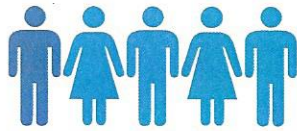


Did You Know...?

- Half of adults with a lifetime mental illness had symptoms before age 14. But most received no help.
- Children with chronic medical conditions – like many in CHOC's care - are 2.5 times more likely to have mental health challenges than their peers.
- Since there are no inpatient services for children under 12 in Orange County, CHOC is leading the charge by building a healing center for patients that require hospitalization. This therapeutic center will provide a safe and nurturing place, close to home, for the child and family to begin their journey together towards healing.



1 in 5 children experience a psychiatric disorder during childhood



50% of adults with lifetime mental illness had symptoms before age 14



Suicide is the **2nd leading cause of death** in young people ages 10-24.

2-5 **TIMES** >

Children with chronic medical conditions are **2-5 times more likely** than their healthier peers to have mental health problems.



Only **one-third** of children with mental health problems get any treatment

Overview of the Need



O.C. Emergency Departments report **increases in the number of children under age 18 with psychiatric diagnoses**, including CHOC Orange and CHOC at Mission.



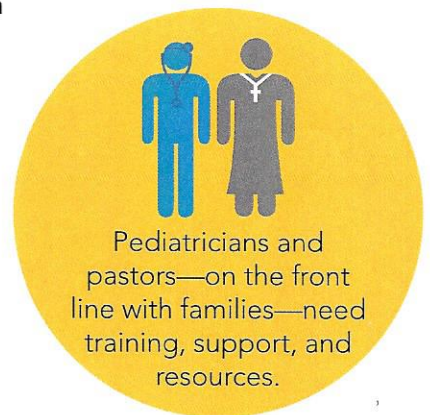
O.C. has **fewer mental health professionals per 100,000 than the state average**, a problem magnified by lack of pediatric expertise.



Stigma, lack of education, and lack of access are barriers to timely care.



There are **NO inpatient mental health services in O.C. for children under age 12.**



Pediatricians and pastors—on the front line with families—need training, support, and resources.

Mood Hygiene – Adolescent

CHOC CHILDREN'S PSYCHOLOGY DEPARTMENT

It is important to teach our children how to keep their minds and bodies healthy. The following strategies can help prevent problems with depression, anxiety and other difficult mental health symptoms. Learning healthy living skills in childhood can help children manage all the stresses in life as they grow into adulthood. For those children and adolescents who have mental health symptoms already, these strategies can help manage symptoms and lessen some of the challenges they may face.

Sleep

Lack of sleep can lead to some of the same symptoms as mental health problems, such as problems with concentration, being tired (fatigued), low mood. For children who have a mental health diagnosis, too little sleep can also make worse.

People are often surprised how much sleep children need at different ages. As you can see, most children don't get as much sleep as they need:

➤ Infant	14 – 15 hours
➤ Toddler	12 – 14 hours
➤ Preschool	11 – 13 hours
➤ School age	10 – 11 hours
➤ Adolescents	9.5 hours

If sleep is a problem, there are some behavior changes that can help to make sleep easier, called "Sleep Hygiene." These can be useful to try as a first step.

Activity/Exercise

Exercise can be very effective in helping decrease symptoms of depression and anxiety. Children's bodies are made to move and they need a certain amount of movement each day. Without that activity children can have symptoms that may look like a mental health problem, or have their mental health symptoms get worse. Experts say children should have at least 60 minutes a day of activity (like running, playing outdoors, playing a sport).

Diet/Nutrition

Children's and adolescent's bodies are continuing to grow. Their bodies need a variety of different foods, including vegetables, fruits, protein (which can be meat or vegetable), and carbohydrates. When people are feeding depressed or anxious, they often crave foods that are high in carbohydrates, sugars and/or fat (donuts, chips, cookies, etc.). In the end, however, those food end up leaving kids feeling more depressed and anxious as their bodies process those foods. Having a more balanced diet (any food is OK, but all in moderation) will help children feel more comfortable and energetic.

