

# A father's story... From hopelessness to new hope and healing...

"In March of 2020 the world as we knew it shut down. We were all scared and frozen in time. We did our best to pivot and live a 'new norm' in the COVID-19 pandemic. Throughout the pandemic, my family adhered to all of the guidelines: social distancing, wearing masks, washing hands, as well as the adjustment to a remote school and work routine. Our focus was on keeping our family safe and vaccinated. My wife and I started to realize the downstream impact of the pandemic on our children, especially our daughter, Chloe. The social distancing overwhelmed her. It caused enormous feelings of sadness and isolation. Eighth grade middle school became a burden. She was withdrawing, her communication was lacking, her attention span was cut short, and her natural curiosity for learning was gone. She felt lost.

This is not how we want our children to grow up.



When the remote school model transitioned back to in-person, Chloe's anxiety became debilitating. Our precious, happy daughter was having full-blown panic attacks. She struggled with integrating back into class, focusing on her work, and trying to reconnect with friends. We were scared for her, and our family was in crisis mode. It was clear that Chloe's mental health issues were very serious. Why couldn't we help her and take away her pain and angst? It was so upsetting to see our child struggle. We felt hopeless.

We turned to Christian Health's LiveWell Counseling for help. Chloe's journey of healing began.

My daughter, Chloe, made an immediate connection with Dr. Lara Adesso, Psychiatrist at Christian Health's LiveWell Counseling. We all felt a sigh of relief. Dr. Adesso was empathetic, genuinely caring and compassionate. Chloe was introduced to a LiveWell therapist, Carly, who went out of her way to schedule counseling visits with Chloe. Chloe really opened up with Carly and trusted her. Chloe knew she was going to get better. She felt safe. Carly is a mom and a true champion for our daughter Chloe. Their bond is strong. They talk about underlying social dynamics, friendships, goals, identifying anxiety, and learning coping techniques to manage it. Chloe's whole outlook on life is changed forever! Her grades are up, her self-confidence improved dramatically, and she has goals and aspirations for high school next year and even college.

We are forever grateful for the caring team at Christian Health's LiveWell Counseling. Parents only want the best for their children: to be successful, have an education, and be happy and kind. Our 13-year-old daughter is thriving. She is on her way to a bright future and more importantly, a life of happiness and joy.

Christian Health is a hidden gem nestled in our community. I am proud to share our story and spread awareness of the resources available for families and children who need mental health support. My daughter is healing and has new hope thanks to LiveWell Counseling."

~Tom, father of a client of Christian Health LiveWell Counseling