

Child and Adolescent Mental Health

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Mental Health

- WHO(1948)-State of well-being in which an individual realizes his or her own abilities ,can cope with normal stresses of life , can work productively and able to make a contribution to his or her own community
- Includes emotional, psychological and social well-being(thinking, feeling and acting)
- Determines how one handles stress, relates to others and make good choices in life

Components of Mental Health

- In-person therapy- learning of new techniques of Self care and regulation
- Community –building of community support, friends, loved ones(healthier and happier), building up family relationships
- Physical health-brain and body are interconnected- eating well, adequate exercise, adequate sleep, adequate warmth and hydration
- Intellectual Health-be a lifelong learner, learning new skills, and gaining knowledge to improve quality of life- others being able to have the ability to be able to understand their abilities and limitations

Components of Mental Health

- Environmental Health- relationships, living conditions, social situation and physical health issues
- Boundaries-Saying “No” to non essential things
- Self Care-doing things that nurture body, soul and spirit, looking after own health-by eating balanced meal, ensuring that one is happy, meditation, “Me Time”

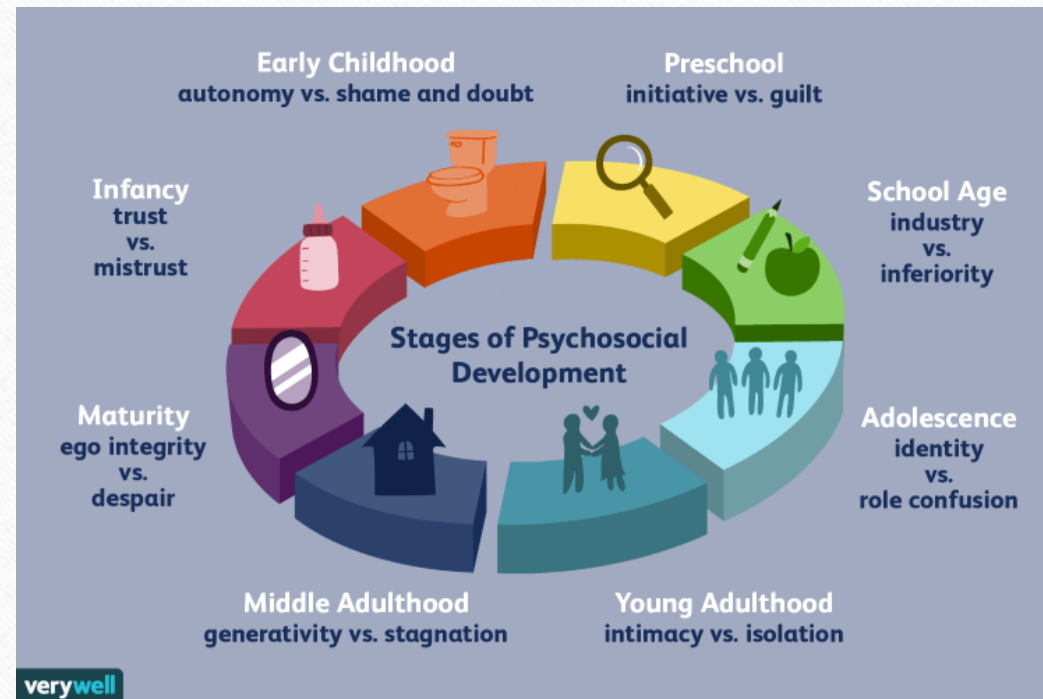
Indicators of Mental Health

- Positive attitude towards self
- Achieving the tasks associated with each level of development
- Integration
- Autonomy
- Perception of reality
- Sound Environmental Health-relationship, living condition, social situation, financial situation and good physical health

