

Behavioural Disorders



Behavioural Disorders-Overview

- All parents concerns about behaviour warrant attention
- When assessing behavioural concerns in children and young people consider in the wider context of family, school and social influences-the cause is rarely confined to the patient
- Resist parental pressure (and own internal pressure) to quickly give a diagnosis-this can potentially cause longer term harm
- Reassure parents that in most case, behaviour difficulties are temporary, and occur as children strive to achieve normal developmental milestones

Behaviour Disorders

- Treat any underlying medical problems like glue ear, iron deficiency, constipation and eczema
- Address developmental concerns using the 'Developmental Concerns in Children' pathway
- Provide behaviour management advice
- If problem at school encourage parents to liaise with school

Behavioural disorders

Red flags

- Child abuse and neglect
- Sexualised behaviours
- Severe harm to self and others
- Severe social withdrawal e.g. school refusal
- Suicidal ideation

Children should be referred if there are

- concerns about their development,
- concerns about safety (red flags)
- complex medical problems
- behavioural concerns having a significant effect on the child or family



Child Development Service Presentation

Dr Joanne Edward's Presentation

COMMUNITY PAEDIATRIC AND CHILD HEALTH SERVICE





Community Paediatric and Child Health Service

The Community Paediatric and Child Health Service (CP&CHS) provides investigation and/or management of children and young people with:

- Suspected or established developmental delay or disability
- Suspected biological / medical / developmental causes of behavioural / emotional disturbance

Eligibility criteria

Children and young people:

- under 16 years
- with suspected or established developmental delay or disability
- with intellectual or physical disability or with chronic medical conditions which interfere with development or education
- at risk of developmental problems as a result of prematurity, neonatal complications or with complex problems requiring definition and development of a management plan
- with behavioural or emotional disturbances likely caused by biological, medical, or developmental issues

Our Team

The service has

- 4 Paediatricians
- 1 Child Health Medical Officer
- 1 Registered Nurse
- 1 Psychologist
- 2 Administrative Officers

Referral Process

- [Referral form CPCHS](#)
- A referral is needed from a GP, Medical Specialist or Child Health Medical Officer
- The referral needs to be directed to one of the Community Paediatricians
- Dr Mary Burke, Dr Amanda Graham, Dr Hilary Holmes or Dr Katie Morgan
- The referral form can be completed and supporting additional information attached (e.g. reports) then faxed to the Community Health Intake (CHI) on: (02) 5124 1082 (operating hours between 8am and 5pm weekdays)
- SmartForms –a new online referral form- was piloted in August and implemented in September
- Referrals are considered by the Community Paediatric and Child Health Service (CPCHS) team at a weekly intake meeting. Priority is given to younger children and children with complex developmental needs
- The referrer and / or client will be advised of the outcome of the referral as soon as possible

Referral Process

The service is unable to accept referrals for:

- children currently seeing another paediatrician
- children with acute medical problems unrelated to development or behaviour

Community Paediatric and Child Health Service

Location of Service

- Child Development Service Building, 26 Weingarth St, cnr Weingarth Street and Blackwood Terrace, Holder-now known as The Holder Centre

Contact

For further information please contact:

- Community Health Intake (CHI) on (02) 5124 9977 between 830am and 5pm for appointments and location
- The CP&CHS Intake Team are available to discuss eligibility on (02) 6205 1464
- **Information** can be obtained through the ACT Government Health website- Women Youth and Children programs, as well as via Community HealthPathways

