

Lunch and Learn

When Once-A-Week Therapy Isn't Enough

CLIP: When Letting Go Feels Impossible TRANSCRIPT



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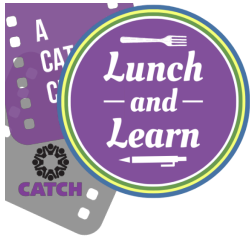
[00:00:00] **Dr. Lisa Novak, CATCH Moderator:** What would you say to parents who are just so afraid to let their children enter a higher level of care? It can sort of almost feel counterintuitive to let go when your child is in crisis and hurting so much.

[00:00:15] **Josh Novick, LCPC:** It is counterintuitive. It goes against our DNA to hold our children safe and keep them protected with our bodies.

[00:00:23] That being said, if we are having these conversations, something's not working. And while you are an incredible parent for wanting to support your child in that way, thank you for being there, for protecting and for advocating for your child. However, just like with a medical issue. If your child was to be diagnosed with a disease, you would probably open yourself up to finding treatment for their child because they know it's something that if they don't seek treatment is going to continue to get worse.

[00:00:59] With mental health, we sometimes think that if we brush it under the rug it will improve, and that is unfortunately not often the case.

[00:01:10] So my encouragement to parents where the instinct is to hold on as tight as possible. That's great. That has been working for you and your family, but perhaps now there's some additional levels of support. There's other teammates we need to bring into your circle. You're not giving up control, you're adding teammates to your circle of support.



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[00:01:31] And so that's really the best way that I would frame it to a parent is you are always the parent. What you can do is you can add in other members of the support team.