Optimizing Development In Children with Health-Related Challenges: The Role of the Behavioral Health Provider

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Overview

- Introduction
- Medical Regimens
- Development
- Psychosocial Adjustment
- Protective & Risk Factors
- Self-Esteem
- Emotions
- Coping
- Social Systems

Development is more than Physical

- Cognitive
  - Intellectual
  - Academic
- Emotional
  - Self-Esteem/Self-Worth
- Social
  - Friends, Family, Community
- Moral

Protective and Risk Factors

- Resilience or Risk
  - Social-Ecological Factors
    - Family environment, adaptation
    - Social support, resources
  - Level of independence
  - Caregiver's distress
  - Illness intrusiveness
    - Activity impairment, sleep disruption
    - Pain, fatigue, sleep disrupt cause decrease in physical, social, & mental functioning of teens (Cepuch & Wordliczek, 2006)
  - Child Anxiety, Appraisals - Coping, Temperament
  - Age of onset

Emotion Regulation

- Learning how to control/modify emotions
  - Suppress fear; anger; joy
- Origins and Social Competence
  - Begins in infancy; 4-6 months use simple strategies (e.g., diverting gaze; move closer to parent)
  - Strategies become more advanced
    - Cognitive restructuring, positive self-talk, positive biases
    - Behavioral modification – adjust to unpleasant situation rather than avoid (which can cause more distress)

Emotion Dysregulation

- More conflict with peers
  - Social Skills Deficits
- Increasing conflict with parents

- Less adaptive adjustment to school
  - School Refusal, Academic Difficulties
- Withdrawal, Apathy
  - depression
- Anxiety
  - Fear of medical-related experiences, dying

Coping

- Definition
- Coping Styles
  - Monitor
  - Blunter
- Intervening