Behavioural Disorders



Behaviour Disorders

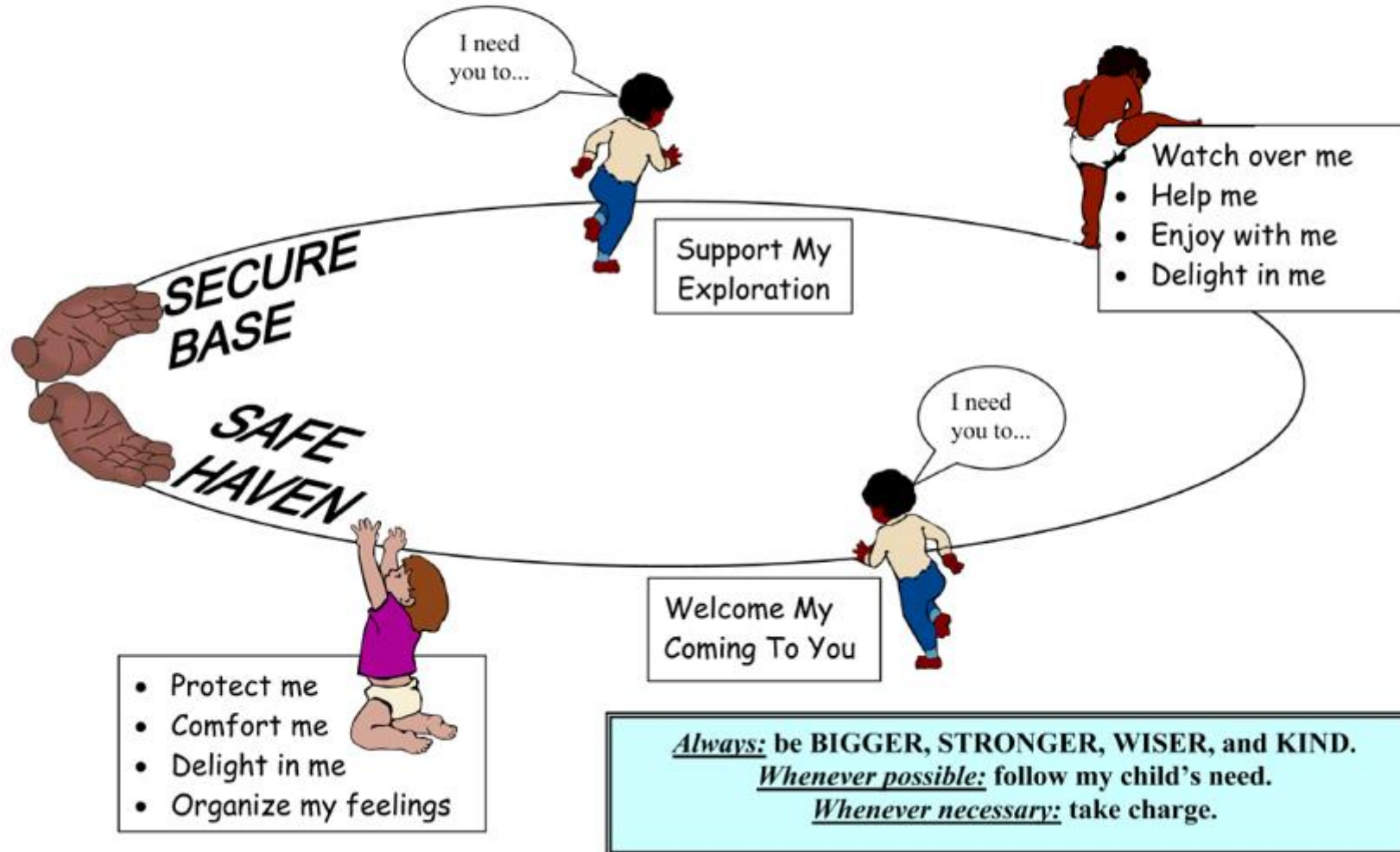
- It's normal for toddlers and young children to have tantrums and break rules while their social and emotional skills develop
- Don't assume children know what is expected of them

Management options

- Setting clear consistent rules
- Ignore minor misbehaviours
- Distraction
- Encouraging empathy
- Positive attention for positive behaviours e.g. praise, reward charts
- Effective proportional consequences for more serious behaviours e.g. time out but don't delay
- Avoid physical punishment like smacking, shouting or isolation as these can be harmful

