

# ADDRESSING MENTAL HEALTH CHALLENGES IN THE AYA POPULATION (PART 1): STRATEGIES THAT BELONG IN EVERY CLINICIAN'S TOOLKIT

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PSYCHIATRIC  
HELP 5¢



THE DOCTOR  
IS **IN**

FRIENDLY  
ADVICE 2¢



THE ADVISER  
IS **IN**

## WHO WERE LUCY'S 2 BROTHERS?

- a) Linus and Schroeder
- b) Linus and Rerun
- c) Linus and Franklin
- d) Linus and Shermy



# OBJECTIVES

REVIEW MENTAL CHALLENGES

IDENTIFY KEY AREAS

PROVIDE STRATEGIES / TOOLS





## IMPACT OF DIAGNOSIS & TREATMENT

- 1) PROCESSING THE NEWS
- 2) PHYSICAL CHANGES
- 3) RELATIONSHIPS
- 4) EDUCATION & EMPLOYMENT
- 5) FUTURE



# Depression

MOOD DISORDER

PERSISTENT FEELING SADNESS AND LOSS  
OF INTEREST

AFFECTS HOW ONE FEELS, THINKS,  
BEHAVES

CAN LEAD TO A VARIETY OF EMOTIONAL  
AND PHYSICAL PROBLEMS



# Depression Symptoms

sadness

irritability

feeling negative and  
worthless

anger

poor performance or poor  
attendance at school/work

(MAYO Clinic 1998-2019)



# Depression Symptoms

feeling misunderstood and extremely sensitive, using drugs or alcohol, eating or sleeping too little or much, self-harm, loss of interest in normal activities, and avoidance of social interaction.

(MAYO Clinic 1998-2019)





# Anxiety

## GOOD ANXIETY

Body's reaction to stress

Innate

Protects us from danger

## BAD ANXIETY

causes significant distress

reduces ability to function



# Anxiety Symptoms

Generalized anxiety

Phobias

Separation anxiety

Obsessive Compulsive

Panic attacks

Post-traumatic stress



# TRAUMA

Overwhelming stress beyond ability to cope

Single incident or repeated experiences

Severity

Range of Reactions



# TRAUMA

## Manifestations

Anxiety

Depression

Anger

Re-experiencing

Nightmares

Insomnia



# TRAUMA

## Impact

Sense of safety

Identity

Regulate emotions

Relationships





**TODD**

**TALK**

# Core Principles

No previous experience  
Requires time to process  
Each AYA is unique  
Traumatic being diagnosed  
More likely to experience MH  
issues



## Goals for AYA patients

Be as healthy as they can possibly be

Be as happy as as they can possibly be

Prevent or mitigate any negative long-term impacts



HAVE YOU BEEN  
TRAINED IN TRAUMA  
INFORMED CARE?

A) YES

B) NO



# TRAUMA INFORMED CARE

“Trauma-informed care is a strengths based framework that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment.” (Hopper, Bassuk, & Olivet, 2010)





## TRAUMA INFORMED CARE

Changing the fundamental  
question from  
“What’s wrong with you?”  
to  
“What happened to you?”  
“What’s happening to you?”



# 5 Principles of Trauma- Informed Care

SAFETY  
CHOICE  
COLLABORATION  
TRUSTWORTHINESS  
EMPOWERMENT



*I've learned that people  
will forget what you said,  
people will forget what you  
did, but people will never  
forget how you made them  
feel.*

*Maya Angelou*





AVOID  
TRAUMATIZING OR  
RE-TRAUMATIZING



*“Be kind whenever  
possible.  
It is always possible.”  
Dalia Lama*







SAFETY



And, because it's October,  
you have the choice of a regular  
colonoscopy or pumpkin spice!





CHOICE



*“Our prime purpose in  
this life is to help others.  
And if you can’t help  
them, at least don’t hurt  
them.”*

*Dalia Lama*







BE  
TRUSTWORTHY





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<http://www.thecomicstrips.com/subject/The-Collaboration-Comic-Strips.php>





COLLABORATE



*“I don't really get nervous  
that much, or if I do, only I  
know. It's all inside me. I  
am good at hiding  
everything.”*

*Billie Eilish*





ON THEIR  
TERMS









EMPOWER



*“Know the rules well, so  
you can break them  
effectively”  
Dalai Lama*







HUMOUR







GIFT OF GAB

*“Speak only if it  
improves upon the  
silence”  
Mahatma Gandhi*







SHHH,  
QUIET PLEASE



*“Seize the time... Live now! Make now always the most precious time. Now will never come again.”*