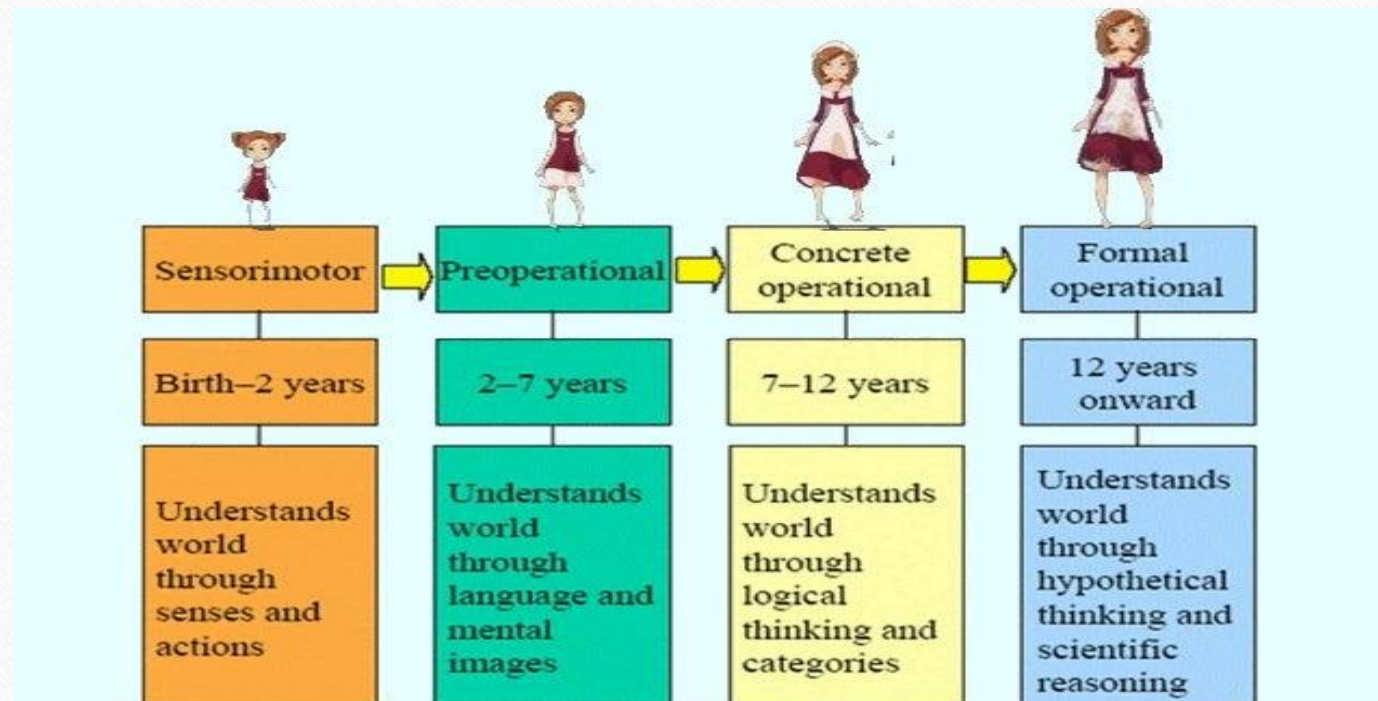
Childhood Development

- Achieving the normal physical developmental milestones- gross motor, language ,speech, hearing and vision
- Attaining the Stages of Psychosocial Development and cognitive theory of development

Eric Erickson's Stages of Psychosocial Development(verywellmind.com)



Jean Piaget's 4 stages of Cognitive development(chirpearlyliteracy.com)



Factors important to Child Mental Health



CHILD DEVELOPMENT MILESTONES

"If your child cannot do one or more of the activities, according to their age, they should be taken to a pediatrician for assessment."

