



# Disorders Not Bad Behaviors

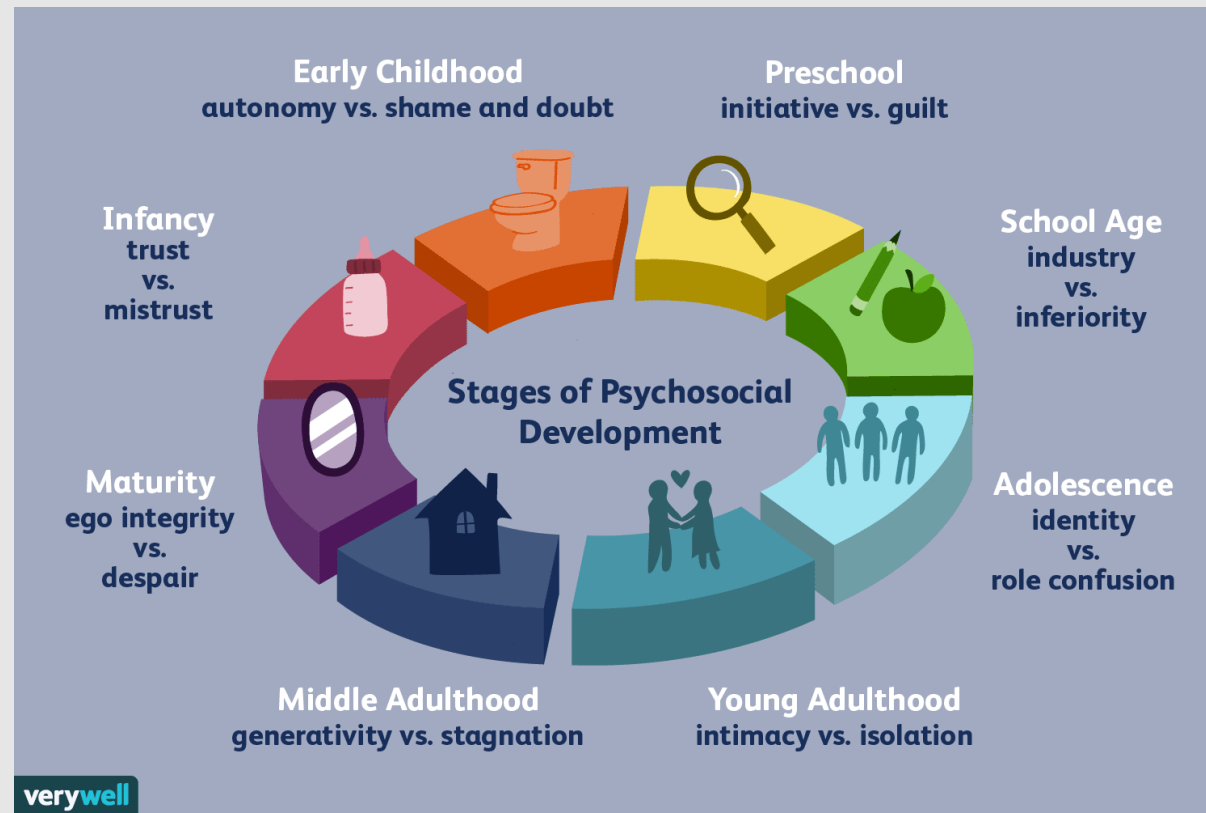
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# Stages of Psychosocial Development



# Normal vs. Serious Issues



- Consider experiences you had as a child
- How do you make the distinction between normal versus abnormal development?

# Myths of Mental Illness



- Children don't experience mental health problems.
  - Even very young children may show early warning signs. 50% of cases begin by age 14.
- Mental Health diagnosis is a result of a personality weakness or character flaw.
- One can snap out of it if they try hard enough.

