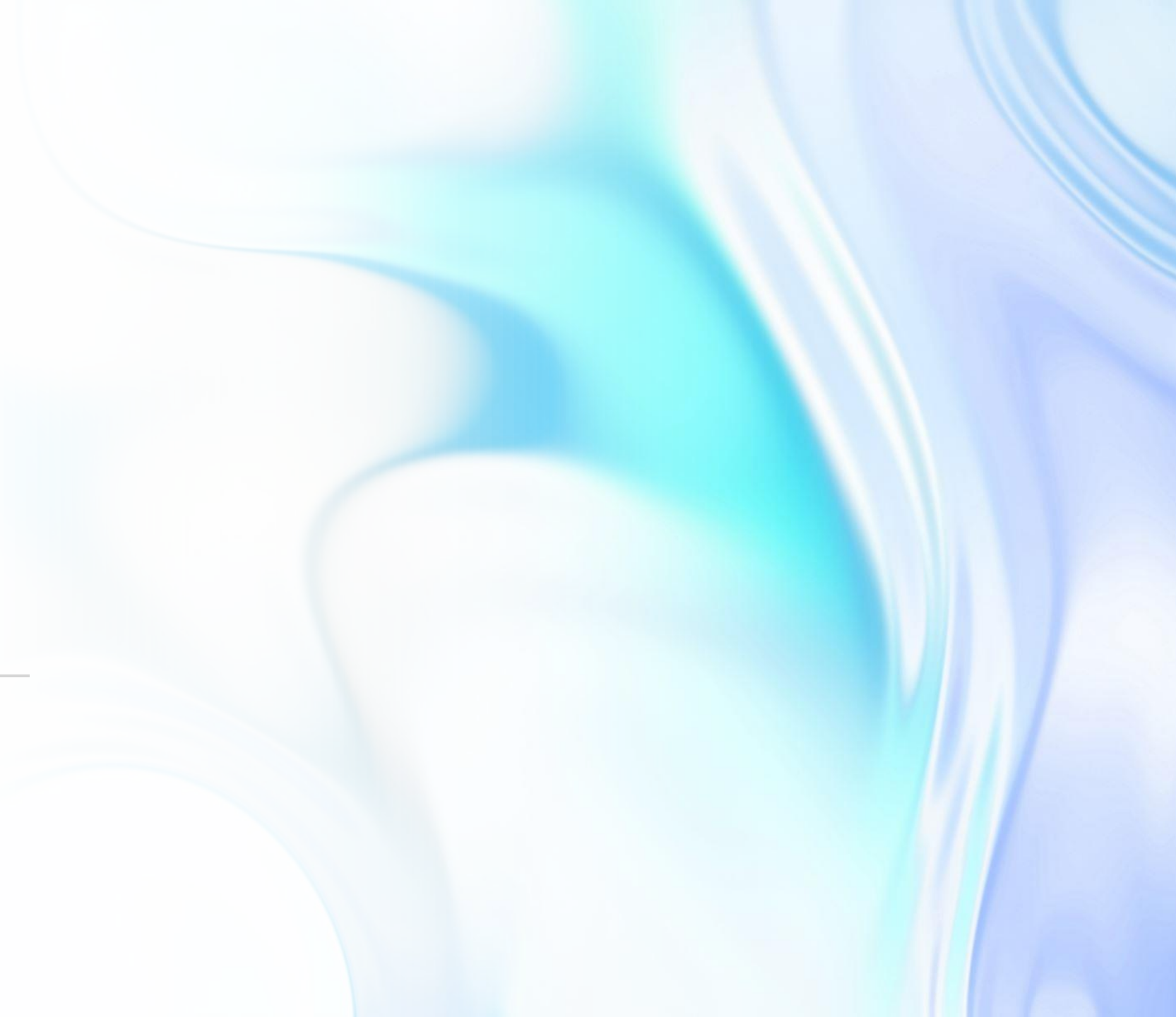




Paediatric and adolescent mental health

Faye Osmond (CAMHS/LD Nurse
Non-Medical Prescriber)



Attention Deficit Hyperactivity Disorder (ADHD)

A neurodevelopmental disorder that effects a child's functioning and development

Roughly 5% of the population

Boys diagnosed 3 to 4 times more than girls

Persists in 30% to 50% of patients into adolescence and adulthood (symptoms may change for example hyperactivity into restlessness)

5 Criteria for a diagnosis of ADHD



INATTENTION



HYPERACTIVITY



IMPULSIVITY



PRESENT BEFORE
THE AGE OF 7
ICD 11 (12 YEARS
DSM 5)



