

MENTAL HEALTH NEEDS IN CHILDREN

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HOW TO ACCESS CARE

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Overview

- Mental Health Issues In Kids
- Prevalence/Statistics
- The ACE Study
- How To Identify Mental Health Issues
- Violent Behavior
- How To Identify Crisis
- How To Help
- Summary



Mental Health Issues In Kids



- An essential part of a child's overall health often overlooked by medical and educational communities
 - Complex interplay between physical health, ability to succeed in school, social relationships and society
 - Physical and emotional states affect how children think, feel and act
- Factors to consider:
 - Domestic Violence
 - Learning Disability
 - Trauma



Prevalence/Statistics

- Only 7% of youth who need mental health treatment are ever diagnosed or treated
- 1 in 5 children (20%) either currently or at some point in their life suffer from a 'debilitating' mental illness
- 43% of all kids will, at some point in their lives, have a mental health issue.
- ACEs (trauma) increase the likelihood that girls will have sex before reaching 15 years of age, and that boys or young men will be more likely to impregnate a teenage girl.

ACE Study (Adverse Childhood Experiences)

- 17,000 participants from 1995-1997 looked at trauma experienced in childhood
- After information was collected by Kaiser Permanente, the results were given to the Centers for Disease Control for analysis
- Findings included:
 - 63% of the people who participated in the study had experienced at least one category of childhood trauma. Over 20% experienced 3 or more categories of trauma which called Adverse Childhood Experiences (ACEs).
 - 11% experienced emotional abuse.
 - 28% experienced physical abuse.
 - 21% experienced sexual abuse.
 - 15% experienced emotional neglect.
 - 10% experienced physical neglect.
 - 13% witnessed their mothers being treated violently.
 - 27% grew up with someone in the household using alcohol and/or drugs.
 - 19% grew up with a mentally-ill person in the household.
 - 23% lost a parent due to separation or divorce.
 - 5% grew up with a household member in jail or prison.



ACE Study (Adverse Childhood Experiences)

The more categories of trauma experienced in childhood, the greater the likelihood of experiencing:

- alcoholism and alcohol abuse
- chronic obstructive pulmonary disease (COPD)
- depression
- fetal death
- poor health-related quality of life
- illicit drug use
- ischemic heart disease (IHD)
- liver disease
- risk for intimate partner violence
- multiple sexual partners
- sexually transmitted diseases (STDs)
- smoking
- obesity
- suicide attempts
- unintended pregnancies
- Narcissistic Personality Disorder
- Histrionic Personality Disorder
- Borderline Personality Disorder

How To Identify Mental Health Issues

- Mood Changes
- Intense Feelings
- Behavior Changes
- Lack of Concentration
- Unexplained Weight Loss or Overeating
- Physical Harm to Self/Others
- Substance Use/Abuse



Violent Behavior

- The greatest predictor of future violent behavior is past violent behavior
- There is no 'crystal ball' when it comes to predicting violence
- There are always indicators with hindsight.
- What to look for:
 - **Conduct Disorder** - interactions with law enforcement, cruelty to animals, fires, refusal to adhere to rules/laws, lack of empathy
 - **Certain Feelings** - These include fear, humiliation, boredom, grief, and a sense of powerlessness.
 - **Physical Factors** - These include lack of sleep, physical exhaustion, use of drugs or alcohol, brain trauma, heat, hunger, cold, physical disability, or chronic pain.
 - **Situational Factors** - Access to weapons, experiencing childhood abuse or aggression in the home, or feeling a sense of injustice or oppression can lead to violence.
 - **Forced Removal** - There is growing evidence that demonstrates that violence is more likely when children or adults are taken from their living situations, especially if they are removed in front of family or friends.

How To Identify Crisis

- Thoughts or threats of self harm
- Thoughts or threats of harm to others
- Severe emotional reaction
- Voicing helplessness/hopelessness with signs of depression
- Cutting or other self-mutilating behavior
- Substance abuse
- Rapid mood swings
- Psychosis/Hallucinations/Delusions





How To Help

- Talk to kids so they feel included and valued
- Try to assess the behavior from a neutral point of view
- Don't take it personally
- Be careful how you explain concerns to parents. Words can further stigmatize and can create danger
- Remember, violence, anger and hatred are learned
- If you suspect abuse, notify police

In a Crisis/Emergency:

- Stay calm
- In a crisis, call the crisis line 622-6000
- In an emergency, call 9-1-1

ACCESSING CARE

- If a child has AHCCCS, they are eligible for services through Community Partnership of Southern Arizona (CPSA). Call their member services number or the crisis line: 622-6000
- If a child is covered through private insurance, parents can call the number on the back of their membership cards for instructions
- If the child has no insurance coverage, contact CPSA to have them determine what eligibility there might be for the child. They can provide referrals for sliding scale, as well as reduced or no cost services

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