# What is considered a Mental Health Issue?



- The following indicates a possible issue:
  - Decline in school performance
  - Poor grades despite strong efforts
  - Constant worry or anxiety
  - Repeated refusal to go to school or to take part in normal activities
  - Hyperactivity or fidgeting
  - Persistent nightmares
  - Persistent disobedience or aggression
  - Frequent temper tantrums
  - Depression, sadness or irritability



# Most Challenging Mental Health Issue



- What is the most challenging mental health issue that you encounter?

# Diagnostic Manual of Mental Disorders



# Mood Disorders in Children



- Major Depression
  - 2.5% of children
- Bipolar
  - ? of children; 4.3 % all ages



# Signs and Symptoms of Depression in Children



## **External:**

- Irritable mood, anger, rage, tantrums
- Apathy and pervasive boredom
- Risky behavior or “trouble making”
- Failure to make expected weight gains
- Somatic complaints
- Social withdrawal
- Declining school performance

# Signs and Symptoms of Depression in Children



## **Internal:**

- Negative thinking
- Feeling helpless
- Low confidence

# Signs and Symptoms of Bipolar Disorder in Children



- Manic Symptoms
- Depressive Symptoms

# Anxiety Disorders in Children



- 13% of youth ages 9- 17
- Most common
  - Generalized Anxiety Disorder
  - Separation Anxiety Disorder
  - Social Phobias
  - Obsessive Compulsive Disorder
  - Posttraumatic Stress Disorder

# Signs and Symptoms of Generalized Anxiety Disorder in Children



**Recurring fears and worries that they find difficult to control**

- Worry about school, sports, being on time, natural disasters
- Restless, irritable, tense, or easily tired
- Trouble concentrating or sleeping
- Physical complaints



# Signs and Symptoms of Separation Anxiety Disorder in Children



**Intense anxiety about being away from home or caregivers that affects their ability to function socially and in school**

- Worry excessively about parents while away
- Repeated nightmares about separation
- Cling to parents, refuse to go to school
- Be afraid or be afraid to sleep alone
- Physical symptoms



# Signs and Symptoms of Phobias in Children



## **Fear of a specific object or situation**

- Animal phobias most common in children
- Social Phobia emerges in the mid-teens and typically does not affect young children

# Signs and Symptoms of Obsessive Compulsive Disorder in Children



- Frequent and uncontrollable thoughts- Obsessions
- Perform routines or rituals-Compulsions

# Signs and Symptoms of Post-traumatic Stress Disorder (PTSD) in Children



- Witnessed, experienced or saw an event
- Threat to life or limb
- Re-experience of event
- Avoidance and numbing
- Increased arousal, hypervigilance

# What Can You Do for Children with Anxiety Disorders?



- Early Diagnosis
- Treatment
  - Psychotherapy
  - Behavioral therapy
  - Medications

# Attention Deficit and Attention Deficit Hyperactivity Disorder (ADD and ADHD) in Children



- 3-5 % in children
- Inattention
- Hyperactivity
- Impulsivity



# Treatments for ADHD and ADD in Children



- Psychotherapy
- Play therapy
- Biofeedback
- Sensory integration training
- Social skills training
- Self-control training
- Diet
- Chiropractic treatment



# How to Support Children with ADHD or ADD



- Rules and Consequences
  - Rules: Clear, brief
  - Consequences: Natural or Logical, Swift
- Reinforcement and Rewards
  - Selective reinforcement
  - Differential reinforcement
- Praising
  - Types
    - Honest and specific
    - Immediate







# Disruptive Behavior Disorders



- Oppositional Defiant Disorder
  - 3-10% of children
- Conduct Disorder
  - 1.5-3.4% of children

# Oppositional Defiant Disorder



- Easily annoyed; frequently loses temper
- Argues with, actively defies or refuses to comply with adults
- Often comorbid with ADHD, depression, anxiety, learning and intellectual or developmental disabilities

# Conduct Disorder



- Aggression towards people or animals
- Deceitfulness
- Theft or destruction of property
- Serious violation of rules









# Impact of Trauma on Children



# We can prevent ACES



# How to Support Children



- Effective Therapies
- Changing thinking patterns
  - Cognitive Distortions
  - Negative Self Talk

