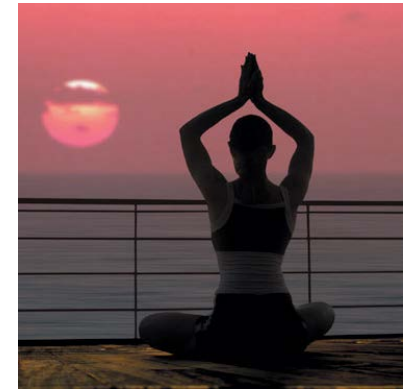
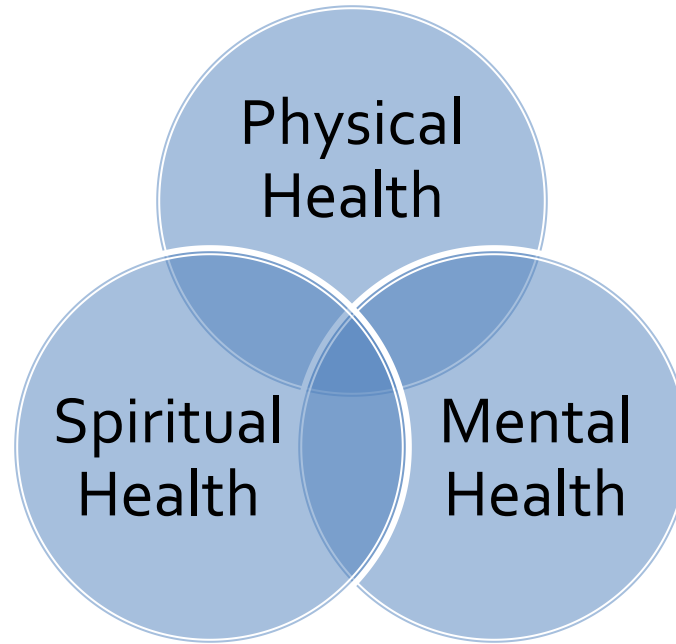