*Jean-Luc Picard*

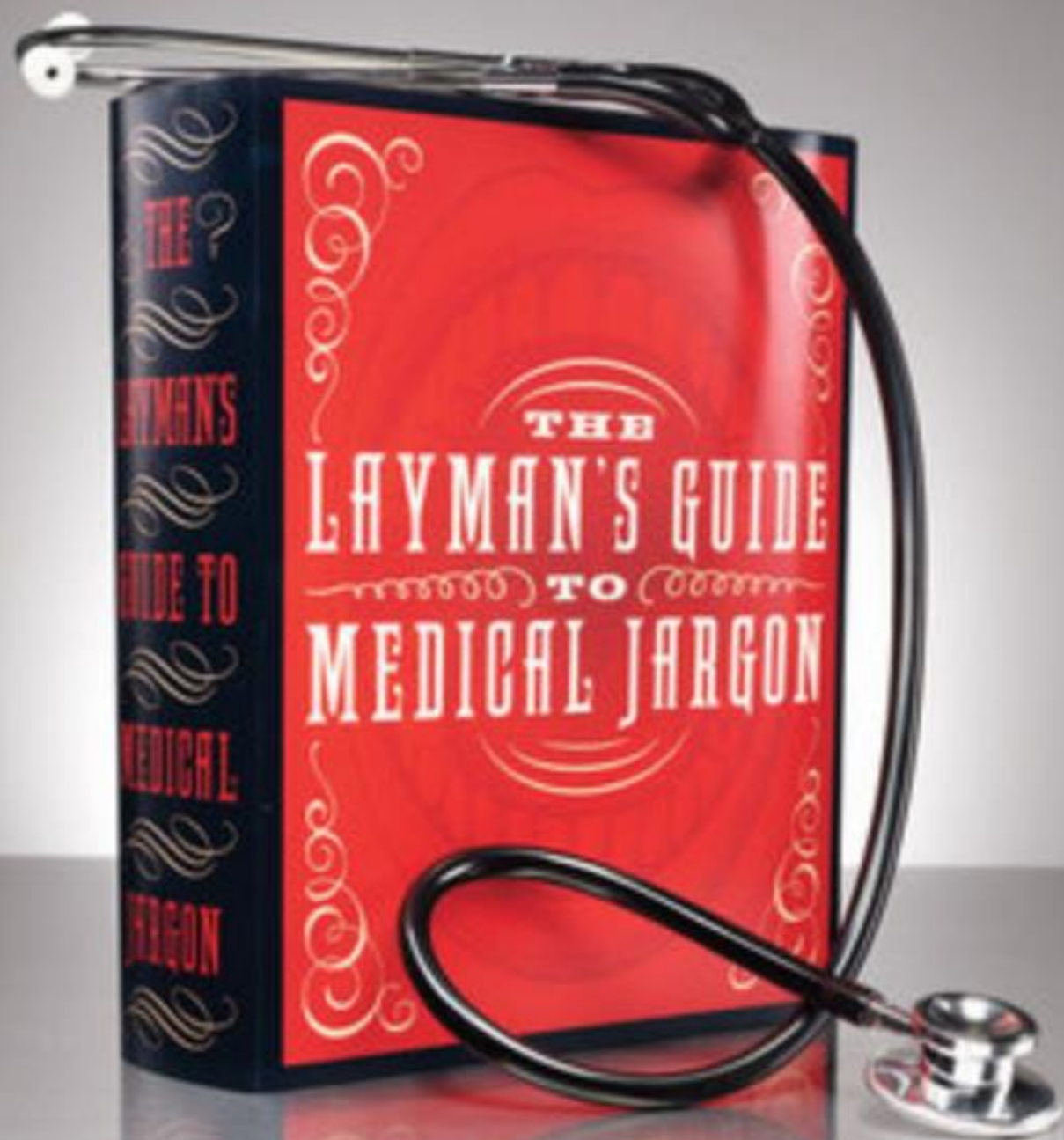


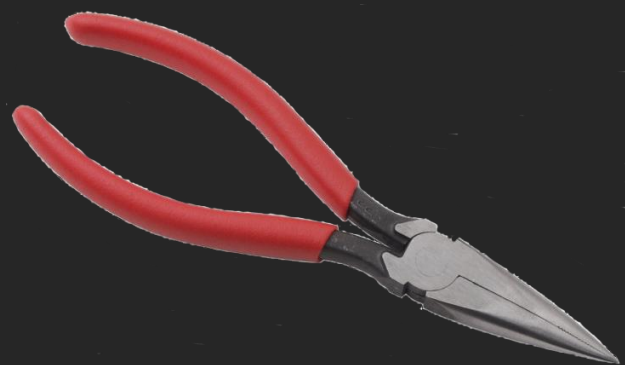




CARPE  
DIEM







KISS



*“You’ve always had the power  
my dear, you just had to learn  
it for yourself.”*

*Glinda,  
The Good Witch*





obrigado

Dank U

Merci

mahalo

Köszí

спасибо

Grazie

Thank  
you

mauruuru

Takk

Gracias

Dziękuję

Děkuju

danke

Kiitos