

Mental Health Care for Youth with JM

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What is Pediatric Psychology?

Pediatric medical psychologists are trained to assess and treat behavioral and emotional factors that impact a child's medical conditions including:

- Coping with a new or existing medical diagnosis
- Parent and sibling stress and coping
- Distress with medical procedures, such as blood draws
- Coping with pain and other physical symptoms
- Problems taking medications
- Sleep problems
- Anxiety, worries, and fears
- Trauma and post-traumatic stress disorder (PTSD)
- Depression and suicidal thoughts
- Difficulty following directions or acting out
- Attention-deficit/hyperactivity disorder (ADHD)
- Problems learning or paying attention in school
- Concerns with feeding/eating or toileting
- Transition from pediatrics to adult care

When Should I Seek Help?

Medical illnesses are stressful experiences for children and families. Seeking help from a medical psychologist is a good idea when:

- Coping or behavior is getting in the way of a child's medical treatment
- A child's medical condition is causing trouble with self-esteem or relationships
- A child appears sad or withdrawn most of the time
- A child has trouble interacting with other kids or going to school
- There is a lot of distress or acting out before, during, or after medical procedures
- Any of the above are getting in the way of daily life, school, friendships, or happiness

Evidence-Based Interventions

- Cognitive and behavioral therapies
- Parent management training

For more information:

www.effectivechildtherapy.org

Website created and maintained by the Society of Clinical Child and Adolescent Psychology
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