Mental conditions in children are common. A majority will meet diagnostic criteria at some point in childhood.

Every Year

Role of trauma and adversities. They are very common in children’s lives.
Burden increases risk for health and mental outcomes.

**ACEs Study: Adversities are RISK Factors (not Destiny)**

<table>
<thead>
<tr>
<th>Adversities</th>
<th>Potentially Affected Domains</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

More is worse

They account for significant proportion of the onset of childhood and adult disorders.

**Majority of children in need do not access mental health care**

**TABLE 2** Rate Comparisons of Lifetime Disorder/Specific Mental Health Service Use by Severity

<table>
<thead>
<tr>
<th>Disorder Type</th>
<th>Nonserious Cases</th>
<th>Serious Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any mood disorders</td>
<td>661</td>
<td>271</td>
</tr>
<tr>
<td>Major depressive disorder or dysthymia</td>
<td>643</td>
<td>100</td>
</tr>
<tr>
<td>Bipolar (I or II)</td>
<td>49</td>
<td>91</td>
</tr>
<tr>
<td>Any anxiety disorders</td>
<td>1,360</td>
<td>298</td>
</tr>
<tr>
<td>Generalized anxiety disorder</td>
<td>72</td>
<td>29</td>
</tr>
<tr>
<td>Schizophrenia</td>
<td>914</td>
<td>40</td>
</tr>
<tr>
<td>Post-traumatic stress syndrome</td>
<td>371</td>
<td>24</td>
</tr>
<tr>
<td>Attention deficit/hyperactivity disorder</td>
<td>556</td>
<td>112</td>
</tr>
<tr>
<td>Behavior disorders</td>
<td>667</td>
<td>207</td>
</tr>
<tr>
<td>Oppositional defiant disorder</td>
<td>296</td>
<td>106</td>
</tr>
<tr>
<td>Conduct disorder</td>
<td>834</td>
<td>181</td>
</tr>
<tr>
<td>Any other</td>
<td>1,611</td>
<td>1,068</td>
</tr>
</tbody>
</table>

Service Utilization for Lifetime Mental Disorders in U.S. Adolescents: Results of the National Comorbidity Survey–Adolescent Supplement (NCS-A)

Kathleen Ries Merikangas, Ph.D., Jianping He, M.Sc., Marcy Burstein, Ph.D., Joel Swendsen, Ph.D., Shelli Avenevoli, Ph.D., Brady Case, M.D., Kathleen Georgiades, Ph.D., Leanne Heaton, Ph.D., Sonja Swanson, Sc.M., Mark Olfson, M.D., M.P.H.

There are racial/ethnic differences in mental health care receipt

Racial/Ethnic Differences in Mental Health Service Use Among Adolescents With Major Depression Janet R. Cummings, Ph.D., AND Benjamin G. Druss, M.D., M.P.H.
Racial and Ethnic Differences in Utilization of Mental Health Services Among High-Risk Youths
Ann F. Garland, Ph.D. Anna S. Lau, Ph.D. May Yeh, Ph.D. Kristen M. McCabe, Ph.D. Richard L. Hough, Ph.D. John A. Landsverk, Ph.D.

There are many proven interventions that work for the most common conditions. They are not always available. But providers can buy the books!

Evidence-Based Interventions for Behavior Problems and Parenting

CBT+ as an efficient training method in 4 EBPs for the most common clinical conditions in children.
Assessment
Anxiety
Depression
PTSD
Behavior
Problems
Psychoeducation
Psychoeducation
Psychoeducation
Psychoeducation
Engagement/Buy In Behaviors/Thoughts/Feelings Cognitve Restructuring Exposure Coping Skills Behavioral\nAcademics
Coping Skills Exposure & Processing FBA Analysis & Parenting Skills

Clinical Activities: In general start with Bolded Focus

CBT+ Flows

What health care professionals can do?

Screen: Pediatric Symptom Checklist 17 (PSC17)

Establish in-house psychosocial care:
Collaborative Care/Integrated Care

JAMA Pediatr.
Proactively broker for effective tx in the community

- Know the best resources, have relationships.
- Facilitate referral to evidence-based trained providers.
- Educate caregivers about being good consumers.

What to look out for in evidence-based therapy:

- It's active. Focus is on learning and using skills. Involves practice in between sessions.
- Caregivers are actively involved. ESPECIALLY for externalizing behavior problems.
- Uses standard assessment to identify treatment target and measure progress.

Be prepared:

Engaging families in active therapy requires effort.

- They do not expect it
- They are stressed and overwhelmed
- It is hard work
- The status quo may not be bad enough yet