Mood Hygiene – Adolescent

CHOC CHILDREN'S PSYCHOLOGY DEPARTMENT

Coping Skills

We don't always think about teaching children healthy coping skills, but these can also be very helpful in decreasing mental health symptoms. Healthy coping skills can include:

- Teaching children how to identify, name and talk about their feelings (all feelings are OK, it's just what you do with them that can be unhelpful)
- Teaching children how to take deep full breaths to help their body calm down
- Talking with children about how to solve problems (but let the children tell you what they might do and guide them rather than tell them).
- Give targeted positive feedback to your children when you see them using positive skills or developing good social skills (help them to know what they should be doing)
- Help children face their fears, give them coping strategies (such as breathing, challenge their negative thinking) and help them be successful
- Help children identify healthy ways to deal with anger (draw an angry picture, play with clay, use words to express self, go outside and run around)
- For some families, mindfulness and/or yoga can be helpful coping strategies

Screen Time

The American Academy of Pediatrics provides information on the amount of time that children spend in front of screens (TV, smart phone, video-games) and there is some evidence that too much time (more than 1 – 2 hours per day) can lead to problems with weight gain and other symptoms. Parents may want to watch and be sure children are doing other healthy behaviors (activity, eating healthy) and decide how much screen time children should have.

Social Media

Adolescents may seem attached to their phone and social media (Snapchat, Facebook, Instagram, Twitter, the top 4 sites in 2017). Social media can help teens connect with others and develop communities, but it can also have a downside. In fact, 43% of adolescent girls say they couldn't go a whole day without their phones. Unfortunately, there is some evidence that too much social media use can lead to increases in feeling down and/or anxious. Teens can sometimes walk away feeling much worse about themselves. It is important for parents to monitor children's and teen's use of social media and talk to them about how they feel after using it. Don't be worried to limit their usage if you see it causing problems.

Smoking/ Alcohol Use/ Drug Use:

Sometimes teens (and even tweens) can believe that smoking, drinking and/or drug use makes them feel better and helps them cope. Most research suggests that all of these can cause more problems than they solve, especially for children with mental health diagnoses. Be aware of whether your children are using these behaviors to cope and try to stop these behaviors as soon as possible and help them to learn healthier coping strategies.

Recommended Books

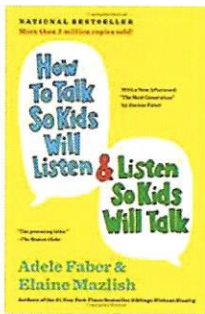
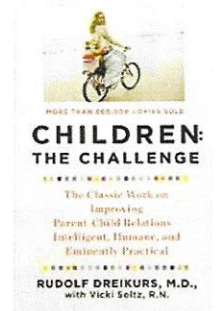
CHOC CHILDREN'S PSYCHOLOGY DEPARTMENT

PARENTING STRATEGIES

Children: The Challenge: The Classic Work on Improving Parent-Child Relations-- Intelligent, Humane & Eminently Practical (Plume) | December 26, 1991

by Rudolf Dreikurs and Vicki Stolz

https://www.amazon.com/Children-Challenge-Improving-Parent-Child-Relations-Intelligent/dp/04522266556/ref=sr_1_1?ie=UTF8&qid=1518227192&sr=8-1&keywords=children+the+challenge



How to Talk So Kids Will Listen & Listen So Kids Will Talk | February 7, 2012

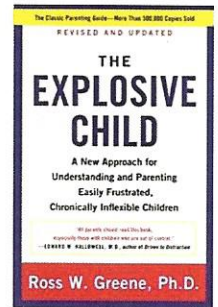
By Adele Faber and Elaine Mazlish

https://www.amazon.com/How-Talk-Kids-Will-Listen/dp/1451663889/ref=sr_1_1?ie=UTF8&qid=1518227311&sr=8-1&keywords=how+to+listen+so+kids+will+talk+and+talk+so+kids+will+listen

