

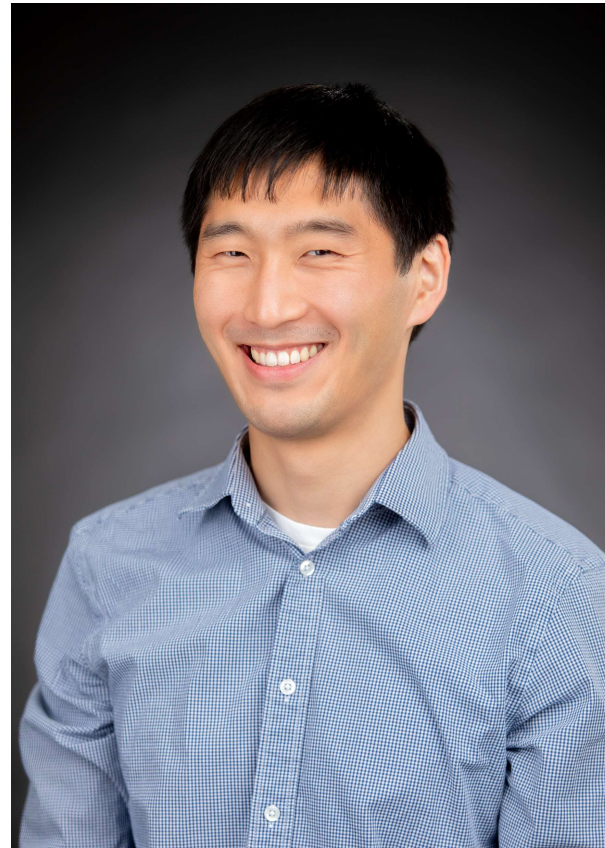


Mental Health for kids & teens

Dr. Brandon Matsumiya for Holy Rosary

Introduction: Dr. Brandon Matsumiya

- ▶ Integrated Behavioral Health Provider (Edmonds Pediatrics)
- ▶ PhD Clinical Psychology from University of Central Florida
- ▶ Specialized in Pediatric Primary Care Behavioral Health



Conflicts of interest

- ▶ I work for Swedish and may promote Swedish Services during my talk
- ▶ Otherwise, no other conflicts of interest

Goals for Today's Talk

- ▶ Parents will leave with new knowledge about mental health topics for their children
- ▶ Parents will leave with 1-3 new strategies they can try to implement
- ▶ Parents will leave with an idea of what next steps can be for additional concerns



Overview of Today's Discussion

- ▶ General Principles
- ▶ General Post COVID observations
- ▶ Kindergarten to Fifth Grade concerns
- ▶ Sixth-eighth grade concerns
- ▶ Things to be thoughtful about
- ▶ Next steps
- ▶ Questions/Comments/Concerns



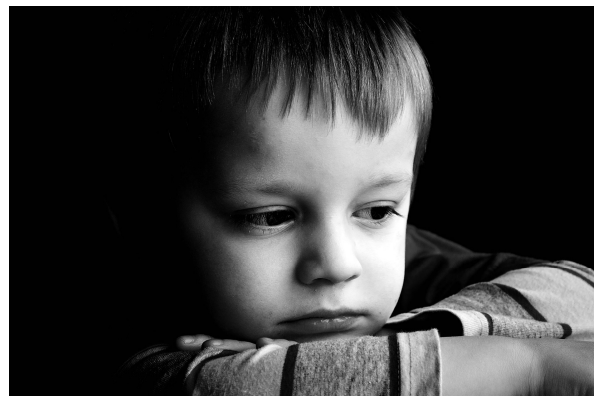
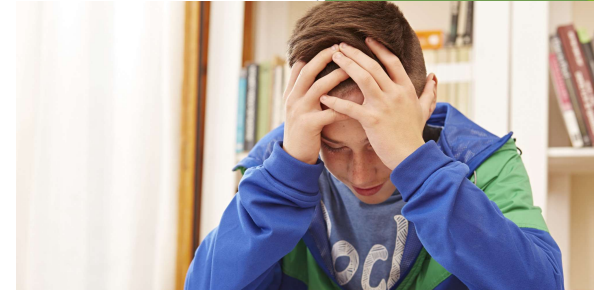
General Principles guiding the presentation

