

TIPS AND TOOLS TO ENGAGE WITH FAMILIES & CHILDREN EXPERIENCING BEHAVIORAL HEALTH CHALLENGES

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AGENDA

-  Juvenile Mental Health Issues
-  Screening, Assessment and Treatment
-  Effective Engagement with Juveniles and Family Members
-  Important Neurological and Biological Processes
-  De-escalation Techniques

JUVENILE MENTAL HEALTH ISSUES

- Between 65% and 70% of the 2 million children and adolescents arrested each year in U.S. have a mental health disorder*
- Conduct, impulse, mood, anxiety, trauma and substance abuse disorders
- Dual Diagnosis: 30% of youth have mental health and substance abuse disorder**
- Psychiatric disorders: schizophrenia, delusional, bipolar, obsessive compulsive
- Neurodevelopmental disorders: intellectual, attention deficit/hyperactivity and autism spectrum
- Mental health issues emerging during child/adolescent development periods need ongoing assessment and treatment

*Vincent et al 2008 **Shubert ** Merikangas, K.R. et al 2010

SCREENING, ASSESSMENT & TREATMENT

Screening- identify need

Assessment- measure
impact/intensity/symptoms

Treatment- management and recovery

Issues of special consideration

- Race- youth of color less likely to receive tx
- Gender- boys less likely to receive tx referrals/ girls less follow up tx and more internalizing disorders
- Sexual identity- increased risk for internalizing disorders

EFFECTIVE ENGAGEMENT WITH JUVENILES AND FAMILY MEMBERS

Psychoeducation

Parental involvement

Availability and accessibility

Options for Tx

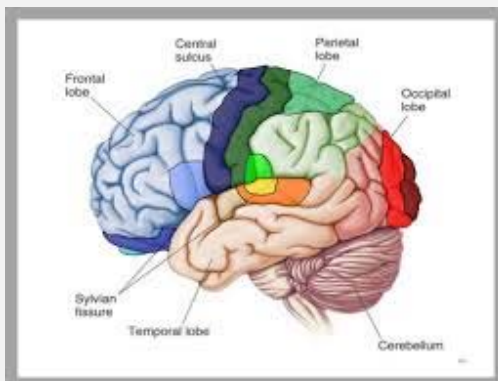
Mitigate barriers

- Practical: transportation, fees, language, cultural competency
- Psychological: stigma, fear, privacy concerns

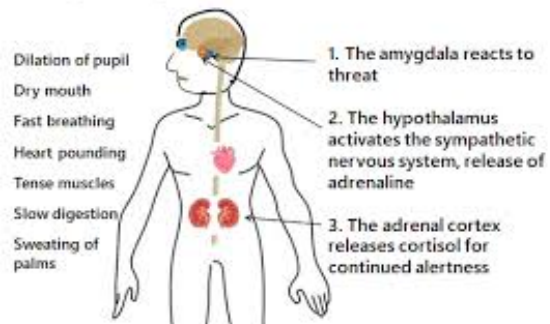
Realistic expectations

Positive reinforcement

IMPORTANT BIOLOGICAL & NEUROLOGICAL PROCESSES



The fight or flight response



DE-ESCALATION TECHNIQUES

Parents

- Answer questions and concerns as much as possible
- Offer options as much as possible
- When people are hurt there pain can be expressed as frustration and anger
- Use peer or parent advocates if possible
- Provide parent psychoeducation and resources

Youth

- Listen- full attention/summarizing statements
- Body language-face, body, actions
- Pace and Tone- slow & even
- Empathy- real empathy and reflection
- Acknowledge their side
- Ask questions
- Humor/redirection
- Positive Reinforcement
- Explanation of process/steps
- Information in multiple formats
- OPTIONS

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SAN FRANCISCO JUVENILE WELLNESS COURT

Hon. Roger Chan
Judge, San Francisco Juvenile Court

JUVENILE WELLNESS COURT

- Problem-solving court started in 2010.
- Treatment team includes the Court, Minor's Counsel, DA, Probation, Juvenile Hall mental health services clinic, Community Behavioral Health Care, and wrap service providers.
- Eligibility:
 - Serious Mental Health (e.g. schizophrenia)
 - Serious to profound impairment in functioning that would benefit from a therapeutic court process
 - Serious Risks
 - Multi-System Involvement
 - Multiple failed prior interventions

TIPS



THANK YOU!