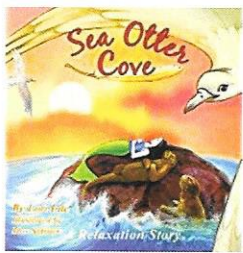
The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children | May 20, 2014

by Ross W. Greene, PhD

https://www.amazon.com/Explosive-Child-Understanding-Frustrated-Chronically/dp/0062270451/ref=pd_bxgy_14_2?encoding=UTF8&pd_rd_i=0062270451&pd_rd_r=K17N0PH3GEVW34SJZ7T6&pd_rd_w=IEEV2&pd_rd_wg=nqyxS&pvc=1&refRID=K17N0PH3GEVW34SJZ7T6



STRESS REDUCTION BOOKS FOR SCHOOL AGE CHILDREN



Sea Otter Cove: Introducing relaxation breathing to lower anxiety, decrease stress and control anger while promoting peaceful sleep | December 24, 2012

By Lori Lite and Max Stasuyk

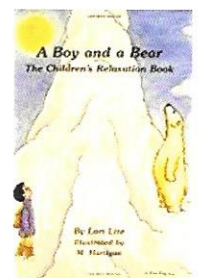
https://www.amazon.com/s/ref=nb_sb_noss_2?url=search-alias%3Daps&field-keywords=Lori+Lite

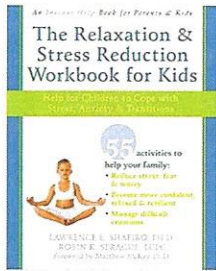
A Boy and A Bear: The Children's Relaxation Book

By Lori Lite

This book is for young children, pre-school – first grade

https://www.amazon.com/s/ref=nb_sb_noss_2?url=search-alias%3Daps&field-keywords=Lori+Lite





The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (Instant Help) | February 2, 2009

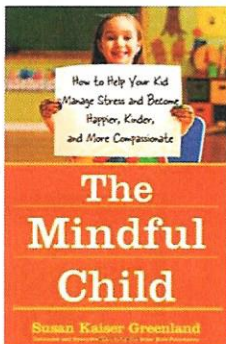
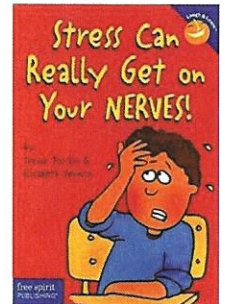
by Lawrence E. Shapiro, PhD and Robin K. Sprague

https://www.amazon.com/Relaxation-Stress-Reduction-Workbook-kids/dp/1572245824/ref=sr_1_1?ie=UTF8&qid=1520290820&sr=8-1&keywords=stress+reduction+children

Stress Can Really Get on Your Nerves! (Laugh & Learn®) | January 15, 2005

By Trevor Romain and Elizabeth Verdick

https://www.amazon.com/Stress-Really-Nerves-Laugh-Learn%C2%AE/dp/1575420783/ref=sr_1_20?s=books&ie=UTF8&qid=1520299728&sr=1-20&keywords=books+on+stress+for+children#reader_157542078



The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate | May 4, 2010

by Susan Kaiser Greenland

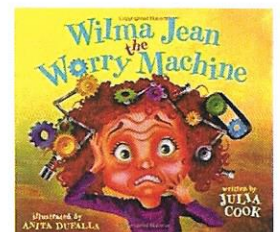
https://www.amazon.com/Mindful-Child-Manage-Happier-Compassionate/dp/1416583009/ref=sr_1_17?s=books&ie=UTF8&qid=1520299938&sr=1-17&keywords=books+on+stress+for+children

