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Signs & Symptoms of Mental Health

Presented by: [TIFFANY STEPHENS, LAPC,
NCC]

Presentation Developed by:
Rachel McCrickard, LFMT
& Rebecca Azir, MSW


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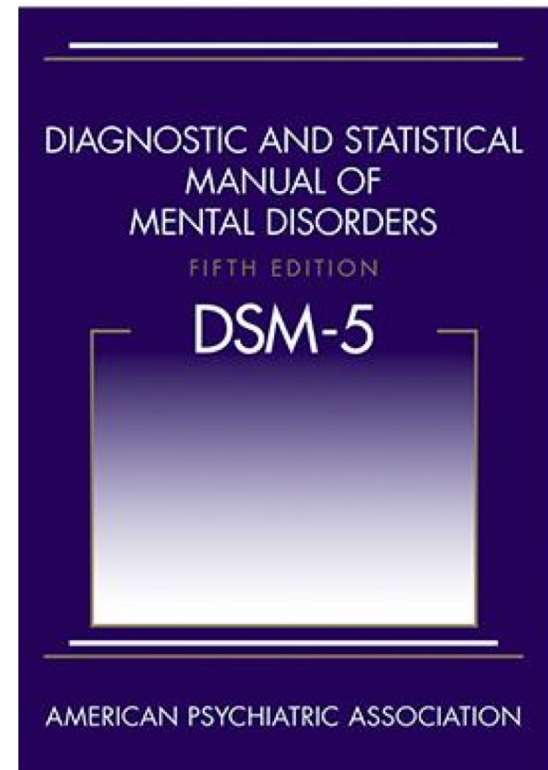
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What questions about
childhood mental health do you
have?

A Look at the DSM

- Utilized by therapists, psychologists and psychiatrists to diagnosis behavioral health disorders.
- Includes:
 - Mental Health Disorders
 - Developmental Disabilities
 - Substance Abuse Disorders
 - Personality Disorders
- Updated regularly by a review team of behavioral health experts.



Most Common Child Mental Health Disorders

- Adjustment Disorder
- Attention Deficit Hyperactivity Disorder (ADHD)
- Anxiety Disorder
- Mood Disorders (Depression, Bipolar)
- Post Traumatic Stress Disorder (PTSD)



Adjustment Disorder

- Adjustment disorder is a **stress-related, short-term**, nonpsychotic disturbance.
- Symptoms develop when the person is **responding to a particular event or situation**, for example a loss, a problem in a close relationship, an unwanted move, a disappointment, or a failure.
- Typical symptoms include:
 - Low/irritable mood
 - Sadness
 - Worry
 - Anxiety
 - Sleep disturbances
 - Poor concentration
 - Feelings of hopelessness



Attention Deficit Hyperactivity Disorder (ADHD)

- Attention-deficit/hyperactivity disorder (ADHD) is a brain disorder marked by an ongoing pattern of inattention and/or hyperactivity-impulsivity that **interferes with functioning** or development.
- **Inattention:** Person wanders off task, lacks persistence, has **difficulty sustaining focused**, and is disorganized; and these problems are not due to defiance or lack of comprehension.
- **Hyperactivity:** Person seems to **move about constantly**, including situations in which it is not appropriate when it is not appropriate, excessively fidgets, taps, or talks.
- **Impulsivity:** Person **makes hasty actions** that occur in the moment without first thinking about them and that may have high potential for harm; or a desire for immediate rewards or inability to delay gratification.

Anxiety Disorders

Generalized Anxiety Disorder: Excessive anxiety or worry for months with symptoms that include:

- Restlessness or feeling wound-up or on edge
- Being easily fatigued
- Difficulty concentrating or having their minds go blank
- Irritability
- Muscle tension
- Sleep problems

Panic Disorder: Recurrent unexpected panic attacks, sudden periods of intense fear that may include palpitations, pounding heart, or accelerated heart rate; sweating; trembling or shaking.

