

Brief Review of Childhood Disorders



Department of Mental Health

County of Los Angeles

Mental Health Promoters

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Categories

Neuro-Developmental Disorders

- Learning Disabilities
- Intellectual Disability
- Autism
- Attention Deficit Hyperactivity Disorder (ADHD)

Anxiety Disorders

- Separation Anxiety
- Generalized Anxiety
- Panic Disorders

Depressive Disorders

- Severe Depression
- Depression
 - Persistent (Dysthymia)

Other Disorders

- Bipolar Disorder
- Post-Traumatic Stress Disorder
- Oppositional Defiant Disorder
- Conduct Disorder

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Anxiety Disorders in Children

- **Anxiety is a common and normal emotion we feel when faced with a stressful situation.**
- **An Anxiety Disorder is when the feeling of anxiety persists for some time, together with other physiological symptoms that interfere with the functions of daily life develop.**

兒童焦慮症

- **焦慮是當我們面對壓力時所感受到的一種常見而且正常的情緒反應。**
- **焦慮症指的是當焦慮感持續一段時間，並且出現干擾日常生活功能的生理狀態。**

Separation Anxiety Disorder

This disorder occurs when these feelings and behaviors are evident and inappropriate for the development stage (from four years of age and above.) Typically the behaviors are accompanied by anxiety and changes in routine functioning.



分離焦慮症

當兒童明顯出現分離焦慮的感受和行為，並且這些感受和行位不符合發育階段時(四歲以上的兒童)，這時就會出現分離焦慮症。通常這些行為會伴隨著焦慮和日常功能的改變。



Warning Signs of Separation Anxiety Disorders

If you see the following signs and your intervention seems not to be enough, make an appointment with a professional.

- Clinginess and tantrums inappropriate for their age.
- Constant complaints of physical illnesses.
- Withdrawal from friends or family.
- Refusing to go to school for weeks.
- Intense preoccupation with guilt and fear.
- Excessive fear of leaving the house.

分離焦慮症的警告信號



如果你看到以下跡象並且您的干預或方法似乎不夠時，請尋求心理健康專業人士協助。

- 不適合他們(兒童)年齡的黏人和發脾氣。
- 不斷的抱怨身體有病
- 遠離朋友或家人
- 拒絕上課達數週以上
- 強烈的內疚和恐懼
- 過度害怕離開家

Generalized Anxiety Disorder

- It is characterized by anxiety and excessive worry lasting at least 6 months.
- Anxiety in children can be intense and persistent and interfere with activities or daily routines, such as refusal to attend school, inability to make friends or having sleep problems.

一般性(廣泛性)焦慮症

Generalized Anxiety Disorder

- 廣泛性焦慮症，它的特性是感受到焦慮和過度擔憂至少持續六個月以上。
- 兒童感受到焦慮有可能是強烈而持久的，並且會干擾到活動或日常生活，例如：拒絕上學、無法交朋友或有睡眠問題。

Warning Signs of Generalized Anxiety Disorder

Include one or several of the following symptoms:

- > **Fatigue**
- > **Difficulty concentrating**
- > **Irritability**
- > **Impatience (tense, ca not relax)**
- > **Muscle tension (tense, muscle aches, jittery)**
- > **Sleep problems (difficulty falling asleep, sleep disruption)**



**Sometimes the above are accompanied by somatic symptoms such as sweating, cramping in hands / feet, rapid heart rate, dizziness, stomach pain, diarrhea etc.*

廣泛性焦慮症的警告信號

包括以下一項或多項症狀：

- > 疲勞
- > 難以集中注意力
- > 易怒
- > 沒耐心(緊張、無法放鬆)
- > 肌肉緊張(緊張、肌肉痠痛、緊張不安)



