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Common Presentations in Child Psychiatry

SUBTITLE

Disclosures

Objectives

1. Review the state of pediatric psych care in New Mexico
2. Identify common psychiatric presentations for children and adolescents
3. Provide initial evidence based treatments for common presenting problems
4. Identify available community resources for additional psychiatric care

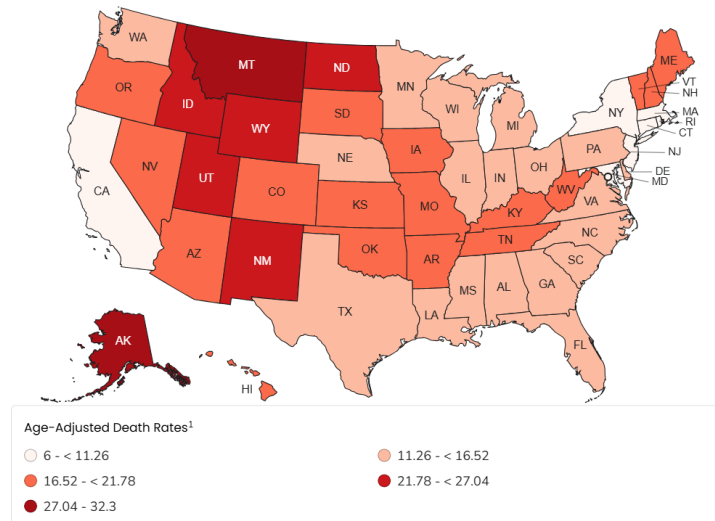
The State of the State



The State of the State

- Education
- Child Wellbeing
- Suicide:

Year
2022



New Mexico Ranks 47th with 24.7 deaths/100,000

Suicide by Numbers- New Mexico

Suicide Data: **New Mexico**



Suicide is a public health problem and leading cause of death in the United States. Suicide can also be prevented – more investment in suicide prevention, education, and research will prevent the untimely deaths of thousands of Americans each year. Unless otherwise noted, this fact sheet reports 2022 data from the CDC, the most current verified data available at time of publication (May 2024).

10th leading cause of death in New Mexico

2nd leading

cause of death for ages 10-24

2nd leading

cause of death for ages 25-34

3rd leading

cause of death for ages 35-44

6th leading

cause of death for ages 45-54

10th leading

cause of death for ages 55-64

16th leading

cause of death for ages 65+

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
New Mexico	525	24.62	4
Nationally	49,476	14.21	

See full list of citations at afsp.org/statistics.

86% of communities did not have enough mental health providers to serve residents in 2023, according to federal guidelines.

Almost **four times** as many people died by suicide than in alcohol related motor vehicle accidents in 2021.

The total deaths to suicide reflected a total of **11,266 years** of potential life lost (YPLL) before age 65.

54% of firearm deaths were suicides.