SYMPTOMS
PRESENT ACROSS
ALL SETTINGS
AND CAUSING
SIGNIFICANT
IMPACT IN DAILY
FUNCTIONING

Anxiety

Anxiety is not necessarily a mental health condition. It becomes a difficulty when:

- It is constant, intense, and overwhelming
- It occurs in response to no real threat is exaggerated
- It interferes with someone's daily life and stops them from doing things they want to



Common signs of anxiety

Difficulties being apart from family members

Avoiding or worrying a lot about social activities

Difficulty concentrating, relaxing and sleeping

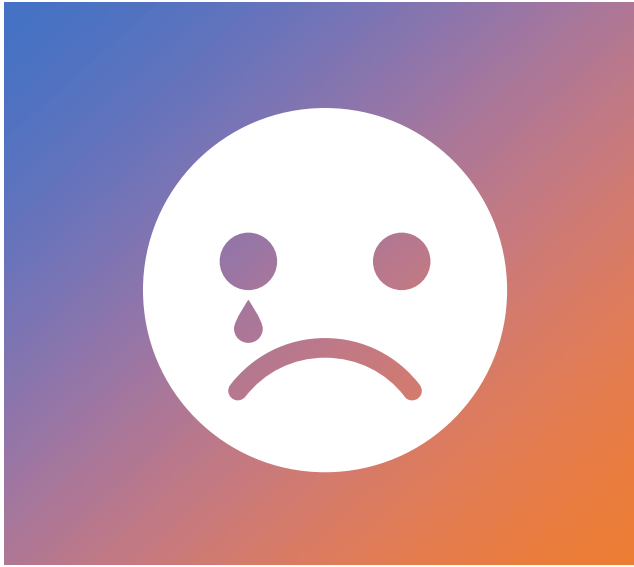
Frequent stomach aches or headaches (physical health check)

Constantly seeking reassurance

Difficulty leaving the house

Reluctance to go to school or take part in certain lessons

Excessive fear of being criticised



Mood Disorders (Depression)

Depression can cause a range of mental and physical symptoms.

Three core changes:

In mood


In thinking patterns

In physical changes

Identifying a problem

Young people reach out to adults they trust

Don't judge 

Do listen 

Are consistent with them



What makes an adult someone young people turn to about their mental health?



Open Minded



Observant



Big Hearted



Patient



Reliable



Committed



Comforting



Supportive

Assess the CYP

Doing ok

- Communicates effectively with other
- Seeks help when needed
- Can focus on specific issues
- Has healthy relationships
- Identifies and tries to solve problems
- Uses healthy coping strategies

Struggling

- Struggles communicating with others
- Is unsure how to access help
- Relationships are beginning to suffer
- Begins to use unhealthy coping strategies
- Has some sleep issues, low energy and fatigue
- Is able to engage well in some areas

Unwell

- Feels overwhelmed and isolated
- Struggles to focus on specific issues
- Struggles to access and/or engage with services
- Has disrupted sleep
- May have suicidal thoughts
- Relies on unhealthy coping strategies
- May already have a mental health diagnosis
- Is Ambivalent towards change

In Crisis

- Has made recent suicide attempts
- Is distrustful of support services
- Mental health symptoms are unmanageable
- Has escalating self-harming behaviours
- Distress may not reduce when talking
- Not engaging at home or school
- Is resistant to change

Challenges

- Structural barriers
- Barriers related to perceptions of mental health problems
- Barrier related to perceptions about mental health services
- Refusing support
- Untreated mental disorders can lead to school failure, family and peer relationship problems, substance abuse, violence and even suicide.



Services

Mental health support teams (MHST)

NHS- funded service from local mental health organisations, such as charities and social enterprises

NHS services- child and adolescent mental health services (CAMHS)

