



Children's Mental Health Content: Implementing Mental Health into the LEND Curriculum

Harriet Marie Chapin, MS, CPNP, Child Development Clinic; Children's Hospital of Richmond at VCU

Elaine Ogburn, Family Mentorship Specialist, Va-LEND; Tracy White, MA, BSN, RN, Training Director, Va-LEND; Shannon Haworth, MA, Parent and Former Va-LEND Faculty

Rationale and Scope of the Problem

This poster will provide an overview of mental health needs faced by children with disabilities and their families and the process, strategies and outcomes of providing mental health content in the LEND curriculum.

Children with disabilities often have co-occurring mental health conditions. Families also face mental health challenges which impact their ability to provide ongoing care for their children.

Background Information on Mental Health

Mental Health Surveillance Among Children 2005-2011- CDC

Children 3-17	Adolescents 12-17
ADHD 6.8%	Illicit Drug use 4.7%
Behavior/Conduct 3.5%	Alcohol use disorder in last year 4.2%
Anxiety 3.0%	Cigarette Dependence in last month 2.8%
Depression 2.1 %	
Autism 1.1%	
Tourette's 0.2%	

Mental Health Facts National Alliance on Mental Illness (NAMI)

20% of Youth 13-18 live with a MH condition
 11% of Youth have mood disorder
 10% of Youth have behavior or conduct disorder
 8 % of Youth live with anxiety disorder

50% of lifetime cases of MH have onset by age 14
 8-10 Years is average delay between onset of symptoms and treatment
 Mental Health conditions are 3rd leading cause of death in youth 10-24

Mental Health Challenges of Families

Personal Mental Health
 Reactions from Society
 Feelings of Isolation
 Concerns over Future Care Giving
 Finances
 Feelings of Grief
 Family Stress

