

Childhood Mental Health Issues: A Resource Guide

Introduction

The Childhood Mental Health Issues: A Resource Guide handout is a supplemental information source for participants of *Childhood Mental Health Issues: An Introduction for Child Welfare Professionals*. It includes selected references to relevant research-based websites, fact sheets, and empirically-based treatment approaches. Participants are directed to reference materials referenced in this guide during training activities. This handout also serves as a quick reference guide to mental health issues and concerns that may arise when working with children and families.

Trauma

Resources for Families and Caregivers

<http://www.nctsn.org/resources/audiences/parents-caregivers>



Provides resources for parents and caregivers to learn about child traumatic stress, a child's healthy development, and ways to seek help.

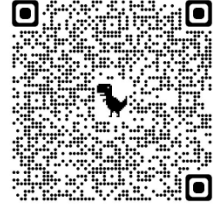
Helping Children and Adolescents Cope with Traumatic Events

<https://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-disasters-and-other-traumatic-events>



Provides age-specific information on how children and adolescents react to trauma and information on how families and professionals can offer support and care.

National Child Traumatic Stress Network (NCTSN) <http://www.nctsnet.org/>



Describes NCTSN's efforts to raise the standard of care and improve access to services for traumatized children, their families, and communities throughout the United States; includes information on child welfare, culture and trauma, trauma types, and early childhood trauma.

Depressive and Bipolar Disorders

Children and Mental Health: Is This Just a Stage? (Fact Sheet)

<https://www.nimh.nih.gov/health/publications/children-and-mental-health>



How can you tell the difference between challenging behaviors and emotions that are a normal part of growing up and those that are cause for concern? This guide for parents will also be helpful for child welfare professionals as they work with children and families.

Teen Depression: More than just moodiness (Fact Sheet)

<https://www.nimh.nih.gov/sites/default/files/documents/health/publications/teen-depression/OM-21-4321-TeenDepressionMoreThanMoodiness.pdf>



Addresses questions to help teens assess the presence of depression and how to get help; includes the National Suicide Prevention Lifeline information

Bipolar Disorder in Children and Adolescents

<https://www.nimh.nih.gov/sites/default/files/documents/health/publications/bipolar-disorder-in-children-and-teens/20-mh-8081-bipolardischildren.pdf>



Sometimes it's hard to tell if a child is going through a phase or showing signs of something more serious. What does the diagnosis of bipolar disorder, sometimes called manic depressive illness, really mean for a child? This is a guide for parents who think their child may have symptoms of bipolar disorder, or parents whose child has been diagnosed.

Bipolar Disorder in Teens and Young Adults: Know the Signs (Fact Sheet)

<https://www.nimh.nih.gov/sites/default/files/documents/health/publications/bipolar-disorder-in-teens-and-young-adults-know-the-signs/OM20-4318-BipolarDisorder.pdf>



Describes the common signs and symptoms of mania and depression

Fact Sheet for Families: Disruptive Mood Dysregulation Disorder

https://www.aacap.org/App_Themes/AACAP/Docs/facts_for_families/110_disruptive_mood_dysregulation_disorder.pdf



Disruptive Mood Dysregulation Disorder (DMDD) is a relatively new diagnosis in the field of mental health. Children with DMDD have severe and frequent temper tantrums that interfere with their ability to function at home, in school or with their friends. Some of these children were previously diagnosed with bipolar disorder, even though they often did not have all the signs and symptoms. This fact sheet describes the symptoms of DMDD and steps families can take to help their child.

Frequently Asked Questions About Suicide
The Pennsylvania Child Welfare Resource Center

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<http://www.nimh.nih.gov/health/publications/suicide-in-america/index.shtml>

Suicide is a leading cause of death in the United States and a major public health concern. When someone dies by suicide, family, friends, and communities are affected. This brochure from the National Institute of Mental Health (NIMH) shares the warning signs of suicide, how to help prevent suicide, and treatment options.

[En Español](#)

Anxiety and Obsessive-Compulsive Disorders

Anxiety Disorders in Children and Adolescents (Fact Sheet)

<https://www.pediatricbipolar.pitt.edu/sites/default/files/AnxietyDisordersinChildrenandAdolescentsFactSheet.pdf>



When anxiety becomes an excessive, irrational dread of everyday situations, it has become a disabling condition. Examples of anxiety disorders are posttraumatic stress disorder, social phobia, specific phobia, and generalized anxiety disorder. Symptoms of many of these disorders begin in childhood or adolescence. Learn about how anxiety disorders affect children and adolescents and the direction of future research.

Obsessive-Compulsive Disorder: When Unwanted Thoughts Take Over

<https://www.nimh.nih.gov/health/topics/obsessive-compulsive-disorder-ocd>

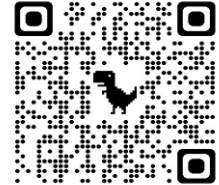


(Note: OCD is described as an anxiety disorder in the brochure. In the DSM-5-TR™, this diagnosis is now included under the category of Obsessive-Compulsive and Related Disorders.) A brochure on obsessive-compulsive disorder (OCD) that explains the signs, symptoms, and treatments.