Support



Self-help, including online guides and apps



Talking therapies



Medicines

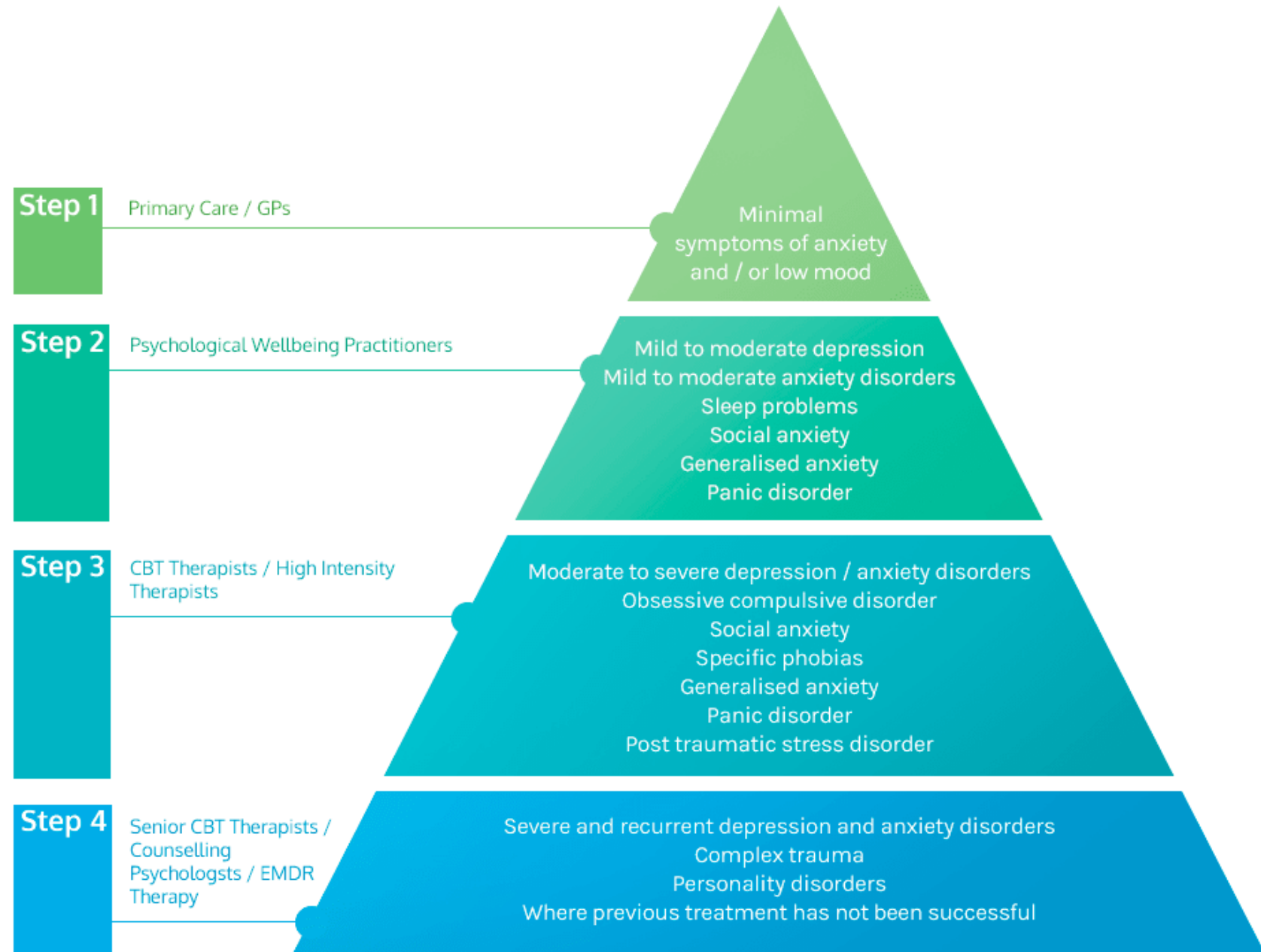


Support in hospital if needed



Referrals to other services

Stepped care model



Guided self-help

- Recommended as treatment for some types of depression, anxiety, panic disorder and obsessive-compulsive disorder.
- Work through a CBT- based workbook or computer course with support from a therapist
- Helps to understand the problems and make positive changes
- Aim is to give the individual helpful tools and techniques that can carry on being used after the course
- This can be face to face, online or via phone

Cognitive behavioural therapy (CBT)