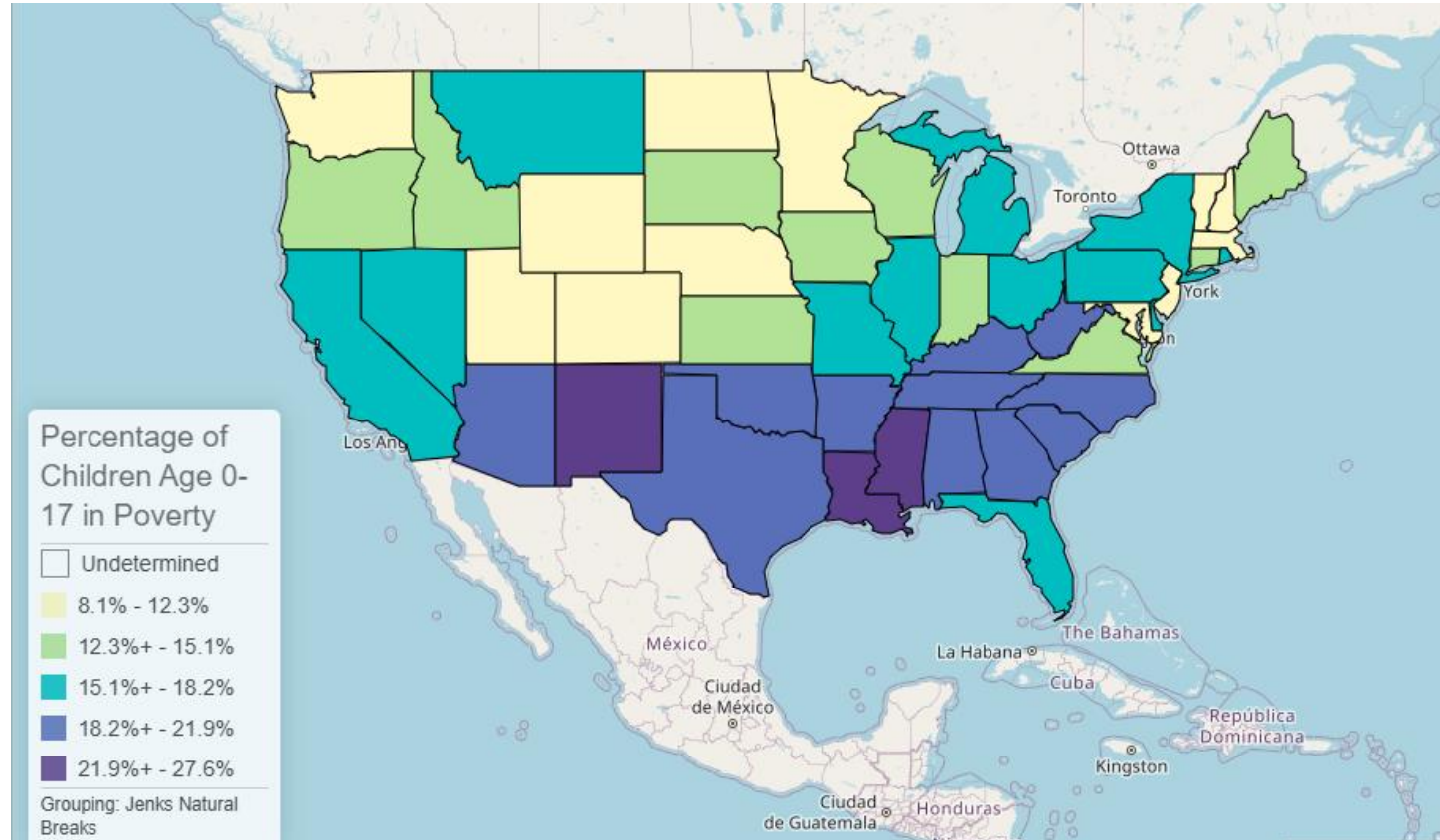
58% of all suicides were by firearms.

