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DIDACTIC PRESENTATION

Bipolar Disorder and ADHD

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[Recording](#)

[Presentation Slides](#)

CASE SUMMARY

It is the case of a 17yo that has been expelled from high school. He has a diagnosis of depressive disorder, difficulty controlling anger, anxiety, and ADHD. Disruptive mood disorder and oppositional defiance disorder were not ruled out.

KEY QUESTION(S)

How to move forward with medications; recommendations and resources for further care?

CLARIFYING QUESTIONS

<p>How motivated is he to change?</p>	<p><i>Not very much at all. Provider has tried to work with the parents to create a schedule for him, but they are reluctant to approach him or to disrupt the peace in the house, but they do understand the importance of the situation.</i></p>
<p>Does he have relationships? Does he play sports? Is there an activity he is involved in or interested in?</p>	<p><i>He does have a girlfriend and he lives for that relationship. He is interested in video games and he loves music, but he isn't doing anything with his music right now.</i></p>
<p>What resources do the parents have? Case management? HCT? MST?</p>	<p><i>The family has a few resources. They have private insurance with a large deductible. How can I help this family?</i></p>
<p>Does he know the potency of the marijuana he is using?</p>	<p><i>No. He is seeing a Psych provider now for medication, but his previous provider did send the message that he cannot use marijuana and take medications at the same time. He is reluctant to stop.</i></p>
<p>Are they being protective of the other sibling? Is there a history of psychiatric illness in the family?</p>	<p><i>Yes, the parents do try to keep home a peaceful place. There is a younger sibling that is in therapy. Unknown family psychiatric history.</i></p>
<p>Aces? Is there a trauma? Why do the parents feel they cannot put their foot down?</p>	<p><i>The mother states she he did not connect well with other children when he was younger, kind of a loner. She was surprised by the most recent Psych eval, when there was no autism diagnosis. He has been a challenging child from an early age, and the family dynamics have always been that they do not want to control him or interrupt, sort of a free-range parenting style.</i></p>

KEY RECOMMENDATIONS: Treatment / Therapy

- Connect with Psychiatry again, but do not emphasize the marijuana use, rather work on building a rapport. The previous provider introduced an ultimatum which did not seem to work for him.
- Approach him with the questions he may not be able to articulate around his marijuana use like, “Do you have questions about stopping using marijuana?” and “What might make you feel better?”
- Consider targeting his anxiety if he believes the marijuana is working don’t focus on that.
- Consider a referral for Multisystemic Therapy ([MST](#))
 - Kennebec Behavioral Health serves Hancock County <https://www.kbhmaine.org/>
 - Consider a referral for Children’s Home and Community Based Treatment ([HCT](#))
- Recommend Collaborative Problem Solving (CPS)
 - Dr. Ross Greene <https://www.cpsconnection.com/ross-greene>
 - <https://livesinthebalance.org/>
- Consider he may be developing a narcissistic personality disorder.
 - Best treatment for this is therapy.
- Consider referring for a Neuropsych evaluation.

KEY RECOMMENDATIONS: Parents / Family

- Establish a family counseling session.
 - The Counseling Collaborative <https://www.tccmaine.com/>
- Parents need their own support to decrease the “overwhelm,” restore family relationships and align roles.
 - GEAR <https://gearparentnetwork.org/>
 - Maine Parent Federation <https://www.mpf.org/>
 - NAMI <https://www.namimaine.org/>
- Encourage parents to set loving limits. The teen is ruling the house, which is not good for anyone. He believes he is too important and needs guidance.
- Connect the family with their local mobile crisis in case he escalates.
 - Maine Crisis Line 1-888-568-1112
- At the age of 17.5 he can apply for MaineCare services on his own.

KEY RECOMMENDATIONS: Youth

- Get him back to school or in a program that can fill his day to be with other people and give the family some respite.
 - Maine Adult Education <https://www.maine.gov/doe/learning/adulted>
 - Consider a [Maine Diploma](#)
 - Wayfinder Schools <https://www.wayfinderschools.org/>
- Since he is interested in restorative justice, perhaps there is a religious or faith leader in the community he can connect with to help him and his family heal and do some work with the community.
 - Restorative Justice Project: <http://downeastrestorativejustice.org/>
- Reconnect to positive interests.
 - Music Therapy <https://www.mdihospital.org/service-at-mdi-hospital/music-therapy/>

You may always reach out for a consult through the MPBHP access line 1-833-672-4711.