

Pediatric Psychiatry in the Primary Care Setting ECHO®

Session 3 Notes and Resource Sheet

July 6, 2022



DIDACTIC PRESENTATION

“Anxiety in Children and Adolescents”
Joshua Newman, MD

[Recording](#)

[Presentation Slides](#)

CASE SUMMARY

In summary, this is the case of a 15-year-old male diagnosed with ADHD in late elementary school who is experiencing increased agitation, emotional lability, escalating conflicts with mom, fights at school, and increased grief resulting in a significant emotional breakdown at school surrounding the loss of his father 5 years ago.

He has a caring mother and sister, who both also have anxiety and depression, as well as a supportive social structure of school friends. He openly admits to enjoying the adrenaline rush of fighting at school, and although there had been resistance to counselling in the past, he has now completed 3 sessions.

He began trials of ADHD meds last year including Vyvanse and Adderall, which have recently been changed to 36mg of Concerta.

CLARIFYING QUESTIONS

Is pt using marijuana?	Yes, he is self-medicating with marijuana
Has he always had poor grades?	No, he has had good grades up until recently
Is the pt seeing a counselor?	Pt has been working regularly with the school guidance counsellor and is willing to reconnect with the Center for Grieving Children.
Does the pt have support at school with peers?	He's a social kid, well connected with peer group and girlfriend. He doesn't open up with friends but will to mom and girlfriend. Mom reports that their relationship has been up and down lately. He has been getting into more fights at school, reports that he likes the feeling.
Is the fighting coming in waves or more consistent?	It's been intermittent rather than baseline. He has feelings of being "explosive" and he may hurt someone. He says it scares him.
How are his sleep patterns?	Typical teen- stays up late but still gets up for school. No difficulty sleeping.
When was the last physical?	Oct 2021. Case info is also based on April apt. for med change.
Did he and dad have any significant plans for when he reached this age (15/16)?	Not that the doc knows of but worth asking. Although he just recently learned of dad's bipolar dx
How long has the dr been treating the pt?	Since he was 5
Were mom and dad together at the time of dad's death?	They were separated.
Is pt aware of dad's drug use?	Yes
How much has his grief been addressed?	Did some grief counseling, seemed fine at the time, but now has articulated that he is grieving again

KEY CLINICAL RECOMMENDATIONS

- **Treat anxiety with meds along with counseling**
 - Symptoms most likely grief/ depression rather than bipolar or ODD
 - ODD would have presented earlier
 - Response to meds can inform further dx of mood disorder
- **Med suggestions**
 - Start low with SSRI
 - 25 mg Setraline
 - Alpha II might be moderately beneficial for impulsivity but won't do anything for emerging mood disorders
- **May need to re-evaluate stimulants to see if it's making irritability and impulse control worse**

Please note: Reach out for a consult through the MPBHP access line: 1-833-672-4711.

KEY RESOURCES

Understand how grief is impacting behavior

- Refer back to Center for Grieving Children: <https://www.cgcmaine.org/>
- Preference for a male counselor
 - Christine Linnehan, LCPC, works with CGC and may have ideas regarding males and grief. 207-883-7706

Look into family therapy

Look into community programs

- Big Brothers/ Big Sisters: <https://www.somebiggs.org/>
- Boys & Girls Club: <https://www.bgcmaine.org/>
- Boys to Men program <https://maineboystomen.org/youth-programs/>
- Connect with a coach or upperclassman

PLEASE NOTE: The recommendations in this document rely on the information provided during the relevant Project ECHO case consultation. Recommendations are provided to assist case presenters make decisions and may not be appropriate in all cases. Project ECHO® case consultations do not create or otherwise establish a provider-patient relationship between any MPBHP clinician and any patient whose case is being presented in a Project ECHO setting.