

3rd Annual 22q11DS Family Conference

Mental Health & Your Child Tools, Strategies & Resources

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Disclosure

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

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

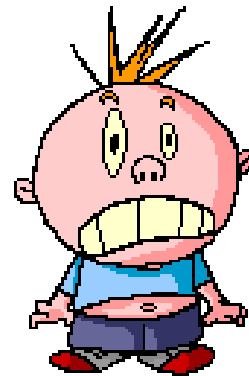
- Types of Mental Health symptoms
- Understanding the symptoms
- Diagnoses
- Interventions
- What to try at home
- When to seek help
- Where to get help

Types of Mental Health Symptoms

- Behaviour
- Anxiety
- Social

1. Behaviour

- Problems with attention
- Hyperactivity
- Impulsivity
- Tantrums
- Aggression
- Oppositional
- Running away
- Self-injuries



2. Anxiety

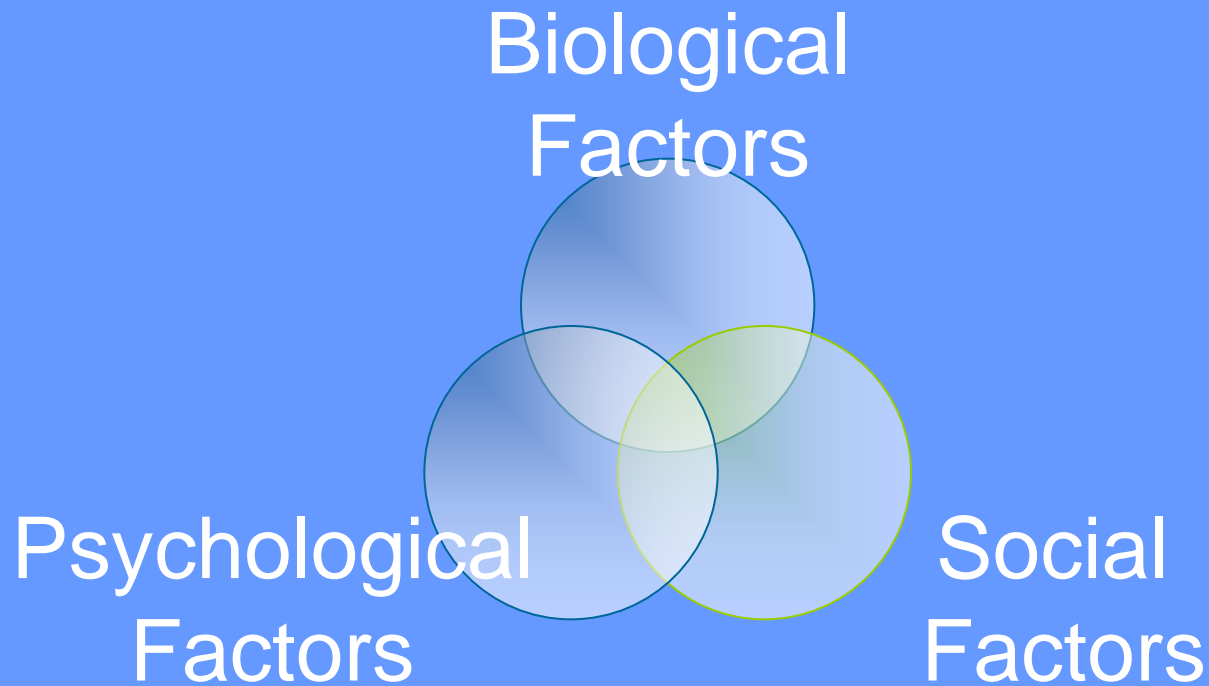
- Anxious
- Shy
- Clingy
- Separation anxiety
- Ritualized / repetitive behaviour



