

Pediatric Psychiatry ECHO[®]

Session 9 Notes and Resource Sheet



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DIDACTIC PRESENTATION

“CBT for the PCP”

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[Recording](#)

[Presentation Slides](#)

<https://www.cope2thrive.com/>

CASE SUMMARY

We explored the complicated case of a 15yo male who recently made a significant suicide attempt by multiple severe lacerations when at home. Prior to the attempt he had a close peer die by overdose. He was aware of the overdose and in contact with the person post OD. He is angry, feeling singled out and blamed by others for his friend's death. Young man is currently on close supervision at home, after being discharged from 2.5 week inpatient, due to lack of engagement.

KEY QUESTION(S)

How do we ensure safety in the school environment?

Any ideas for engaging in treatment/hope for someone who appears to push help away and feels blamed?

CLARIFYING QUESTIONS

Is he currently using the substance?

No. It was an OTC painkiller.

Was he doing well in middle school?

Records indicate that he did ok in middle school though there was at least one report of self-injurious behavior so this may be worth a deeper dive.

Can we get more info about the trauma history?

Social worker says that when asking questions about the dad, it is clear there's something there, so we need to explore that more.

Who supports mom?

We don't have a good idea of this.

KEY RECOMMENDATIONS: Explore and Consider

- Be persistent and encourage the team to stick by him, stay consistent; keep showing up.
- He will only accept as much help as he is available for and will open up when he is ready.
- Explore more of his belief of blame for his friend's death.
- He may be experiencing “survivor guilt,” which could be affecting him more than anyone realizes.
- Consider that this student may also need more intensive care, such as inpatient.
- Explore the relationship with Dad - student and mom have expressed vague concern about dad.
- Consider alternatives to traditional “talk therapy.”
- An assessment to determine the possibility of a processing disorder.
- Investigate the impact of this student's use of social media.

KEY RECOMMENDATIONS – Re-Direction & Re-Engagement

- Since there is a potential for contagion of unwanted behavior, “fight back” with the potential of contagion for pro social behaviors.
- Find out what piques his interest -- not only what he likes, but also what the peer group likes.
- Find out what the student was interested when younger to help guide or decide what modalities of coping skills could appeal to him.
- Take him to engage in activities without asking and waiting for a response.
- Equine therapy as there is evidence that horses are a good support and a way to get past the “engagement issue.”
- Group therapy
- He may benefit from CBT through a therapist or PCP.
- On the topic of language processing – a service dog could be a great tool here.
- This is a group of teenage boys– what video game are they playing, what discord servers are they on, are they following a certain streamer or influencer?

KEY RECOMMENDATIONS – School

- Reach out to his middle school connections – teachers, school staff, etc.
- Make sure all staff in the school aware of the situation to some degree.
 - Focus on the staff and their stress level around the situation and give support they need.
- A modified schedule upon his return to school could include–
 - half days
 - check ins with guidance between classes
 - focus more on classes of interest
 - Moved out of classes with peers who may be negatively influencing him.
- 504 plan

Additional Resources

EQUINE THERAPY

- Cumberland County
 - <https://www.ridingtothetop.org/>
- York County
 - <https://ladawntrc.org/>
 - <https://www.heartsnhorses.com/therapeutic-riding>,
 - <https://www.horseshealus.com/>
 - <https://carlisleacademymaine.com/>
- Penobscot County
 - <https://www.reigninghoperanch.com/>

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