC:** All right, but now let's say your family is having a conversation about entering into one of these higher levels of care, or perhaps you are coming down from a crisis situation and a hospital has recommended one of these levels of care. The number one common challenge that our students and families run into is the stigma. Even in this day and age, there is still a significant stigma that exists around higher levels of care. We see that across age groups. We see that all across socioeconomic. There is still shame associated with some of this and that stigma not only exists for our children. It also exists for us.

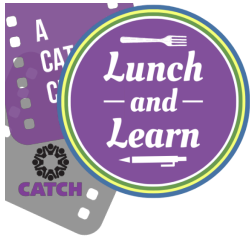
[00:00:46] I really would encourage anyone having any of these conversations to really come to the conversation as this is, we are adding support.

[00:00:55] This is not a sense of failure. This is not a punishment.

[00:00:59] We are adding support like we would for any medical condition. We would simply continue to escalate support until we've found the right level of support. And so I think it's really important for us as parents to frame it in that way.

[00:01:15] The next biggest common challenge that we hear when talking about a student or a family engaging in these conversations is the disruption to school and activities.

[00:01:25] Hands down, one of the biggest things we hear is, well, you know, if my student enrolls in an IOP, or a PHP, they're gonna fall behind in school. They're gonna miss out on their activities. The things that bring them joy. I would encourage you to partner with the school as an ally. There are



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different programs. There are different options. Every school is a little bit unique, and so my charge to parents would be as much as possible to try to use the school as an ally.

[00:01:56] And also recognize that there may be disruption to school and activities if no action is taken. So often we think about the common challenges to an IOP or a PHP as the disruption to school. We don't want our child to fall behind. We don't want them to miss out on their sport. And that is all completely valid and makes perfect sense. However, I will also share with you there may be a potential that there's going to be disruption to school and activities if we don't add the support and the symptoms keep progressing.