3. Social

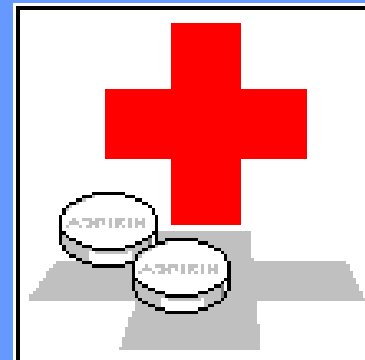
- Social withdrawal
- Isolation
- Immature
- Poor social skills

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



3. Social Factors

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



Medical Illness & Developmental tasks: age 3-5

- Task: to separate & explore environment
- Medical illness / treatment:
 - Less exploration
 - May be viewed as 'punishment'
 - May impact behaviour, anxiety, feeding, toilet training

Medical Illness & Developmental tasks: age 6-12

- Task: mastery via learning & physical challenges
- Medical illness / treatment:
 - School absenteeism, fewer social activities
 - May be viewed as 'punishment' or contact with germs
 - 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
 - Disruptive Behavioural Disorders
 - Anxiety Disorders
 - Autism Spectrum Disorder etc
 - Mood Disorders
 - Psychotic Disorders

1. Behavioural Disorders

- Attention-Deficit Hyperactivity Disorder
(up to 65%)
- Disruptive Behavioural Disorders (7-14%)

2. Anxiety Disorders

40-75%

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

3. Autism Spectrum Disorders

15 - 50%

Problems with

- Social communication & interaction
- Restricted, repetitive behaviour, interests, activities

4. Other Disorders

- Enuresis
- Encopresis

Interventions: Therapy, School, Community

- Therapy
 - Cognitive Behavioural Therapy
 - Behavioural Modification, Parent management training
 - 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, Dexedrine, Adderall, Vyvanse etc
 - Health Canada Warnings
 - risk of hallucinations
 - cardiovascular risk
- Anxiety, Depression: SSRI antidepressants
 - ie Celexa, Prozac, Zoloft
 - Health Canada warning: risk of agitation, hypomania, restlessness, disinhibition, self-harm

Approaches: What to try at home

Behaviour

- Set reasonable expectations
- Reinforce the child's strengths & positive behaviour
 - Praise, hugs, stickers etc
 - Use a chart - checkmarks / stars / stickers → can be traded in for reward (<http://www.freeprintablebehaviorcharts.com/>)
- Use a calm, consistent approach, firmness with warmth
- Target 1 behaviour at a time
- Follow-through with consequences for problematic behaviour
 - Ignoring
 - Time-outs

Approaches continued

Attention, Learning

- Give clear, simple explanations:
 - 1 instruction at a time, child looking at parent
- 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
- Prepare child for what to expect with new situations
- Give warnings regarding a change in routine
- Reinforce coping strategies / “brave” behaviour
- Apply the principles of behavioural management

Cognitive Behavioural approach



The diagram illustrates the Cognitive Behavioural approach as a continuous cycle. At the center is the word "Situation" in yellow. Surrounding it are four cyan-colored curved arrows forming a circle. The top arrow points from "Thoughts" to "Feelings / Body's reaction". The right arrow points from "Thoughts" to "Actions". The bottom arrow points from "Actions" to "Situation". The left arrow points from "Feelings / Body's reaction" to "Situation".

Feelings /
Body's reaction

Thoughts

Situation

Actions

Approaches continued

Social

- Buddies
- Supervised play groups
- 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
- Parentsmedguide.org

Resources: Where to get help

- **Behaviour**

- Phelan. 1, 2, 3 Magic (video, book)
- Kurcinka. Raising your spirited child.
- Webster-Stratton. The Incredible Years
- <http://www.freeprintablebehaviorcharts.com/>

- **ADHD**

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

Resources continued

- **Mood**

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

- **Anxiety**

- www.anxietybc.com

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

Resources continued

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

Resources Continued

- Speech & Language Therapy
- Occupational Therapy
- Physiotherapy
- Subspecialties

Questions?

