

Exam 4 Mental Health Study Guide

Heavy on eating disorders!!!

Chapter 11 – Childhood and Neurodevelopment Disorders

- General interventions with children
 - Least restrictive interventions FIRST – apply with all patients but especially with children.
 - #1 **Play therapy**: processing trauma or negative emotions/events through this.
 - This is how children process adverse events.
 - **Behavioral management strategies**:
 - Used if patient is having any disruptive behaviors in the milieu.
 - **Family therapy**:
 - Very important with children.
 - When caring for a child, we aren't just caring for that child, we care about the whole family dynamics and interactions.
 - **Early intervention programs**:
 - Designed to identify any type of neurodevelopmental disorder as early as possible (ideally in the first 3 years of life).
 - Programs are highly correlated with better patient outcomes.
 - Last resort – **Seclusion and restraints**.
- **Autism Spectrum Disorder (ASD)**:
 - Clinical Picture:
 - Impairment in **social** and **language** ability
 - Appears within the first **3 years** of life.
 - Difficulty with **interpersonal (peer) relationships** and **bonding** d/t having a hard time making a connection with other people.
 - **Repetitive speech**.
 - **Obsessive focus** on certain objects
 - **Over adherence to routines or rituals** – if this is disrupted, it can cause emotional distress.
 - **Hyperreactivity** or **hypo-reactivity** to sensory input
 - Resistance to **change**.
 - Treatment
 - **Autism-associated agitation**: 2nd gen antipsychotics (**risperidone/Risperdal** or **aripiprazole/Abilify**). Temper tantrums, aggression, compulsive behavior. S.E: NMS, EPS, TD, weight gain, OHOTN, Teach: slow to move, call HCP: uncontrolled mm movement.
 - **Off label**: SSRIs improve mood, reduce anxiety giving tolerance for new situations and social interactions.

SSRI: Serotonin reuptake inhibitors

Fluoxetine:

- Prozac
- Sarafem

Sertraline:

- Zoloft

Paroxetine:

- Paxil
- Pexeva
- Brisdelle

Fluvoxamine:

- Luvox
- Faverin

Escitalopram:

- Lexapro

• **SE**: Headache, insomnia, drowsiness, suicidal ideations.

Teach: Report suicidal ideations immediately. No alcohol, do not abruptly stop. Do not

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Jianjun Gao



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