CIRCLE OF SECURITY®

PARENT ATTENDING TO THE CHILD'S NEEDS



Behaviour disorders

- About 12% of Australian children aged 4 to 12 show externalising behaviours e.g hyperactivity, impulsivity, challenging behaviour like defiance, hurting others including biting and kicking, excessive anger if doesn't get own way and tantrums
- About 12% of Australian children aged 4 to 12 have internalising behaviours e.g. fearfulness, social withdrawal and somatic complaints
- Concerns distinguishing normal from abnormal arise as a result of the interaction between biological vulnerability and environmental stressors
- The term disorder should be used cautiously for children under 5 years-In children under 3 behavioural problems are highly likely to be due to relationship difficulties

Behaviour disorders

- Exposure to adversity has the potential to disrupt a child's development, their social and emotional wellbeing and their physical and mental health
- Adverse Childhood Experiences (ACES) are the single most unaddressed health problem-they can cause and co-exist with behaviour problems
- Understanding a person's life events is part of giving good care
- ACES survey to be added to the Kindy check in 2020-evidence suggests this may assist with prevention, early intervention and improved outcomes when managing behaviour disorders

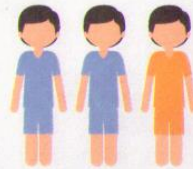


Emerging Minds.

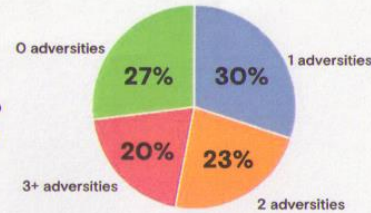
National
Workforce
Centre for Child
Mental Health

Prevalence:

Australian research suggests that two thirds of children will have experienced a potentially traumatic event by the time that they are 16 years of age.



Around 20% of children are likely to experience three or more adversities.



This level of exposure to adversity has the potential to disrupt the child's development, their social and emotional wellbeing, and their physical and mental health.



Trauma and Adversity:



Children can experience trauma and adversity from a range of difficult or stressful life experiences. If these experiences are overwhelming for the child (too frightening, too painful), they can lead to a traumatic response.



In many cases children will receive support and care from their family and community and will be able work through these experiences.



However, these experiences often impact the whole family, and caring relationships within the family can also be affected.

Types of Trauma:

Approximately 20% of Australian children will experience an incident of physical or sexual abuse, or child maltreatment at some stage during their childhood.



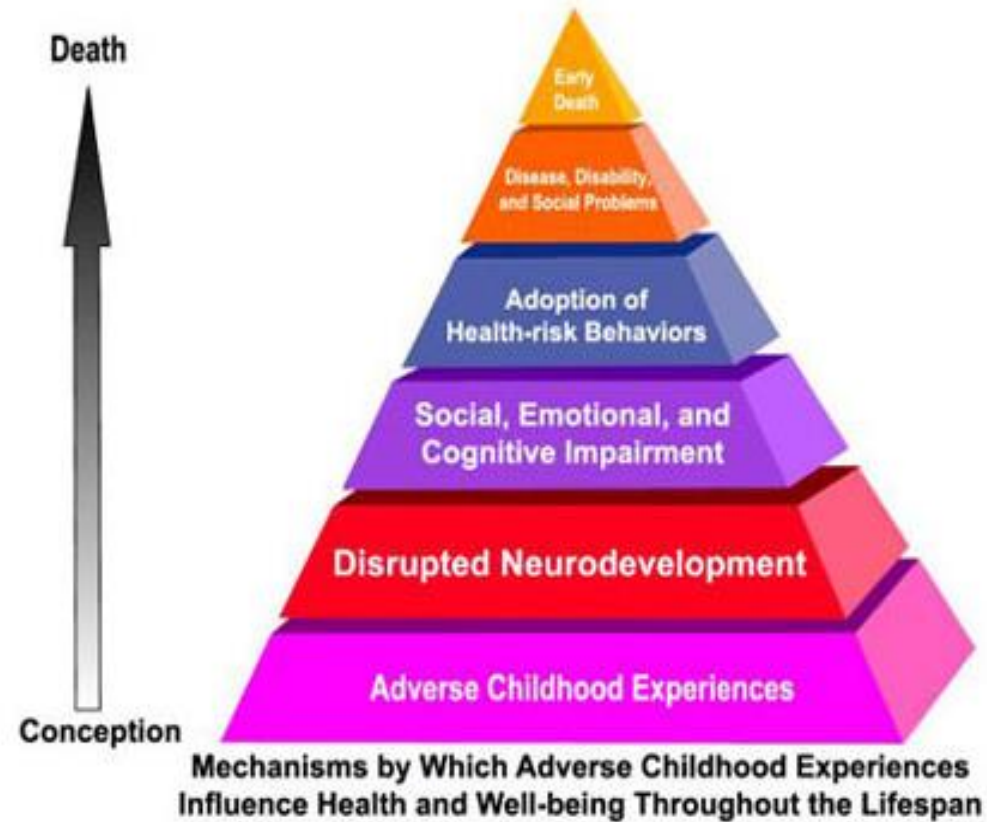
Around 5-6% of children are affected by natural disasters, such as bushfires, floods and storms.



