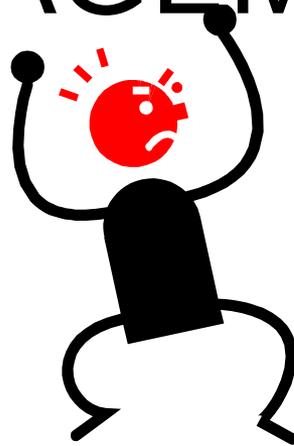


MENTAL DISORDERS and BEHAVIOR MANAGEMENT



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Objectives



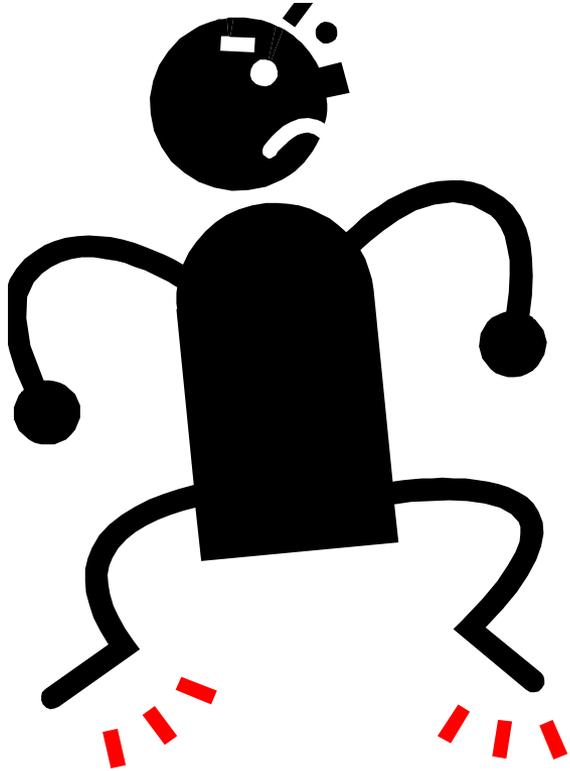
- To look at the mental disorders that affect our children
- To understand how these conditions impact the child in stressful situations
- To learn ways of dealing with children and assist them in managing difficult situations

Introduction



- Know your child.
- Know the diagnosis the treating professional has given the child.
- All behavior has a goal.

Goals of Misbehavior



- Attention
- Avoidance
- Control or Power
- Revenge
- Expression of Hopelessness

ADHD

Symptoms

- Difficulty attending to the task
- Easily distracted
- Impulsive, acts without thinking

Goal of misbehavior: Attention

ADHD in a Crisis



Effect on a Crisis

- Defensive when confronted
- External locus of control
- Negative attention- seeking
- Overwhelmed by the work

Your Response

- Use calming techniques
- Challenge locus of control
- Teach positive ways of getting attention
- Teach “chunking”

Depression

Symptoms

- Low Mood, sadness
- Irritability
- Poor motivation
- Withdrawn



Goal of Misbehavior: Avoidance or expression of anger

Depression in a Crisis



Effect on a Crisis

- Difficulty Motivating self
- Hopeless feelings
- Catastrophic thinking

Your Response

- Relationship may be the key
- Feelings are not facts
- Challenge thinking

Bipolar Disorder

Symptoms

- Vacillation from highs to lows
- Possible psychosis
- Delusional thinking, Grandiosity
- “Rules do not apply to me”



Goal of Misbehavior: Power or Control

Bipolar Disorder in a Crisis

Effects on a Crisis

- Highs are silly or rage
- Believe their grandiose thinking
- Can look antisocial
- Can be paranoid

Your Response

- Do not negotiate
- Set firm limits and enforce consistently
- Know your feelings
- Know who is treating the student



Anxiety Disorders, Including OCD

Symptoms

- Worry/stress about anticipated events
- Avoidance is the cornerstone. Often looks oppositional
- Student really is “stuck”
- Can look like ADHD



Goal of Misbehavior: Avoidance

Anxiety in a Crisis



Effects on a Crisis

- Fight or Flight syndrome
- Stuck on a negative thought
- High stress level – watch for aggression

Your Response

- Do not impose closeness
- Feelings are not facts; give choices
- Calm first and then problem solve

PTSD

Post Traumatic Stress Disorder

Symptoms

- Hyper vigilance
- Easily startled
- Can become aggressive in a panic
- Sexual abuse can complicate relationship



Goal of Misbehavior: Escape or Avoidance

PTSD in a Crisis



Effects on a Crisis

- Panic can lead to flight or aggression
- Child feels very unsafe
- Child may be seeking a physical/sexual confrontation

Your Response

- Express limits verbally, avoid physical
- Bring child to a safe place to process
- Be aware of child's goal

Attachment Disorders

Symptoms

- Wide range of severity, from mild to severe
- Skewed relationships: Avoidant, Ambivalent, Disorganized
- Inhibited and Disinhibited
- Extreme need for Control

Goal of Misbehavior: Control



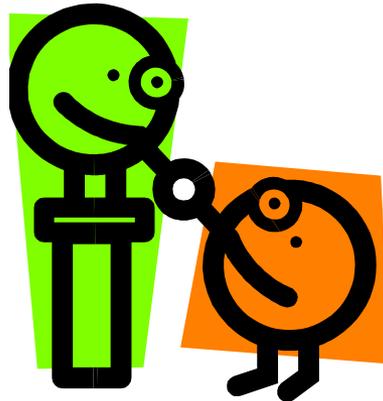
Attachment Disorders in a Crisis

Effects on a Crisis

- Will attempt to “split” staff
- Approach/Avoidance
- Negative cycle of behavior

Your Response

- Be aware of your feelings
- Keep boundaries clear
- Set clear limits and consequences



Conclusion

- Know your child.
- Know yourself and your buttons.



Resources

- Parenting a Child Who Has Intense Emotions, by Pat Harvey and Jeanine Penzo
- 1-2-3 Magic, by Thomas Phelan
- Positive Discipline, by Jane Nelson