Adolescent Mental Health
“Let the Wild Rumpus Start!”

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With Reference to Riefenstahl, The Wild Things Are!

Adolescent Mental Health
- What were you thinking?!
- Why be normal?
- How many is too many?
- HELP! How do I talk to this kid?

- Friends.
- Sports physical, isn’t that all I need?
- Selfies.

Where were you thinking?

http://www.huffpost.com/entry/the-wild-things-are/?utm_term=b9676957&utm_content=controlling&utm_medium=referral&cm_mmc=content_share-_-huffpost-_-generic-_-mywildthingsare

Adolescent Brain:

http://www.huffpost.com/entry/the-wild-things-are/?utm_term=b9676957&utm_content=controlling&utm_medium=referral&cm_mmc=content_share-_-huffpost-_-generic-_-mywildthingsare
**Depressive Symptoms?**

- SAD
- Major Depression
- Bipolar Disorder
- Personality Disorders
- Obsessive-Compulsive

**SYNAPTIC DENSITY**

- Ac Birth
- Elementary Age
- Puberty

**Typical Teen Behavior**

- Changing appearance
- Increased arguments and rebellious behavior
- Mood swings
- Experimenting with alcohol and drugs
- More influenced by friends than parents.

**Childhood Mental Illness is Common**

49.5% of those who have had a polypharmacy mental illness at some point before the age of 21, based on the Collaborative Longitudinal Psychopathological Studies of Youth (CLPSY) project ages 10-14.

22.2% of children will have all the symptoms present of ADHD with serious impairment in academic and social function.
50% -- 14 years
Adolescent Mental Health Screening

Bright Futures Recommendations:
- Youth Ages 11+; Yearly
  - Psychosocial/Behavioral Assessment
  - Alcohol and Drug Use Assessment
  - Depression Screening

QTIP Recommendations in 2013:
- All
  - PSC-Y 11+

If indicated or desired:
- Modified PHQ-9
- CRAFT
- SCARED
- Vanderbilt

QTIP Practices - Screening

Adolescent Routine Screens - 2016
Natural Supports
- Siblings
- Aunts, Uncles
- Teachers
- Neighbors
- Spiritual Leaders
- Community

Leaders
- Coaches
- Grandparents
- Co-workers

Two Questions:

FOR PROVIDERS: SCREENING, ASSESSMENT AND REFERRAL

Behavioral Health Annual Screening Tool
Every year a manager should undergo a comprehensive, periodic health visit. As part of that visit, mental health and substance use concerns should be evaluated.

Behavioral health teams assist clients women, men, and children with the behavioral health needs of their families. Behavioral health teams may include psychiatrists, psychologists, and counseling professionals.

ESSENTIAL QUESTIONS TO ASK EVERY TIME YOU SEE AN ADOLESCENT:

1. Have there been any significant changes in your family/community? (Use a specific time frame)
2. Do you have someone who you can turn to if you are having a problem, worry, or bad day?

ADDITIONAL SCREENING QUESTIONS FROM ADOLESCENT HEALTH CARE 191:

HOME
- What can you share about your family's health?
- How do you communicate as a family?
- How do you feel about your health?
- What makes you feel important in your family?

COMMUNITY
- How do you feel about your community?
- What community resources are available to you?

Crisis Text Line:
Text HELLO to 741-741


Community Resource Ideas:
- http://namisc.org/programs/sch
- http://www.scyouth.org/
- SC Youth Suicide Prevention Initiative
- www.righttowisconsin.org
- http://www.secequality.org/
- Child Advocacy Centers
- Faith-Based Groups
- Mental Health Centers
- Lists of Mental Health Counselors by Insurers
- In-house counselors
- School-based resources
- Drug and Alcohol Abuse Centers
Dr. Bertrand's Pre-visit Sheet for Adolescents

- Is your child in general good health? ○ ○
- Do you have any concerns in address really? ○ ○
- Any recent changes in the family? ○ ○
- Spending 10 or more hours in bed per day? ○ ○
- Eating 5 servings of fruits & veggies per day? ○ ○
- Exercising 1 hour per day? ○ ○
- Parents mentioning cell phone use at bedtime? ○ ○
- Doing well in school? ○ ○
- Have family? ○ ○
- Drink alcohol? ○ ○
- Complain of rules at home and school? ○ ○
- Seeing the dentist? ○ ○
- Had any recent infections? ○ ○

Dr. Bertrand:
Patient and Parent Handouts

Pediatrics Youth Screening:
Pedicatric Symptom Checklist for Youth
CRAFT
5-2-1-0 Healthy Habits Questionnaire

Sleep Needs: 8-10 Hours

- Consistent Schedule
- Adjust activities to allow for sleep
- Quiet time before bed
- Wake up to Bright light
- No Caffeinated Drinks after lunch
- Avoid heavy reading, studying, computers one hour before bed
- Avoid all-nighters


RUNNING A YELLOW LIGHT

Heighed Activity in the Ventral Striatum (NAC-NECC)

Next Steps
- Brain knowledge
- Sleep
- Family Meals
- Sports physical & WCC
- Resource sheets
- Crisis text
- QI - Immunizations & WCC
- QI - ADHD & WCC
- Handouts for parents & Youth
- Posters, brochures, etc. in common areas
- Social media - pro-health messaging
- Screening at office visits

Handouts

Circle of Courage

"Adolescents are not monsters. They are just people trying to learn how to make it among the adults in the world, who are probably not so sure themselves." ~Virginia Satir

References: