



Parents and Children as Partners in Mental Health and Prevention

MCPS Special Education Summit
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POP UP If.....

- You have traveled outside the country.
- You know someone who is depressed or has been depressed.
- You know some who has experienced trauma.
- You know some who has struggled with addiction
- You know where to go to get help for mental health or substance abuse



Agenda

- Introductions
- Defining mental health issues
- Mental Health statistics
- How can you help your child.
- Resources

Norms for today

Start and end on time



Each is a resource to the group



Ask for clarification



Have fun





Defining Mental Health Issues:

What is clinical depression, Major Depressive Disorder versus “normal” situational sadness?

Clinical depression (MDD) is defined by symptom criteria in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). The diagnosis requires 5 or more symptoms over a 2-week period.

Depressed Mood, sadness, in children/adolescents, may manifest as irritability

Sleep difficulties





What is anxiety?



Anxiety is an experience of normal human beings.
General symptoms of an Anxiety Disorder include:

Problems Sleeping
Cold or sweaty hands and/or feet
Heart Palpitations
Unable to remain calm and still
Excessive, irrational fear, dread, and uneasiness.
National survey of adolescent mental health found that 8%
of teens 13-18 had an Anxiety Disorder-symptoms began at
6yrs; only 18% sought treatment!



What is Post-Traumatic Stress Disorder (PTSD)?

- PTSD occurs after a horrifying incident (s) that exposed the person to actual physical harm or threat of harm. PTSD initially became prominent with war veterans.
- Trauma includes: rape, torture, child abuse, natural disasters such as floods and earthquakes.
- **Signs and Symptoms:**
 - Bad dreams
 - Reliving the trauma over and over (flashbacks)
 - Avoiding places, objects that are reminders (triggers)
 - Feeling numb
 - Young Children may wet the bed (regression) and be more clingy
 - Older children may develop disruptive or destructive behaviors.
 - Main treatments include psychotherapy, medications or combination of both.

Differences Between ADD and ADHD

Difficulty in distinguishing because it has the same meaning as one type of ADHD. However, both conditions refer to difficulties focusing or paying attention.

ADD and ADHD

- ADHD-primarily Hyperactive-Impulsive Type
Symptoms include: fidgety, difficulty remaining seated, blurting out answers, interrupting, excessive running
- ADHD-primarily Inattentive Type
Symptoms include: Problems staying on task, listening tendency to lose items, distractibility.
- ADHD-Combined Type-most common
Combination of the above two types
- Effects approximately 10% of school-age children
- In 1994, renamed ADD to ADHD



Mental Health Statistics

- Four million children and adolescents in the U.S. experience *serious* mental disorders. Of children between 9-17, 21% have a mental or addictive disorder that causes at least minimal impairment. (US Dept. Health and Human Services, 2001)



Montgomery County, MD High School Survey

% of students who felt so sad/hopeless almost every day 2 wks or > they stopped usual activities past 12 mos.

Grade:

9 th	Total	27.1(927)
10 th		27.7(1,153)
11 th		26.3(934)
12 th		25.5(976)

(2013 Youth Risk Behavior Survey Results)



Montgomery County, MD High School Survey

% of students who seriously considered attempting suicide during the past 12 months

Grade	9 th	14.5(940)
	10 th	14.5(1,167)
	11 th	14.0(943)
	12 th	14.2(983)

DEPARTMENT OF HEALTH AND HUMAN SERVICES
BEHAVIORAL HEALTH AND CRISIS SERVICES

CHILD & ADOLESCENT BEHAVIORAL HEALTH SERVICES



SERVING MONTGOMERY COUNTY FAMILIES
SINCE 1975



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Services

- Child and Adolescent Mental Health Clinics
- SASCA (Screening and Assessment Services for Children and Adolescents)
- Home Based Treatment Services (referrals from CWS)
- Violence Prevention Initiative (referrals – DJS)
- Substance Abuse Prevention



MENTAL HEALTH CLINIC LOCATIONS

Silver Spring 240-777-1450
8818 Georgia Avenue,
Silver Spring, MD 20910

Rockville 240-777-1432
7300 Calhoun Place, Ste 600,
Rockville, MD 20855

CLINIC SERVICES PROVIDED

- Individual, family, group therapy
- Psychiatric Assessment and Medication
- Treatment Coordination with schools & private and public sector agencies
- Advocacy Support for clients involved in Court proceedings, IEP's, and community based interventions



CLINIC OVERVIEW & ELIGIBILITY

- Team of bilingual (Spanish and English) speaking therapists and psychiatrists
- Provide Mental Health Services for children & adolescents 6 – 18 years old
- Provide Safety Net Services – treat youth with MA or Uninsured
- Sliding Scale for uninsured population



CLINIC TREATMENT SERVICES

- Trauma - physical / sexual / verbal abuse
- Immigration Related youth/family problems
- Anxiety - School Refusal, Separation Anxiety, Obsessive Compulsive, Anorexia, Bulimia
- Adjustment Reaction
- Depression / Bipolar
- Attention Deficit Hyperactive D/O
- Behavior problems
- Psychosis



CLINIC HOURS

- Monday & Friday 8:30 am to 5:00 pm
- Tuesday – Thursday 10:30 am to 7:00pm
- Clinicians can travel to schools *



MENTAL HEALTH TRENDS AND NEEDS FOR SERVICES

- Unaccompanied Minors – sharp increase in number of Central American students enrolled in MCPS this school year
- Need for mobile and multicultural mental health services for uninsured clients

How substance abuse can impact academic achievement?

Post-COLLEGE Life Plan

- ① Get super buff
- ② Learn Science (all of it)
- ③ Acquire a nemesis
- ④ I am Batman!
- ⑤ All the ladies want me.
- ⑥ Never wear pants again



What is a Psychoactive Drug?

- A **psychoactive drug** or **psychotropic substance** is a chemical that alters brain function, resulting in temporary changes in perception, mood, consciousness, or behavior. Such drugs are often used for recreational and spiritual purposes, as well as in medicine, especially for treating neurological and psychological illnesses.



Community Providers

Mental Health

- VESTA, Inc.
- Family Services Agency
- Jewish Social Service Agency
- The Lourie Center
- IDENTITY, Inc

Substance Abuse

- Journey's
- Step Ahead
- Suburban Hospital
- Guide program
- Montgomery General
- THR
- Ryan
- The Landing Program



Questions?



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Behavioral Health and Crisis Services
Child & Adolescent Behavioral Health Services