

3rd Annual 22q11DS Family Conference

Mental Health & Your Teen Tools, Strategies & Resources

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Disclosure

- Medication suggestions may include off-label uses which have not been approved for use in adolescents

Learning Objectives

- By the end of this presentation, you should be able to:
 - Describe common mental health problems
 - Know when and where to get help
 - Understand effective strategies and treatments for common mental health problems

Outline

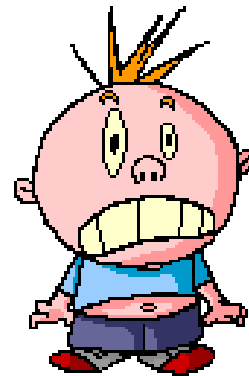
- Types of Mental Health symptoms
- Understanding the symptoms
- Diagnoses
- Interventions
- What to try at home
- When to seek help
- Where to get help

Types of Mental Health Symptoms

- Behaviour
- Anxiety
- Social
- Mood
- Psychosis

1. Behaviour

- Problems with attention
- Impulsivity
- Aggression
- Oppositional



2. Anxiety

- Anxious
- Shy
- Ritualized / repetitive behaviour

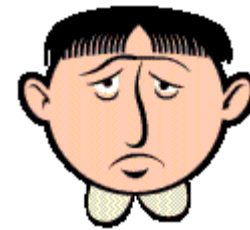


3. Social

- Social withdrawal
- Isolation
- Immature
- Poor social skills

4. Mood

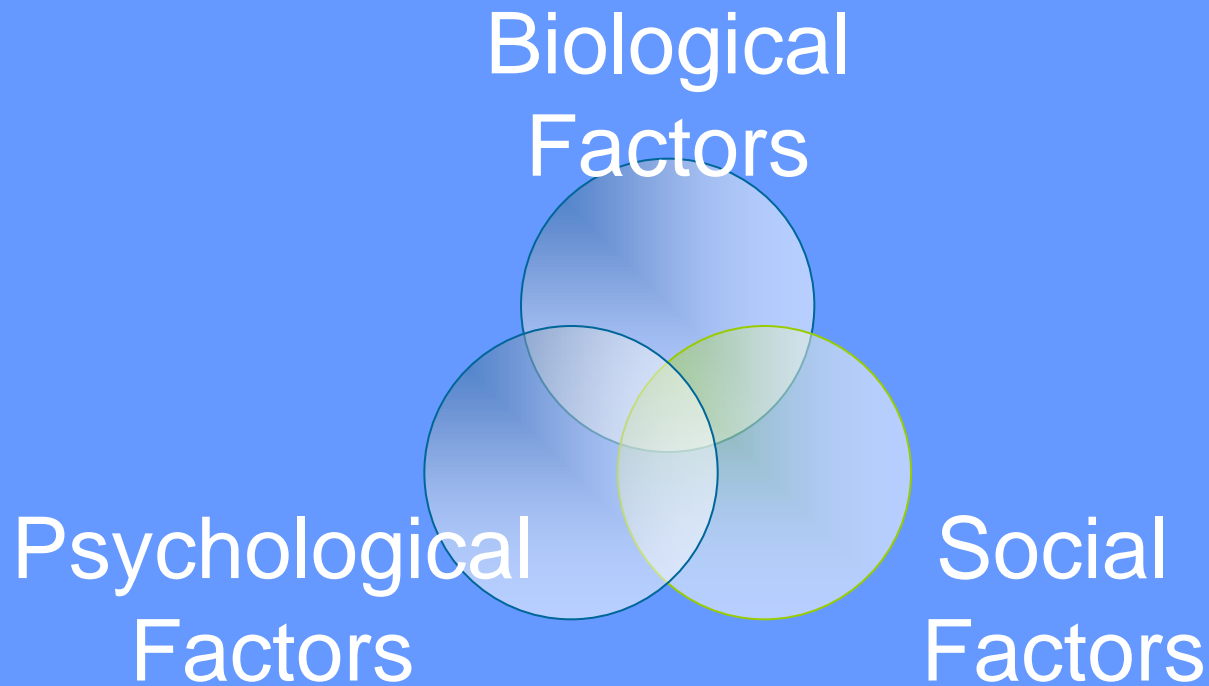
- Depressed
- Sad
- Bored
- Mood swings



5. Psychosis

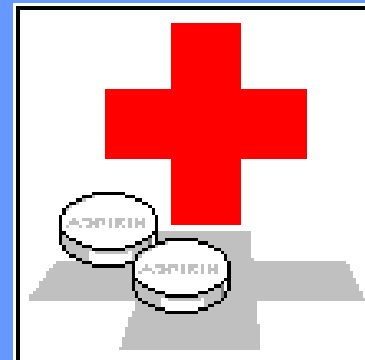
- Hallucinations - hearing voices, seeing things
- Odd beliefs
- Paranoia
- Ideas of reference

