

# Mental Illness in Pediatrics

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# Pediatric Health 1975

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- Congenital Rubella
- H. Flu Meningitis; Pneumococcal Meningitis
- Streptococcal Sepsis in the newborn
- Under-nutrition
  - 8 oz Carnation milk—12 oz water—1 tablespoon Karo syrup
- Cerebral Palsy



# Pediatric Mental Health 2017

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- 20 % of youth ages 13-18 live with a mental health condition
- Mental health hospitalizations increased 24 % between 2007-2010
- 1 in 10 pediatric hospital admission have a primary mental health diagnosis

# Pediatric Mental Health 2017

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- 50 % of all lifetime cases of mental illness begin by age 14 and 75 % by age 24.
- 25 % of mood disorders begin in adolescence
- 50-75 % of conduct disorder, impulse control disorder, & anxiety begin in adolescence
- 65-70 % of youth in the juvenile justice system have a diagnosis of mental illness.
- Suicide is the 3<sup>rd</sup> leading cause of death for 16-24 year olds
- 50 % of youth with mental illness drop out of high school



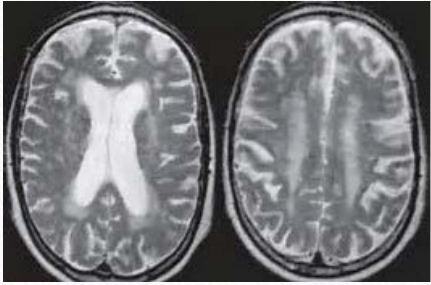
# Mechanisms for Mental Illness

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- 1. Genetics
- 2. Socioeconomic status
- 3. Childhood adversity
- 4. Family structure across development
- 5. Neighborhood local factors



# Neuroscience of Inequality



- Growing up poor diminishes the physical development of a child's brain
- Children from poor, less educated families tend to have a thinner region of prefrontal cortex (a part associated with executive functioning).
- Children from families making less than \$25,000 suffered the most with 6 % less brain matter than peers from families making \$150,000.
- 39 % of Afro-American children live in poverty.
- Julius Wilson— “The Declining Significance of Race”
  - The social linkage has become more of an important predictor of life experiences for black Americans than race.

# Adverse Childhood Experience (Toxic Stress)

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- Maltreatment
- Family Violence
- Parental Instability
- Substance Abuse
- Mental Illness
- Crime in the home



# Diagnosis

- ADHD—6.8 %
- Behavioral/Conduct problems—3.5 %
- Anxiety—3.0 % (OCD & PTSD)
- Autistic Spectrum Disorder (ASD)—11 %
- Tourette's Syndrome—0.2 %
- Illicit Drug Use Disorder past year—4.7 %
- Alcohol Use Disorder in past year—4.2 %
- Cigarette Dependence in past year—2.8 %
- Psychosis— % unknown





# Psychosis

- 1. Rare in children but if present more serious
  - 5% of adults with schizophrenia report onset before 15 years
- 2. Maybe transient in health and mildly disturbed children
- 3. Most children with hallucinations do not have schizophrenia
- 4. Hallucinations and delusions may be present in other disorders such as anxiety, bipolar disorder, & depression disorder





# Protective Factors

- 1. Positive school environment
- 2. Good home environment
- 3. High levels of social support
- 4. Positive youth-parent interactions
  - Fathers in lives at age 7 years have protective influence against psychological distress in non-intact families.
- 5. Religious involvement is strongly associated with decreased depression, anxiety and substance use.



# Summary

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- Most psychiatric disorders have an onset in childhood and adolescence
- Mental health disorders varies greatly according to race and ethnicity
- Socioeconomic status, adverse childhood experience, family structure, and genetics play a role in mental illness in children
- Approach should be team based (family, school, counselor, providers, & neighborhood)
- Must develop resiliency in patients.
- Early diagnosis and intervention improves outcome

# Questions

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