afsp.org/statistics



American Foundation for Suicide Prevention

Childhood Poverty



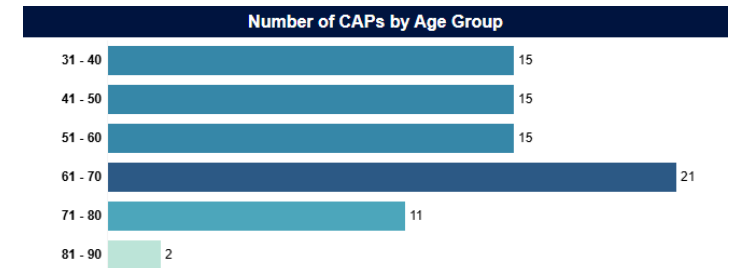
Workforce- New Mexico

State Map

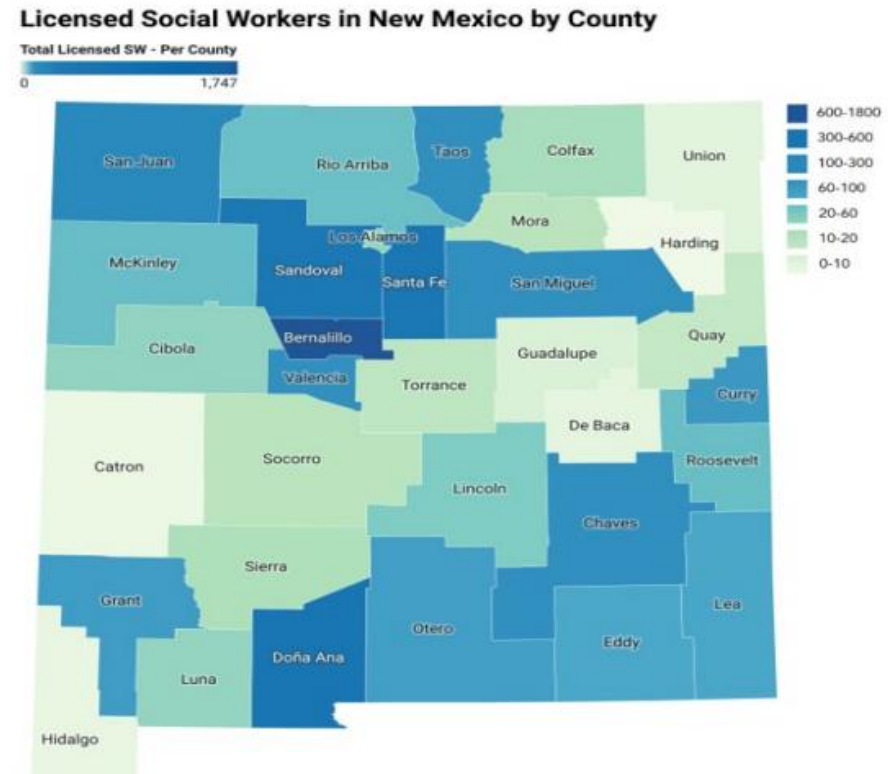
Mostly Sufficient Supply (≥ 47) | High Shortage (18-46)* | Severe Shortage (1-17)* | No CAPs



New Mexico CAP Data



Workforce- New Mexico



Map: NMHU-FVSSW. The Center for Excellence in Social Work • Created with Datawrapper

Common Presentations

- Anxiety
 - Timing, diagnosis, first line treatment
- Major Depressive Disorder
 - Association with psychosocial stressors, emergency management
- ADHD
 - best practice, goals for treatment, alternative medications
- Substance Use Disorder
 - Screening, prevalence of cannabis use, quantification of use

Anxiety

- Cyclical Timing and re-screen
 - School related violence
 - Semester end
 - Semester start
- Diagnosis
 - Screening tools SCARED GAD-7
 - Reserve diagnosis for **impairment in function**
 - Sneaky ways this shows up



Anxiety

- Immediate intervention
- Therapy referral (CBT)
- Pharmacotherapy Management
 - SSRIs (more on this later)
 - Beta Blockers



Major Depressive Disorder and Suicidality

- Suicide Screening
 - Active VS Passive SI
- Safety Planning
 - Help in the clinic staff vs nursing
- Warning Signs for Parents
- Comorbidity

SSRIs

- SSRIs are first line treatment for depression and anxiety
- FDA approval
- Risk Discussion
- Fluoxetine
- Dose Optimization

ADHD

- Commonly missed signs and questions for screening
- Vanderbilt as a take home
- Risk associated with lack of treatment
- Stimulants as first line

Substance Use

- Growing prevalence of cannabis use
- Quantification of cannabis use
- Brief motivational interviewing
- Harm reduction

UNM PALS



UNM Child and Adolescent ECHO



Referral to Cimarron Clinic