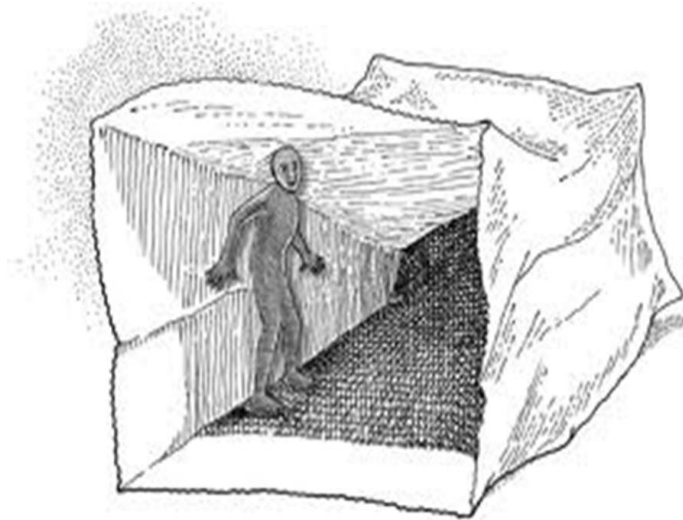
jittery

- > 睡眠問題 (難以入睡、睡眠中斷)

*上述情況有時會伴隨身體狀況，如出汗、手腳抽筋、心跳加快、頭暈、胃痛和腹瀉等。

Panic Disorder

This disorder is characterized by recurrent and unexpected attacks of panic. An attack is followed by at least a month of constant worry about future panic attacks.



恐慌症 Panic Disorder

這種症狀的特點是反復發作和意想不到的恐慌發作。發作之後至少持續一個月，擔心未來的驚恐發作。



Warning Signs of Panic Attacks

- Sweats or chills
- Chest pain or discomfort
- Nausea or stomach pain
- Feeling dizzy or faint
- Feeling short of breath or smothering
- Palpitations or rapid heartbeat
- Numbness
- Fear of dying



恐慌症發作的警告信號

Warning Signs of Panic Attacks

- 出汗或發冷
- 胸痛或不適
- 噁心或胃痛
- 感到頭暈或昏厥
- 感覺氣短或窒息
- 心悸或心跳加快
- 麻木
- 害怕死亡



Treatment

- Psychotherapy
- Stress reduction/ relaxation techniques
- Medication
- Family involvement and support groups

治療 Treatment

- 心理治療
- 減壓/放鬆技巧
- 藥物
- 家庭參與和支持團體

Depressive Disorders

**Depressive Disorders affect
our mood, body and
thoughts; Interfering and
affecting our daily lives**

抑鬱症 Depressive Disorders

抑鬱症會影響我們的情緒、身體和思想；還會干擾和影響我們的生活。

Severe Depression

The depressed child may: pretend to be sick, refuse to go to school, play less or not at all, express wishes to remain with a parent or be afraid that a parent will die.

The adolescent may: be irritable, show decreased school performance, present defiant behaviors or be irritable. Sometimes they may use illegal substances or have suicidal behavior .

嚴重的憂鬱症 Severe Depression

抑鬱的孩子可能會： 假裝生病、拒絕上學、少玩或根本不想玩、表達希望留在父母身邊或害怕父母會死。

青少年可能： 易怒、表現出學習成績下降、挑釁行為或易怒。有時他們可能會使用非法物質或有自殺行為。

Warning Signs of Severe Depression

1. Sadness and loneliness
2. Lack of interest in favorite activities
3. Changes in appetite
4. Changes in sleep patterns
5. Slow movements
6. Anxiety
7. Fatigue and low energy
8. Feelings of guilt and helplessness
9. Problems with memory and concentration
10. Ideas of death and suicide



嚴重憂鬱症的警告信號

1. 悲傷和孤獨
2. 對喜歡的活動缺乏興趣
3. 食慾變化
4. 睡眠習慣的改變
5. 慢動作
6. 焦慮
7. 疲勞和低能量
8. 內疚和無助感
9. 記憶力和注意力問題
10. 死亡和自殺的想法



Important Information

1. Be sure to complete a thorough assessment evaluating the child in his environments, both home and at school as well as including family and medical history.

- School
- Home
- Medical and Family History
- Treatment should be individualized for him or her

2. Identify specific symptoms that you would like to improve or change: eg. Sleep problems, missing school, drug use etc.

