

Recognizing and Supervising Juveniles with Mental Health Issues

Recognizing and Supervising

JUVENILES WITH MENTAL HEALTH ISSUES

Juvenile Justice Training Academy
JPO | JSO Basic Course
December 1, 2018

TEXAS JUVENILE JUSTICE DEPARTMENT
TRANSFORMING YOUNG LIVES AND CREATING SAFER COMMUNITIES

Objectives


- Describe the behaviors of the most prevalent mental health disorders experienced by juveniles in the juvenile justice system.
- Examine appropriate supervision strategies for juveniles impacted by mental health issues.
- Given a scenario, apply knowledge of mental health when considering actions for a juvenile with mental health needs.

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Prevalent Mental Health Disorders

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Attention-Deficit | Hyperactivity Disorder - ADHD



BEHAVIORS

- Impulsiveness
- Hyperactivity
- Inattention

STRATEGIES

- Provide structure
- Give praise
- Remind about appropriate behavior
- Control emotions

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Autism Spectrum Disorder - ASD

BEHAVIORS

- Inappropriate outbursts
- Physical aggression
- Extreme reactions
- Social difficulty
- Trouble communicating
- Repetitive behaviors

STRATEGIES

- Clear understanding
- Short sentences
- Specific language
- Allow time to think
- Break time




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Conduct Disorder



BEHAVIORS

- Serious violation of rules
- Lack of empathy
- Misinterpret others intentions
- Aggression

STRATEGIES

- Focus on strengths
- Encourage positive interactions
- Partner with parent | guardian

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Oppositional Defiant Disorder - ODD

BEHAVIORS

- Lose temper
- Argumentative
- Refusal to comply
- Annoying
- Blaming others
- Easily irritated
- Displays anger | resentfulness
- Spiteful | vindictive



STRATEGIES

- Respond without anger
- Be clear
- Don't take personally
- Appropriate consequences

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Bipolar Disorder

BEHAVIORS | MANIA

- Changes in personality
- Excitability
- Irritability
- High self-confidence
- Recklessness
- Racing thoughts
- Psychotic break

DEPRESSION

- Irritability
- Change in sleep
- Prolonged sadness
- Fatigue | lethargy
- Truancy
- Withdrawal
- Cloudy thinking
- Suicidality



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Bipolar Disorder

MIXED BIPOLAR STATE

- Agitation
- Trouble sleeping
- Change in appetite
- Psychosis
- Suicidality

STRATEGIES

- Medication | monitor
- Be patient
- Identify activities
- Individual | family therapy



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Disruptive Mood Dysregulation Disorder - DMDD

BEHAVIORS

- Temper outbursts
- Developmentally inappropriate outbursts
- Persistent irritability | anger


STRATEGIES

- Anticipate triggers
- Predictable | consistent
- Encourage positive behavior



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Major Depressive Disorder - MDD



BEHAVIORS


- Loss of interest in activities
- Worthlessness | guilt
- Suicidality

STRATEGIES

- Physical activity
- Recommended sleep
- Identify activities
- Be patient

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Post-Traumatic Stress Disorder - PTSD



BEHAVIORS

- Difficulty sleeping
- Irritability
- Detachment
- Nightmares
- Flashbacks
- Constant thought of traumatic event(s)
- Impulsive | aggressive
- Increased fear | worry
- Self-destructive

STRATEGIES

- Regulate emotions
- Positive relationships | resilience
- Reason appropriately

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Activity | Mental Health Quest

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Social Media

Cyberbullying

Online predators

Negative body image

"FOMO"

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Strategies

- Do not diagnose juveniles
- Heightened awareness
- Educate yourself
- Mental health tools
ACEs
- Family importance
- Learn from triggers
- Ask for advice
- Invest extra time
Communicate

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Activity | Mystery Mental Illness?



- What red flags are present?
- Which mental illness might the juvenile have?
- What actions should be considered?

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Final Thoughts



- Mental disorders affects three out of four juveniles in the juvenile justice system.
- Never make assumptions about whether a juvenile has a mental health disorder.
- Identifying prevalent mental health disorders allows us to be proactive when managing juveniles on supervision.

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