TALKING ABOUT WORRIES WITH SCHOOL AGE KIDS

Wilma Jean the Worry Machine | January 15, 2012

by Julia Cook and Anita DuFalla

https://www.amazon.com/Wilma-Jean-Worry-Machine-Julia/dp/1937870014/ref=sr_1_9?s=books&ie=UTF8&qid=1520290945&sr=1-9&keywords=Book+of+worries



The Huge Bag of Worries | January 6, 2011

by Virginia Ironside

https://www.amazon.com/Huge-Bag-Worries-Virginia-Ironside/dp/0340903171/ref=sr_1_1?s=books&ie=UTF8&qid=1520299528&sr=1-1&keywords=Bag+of+worries

When Should I Seek Professional Help for My Child?

When does distress turn into something you need to take more seriously and seek specialized help?

Everyone experiences distress from time to time. Children and teenagers can go through spells where they seem very upset. However, people who struggle with a mental health disorder tend to experience distress more regularly and more strongly. When should you think about going to a professional for guidance? Below are a few characteristics that can help in figuring out the extent of your child/adolescent's distress*. Always seek immediate help if a child engages in unsafe behavior or talks about wanting to hurt him or herself or someone else.

Typical Distress

The upsetting symptoms should last a few hours or a few days.

- After a breakup your adolescent cries for a few days
- Complaining of a stomachache after eating too much ice cream
- Has a temper tantrum when they are tired

Difficulties take place in one setting (school, home, friends, community).

- Before a test/presentation you get the feeling of butterflies in your stomach (school)
- Misbehaves at home but follows the rules at school

Generally, your child is doing well across most settings (such as school, friends, family relationships, work).

- Feels betrayed by a friend; however, continues to hang out with the family, school performance stays the same
- Is usually a good student but experienced a recent decline in grades due to a change in teachers
- Has a few friends in the neighborhood and one friend at school but hangs out with family

Distress that may require professional guidance

PERSISTENT The upsetting symptoms last longer. Generally, we think about more days than not for 2 weeks or longer.

- Crying regularly without knowing why
- Complaining about frequent stomach aches or headaches with no known medical cause that keep them from attending school
- Has frequent tantrums or are intensely irritable much of the time
- If your child is (consistently) not meeting the milestones for his or her age, or you feel there could be a problem with their development

PERVASIVE Difficulties take place in more than one setting (school, home, friends, community).

- After a "poor" grade on exam, feeling worthless or hopeless all the time (school, home, friends) and not engaging in regular activities
- Doesn't like to eat at parties and at school for fear of gaining weight
- Throws severe tantrums at home and at preschool

INTERFERES WITH NORMAL FUNCTIONING Symptoms get in the way of everyday life (such as school, friends, family relationships, work).

- Is spending more and more time alone, and avoid social activities with friends or family
- Has lost interest in activities that they used to enjoy doing
- Is not interested in playing with other children or has difficulty making friends
- Is experimenting/engaging in alcohol or drug use and is not engaged with family/friends or shows a decrease in school or job achievement

*Note this is not intended to replace a specialized medical assessment

When Should I Seek Professional Help for My Child?

References

Website: www.nimh.nih.gov

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

National Institutes of Health

NIH Publication No. 18-4702

Revised 2018

<https://www.nimh.nih.gov/health/publications/children-and-mental-health/index.shtml>

The University of Michigan Health System © Copyright 2003-2016 Regents of the University of Michigan

http://campusmindworks.org/students/when_to_get_help/knowning-when-to-see-professional-help.asp

Dr. Carlos Konishi Ph.D. – Blog “What You Need to Know About Taking a Child to Therapy”

<http://www.tinyoranges.com/>

<https://www.choc.org/news/what-you-need-to-know-about-taking-a-child-to-therapy/>

*Note this is not intended to replace a specialized medical assessment

Differences Amongst Mental Health Professionals

PSYCHIATRISTS

Psychiatrists have an MD degree (Doctor of Medicine) or DO (Doctor of Osteopathy). They attend medical school (4 years) and do specialty training in psychiatry (3 years for adult psychiatry and 2 more years for child/adolescent specialty). Look for a board-certified psychiatrist, this means they have passed specialized exams to show a specialty in this area.