- ▶ Cognitive Behaviorist by Training (CBT)
- ▶ Formative book: **Escaping the Endless Adolescence: How We Can Help Our Teenagers Grow Up Before They Grow Old**
 - ▶ I receive no royalties for this, I just liked this book
- ▶ Independence & age-appropriate autonomy are overarching goals I have for every patient I see



General post covid observations

- ▶ Anxiety is much higher!
- ▶ Behaviors are much bigger!
 - ▶ As are emotional outbursts
- ▶ Breaking routines is harder than ever
- ▶ Depression & Social isolation are also big factors



Kindergarten to Fifth Grade Concerns

- ▶ Separation Anxiety
- ▶ Social Anxiety
- ▶ Emotional Outbursts/Tantrums/Behavioral concerns
- ▶ Screen time!!!



Kindergarten to Fifth Grade Strategies

- ▶ Anxiety
 - ▶ Practice doing bravery experiments
 - ▶ Break it down into smaller parts (e.g., 5 minutes)
 - ▶ Anxiety is a perfectly normal reaction to new events; we all have an “anxious brain” that sometimes is just too loud!
 - ▶ Grounding strategies (e.g., touch -> mammalian diver’s reflex!)
- ▶ Behavioral Concerns
 - ▶ Consistency in consequences & incentives!
 - ▶ Incentives should be privileges (i.e., relatively infinitely repeatable with low to minimal cost to family)
 - ▶ Model emotions & coping strategies
 - ▶ Time of Day, think about adding a break/changing demands
- ▶ Screen time (1-2 hours initially)
 - ▶ Privilege to be earned
 - ▶ Monitor and/or do not allow youtube access without parental supervision



Sixth to Eighth Grade Concerns

- ▶ Depression/Isolation
- ▶ Anxiety especially social
- ▶ Body Image
- ▶ Suicidal ideation



Sixth to Eighth Grade Strategies

- ▶ Depression/Isolation
 - ▶ Encourage connecting with friends, virtual ok but in person preferred
 - ▶ No sitting in room all day!
- ▶ Anxiety
 - ▶ Approach instead of avoidance
 - ▶ Writing down “predictions” and testing out if they are a fortune teller
- ▶ Body Image
 - ▶ Think about cultural norms related to body image discussions
 - ▶ Less focus on weight rather than functioning in daily life
- ▶ Suicidal Ideation
 - ▶ Listen first before trying to “fix”
 - ▶ “Thank you for talking to me about this”
 - ▶ Connect with Doctor/behavioral health
 - ▶ Create a list of people to talk to when feeling down



Things to be thoughtful about

- ▶ Are there ways to let your kids take a little “control” in their lives?
- ▶ Perfection doesn't exist, repairing mistakes is an essential part of parenting and of growing into becoming an adult (or even a bigger kid!)
- ▶ Have special child & parent date times!
- ▶ You do not always have to “fix” things, it is ok to just listen
- ▶ What do you remember most from being in school, the material you learned in your 5th lecture of math in 8th grade, or the fun times you had with your friends?
- ▶ Sometimes, the best thing for a child's mental health is the parent taking care of themselves AND modeling the need to do so!

Next Steps

- ▶ Washington State Mental Health Referral
 - ▶ [PAL and WA Mental Health Referral Service for Children and Teens \(seattlechildrens.org\)](https://www.seattlechildrens.org)
 - ▶ Families can call [833-303-5437](tel:833-303-5437) or submit an [online request form](#).
- ▶ Psychology Today
 - ▶ Finding that perfect fit requires persistence, and may take several connections before you find the right fit!
- ▶ Swedish patients can talk to their child's Doctor as well for connections
 - ▶ Other hospitals may have their own programs, please talk to your child's Doctor for more information!

Questions, comments, concerns?

