

June 7, 2023

DIDACTIC PRESENTATION

Parental Acceptance of Medications

Jennifer Scott, PMHNP

Northern Light Acadia Hospital

[Recording](#)

[Presentation Slides](#)

CASE SUMMARY

We explored the complicated case of a 16yo caucasian rising sophomore male that has experienced significant violence within his family. He has diagnoses that include ADHD, ODD, PTSD and mild autism. Patient does not believe that medication or therapy can help him in any way and has stated a preference for self-treatment. He is currently vaping nicotine and using MJ often. He stopped going to school in April. State agencies have become involved, but the therapeutic process remains stalled.

KEY QUESTION

- How to break through barriers that have built up over time when an older teen male with PTSD is resistant to therapeutic treatment?

CLARIFYING QUESTIONS

Is mom engaged?

Seems that way, but when the patient refuses, mom is visibly frustrated and upset, and she doesn't know how to help him. Relationship with mom is deferential and positive, yet he doesn't want to do what she's asking, which is reasonable given mom's past choices.

Where is he getting cannabis?

Street – using cannabis as self-medicating.

Is his fear of his stepdad valid?

No indication of harm being done, but may be projecting based on past interactions with similar adults like the biological dad.

Substance use in family?

Unknown if immediate family is using substances.

What are his goals for himself? Support from teachers? What is his presentation when he talks about jail?

Has one friend at school, mom doesn't think this friend is a good option. He enjoys being with younger half siblings. Re: future planning, he says he doesn't know, he's worked some summers with a paving company. Just focused on the present.

KEY RESOURCES and RECOMMENDATIONS

In consideration of trust issues and his desire to have in the moment solutions, he will not likely come on board with meds anytime soon. Wait for him to come to you requesting solutions. Right now, we're helping this young man play the cards he's been dealt and reinforce positive relationships, and when he's ready, provide guidance. Wouldn't spend a lot of time during your appointment trying to trade your chemicals for his - continue to meet with him and show you care.

RECOMMENDATION: Share the Workload

- Reconnect with a case manager to help share the workload and get them to come to an appointment.
<https://www.maine.gov/dhhs/oads/providers/provider-directory/case-management>
- Try a peer support specialist.
<https://www.maine.gov/dhhs/obh/training-certification/intentional-peer-support>
<https://www.mainehealth.org/Maine-Behavioral-Healthcare/Services/Counseling-Therapy-Services-Adult-Child/Peer-Support/Youth-Peer-Support-Statewide-Network>
- Address ACES.
<https://www.centerforchildcounseling.org/resilience-a-powerful-weapon-in-the-fight-against-aces/>

RECOMMENDATION: Transitioning to Adulthood

Get him prepared for the next phase in his life versus trying to "fix" the existing family structure, which may not be fixable. Explore and try existing resources around transition from peds to adult care.

- CBH page on preparing for Transition: <https://www.maine.gov/dhhs/ocfs/support-for-families/childrens-behavioral-health/transition-to-adult-services>
- A resource typically for youth transitioning out of foster care, does seem appropriate for this patient: <https://www.maine-yc.org/>
<https://www.maine-yc.org/wp-content/uploads/2016/03/MSK.HandbookWEB-1.pdf>
- Check out Job Corps as a resource - educational, live-in situation as appropriate, etc.
<https://www.maine.gov/dhhs/obh/training-certification/intentional-peer-support>

RECOMMENDATION: Ongoing Primary Care

It seems striking that he DOES come to see you. This is a youth that is calling to be "repeopled" with healthy appropriate adults, since the adults in his life has failed him in so many ways. You have a relationship with your patient. Keep seeing him! Prove to him that grown-ups can be a stable presence.

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