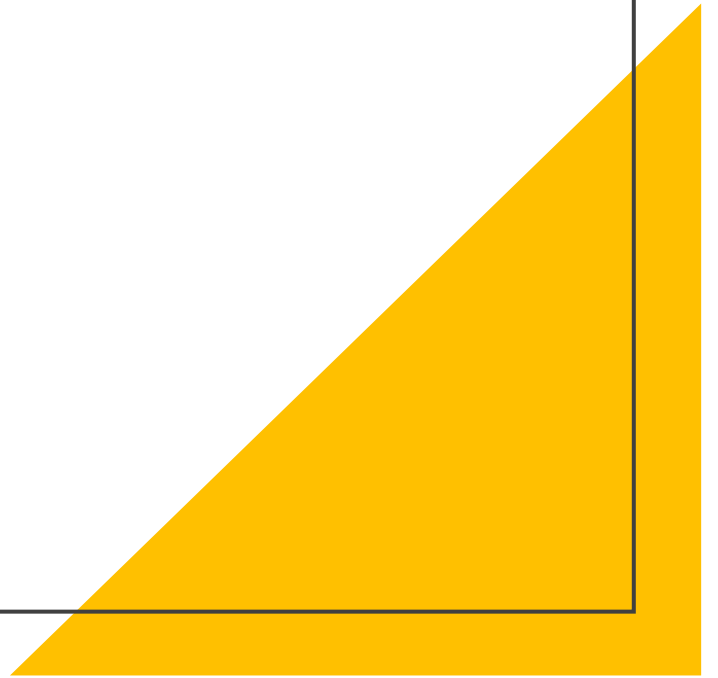
CBT has shown to work for a variety of mental health problems.

- Depression
- Anxiety
- Panic disorder
- Phobias
- OCD
- Post-traumatic stress disorder (PTSD)
- Some eating disorders, like bulimia

Counselling

Counselling can be offered for:

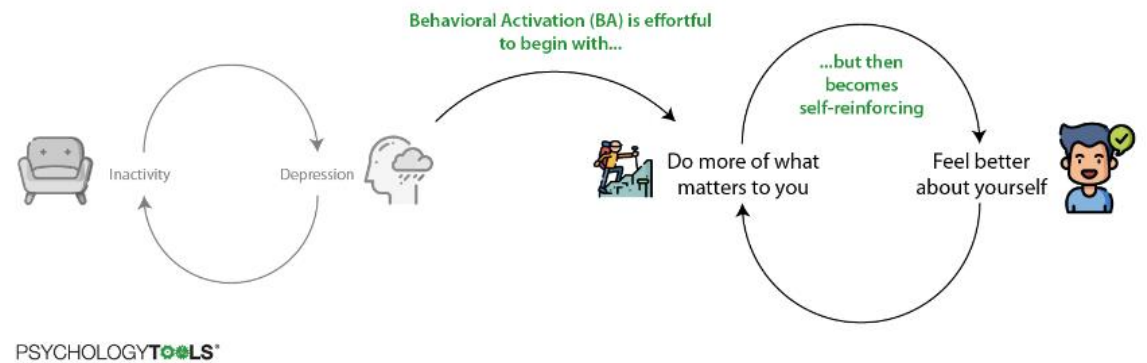
- Some types of depression
- Struggling to cope with a recent life event




Behavioural activation

Behavioural activation is a talking therapy which aims to help people with depression:

- Take simple, practical steps towards enjoying life again
- 1:1 or group with regular meetings or phone calls with a therapist
- Aims to give the person motivation to make small, positive changes in their life
- Includes problem solving skills to help tackle problems that affect mood





Psychodynamic psychotherapy

- Looks at how childhood experiences and unconscious thoughts can affect the person's thinking, feelings, relationships and behaviour
- 1:1 sessions

Eating disorders

Anorexia- Nervosa

- Family therapy
- Psychoeducation
- CBT

Bulimia Nervosa

- Family therapy
- Psychoeducation
- CBT

Consider:

Co-morbid conditions
both physical and
mental health

Medications



ADHD, Depression, Anxiety, OCD and others

Psychological therapies before pharmacological (exceptions)

Depression- Fluoxetine, Sertraline or Citalopram

ADHD- Methylphenidate, Lisdexamfetamine or Non-Stimulants

Sleep- Melatonin

Anxiety- SSRIs Sertraline, Fluoxetine, Citalopram



Any questions?



Reference and resources

- NICE guidelines
- Anna Freud National Centre for Children and Families www.annafreud.org
- Young Minds www.youngminds.org.uk
- No Limits www.nolimitshelp.org.uk Under 26 mental health support
- Re:Minds www.reminds.org.uk Parent led support group
- Papyrus dedicated to the prevention of suicide 0800 068 4141 or text 07860039967
www.papyrus.org.uk
- Battle Scars dedicated to decreasing the stigmas, raising awareness and supporting those affected by self harm www.battle-scars-self-harm.org.uk/i-self-harm
- MindShift CBT app based
- Think Ninja app for 10-18 year olds.
- Kooth online counselling www.Kooth.com
- Get self help anxiety self-help <https://www.getselfhelp.co.uk/anxiety>
- Get self help depression self-help <https://www.getselfhelp.co.uk/depression>