3. Assess school problems such as bullying or harassment and provide help and/or support.

“If you have concerns about the safety of your child, discuss them with your provider and immediately ask for resources “

重要訊息

1. 確保孩子能在其所在的環境中完成全面的評估，包括針對家庭和學校，以及家庭史和病歷史。

- 學校
- 家庭
- 醫療和家庭史
- 針對孩童的個體化治療

2. 辨認你想要改善或改變的具體症狀，例如：睡眠問題、曠課、吸毒等

3. 評估欺凌或騷擾等學校問題並提供幫助和/或是支持。

“如果您擔心孩子的安全，請與您的醫療提供者(小兒科醫生)討論，並且立即尋求資源。”

Persistent Depressive Disorder (Dysthymia)

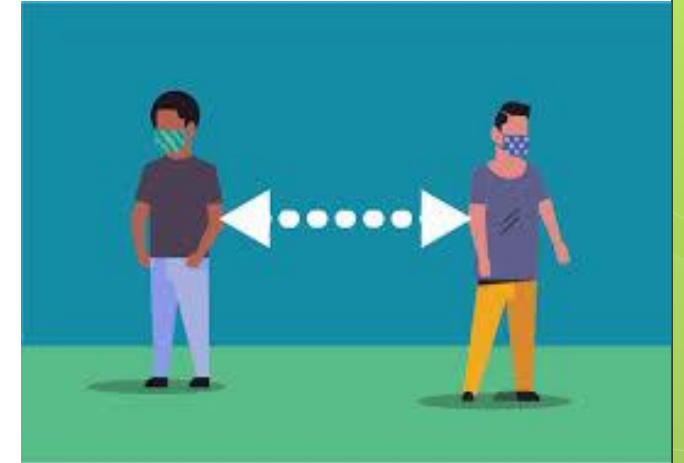
- **Dysthymia** is a type of depression. It lasts longer than severe depression but is less severe.
- Children with dysthymia have been depressed for at least one year (**2 years in adults**). The symptoms can include irritability accompanied by symptoms similar to those of severe depression.

持續性抑鬱症(心境惡劣) Persistent Depressive Disorder (Dysthymia)

- **心境惡劣 (Dysthymia)** 是一種憂鬱症。它比嚴重抑鬱症持續時間更長，但不那麼嚴重。
- 患有心境惡劣的兒童至少已患有抑鬱症一年 (**成年人為兩年**)。症狀可能包括易怒，並伴有與嚴重抑鬱症相似的症狀。

HOW TO PROTECT YOURSELF AND OTHERS TO REDUCE STRESS

El uso de máscaras es ahora obligatorio para salir de la casa y entrar a cualquier establecimiento



Tenga cuidado de no tocarse la cara con los guantes y quíteselos con cuidado



Nunca se toque la cara antes de lavarse las manos

TESTS FOR COVID-19

The test is free to any Los Angeles County resident



Click here for updated information on testing coronavirus.lacity.org/testing, or call 211



A screenshot of a web browser displaying the website coronavirus.lacity.org. The browser's address bar shows the URL. The website has a dark blue header with navigation links like 'CASA', 'PRUEBAS', and 'VACUNAS CONTRA LA GRIPE'. Below the header is a large image of the Los Angeles skyline with the text 'COVID-19: Manteniendo a Los Angeles a salvo' overlaid in white. The Los Angeles County seal is visible in the top right corner of the image area.

Click here to find a test center <https://corona-virus.la/testing-center-map>



Mapa del centro de pruebas

Las citas para todos los centros de pruebas operados por la ciudad se pueden hacer en LA City | Prueba de COVID-19. Puede seleccionar entre más de 100 otros centros de pruebas utilizando el mapa interactivo a continuación. Tenga en cuenta que estos centros pueden tener diferentes requisitos de elegibilidad para las pruebas y métodos de prueba.

A screenshot of a web application showing a map of Los Angeles with several green location pins. The interface includes a search bar with 'Los Angeles, CA' entered, and a list of testing sites. One site, 'DPH - Whittier Health Center', is highlighted. The map shows major highways and neighborhood names like Pasadena, Alhambra, and Monterey Park.

Department of Mental Health Resources for COVID-19

You can stay up-to-date on COVID-19 developments on the Department's website here:

<https://dmh.lacounty.gov/covid-19-information/>

**The number for our DMH Access and Help line is:
1-800-854-7771**