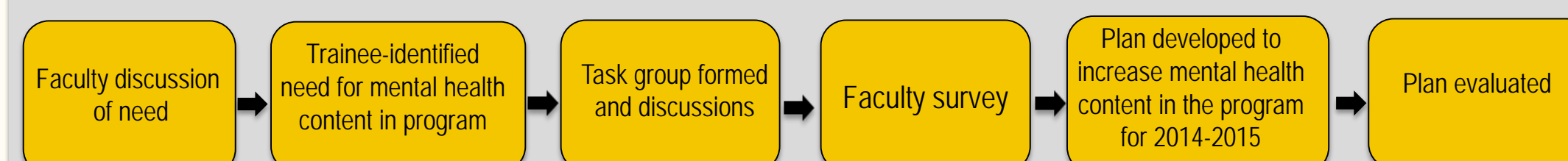
The Eight Dimensions of Wellness

The Eight Dimensions of Wellness



Virginia Department of Behavioral Health & Developmental Services

Establishing Need for Mental Health Content in Curriculum

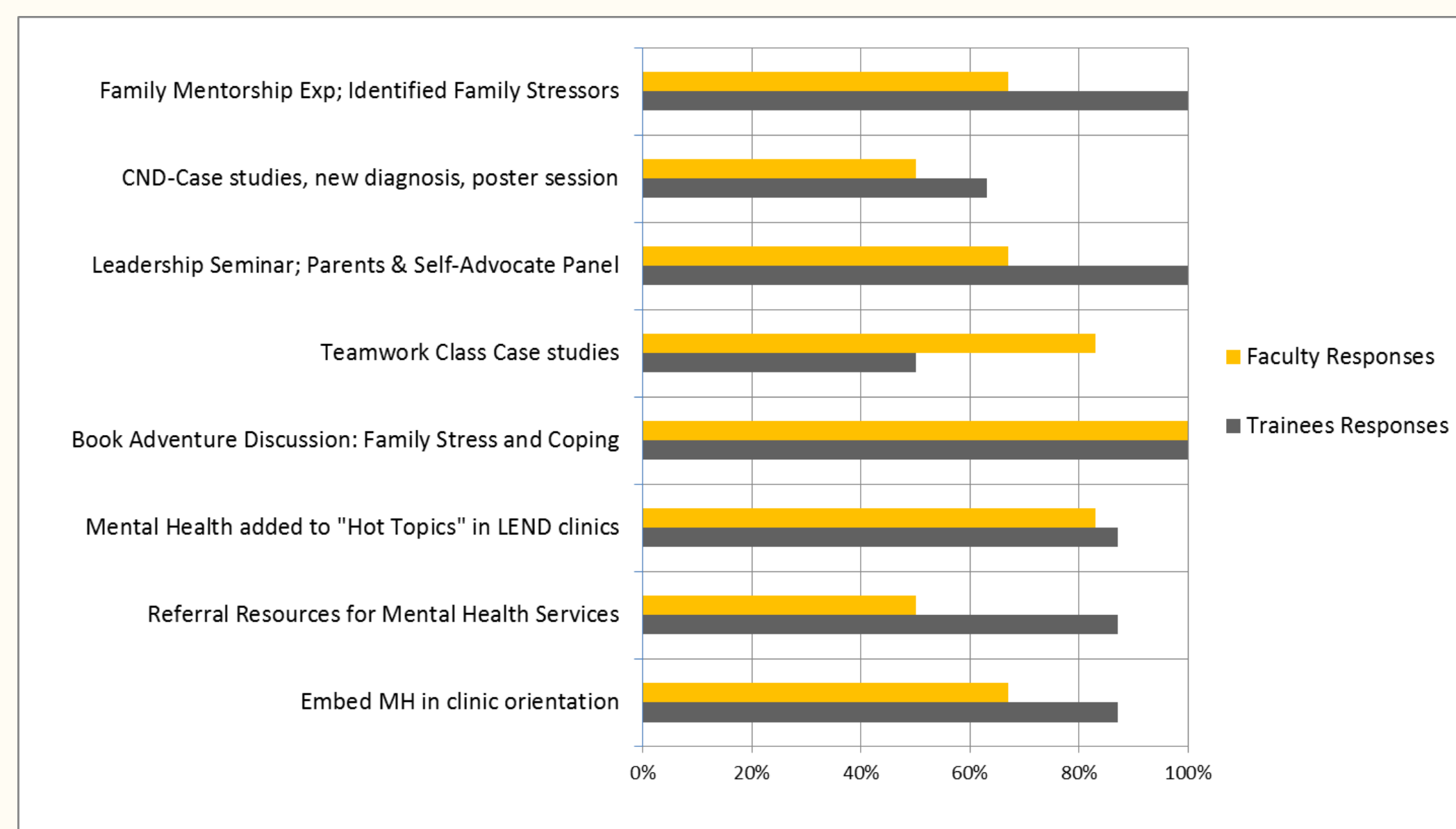


VA-LEND Strategies for Incorporating Mental Health in the Curriculum

- Clinic Orientation – included background on mental health
- Referral Resources for Mental Health Services provided to trainees
- Hot Topics at Clinic – included mental health topics
- Book Adventure – included reflective question on family stress and coping
- Cases in Teamwork course – incorporated MH issues
- Leadership Seminars – included self-advocate panel and self-care
- Childhood Neurodevelopmental Disabilities Course – MH content included in cases, new diagnoses, & some trainee posters
- Family Mentorship Experience – included focus on mental health
- VA-LEND Mobile App – included MH Resources

Evaluation

Survey Rating Effectiveness of Mental Health Content Embedded in the following areas (note: survey responses noted were rated as effective or very effective):



Conclusions

Students and faculty supported the focus on mental health in the curriculum. These strategies will continue to be incorporated in VA-LEND in future years. Incorporating content on mental health and the impact of mental health on children and families will benefit students in LEND programs and hopefully in their future practice beyond LEND.

Resources/Websites

See handout or QR Code.



School of Education | Partnership for People with Disabilities