Understanding the Symptoms



1. Biological Factors

- Medical problems
 - Thyroid, parathyroid, constipation etc
- Medications
- Intellectual disability (34-53%)
- Learning disability (up to 80%)
- Hearing problems
- Speech impairment
- Physical limitations
- Psychiatric problems
- Caffeine
- Family history of mental health problems



2. Psychological Factors

- Problems understanding others
- Problems expressing self
- Identifying differences with peers
- Comparing self to siblings



3. Social Factors

- Problems relating to others (peers etc)
- Academic problems
- Being bullied
- Absences from school



Medical Illness & Developmental tasks: age 13-19

- Tasks: Autonomy, identity, appearance, relationships
- Medical Illness / treatment:
 - Changes to appearance, alienation; dependence
 - Teens may have increased understanding, questions
 - May impact self-esteem, mood, anxiety, behaviour

Psychiatric Diagnoses

- When symptoms / behaviour result in:
 - a lot of distress or
 - problems with functioning
 - Family, social, academic
- Examples
 - Anxiety Disorders
 - Disruptive Behavioural Disorders
 - Mood Disorders
 - Psychotic Disorders

1. Behavioural Disorders

- Attention-Deficit Hyperactivity Disorder
 - up to 65%
- Disruptive Behavioural Disorder (7-15%)

2. Anxiety Disorders

40-75%

- Specific Phobia
- Social Phobia
- Generalized Anxiety Disorder
- Obsessive Compulsive Disorder

3. Depression

- in 40 to 60%

4. Psychotic Disorders

10% teens

* NB Cognitive decline

NB 50% may have symptoms

Interventions: Therapy, School, Community

- Therapy
 - Cognitive Behavioural Therapy
 - Social skills groups
- School
 - Individual education plan
 - informed by psychological testing
 - Linking with a buddy
- Community
 - Respite care

Interventions continued: Medications – if moderate-severe

- ADHD: Stimulants
 - ie Ritalin, Concerta, Biphentin, Adderall, Dexedrine
 - Health Canada Warnings
 - Risk of hallucinations
 - Cardiovascular risk
- Anxiety, Depression: SSRI antidepressants
 - ie Celexa, Prozac, Zoloft, Luvox
 - Health Canada warning: Risk of agitation, hypomania, restlessness, disinhibition, self-harm
- Psychosis, Aggression: Atypical antipsychotics
 - ie Seroquel, Risperidone, Olanzapine

Approaches: What to try at home

Behaviour

- Set reasonable expectations
- Reinforce the teen's strengths & positive behaviour
- Use a calm, consistent approach, firmness with warmth
- Follow-through with consequences for problematic behaviour
- <http://www.freeprintablebehaviorcharts.com/>

Approaches continued

Attention, Learning

- Give clear, simple explanations
- Provide structure & routine
- Break down complex tasks
- Remove distractions
- Increase support at school as required
 - Individual education plan - small group, structured

Approaches continued

Anxiety

- Offer support
- Reinforce coping strategies

Cognitive Behavioural approach



Approaches continued

Social

- Buddies
- Structured peer activities
- Activities of interest
- Coaching, role playing

When to seek help

- If you are concerned
- If your child's functioning is affected
 - Academics
 - Social
- If there is a lot of stress as a result

Resources: Where to get help

Mental Health Agencies

- www.kidsmentalhealth.ca Childrens Mental Health Ontario

Mental Health Information

- www.aacap.org
American Academy of Child & Adolescent Psychiatry,
Facts for Families
- www.cmha.ca Canadian Mental Health Association
- www.nimh.nih.gov National Institute of Mental Health

Resources continued

- **ADHD**

- www.caddra.ca
- www.caddac.ca

- **Mood**

- www.mooddisorders.on.ca
- www.mooddisorderscanada.ca

- **Anxiety**

- www.anxietybc.com

- **Schizophrenia**

- www.schizophrenia.on.ca

Resources continued

- **Learning Disabilities**

- www.ldao.ca Learning Disabilities Association of Ontario
- www.integra.on.ca Integra

- **Anti-Bullying**

- www.bullying.org anti-bullying website

- **Medications**

- Parentsmedguide.org
- <http://comesaguideline.org/>

Resources continued

- Contact the 22q11 team
- Family doctor / Pediatrician
- Child & Youth Worker
- Social worker
- Psychologist
- Psychiatrist
- Local Child & Family Centre
www.kidsmentalhealth.ca

Questions?