# Changing Thinking Patterns-Cognitive Distortions



- Exaggerating
- Filtering
- Labeling
- Discounting
- Catastrophizing
- Self-Blaming









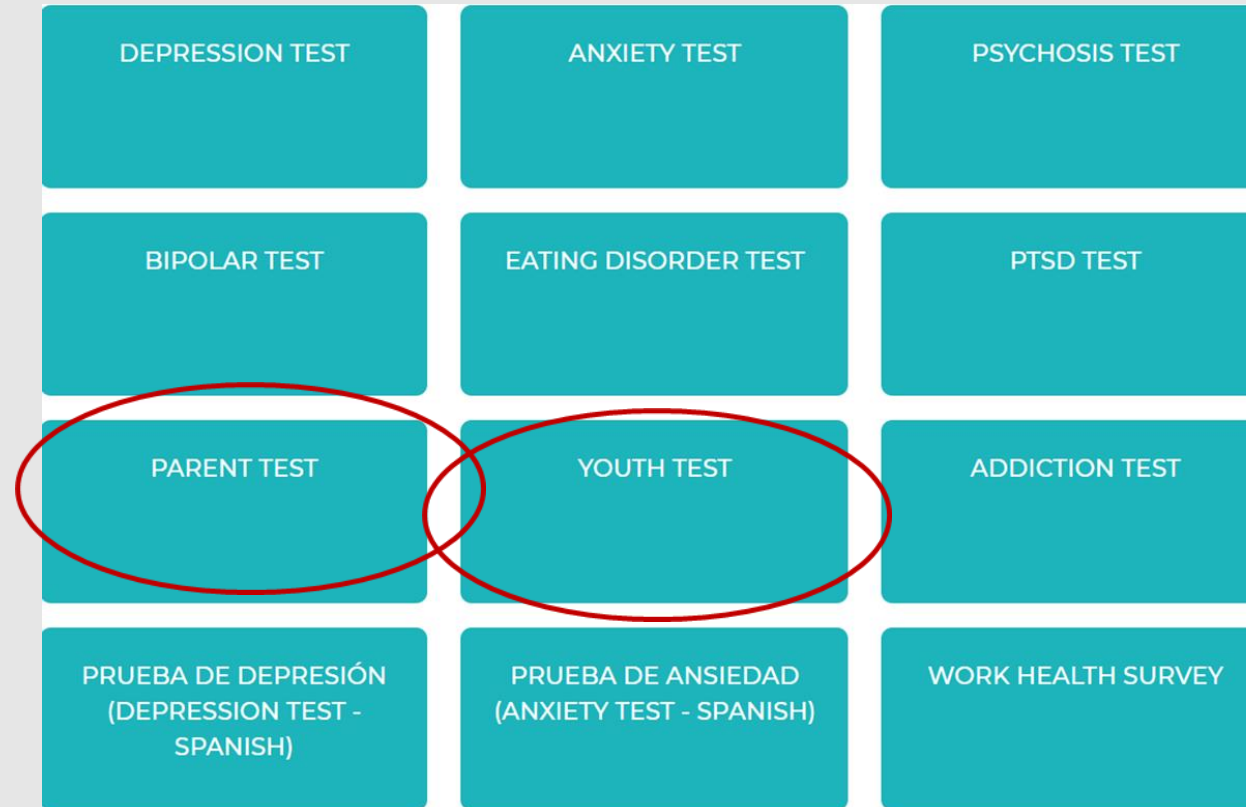
# Evidence Based Programs that Support Social and Emotional Learning



- Pax Good Behavior Game
- Positive Action Program
- Raising Healthy Children Program

# Take a Screening

<https://screening.mhanational.org/>



# Community Resources



Community Mental Health Center

PACES

7840 Washington Ave.

Kansas City, KS 66112

Phone: 913-563-6500

Crisis Number: 913-788-4200

<https://www.paceswc.org/>

# Thank you!



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