Trauma and Stressor-Related Disorders

Reactive Attachment Disorder and Disinhibited Social Engagement Disorder

<https://my.clevelandclinic.org/health/diseases/17904-reactive-attachment-disorder>



Disruptive, Impulse-Control, and Conduct Disorders Facts for Families: Children with Oppositional Defiant Disorder

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-With-Oppositional-Defiant-Disorder-072.aspx



Openly uncooperative and hostile behavior becomes a serious concern when it is so frequent and consistent that it stands out when compared with other children of the same age and developmental level and when it affects the child's social, family and academic life. This fact sheet describes symptoms of ODD and suggests steps parents can take to get help for their child.

Facts for Families: Conduct Disorder

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Conduct-Disorder-033.aspx



Conduct disorder refers to a group of behavioral and emotional problems in youngsters. Children and adolescents with this disorder have great difficulty following rules and behaving in a socially acceptable way. They are often viewed by other children, adults and social agencies as "bad" or delinquent, rather than

mentally ill. This fact sheet describes the symptoms of CD and suggests steps that parents can take to get help for their child.

Facts for Families: Understanding Violent Behavior in Children

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Understanding-Violent-Behavior-In-Children-and-Adolescents-055.aspx



There is a great concern about the incidence of violent behavior among children and adolescents. This complex and troubling issue needs to be carefully understood by parents, teachers, and other adults. Children as young as preschoolers can show violent behavior. Parents and other adults who witness the behavior may be concerned, however, they often hope that the young child will "grow out of it." Violent behavior by a child of any age always needs to be taken seriously. It should not be quickly dismissed as a phase.

Feeding and Eating Disorders National Eating Disorders Association

<http://www.nationaleatingdisorders.org/>



Provides education about eating disorders and ways to find support and treatment

Mayo Clinic: Eating Disorders <http://www.mayoclinic.com/health/eating-disorders/DS00294>



Information on symptoms, causes, complications, and treatment for eating disorders

Eating Disorders: MedlinePlus <http://www.nlm.nih.gov/medlineplus/eatingdisorders.html>

Directory of resources about all aspects of eating disorders from the National Library of Medicine at the National Institutes of Health



Kids Health: Eating Disorders

http://kidshealth.org/parent/emotions/feelings/eating_disorders.html



Parents can help prevent kids from developing an eating disorder by supporting their self-esteem and encouraging healthy attitudes about nutrition and appearance. If you become worried that your child might be developing an eating disorder, it's important to step in and seek proper medical care. This site offers parents guidance for preventing and treating eating disorders.

Neurodevelopmental Disorders

Apps for Children Diagnosed with Autism Spectrum Disorder (Note: This is the only site offered on ASD because most organizations have not updated information to reflect the changes made in the DSM-5-TR™.)

<http://www.autismspeaks.org/autism-apps>



Provides a central source to locate apps that help children diagnosed with ASD with math, reading, organization, and behavior

Attention Deficit Hyperactivity Disorder

<https://www.nimh.nih.gov/health/publications/attention-deficit-hyperactivity-disorder-in-children-and-teens-what-you-need-to-know>



A detailed booklet describing ADHD symptoms, causes, and treatments, with information for parents on getting help. [En Español](#)

Treatment

Psychotherapies

<http://www.nimh.nih.gov/health/topics/psychotherapies/index.shtml>



Many kinds of psychotherapy exist and there is no one-size-fits-all approach. In addition, some therapies have been scientifically tested more than others. Some people may have a treatment plan that includes only one type of psychotherapy. Others receive treatment that includes elements of several different types. The kind of psychotherapy received depends on their needs. This site explains several most used psychotherapies.

National Child Traumatic Stress Network

Empirically Supported Treatments and Promising Practices

<http://www.nctsn.org/resources/topics/treatments-that-work/promising-practices>



These fact sheets were developed as part of the NCTSN Trauma-Informed Interventions: Clinical and Research Evidence and Culture-Specific Information

Project, a joint venture undertaken by the NCTSN and the National Crime Victims Research and Treatment Center at the Medical University of South Carolina. This project aims to evaluate the extent to which clinical and research evidence exists to support the use of trauma-informed treatment interventions with diverse cultural groups (as defined by such factors as race, ethnicity, sexual orientation, socioeconomic status, spirituality, disability, and geography).

Introduction: Mental Health Medications

<http://www.nimh.nih.gov/health/publications/mental-health-medications/index.shtml>



Guide describes types of medications used to treat mental disorders, side effects of medications, directions for taking medications, and warnings about medications from the U.S. Food and Drug Administration (FDA)

ParentsMedGuide.org: Helping Parents Help Their Kids <http://www.parentsmedguide.org/>



The American Psychiatric Association and the American Academy of Child and Adolescent Psychiatry developed medication guides for parents for ADHD, Anxiety Disorders (English and Spanish), Autism Spectrum Disorder, and for Depression. The guides have been endorsed by many national medical, family and patient advocacy organizations.