

## Dr. Jocelyn Meza: Attention Issues, School Stress, & Pain in the Time of COVID Part Two

Staying online all day is not easy! There have been many new demands with the current COVID-19 pandemic, especially when it comes to schooling and working from home. What if your child is having a hard time focusing in class or it's triggering their pain? What if more issues are arising due to this virtual format? This 3-part educational series explored how parents can support their children who deal with ADHD, ADD, attention issues, school stress, and/or chronic pain during the time of COVID. Dana Pachulski had discussions with experts in the field, with an interactive Q+A with participants. The events were designed to flow together.

On September 29th, Jocelyn Meza, PhD, provided a practical guide on how parents can help teens with ADHD during online school. Dr. Meza received her B.A in Psychology at UCLA and her Ph.D. in Clinical Science at UC Berkeley. Dr. Meza also completed her clinical internship at UCSF. Her research focuses on understanding the risk and protective factors associated with self-harm and depression in adolescents with ADHD. During her first postdoc as an NIMH T32 fellow at UCLA, her research examined predictors and moderators of positive treatment outcomes in a randomized control trial aimed at reducing suicide and self-harm in adolescents. Currently, as a Chancellor's Postdoctoral Program & NIMH-funded Clifford Attkisson Clinical Services Research Training Program (CSRTP) fellow at UCSF, she is examining the links between ADHD and non-suicidal self injury among court-involved, non-incarcerated youth. Clinically, Dr. Meza has experience in evidence-based treatments for children and adolescents with ADHD, anxiety, depression and histories of self-harm. Her research aims to better understand how to predict and prevent self-harm and suicide, a growing public health concern.

<https://www.youtube.com/watch?v=8MaPI9jPFU0&t=2s>