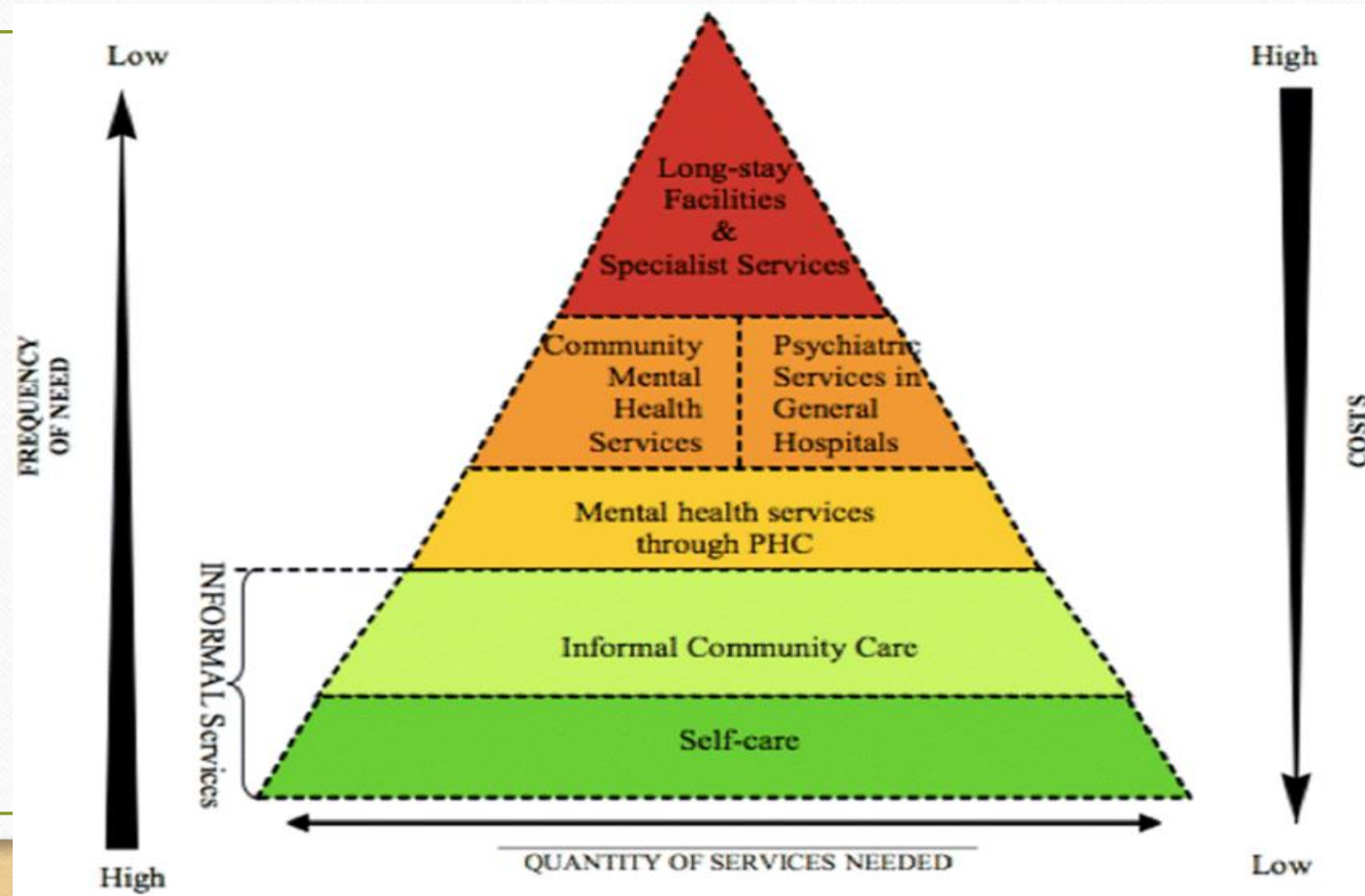


	3 Months	6 Months	12 Months	2 Years	3 Years	5 Years
Gross Motor	 Lifts head briefly	 Rolls back to stomach & can sit with support from one arm	 Crawls & can pull self to stand	 Can walk alone or with support from 1 hand	 Can run	 Can climb large stairs
Fine Motor	 Tries to reach out with hands, let objects nearby	 Can hold objects with whole hand	 Can hold objects with both hands and pass objects between hands	 Can make a simple tower	 Can do simple pictures	 Can throw and catch a ball can copy simple shapes
Social Skills	 Recognizes mother's smile	 Responds to simple gestures	 Copies simple gestures	 Starts to play with other children	 Plays cooperatively with other children	 Plays gross motor, separates easily from mother
Hearing	 Starts moving at new sound	 Turns to look at sound	 Enjoys music	 Will turn & point to objects making sound	 Follows simple directions	 Is content & listens to instructions
Vision	 Looks at bright objects	 Enjoys bright/moving objects	 Is attracted by moving objects & tries to catch them	 Is curious & looks closely at objects	 Can sort objects	 Can recognize objects and place that are far away
Language	 Babbles & makes noise	 Repeats simple words "mama, dada"	 Responds to names, can repeat simple words and phrases	 Makes simple sentences of 2-3 words	 Can ask a question simple questions	 Uses lots of language, can tell stories & describe things
Self Care	 Suckles	 Eats semi-solid / crushed food	 Drinks from cup	 Wash hands	 Eats with a spoon	 Puts on clothes, washes hands, dresses alone