Social Anxiety Disorder: Marked fear of social or performance situations in which they expect to feel embarrassed, judged, rejected, or fearful of offending others.

Mood Disorders

- Mood Disorders causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working.
- Many kinds of mood disorders – including Dysthymia, Seasonal Affective Disorder, Postpartum Depression, etc.
- Most common Mood Disorders in childhood are Major Depressive Disorder and Bipolar Disorder





Mood Disorders

- Major Depressive Disorder
 - Persistent sad, anxious, or “empty” mood
 - Feelings of hopelessness, or pessimism
 - Irritability
 - Feelings of guilt, worthlessness, or helplessness
 - Loss of interest or pleasure in hobbies and activities
 - Decreased energy or fatigue
 - Moving or talking more slowly
 - Feeling restless or having trouble sitting still
 - Difficulty concentrating, remembering, or making decisions
 - Difficulty sleeping, early-morning awakening, or oversleeping
 - Appetite and/or weight changes
 - Thoughts of death or suicide, or suicide attempts
 - Aches or pains, headaches, cramps, or digestive problems without a clear physical cause

Mood Disorders

Bipolar Disorder

- Bipolar disorder, also known as manic-depressive illness, is a brain disorder that causes clear changes in mood, energy, and activity levels.
- Moods range from periods of extremely “up,” elated, and energized behavior (known as manic episodes) to very sad, “down,” or hopeless periods (known as depressive episodes).

Manic Episodes:


- Have increased activity levels
- Feel “jumpy” or “wired”
- Have trouble sleeping
- Talk really fast about a lot of different things
- Be agitated, irritable, or “touchy”
- Feel like their thoughts are going very fast
- Think they can do a lot of things at once
- Do risky things, like spend a lot of money or have reckless sex

Depressive Episodes:

- Feel very sad, down, empty, or hopeless
- Have decreased activity levels
- Sleep too little or too much
- Feel like they can’t enjoy anything
- Feel worried and empty
- Have trouble concentrating
- Eat too much or too little
- Think about death or suicide

Post Traumatic Stress Disorder (PTSD)


- Develops in some people who have experienced a shocking, scary, or dangerous event.
- Some experiences, like the sudden, unexpected death of a loved one, can also cause PTSD. Symptoms usually begin early, within 3 months of the traumatic incident, but sometimes they begin years afterward.
- Symptoms can include:
 - Re-experiencing event through flashbacks, bad dreams or thoughts.
 - Staying away from reminders of the traumatic experience
 - Being easily startled, feeling tense or “on edge”
 - Having difficulty sleeping
 - Having angry outbursts
 - Trouble remembering key features of the traumatic event
 - Negative thoughts about oneself or the world
 - Distorted feelings like guilt or blame
 - Loss of interest in enjoyable activities



Things you need to
know...

One in five children have a mental health condition.






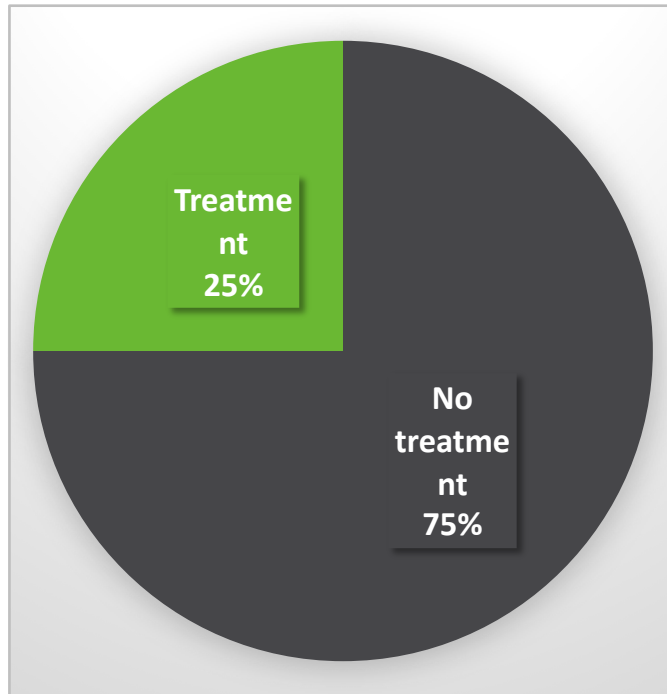
Half of all lifetime
mental health
conditions begin by
age 14.