Children who arrive in Australia from areas of conflict, war or similar traumatic environments may also be affected by the impact of trauma.



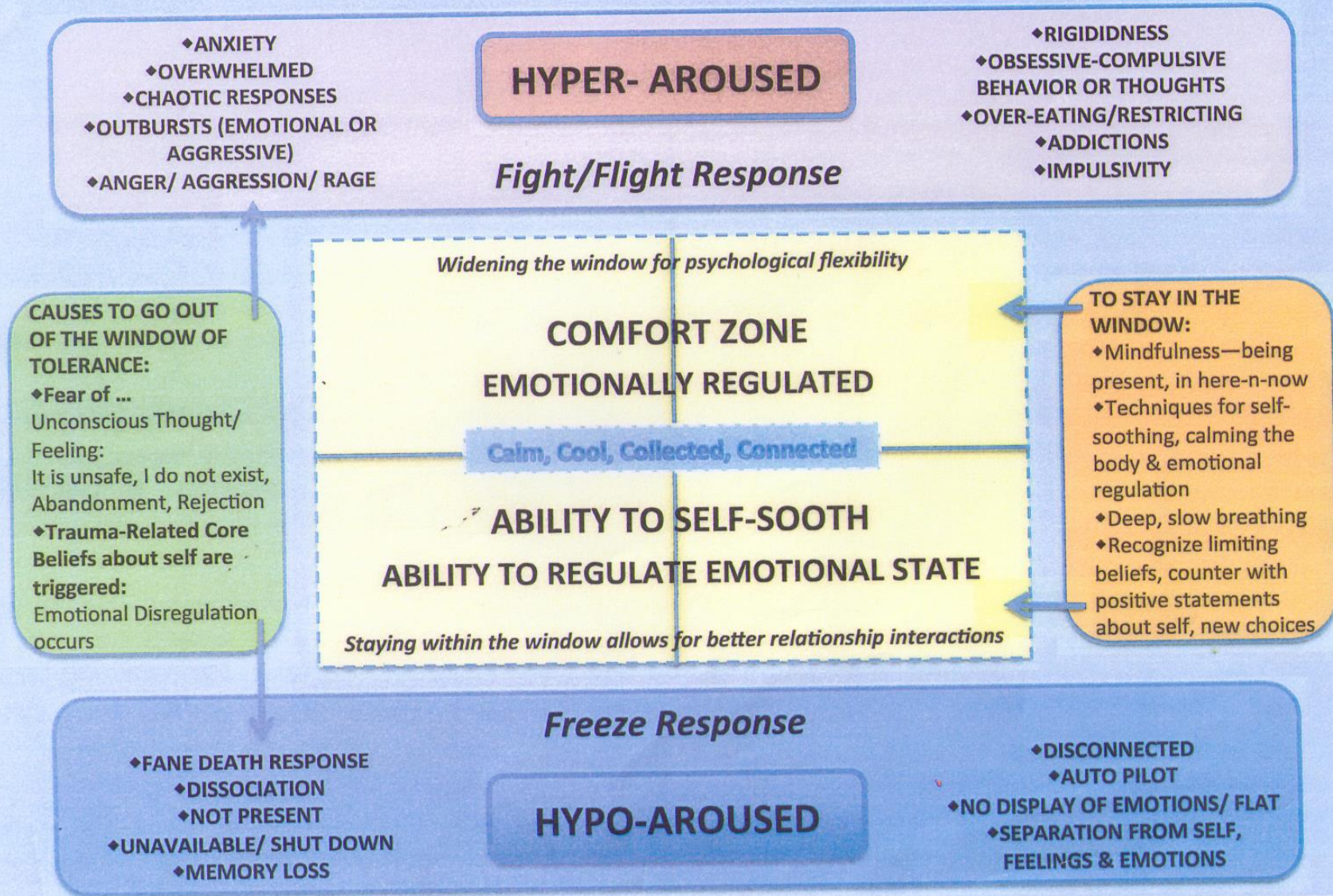
The Impact of ACE's



<http://www.americasangel.org/research/adverse-childhood-experiences-ace-study/>

WINDOW OF TOLERANCE- TRAUMA/ANXIETY RELATED RESPONSES:

Widening the Comfort Zone for Increased Flexibility



Adverse Childhood Experience (ACE) Questionnaire

Finding your ACE Score ra hbr 10 24 06

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household **often** ...
Swear at you, insult you, put you down, or humiliate you?
or
Act in a way that made you afraid that you might be physically hurt?
Yes No If yes enter 1 _____
2. Did a parent or other adult in the household **often** ...
Push, grab, slap, or throw something at you?
or
Ever hit you so hard that you had marks or were injured?
Yes No If yes enter 1 _____
3. Did an adult or person at least 5 years older than you **ever**...
Touch or fondle you or have you touch their body in a sexual way?
or
Try to or actually have oral, anal, or vaginal sex with you?
Yes No If yes enter 1 _____
4. Did you **often** feel that ...
No one in your family loved you or thought you were important or special?
or
Your family didn't look out for each other, feel close to each other, or support each other?
Yes No If yes enter 1 _____
5. Did you **often** feel that ...
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
or
Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
Yes No If yes enter 1 _____
6. Were your parents **ever** separated or divorced?
Yes No If yes enter 1 _____
7. Was your mother or stepmother:
Often pushed, grabbed, slapped, or had something thrown at her?
or
Sometimes or often kicked, bitten, hit with a fist, or hit with something hard?