Maslow's hierarchy of human needs

HIGH	STAGES	
5.	Self Actualization	All needs have been fulfilled to some extent
4	Esteem	Need to be liked and respected
3	Love and Affection	Support, assurances, praise and acceptance
2	Security	Need to feel safe
1(Low)	Physical Needs	Air., water, food.clothing and Shelter

Mental Health Services



INSPIRE



Mental health of children and adolescents in Papua New Guinea

Dr Monica Hagali
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Guinea

Together to
#ENDviolence
Solutions Summit Series

End Violence
Against Children

World Health
Organization
Western Pacific Region

unicef
for every child

Table 1: Types of Presentation to the child and adolescent weekly clinic of Port Moresby General Hospital

Types of conditions	Number	Percentage (%)
Neurological Disorders		
Epilepsy	22	6.7
Psychosis of Epilepsy	14	4.3
Fine Motor Coordination Disorder	1	0.3
Psychosis		
Organic Psychosis	29	9
Acute Psychosis	40	12.2
Childhood Psychosis	14	4.3
Schizophrenia	17	5.2
Bipolar Affective Disorder	16	5
Substance Related Disorders		
Cannabis Induced Psychosis	36	11
Cannabis Use Disorder	8	2.4
Alcohol Induced Psychosis	1	0.3
Alcohol and Cannabis Induced Psychosis	1	0.3
Behavioural Disorders		
Oppositional Defiant Disorder	8	2.4
Behavioural Problem	10	3.0
Conduct Disorder	1	0.3
Sibling Rivalry	2	0.6
Trichotillomania & Tricobezoar	2	0.6
Tic Disorder	1	0.30

Types of conditions	Number	Percentage (%)
Emotional Disorders		
Encoporesis	5	1.5
Neurodevelopmental Disorders		
Neurodevelopmental Disorders	35	10.6
Sexual Abuse/Sexual Assault		
Child Sexual Abuse	10	3.0
Deliberate Self Harm	13	4.0
Others		
Space Occupying Lesions	4	1.2
Depression	20	6.1
Anxiety	10	3.0
Post traumatic Disorder	7	2.1
Bullying	2	0.6
Neglect	1	0.3
Acute Stress	1	0.3
Conversion Disorder	1	0.3

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Services provided for children and parents

- Self-esteem building
- Cognitive behavior therapy
- Problem solving
- Interpersonal therapy
- Family therapy
- Psychoeducation and care for mothers with postnatal mental disorders and their babies, to improve attachment and bonding,
- Play therapy and art therapy
- **Number of national Mental health Promotion and Prevention Interventions**
 - School mental health programs and the development of mental health policy, alcohol policy, Mental Health Legislation, Primary Mental Health Care provided at the Community Mental Health Centre
- **Provincial Health Authorities lead a variety of important mental health initiatives**
 - Mental Health Nurse Specialists provide community based mental health services that comprises of school mental health visits, visits to the district health facilities and the rural outreach program apart from serving those who access their daily clinics. Visits to the prisons are included. Rural outreach programs are done separately by mental health teams or in collaboration with other medical teams going on outreach programs to the rural areas.

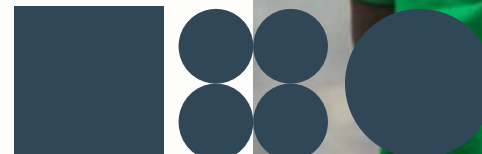


Key preventive and promotive mental health services

- Parental Mental Health Programs
- Early Childhood Intervention
- Youth Mental Health Programs
- Early intervention Program in the community

Important next steps

- Strengthen school mental health programs
- Strengthen school-based interventions
- Establish special schools for children and adolescents with mental health needs
- Strengthen the work of Family Support Centers in the country
- Establish a National Mental Health Trauma Centre



Child and Adolescent Mental Health Service

Currently mainly Hospital based service

Needs further development- multisectoral approach – public sector in collaboration with other nongovernmental entities

Departments to be involved –community development, education department, health sector and justice sector

Thank you very much