- They have chosen to specialize in the branch of medicine focused on mental health. A psychiatrist treats patients by prescribing medication (if needed) and can do psychotherapy (talk treatment) as well.

PSYCHOLOGISTS

Psychologists have one of the following degrees: PhD (Doctor of Philosophy), PsyD (Doctor of Psychology), or EdD (Doctor of Education). They attend graduate school (4 to 6 years) and do at least 2 to 3 additional years in specialized training. Look for a licensed psychologist who has passed national and state tests in the area.

- A psychologist is qualified to administer and interpret neuropsychological or psychological tests and assessments that can help diagnose conditions. They treat patients through psychotherapy (by talking with them) but they do not prescribe medication. They may use individual, group or family therapy.

INTERNS, RESIDENTS AND FELLOWS

Provide services under the supervision of a Licensed Professional.

SOCIAL WORKERS

Social Workers have the following degree: MSW. They go to graduate school for two years. They treat patients with psychotherapy (by talking with them) and can provide individual, family- and group therapy. They may also provide case management and coordination of resources.

- To obtain Licensure (LCSW), they must complete a certain amount of additional supervised clinical hours, and receive a passing score on a national and state licensing examination.

MARRIAGE AND FAMILY THERAPIST

Marriage and Family Therapist have the following degrees: MFT or MA. They go to graduate school for two years. They treat patients with psychotherapy (by talking with them) and can provide individual, group, and family therapy.

- To obtain Licensure (LMFT), they must complete a certain amount of additional supervised clinical hours, and receive a passing score on a state licensing examination.

When referring children and adolescent patients, ensure the professional has specific training and experience in seeing children and adolescents. Licensure is an added assurance of minimal standards of training.



Mental Health Resources

Orange County

COMMERCIAL

Commercial Insurance: Please refer to the back of the patient's insurance card for the mental health referral phone number/process.

CALOPTIMA | MEDI-CAL

Mild-Moderate Services needed:

CalOptima Behavioral Health: 1-855-877-3885 Available 24 hours a day, 7 days a week for members seeking outpatient mental health services.

Moderate-Severe Services needed:

OC Links: 1-855-OC-Links or 1-855-625-4657 Provides telephone and online support for anyone seeking information or linkage to any of the Health Care Agency's Behavioral Health Services.

Orange County Mental Health Plan Access Line: 1-800-723-8641 Specialty mental health and/or substance use services. Available 24 hours a day, 7 days a week.

Orange County Health Care Agency (OCHCA): www.ochealthinfo.com/bhs Information on county resources.

EMERGENCY SERVICES NEEDED

If this is a life-threatening emergency: Dial 911

Crisis Text Line: 741-741, text HOME to 741741. Free text support for people in crisis 24 hours a day, 7 days a week. www.crisistextline.org

Didi Hirsch Suicide Crisis Hotline: 1-877-727-4747

Crisis prevention hotline, over-the-phone suicide prevention services:
Available to talk 24 hours a day, 7 days a week.

National Suicide Prevention Lifeline: 1-800-273-TALK (8255), www.suicidepreventionlifeline.org

Crisis Assessment Team (CAT): 1-866-830-6011 or 1-714-517-6353

CAT provides crisis evaluations for children and adults who are experiencing a mental health crisis, such as self-harm, suicidal thoughts, harm to others, and aggressive behaviors. Provides services in the home, school, and community 24 hours a day, 7 days a week.

www.ochealthinfo.com/bhs/about/aoabh/catpert

www.ochealthinfo.com/bhs/about/cys/crisis_services

Should a crisis arise in the future, please take your child to the nearest emergency department.