or
Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
Yes No If yes enter 1 _____
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
Yes No If yes enter 1 _____
9. Was a household member depressed or mentally ill or did a household member attempt suicide?
Yes No If yes enter 1 _____
10. Did a household member go to prison?
Yes No If yes enter 1 _____

Now add up your "Yes" answers: _____ This is your ACE Score

‘Let’s raise children who don’t have to
recover from their childhoods’

(Pam Leo)



Support organisations and information

- Capital Health Network Health Pathways
(link <https://actsnsw.healthpathways.org.au/>
password-together user name-for health
- Raising Children Network-Australian parenting website
- Child and Family Centres
- Child Development Service
- Primary health care workers-MACH nurses, GPs, speech therapists, occupational therapists, psychologists, teachers, social workers
- Emerging Minds- National Workforce Centre for Child Mental Health – emergingminds.com.au
- Kids Health Info app available on the App Store and android app on Google play-The Royal Children's Hospital Melbourne
- Marymead Autism Centre
- National Disability Insurance Scheme
- Carer's allowance

Useful Contacts

Emergency contacts-24 hour services

- Emergency: 000
- Mental Health ACT Triage-Crisis Assessment:
- 1800 629 354
- Mental Health Service (Queanbeyan):
- (02) 6128 9900
- Domestic Violence Crisis Line: (02) 6280 0900
- Lifeline: 13 11 14

Useful Contacts

Child Protection (reporting)

- Child and Youth Protection Services (where child in the ACT)

General Public 1300 556 729

Mandated reporters 1300 556 728

- Child Abuse Prevention Service-Mon to Fri 9am-5pm: 1800 688 009
- NSW Department of Family & Community (where the child is in NSW) 24 hours :13 21 11