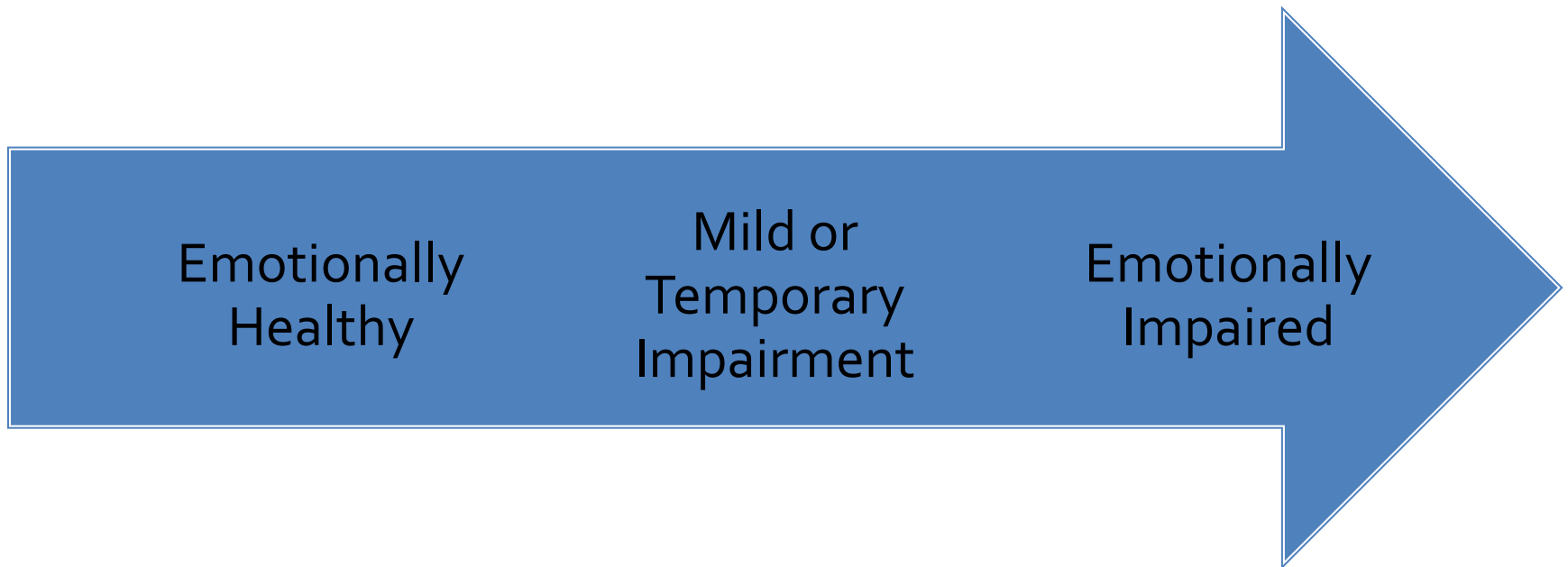
Behavioral Health Overview

Lisa Collier Farmer, RN LMSW
Nik Andonov, LPC

Mental Health: A Significant Component



The Mental Health Continuum



- **INDIVIDUALS MAY TRAVEL BACK AND FORTH ON THE CONTINUUM DEPENDING ON AGE AND LIFE EVENTS**
- **A LEVEL OF CARE ASSESSMENT MAY SHOW WHERE AN INDIVIDUAL IS ON THE MENTAL HEALTH CONTINUUM**

Levels of Care/Treatment

- Outpatient counseling
- Outpatient medication management – PCP or Psychiatrist
- Home Services – MHMR
- IOP – intensive outpatient, generally held after school for ~1-2 hours
- PHP- Partial Hospitalization/Day Programs
- Inpatient Hospitalization

Behaviors Leading to Hospitalization

- Self-harm
- Suicidal ideation or gesture
- Threats of harm to others
- Actual harm to others
- Hallucinations
- Impulsivity
- Excessive Rages/ tantrums
- Marked withdrawal
- Substance abuse
- Binging/purging
- Marked fears or worries



Step 1: Diagnostic Evaluation



- Clinical Interview
- Evaluative Rating Scales
 - Administered to child and family
 - Interpreted by licensed, trained professionals

- Psychological Testing
 - To rule out other conditions (IQ issues, Learning Disabilities, Emotional and Mood Disorders)



Step 2: Patient and Family Therapy

- Group Therapy with patient and peers on unit
- Family Therapy with patient and family members
- Advantages of Therapy
 - Increases insight
 - Reduces impact of symptoms