ADHD & Autism have early
childhood onset – but so do
mood, anxiety and psychotic
disorders



60% of children involved in
child protective services have a
diagnosable mental health
condition.



70-80% of children who have mental health conditions never receive treatment.



Treating mental health problems
early **reduces the risk** that the
symptoms will become chronic.

Things To Look For



First Steps To Take



- Take a history of family medical and mental health problems
- Take a history of the problem - how long you have seen the problem - as well as a history of the child's development
- Consider if the child has experienced physical or psychological traumas
- Consider reports from all involved with the child: parents, other caretakers, school counselors, teachers

Psychotropic Medication

- Psychotropic medications are substances that affect brain chemicals related to mood and behavior.
- Families and doctors should weigh the benefits and risks of medication. Each child has individual needs, and each child needs to be monitored closely while taking medications.
- Psychotropic medications should be used when the benefits of medication treatment outweigh the risks.



Therapy is the First Line Treatment



- The CDC recently published a Vital Signs report which stated that behavior therapy should be the first line treatment for treating ADHD.
- The report recommended that healthcare providers **first refer children to behavior therapy** before prescribing ADHD medication.
- Read report here:
<http://www.cdc.gov/vitalsigns/pdf/2016-05-vitalsigns.pdf>

Helpful Resource

Treatment of Children with Mental Illness

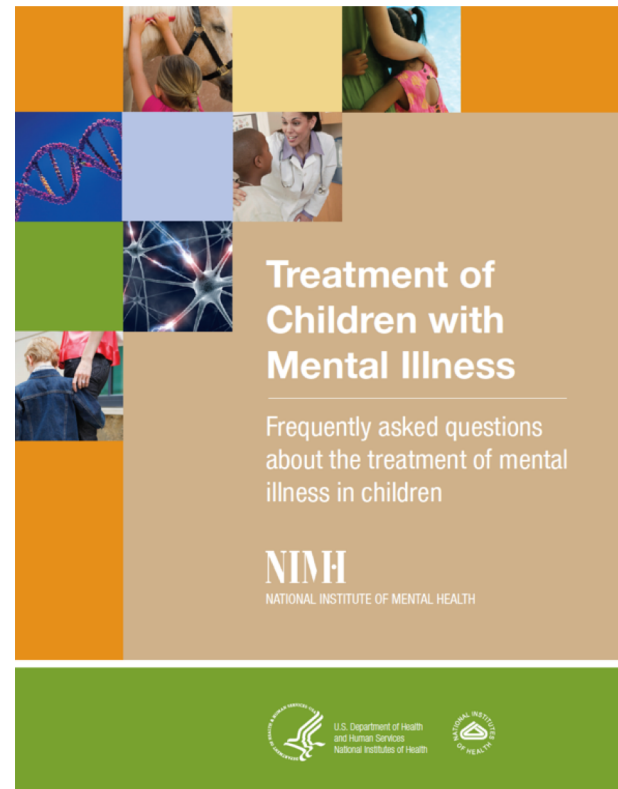
Frequently Asked Questions

Published by:

National Institute of Mental Health

Six page guide available free here:

<http://www.nimh.nih.gov/health/publications/treatment-of-children-with-mental-illness-fact-sheet/index.shtml>





References

<https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>

<http://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml>

<http://www.nimh.nih.gov/health/publications/treatment-of-children-with-mental-illness-fact-sheet/index.shtml>