Useful Contacts

- Child and Family Centres ACT (Mon-Fri: 9am-5pm)
Gungahlin 6207 0120, Tuggeranong 6207 8228, West Belconnen 6205 2904
- ACT Child Development Service (Mon-Fri: 9am-5pm)
(02) 6205 1277
- Child at Risk Health Unit (Mon-Fri: 8.30am-5pm) (02 6244 2712)
- Children's Services program 6207 1103
- Childcare Access Hotline (Mon-Fri: 8am-9pm)
1800 670 305
- Community Health Intake (Mon-Fri: 8am-5pm)
6207 9977 MACH nurses, Women, Youth & Children programs
- OneLink 1800 176 468
- Parentline ACT 6287 3833
- 1800 RESPECT 1800 737 732

Self Care

“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk on water without getting wet”

(Dr Rachel Remen)

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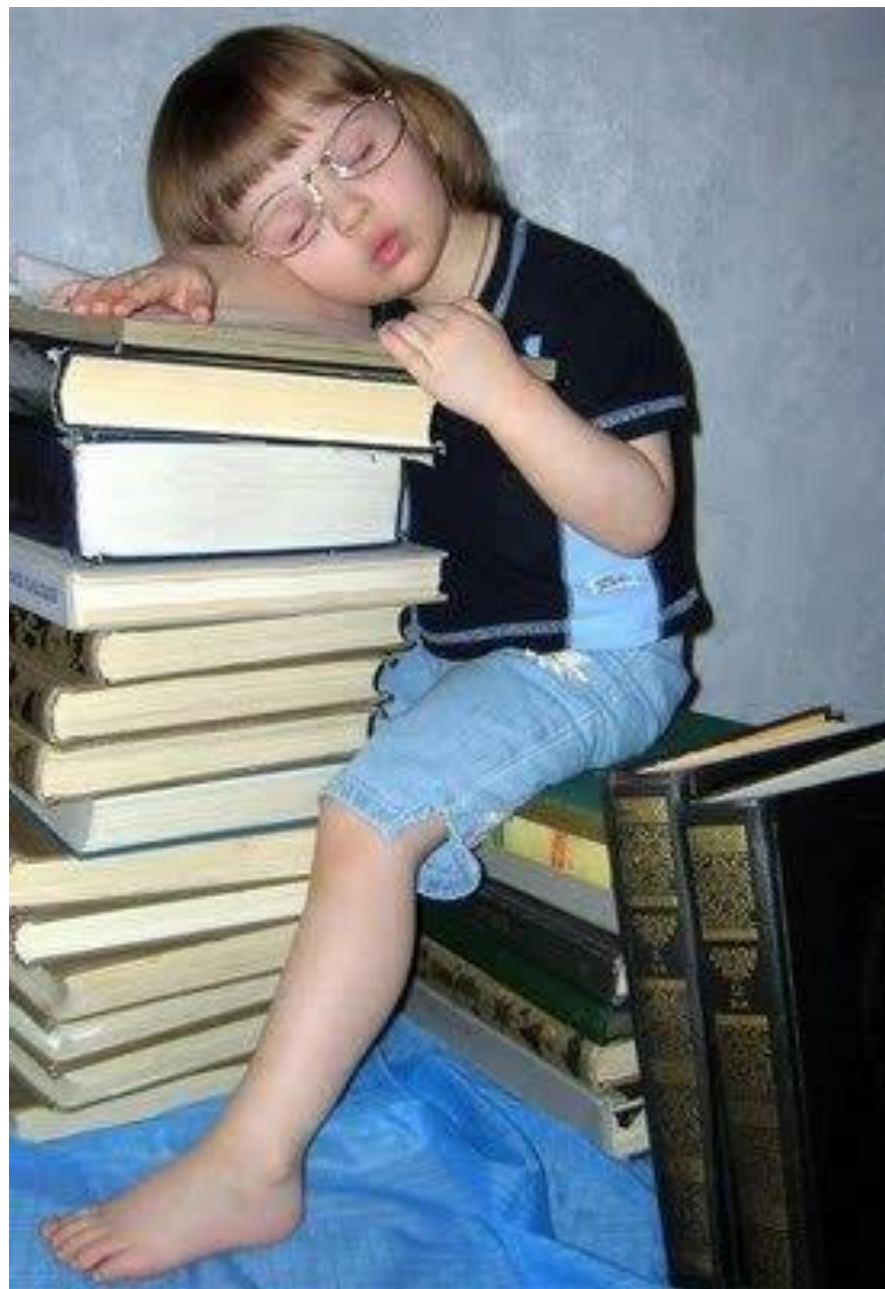
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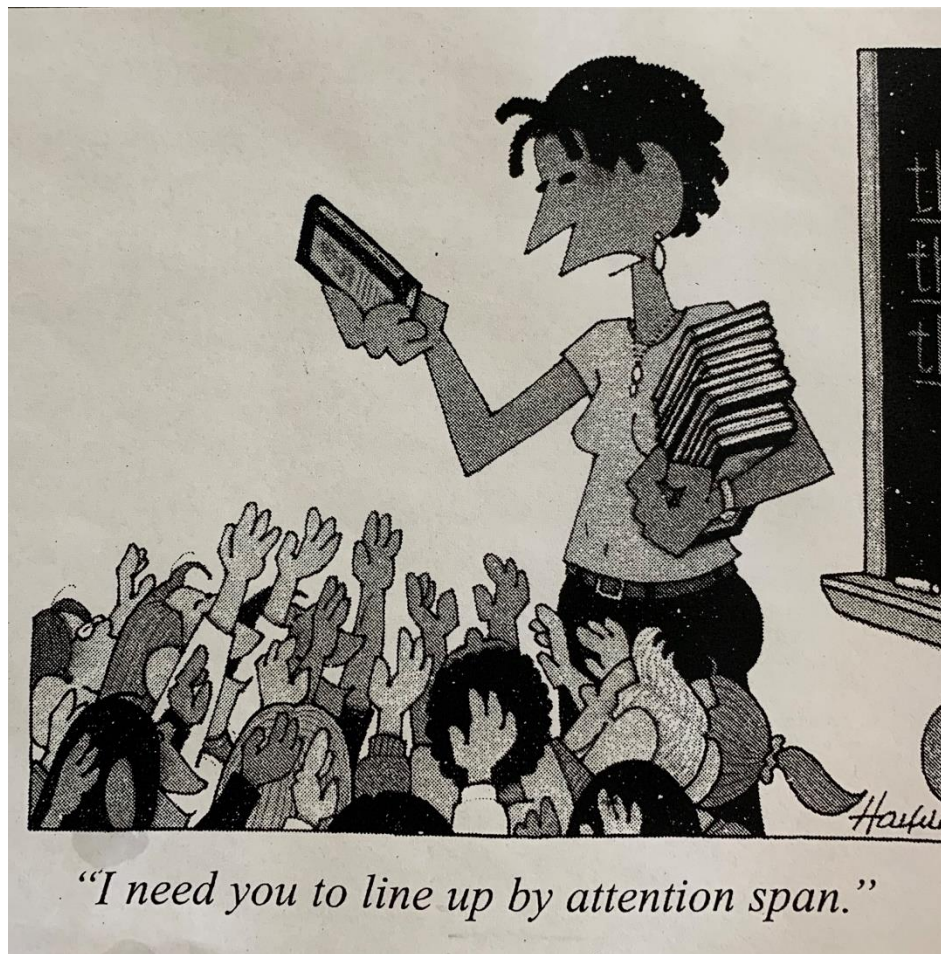
years

Stretch.....





Any Questions?



"I need you to line up by attention span."

References

- Capital Health Network Health Pathways
Link <https://actsnsw.healthpathways.org.au/>
- Afp (Australian Family Physician) Child Development Sept 2011 Vol 40 No 9 p678-681
- Kids Health Info –The Royal Children's Hospital Melbourne-
RCH.org.au
- Emerging Minds-National Workforce Centre for Child Mental
Health-emerging minds.com.au
- www.health.act.gov.au
- www.communityservices.gov.au