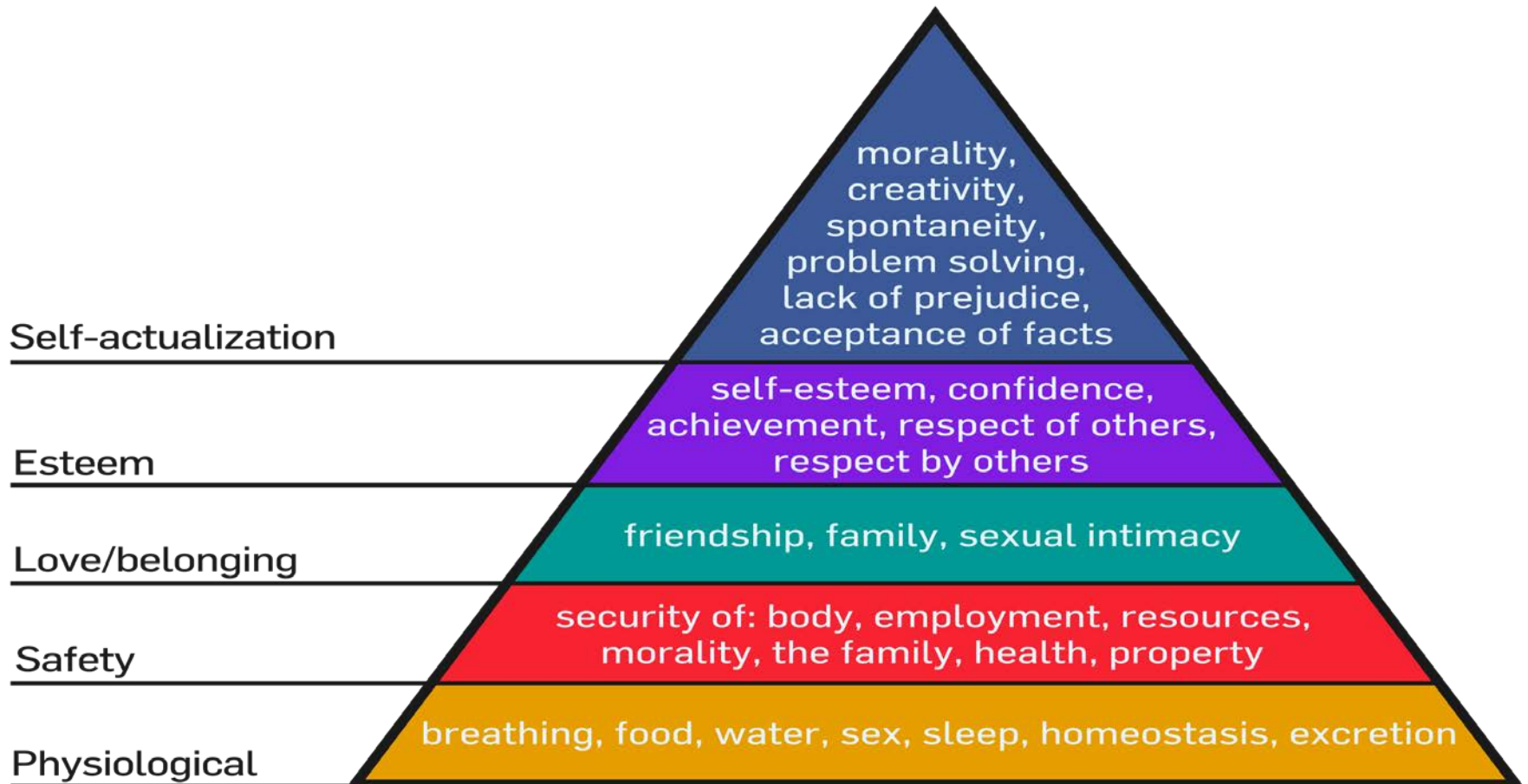


Step 3a: Teach Patient Coping Skills



- Social, emotional, and behavioral challenges in kids are by-product of underdeveloped skills
- These challenges are best addressed by resolving problems *that are setting the stage* for challenging behavior

Maslow's Hierarchy of Needs



Examples of Coping Skills Training

- Anger Management
 - Time out
 - Deep breathing
 - Playing with ball/bubbles
 - Writing in journal
- Relaxation Training
 - Progressive relaxation
 - Deep breathing
 - Progressive muscle relaxation
 - Guided imagery
- Cognitive Restructuring
 - Useful with anxiety disorders, depression, bipolar disorder
 - Learning to change thoughts in order to change feelings
- Social Skills
 - Therapist models appropriate behaviors
 - Role playing

Step 3b: Parent Education

- Parenting Skills Training
 - How to manage child's symptoms
 - Identify effective parenting techniques
 - 1-2-3 Magic
 - Collaborative Problem Solving
 - Love and Logic



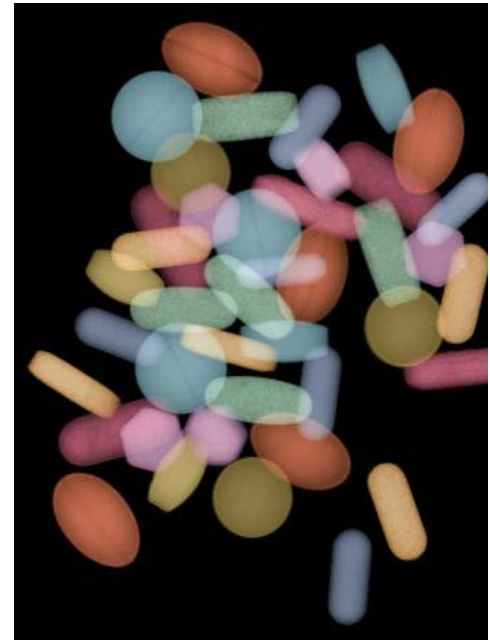
Collaborative Problem Solving



1. Acknowledges patient/
family concern
2. Gets your concern on
the table, too
3. Invites person to
mutually solve problem

Step 4: Possible Medication Intervention

- Observe baseline (no medication)
- If behavioral management alone is ineffective, then...
- Medication trial delivered *responsibly* according to FDA and American Academy of Child and Adolescent Psychiatry guidelines



Step 5: Discharge Planning & Collaboration

- Teach parent and child about disorder(s)
- Connect parent with a child therapist and/or family therapist
- Connect parent with a child psychiatrist who can provide medication intervention if necessary
- Connect parent to support groups



Needs of Family in Crisis

- Empathy
 - Listening to the what, where, and how of the crisis
- Normalization
 - Explaining that there are others who have gone through this or similar experiences
- Realistic Hope
 - Affirm that there are available resources
- Guidance
 - Offering realistic expectations and offering concrete steps to take

Questions

