

בריאות הנפש בילדים תפקידו של רופא הילדים בקהילה

ד"ר חוה גדסי

"גושן" - לקידום בריאות ורווחת הילד בקהילה





Children's mental health

"Child and adolescent mental health is the capacity to achieve and maintain optimal psychological functioning and well being. "

WHO

Children's mental health

- Behavioural
- Neurodevelopmental
- Psychiatric
- Psychological
- Emotional
- Substance abuse

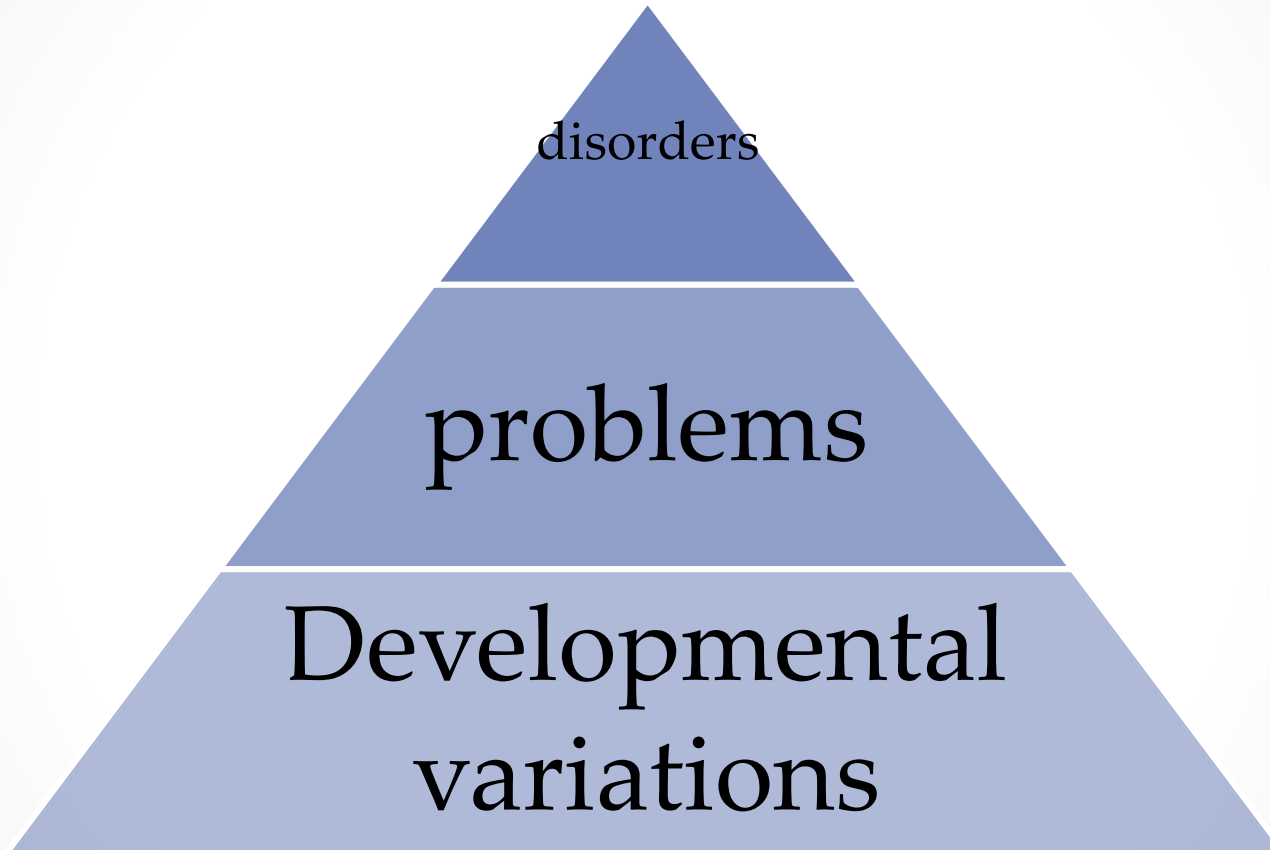
AAP – Committee on Psychosocial Aspects of
Child and Family Health and Task Force on Mental Health. Pediatrics
2009



Children's mental health

- Family context
- Community related concerns
 - Child abuse and neglect
 - Parental/family mental health issues
 - Natural disasters
 - School crises
 - Grief and loss
- Somatic manifestations of mental health issues

• AAP – Committee on Psychosocial Aspects of Child and Family Health and Task Force on Mental Health. Pediatrics 2009



Mental health disorder

Serious changes in the way children typically:

- Learn
- Behave
- Handle their emotions.

Pediatric Mental Health

- 9.5%-14.2% children 0-5y
Social emotional difficulties
- 21% Mental Health disorder
- 16.1% impairment/problems
- 10%-13% of parents of children in primary care setting have “concerns”.

