



## UNDERSTANDING AND MANAGING THE TRAUMA EXPOSED YOUNG CHILD

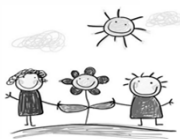


DONALD T. MILLER, MD MPH  
 CHARMI PATEL RAO, MD  
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### WHO ARE WE?


- Donald Miller, MD MPH FAAP
  - Board Certified pediatrician
  - Pediatrician, CPCMCG
  - Prior AAP Chapter President, District Board, AAP Annual Leadership Forum Chair
- Charmi Patel Rao, MD
  - Board Certified Child and Adolescent Psychiatrist
  - Psychiatrist: Rady Children's Hospital, Vista Hill, North County Health Services
  - Previously worked: San Diego Unified School District and Fred Finch
  - Clinical expertise: Early Childhood Mental Health and Developmental Delays

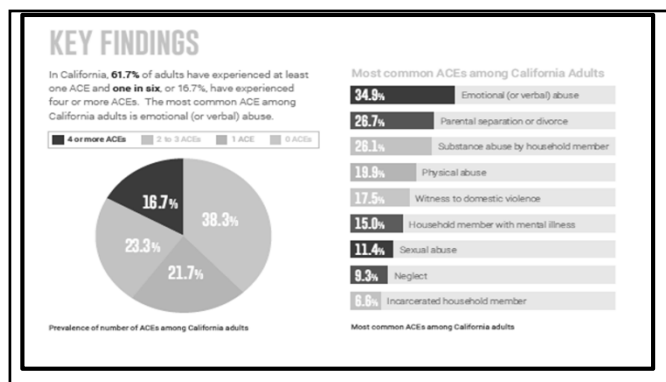










### What is "trauma"? – some definitions

***"Trauma is an emotional wound, resulting from a shocking event or multiple and repeated life threatening and/or extremely frightening experiences that may cause lasting negative effects on a person, disrupting the path of healthy physical, emotional, spiritual and intellectual development."***

National Child Traumatic Stress Network (NCTSN)





ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION	
 Physical	 Physical	 Mental Illness	 Incarcerated Relative
 Emotional	 Emotional	 Mother treated violently	 Substance Abuse

### How Does Trauma Present?

**Common behavioral and emotional presentations in the primary care setting**

- **Hyperactivity / Impulsivity / Inattention**
- **Emotional Dysregulation / Anger / Anxiety**
- **Sleep disturbance / Bedwetting**
- **Aggression / Defiance / Oppositional**
- **Academic and Social problems**

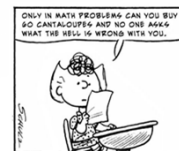
.....all can be a result of trauma

### How to ask about trauma?

- **Acknowledge the trauma in the question:** "How was xxxx exposed to some of the tension and problems during that time?"
- **Include the parent in the process:** "How much of what you and xxxx went through at that time was physical or emotional based?"
- **Start with a explaining why you are asking:** "Children are often exposed to traumatic events during childhood that we know that can affect their behavior. What was xxxx exposure to during that time."
- **Use a common parenting reference point.** "How did you, as a parent, handle disagreements, arguments and problems in the house?"
- **Don't underestimate the impact of the experience on that specific child**

### What to do Next?

- **Try to characterize what the major problems and determine into what categories they fit.**
  - There will be overlap and more than one grouping.
- **What are the goals of treatment?**
  - Reduce symptoms, improve developmental trajectory, reduce risk of future trauma
  - Not trying to "fix everything"
- **Important components of treatment:**
  - Dyadic therapy
  - Sensory strategies
  - Addressing developmental concerns
  - School-based services
  - Caregiver wellness

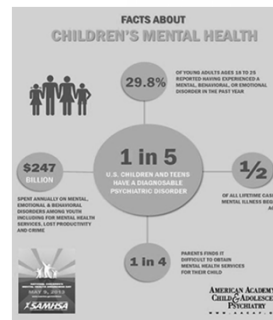


### Medication Treatments to Consider

**Caveat: Medications to treat symptom clusters related to trauma**

- **Alpha 2 agonists:**
  - Reducing physiological reaction can help reduce psychological reaction
  - Examples: Guanfacine (Tenex) and Clonidine (Catapres)
- **Stimulants:**
  - For hyperactivity, impulsivity, inattention
  - Examples: Methylphenidate (Ritalin), Dextroamphetamine (Adderall)
- **SSRIs:**
  - For anxiety and mood symptoms
  - Examples: Sertraline (Zoloft) and Fluoxetine (Prozac)
- **Antipsychotics:**
  - Last resort for severe aggression and/or self injury
  - Examples: Risperidone (Risperdal) and Aripiprazole (Abilify)

### The PCP and the CAP



- Importance of collaboration
- Monitoring of response to treatment
- Having a treatment plan and goals
- Using one-another as resources
- Letting the family know your interest in communicating together: phone, letters, video, electronic
- Share resource options that you may be using in the community
- Work through the HIPAA and confidentiality issues – don't let that be an barrier to good care



Questions and Case Discussion

### Trauma Case Presentation Questions

- What else would be important to know?
- What is your case formulation?
- What treatment recommendations would you make for this child and family?