



# CLINICAL SENATE 2021

COVID, KIDS AND SELF CARE



## GROWTH IN REFERRALS FAR OUTSTRIPPING POPULATION GROWTH

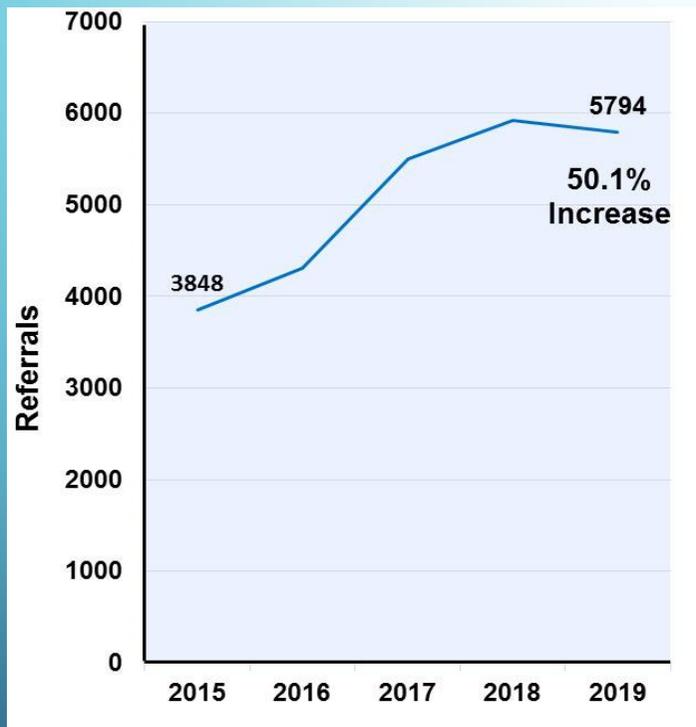
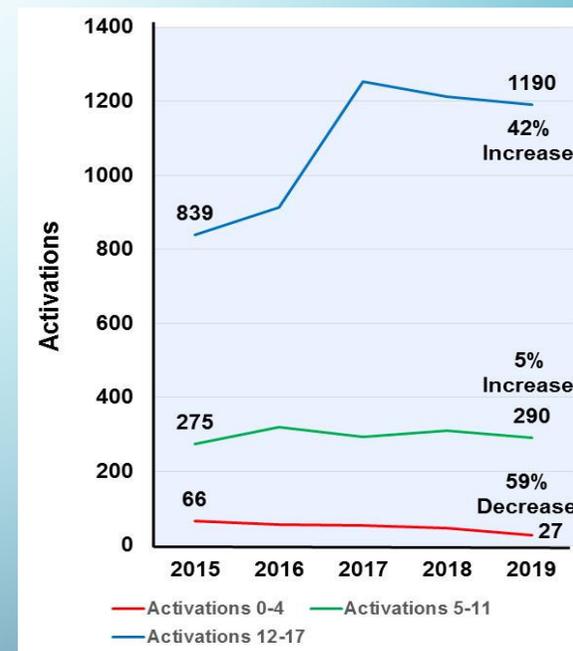
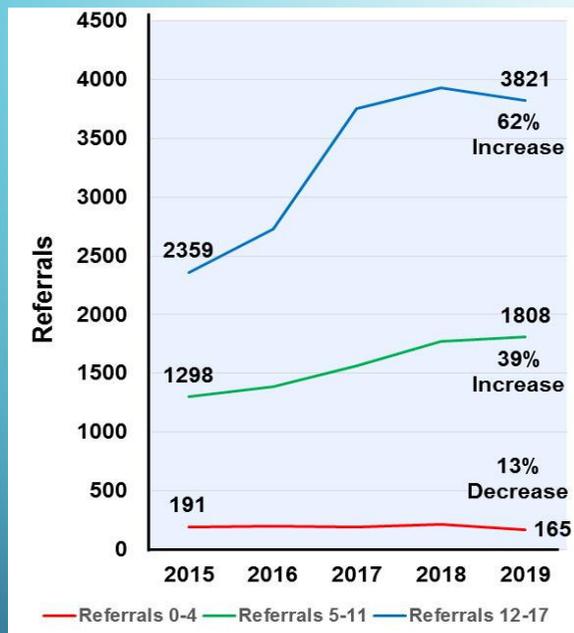


Figure 2: Growth in Community CAMHS referrals from 2015 – 2019

Office of the Chief Psychiatrist (2020). *Chief Psychiatrist's Targeted Review into the treatment of Ms Kate Savage by Child and Adolescent Mental Health Services*. Perth, WA: OCP.

# THE MANAGEMENT OF ADOLESCENTS HAS INCREASINGLY DOMINATED THE WORK OF CAMHS



Office of the Chief Psychiatrist (2020). *Chief Psychiatrist's Targeted Review into the treatment of Ms Kate Savage by Child and Adolescent Mental Health Services*. Perth, WA: OCP.