PEDIATRICS (2010) :125, Supp3

Unmet needs

- Shortage of services
- Inaccessibility to parenting programs
- Shortage of school-based mental health programs and services
- Shortage of specialty mental health
- Lack of awareness to services

PEDIATRICS (2010) :125, Supp3

- הקרחון



By 2020 mental health care will constitute a significant part of general pediatric practice

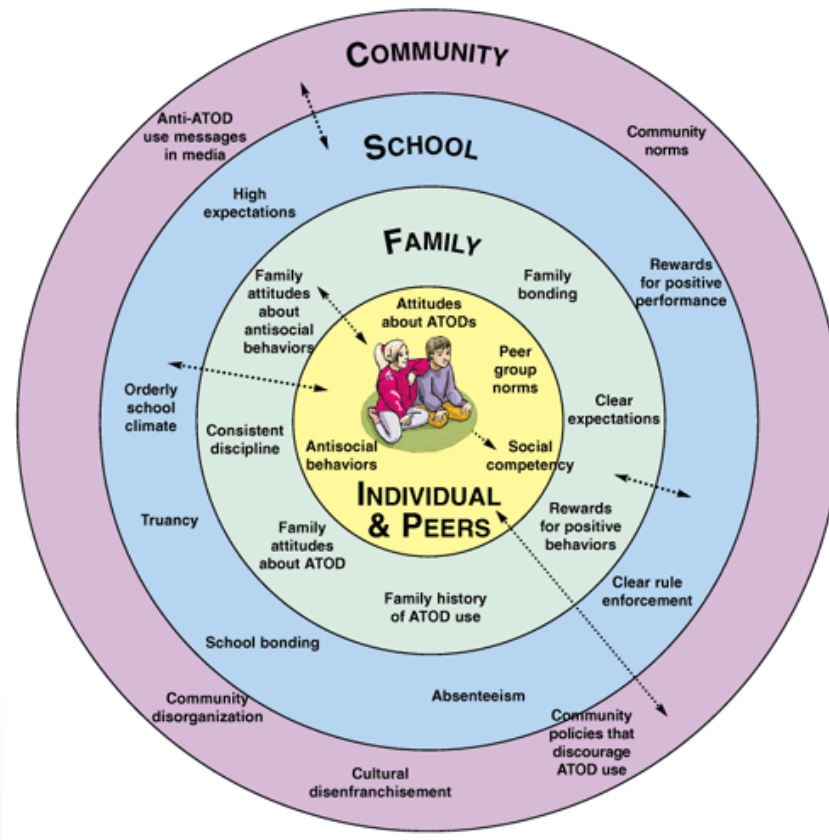
CAP study 2013, Australia

Top ten diagnosis:

- ADHD (10.7%)
- ASD (7%)
- LD (4.2%)
- Anxiety (3.5%)
- Behaviour (3/2%)
- Sleep disturbances (3.2%)
- Asthma (2.9%)
- ID (2.8%)
- Language delay (2.6%)
- Constipation (2.2%)

Mental health- a public health issue

- All members of the community are affected by an individual's MH status.



Effects of early life experience

Enduring effects of early social and emotional experiences on the brain architecture and development of infant and children:

- Behavior
- Biological stress reactivity
- Psychological resilience
- Immunologic resistance.

PEDIATRICS (2010) :125, Supp3

American Academy of Pediatrics

Pediatric primary care clinicians will play an increasingly important role in promoting the social-emotional health of children and providing treatment— or serving as an entry point to specialty treatment—for children and adolescents who have mental health and substance abuse problems

PEDIATRICS (2010) :125, Supp3



American Academy of Pediatrics

The growth in this role will involve transformational changes in:

- Primary care practice
- New knowledge and skills
- Collaborative relationships
- Resources.
- Payment structures

PEDIATRICS (2010) :125, Supp3



Why pediatrician?



Half Pediatrician...Half ... by Pediatrician_Shirts

Zazzle

Why pediatrician?

- Unique access to the families of young children
- Universal access
- Non stigmatizing service
- Highly respected
- Linking to services and resources

PEDIATRICS (2010) :125, Supp3



Why pediatrician?

Foster effective nurturing by the caregivers and positive early experiences for the child

PEDIATRICS (2010) :125, Supp3

Strengths of pediatrician

- Therapeutic relationship
 - longitudinal
 - trusting
 - Empowering
- Family centered care
- Preventive care
 - Promoting healthy living
 - Reinforcing strengths in the child and family
 - Offering support at times of recognized adverse childhood experiences and stressors
 - Offering anticipatory guidance
 - Providing timely intervention for common problems



Strengths of pediatrician

- Understanding problems in the context of development and environment
- Working as coordinator and care manager
- familiarity with chronic care principles



Barriers

- Lack of knowledge and skills
- Time constraints
- Payment?
- Limited access to mental health consultation



Role of Pediatrician

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Addressing children's Mental Health in Primary Care

- Promotion of social-emotional health and resilience in children and families
- Recognition of adverse childhood experiences and environmental stressors
- Intervention to prevent mental health problems
- Address emerging mental health problems
- Care of children with mental health disorders in a non-stigmatizing and supportive medical home



Addressing children's Mental Health in Primary Care

- Coordinating care with
 - mental health specialty services
 - school
 - child care
 - social services.

The challenge



Getting ready

- Normalize conversations about mental health and substance use
- Signal openness to mental health concerns
- Destigmatize mental health/substance use topics



Getting ready

- Mapping services and making connections
- Familiarize with screening tools
- Bright futures surveillance questions
- SEEK
- HEADSSS
 - Home & Environment
 - Education (Employment)
 - Activities
 - Drugs
 - Sexuality
 - Suicide/depression
- SDQ - sdqinfo.org
- CBCL
-



Getting ready

- Acquiring knowledge and skills
 - Learning to identify symptoms of emotional disturbances
 - Basic HELP support

HELP- Generic/Common Factor Interventions

- Hope
- Empathy
- Language
- Loyalty
- Permission
- Partnership
- Plan

Reflect confidence in the child's and family's capacity



