



COVID-19 Pandemic Changes: YOUR ADULT CHILD MOVES HOME

Changes in housing affordability, safety issues, or school closures can leave many families finding their adult children unexpectedly back in the home; and not just back but isolated to it. Even though you feel thankful that your child is healthy and safe, concerns may arise as to how everyone will manage being crowded under one roof again. Use this opportunity to spend time you otherwise wouldn't have gotten with your child.

Find a time that works for both of you to have a conversation about expectations during their stay. Let your child know how much you love them and that you're happy to have them home. Remember to compromise as best as you can so that neither party is left feeling distraught.

Here are some things you may want to discuss:

1

First and foremost ensure that your child is adhering to social distancing practices. Faltering attitudes towards the severity of the circumstances are most common in this age group, but this is one rule you should be clear on.

2

Acknowledge that the situation may be upsetting, and their disappointments are real. Your child's life and plans they have made have been disrupted, all while facing a loss of autonomy. Ask how you can best support them during this time. It might be helpful to assess your child's financial situation, if they are willing, and create a budget or plan to get their bills paid.

3

Allow your child to maintain their autonomy by letting them continue their lifestyle and routine in some way. Now is not the time to dictate their sleeping and eating patterns; and as long as they are being safe for themselves and others, let them decide how they spend their days.

4

As school and employers make the transition to remote work, allow your child to continue to manage their own schedule. Even though they are back in your house, you no longer have the responsibility or right to stay on top of their duties. Let them experience consequences of decisions they make. What you can do is provide quiet time and a designated space for them to complete their work.

5

Be mindful of potential issues related to substance use and mental health.

- ✓ If your child was using substances while they were away from home, establish rules for their use while they are returned.
- ✓ If your child has a substance use disorder, be aware of the risk of withdrawal, and prepare with the aid of a medical professional to prevent complications. If you suspect opioids are involved, keep naloxone on hand.
- ✓ If your child is on medication for a mental illness, speak with them about continuing to use their prescription properly. If they need extra support during this time, offer to assist them in finding resources or make a suggestion to seek out help.
- ✓ If your child is in recovery, be aware of the risk of relapse in a situation like this. The lack of in person support groups and increase in isolation may trigger feelings that could endanger your child's sobriety. Many support groups have already transitioned to online meetings and providers are offering telehealth services, so options are out there. Let them know you are here to help in any way necessary.
 - You can encourage your child to call **Recovery Talk at 1-844-44TALK2** to talk with a trained peer support specialist in North Dakota with lived experience in addiction to chat and receive support.



If your child is struggling with thoughts of suicide, call the **National Suicide Prevention Lifeline at 1-800-273-TALK.**



For more resources on supporting adult's behavioral health during the pandemic, visit behavioralhealth.nd.gov/covid-19