- Number of ED attendances in Metropolitan Perth under the age of 18 that attempted suicide, were a suicide risk, or self-harmed by age 2009/10 – 2019/20

Office of the Chief Psychiatrist (2020). *Chief Psychiatrist's Targeted Review into the treatment of Ms Kate Savage by Child and Adolescent Mental Health Services*. Perth, WA: OCP.

# CONCERNS FOR DEVELOPMENT

- Some groups report Improvements: decrease stress
- UK: 5-16 yrs rise from 11% (2017)-16% (2020) probable mental health problems
- Anxiety across the age range
- Problems with sleep, nightmares, appetite, attention, agitation
- Concerns regarding socialization, education and physical activity
- Concerns about internet use, cyber bullying and child maltreatment
- Additional burden for kids with disability, pre-existing conditions, disadvantage

- Sweta S et al: Impact of COVID-19 and lockdown on mental health of children and adolescents: A narrative review with recommendations: [Psychiatry Res.](#) 2020 Nov; 293: 113429.

# TRAUMA INFORMED RESPONSES

- Moving from what is wrong with you to an understanding of what has happened to you

## Impact of Trauma/Chronic Stress on the Developing Brain

Increasing evidence indicates there are physical differences in the brains of those who have experienced trauma or chronic stress as a child. Some of these differences are listed here.

### ↓ Pre-frontal cortex volume

attention  
executive function  
reinforcement-based decision making  
working memory  
self-regulatory abilities

### ↑ Activation of right frontal cortex

- emotional reactivity
- behavioral inhibition
- psychopathology

### ↓ Corpus callosum

- higher-level cognitive functioning
- emotional functioning

### Alterations in network organisation

- cognitive difficulties
- emotional difficulties

### Structural connectivity

- externalizing symptoms
- poor executive functioning
- delays in language development

### ↓ Overall cortical grey & white matter volume

### ↓ Hippocampus volume

- cognition
- emotional control

### ↓ Amygdala volume

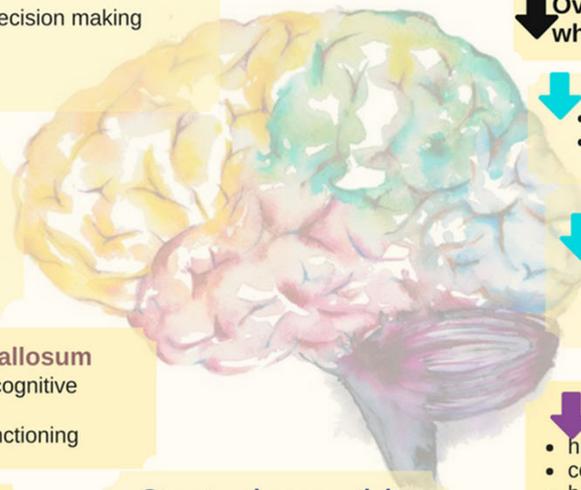
emotional processing  
stress regulation  
learning  
memory

### ↓ Cerebellum volume

- higher-level learning
- cognition
- behaviour modulation

### ↑ Cortisol

Stress hormone



# STRESS AND THE BRAIN

Opiate System-  
numbing

N-adrenergic-  
arousal

HPA axis-cortisol,  
regulation, memory

Sustained response  
can lead to  
permanent change  
or damage

Immune system  
response

Chronic disease,  
physical, mental

## MHCC: 8 FOUNDATIONAL PRINCIPLES TIR

- Understanding trauma and its impact
  - Promoting Safety
  - Sharing power and governance
  - Supporting consumer control, choice and autonomy
  - Integrating care
  - Ensuring cultural competence
  - Healing happens in relationships
  - Recovery is possible
- 
- In addition consider historical and gender issues, building trust and transparency

# WORK STRESS

- work stress: workload, deadlines, structure, function, environment etc
- Compassion satisfaction: altruism, helping, contribution, greater good, shared vision
- Compassion fatigue: maintaining an empathic response
- Vicarious resilience: positive effects of healing, witnessing recovery, building resilience (Hernandez et al)
- Actual and Vicarious traumatisation: exposure to trauma

## SELF CARE: WHO IS LOOKING AFTER YOU?

- Work stress
- Personal issues
- Cultural issues
- Professional Issues
- Boundaries
- Defense Mechanisms
- Coping strategies
- Cognitive styles
- Triggers
- Resilience
- Workplace support
- Strategies
- Balancing the creative and the cognitive
- Know thyself!

# CONSIDERATIONS



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[https://doi.org/10.1016/S2215-0366\(20\)30570-8](https://doi.org/10.1016/S2215-0366(20)30570-8)