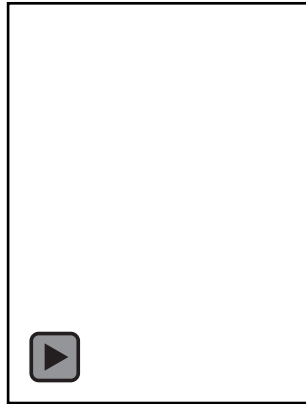


# PEDIATRIC TRACK

## MENTAL/EMOTIONAL HEALTH IN YOUTH



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# EPIDIO DIABETES CONFERENCE

MAY 22, 2021 | WEBINAR

EMPOWERING PATIENTS  
FOR  
INDIVIDUALIZED CARE



**COI**

**THE AUTHORS HAVE NO CONFLICTS OF  
INTEREST TO DISCLOSE**



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# OUTLINE

What to expect during the new diagnosis period

Psychological issues that can arise in youth with T1D

Avenues for Support, Next Steps

Resources



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# NEW DIAGNOSIS OF TYPE 1 DIABETES (THE ADJUSTMENT PERIOD)

- Grief
- Anger
- Adjustment
- Disclosure/Fear of being “different”
- Worry around diabetes management at school, with others



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# MENTAL HEALTH AND EMOTIONAL ISSUES THAT ARISE IN TYPE 1 DIABETES

- Depression
- Suicidal Ideation
- Anxiety
  - Fear of Hypoglycemia
  - Needle Anxiety
- Diabetes Burnout
  - Significant exhaustion/frustration with having T1D and needing to manage T1D 24/7/365
- Disordered Eating
  - Feeding Disorders
  - Anorexia/Bulimia
  - Diabulemia



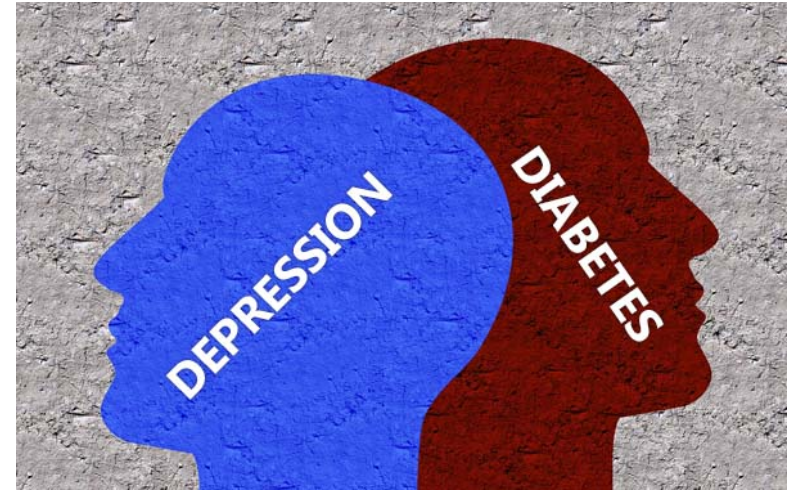
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# DEPRESSION

- Children and adults with T1D are at higher risk of depression compared to those without T1D (~12-25%)
- American Diabetes Association recommends routine screening for psychological co-morbidities in youth with T1D, including depression.
- Depressive symptomology is associated with increased HbA1c and increased HbA1c over time



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# SUICIDAL IDEATION

Overall in US, suicide is the 2<sup>nd</sup> leading cause of death for adolescents and young adults

In Colorado between 2008-2012, there were 572 suicides by 15-24 year olds and 51 by kids less than 15.

Suicidal ideation in 7-13% in previous studies

6-8% of T1D youth in Colorado



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# ANXIETY

Approximately 20% of children and adolescents with T1D experience anxiety symptoms or have an anxiety disorder

## Diabetes specific anxieties:

- Fear of hypoglycemia
- Needle Anxiety



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# DISORDERED EATING BEHAVIORS AND EATING DISORDERS

17-50% adolescents with T1D have Disordered Eating Behaviors

Up to 34% report insulin omission

More common in females (but present in males too)

The nature of T1D can confuse the body's own internal signaling related to hunger and satiety

Rapid weight gain associated with improved control



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# NEXT STEPS-ASK FOR HELP

Talk to your diabetes doctor, nurse practitioner or physician assistant, don't be afraid to ask for their help or guidance.

BDC social workers are available to help families identify barriers and then begin to problem solve by providing real time interventions and/or providing outside referrals when needed.

BDC has a psychology fellow this year. She spends 10% of her time providing therapy and the rest of her time is dedicated to behavioral research and T1D. Ask a social worker if she has room for new patients.



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# THERAPY RESOURCES

- Psychology Today
  - <https://www.psychologytoday.com/us/therapists>
- Inclusive Therapists
  - <https://www.inclusivetherapists.com/>
- University of Colorado Denver Psychology Clinic
  - sliding scale, training clinic- (303) 315-7080
- University of Denver Center for Child and Family Therapy
  - sliding scale, training clinic- (303) 871-3306
- Children's Hospital of Colorado, Pediatric Mental Health Institute
  - accepts different insurance- (720) 777-6200
- Most Counties offer Community Mental Health
  - accept Medicaid, therapy/medication in one place.



These 2 have internal search engines that allow you to search their database using zip code, insurance, specific psychological needs...



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# OTHER RESOURCES

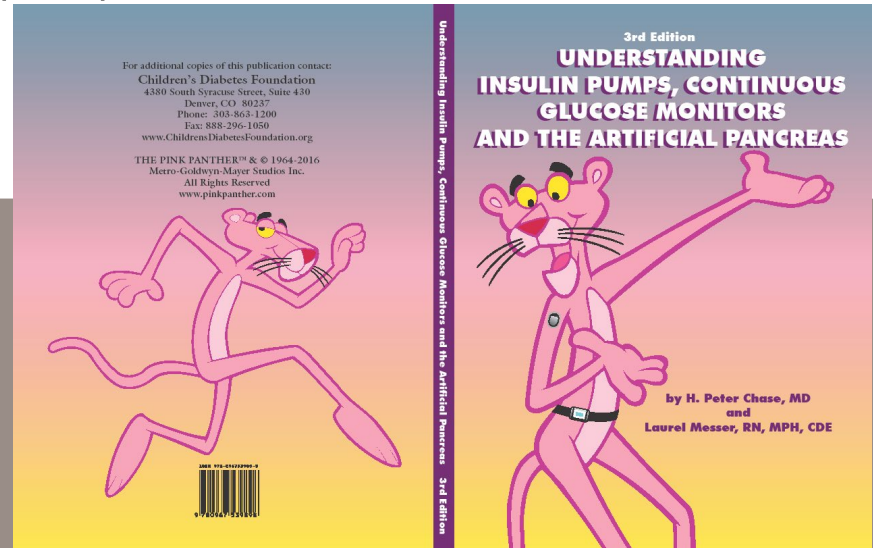
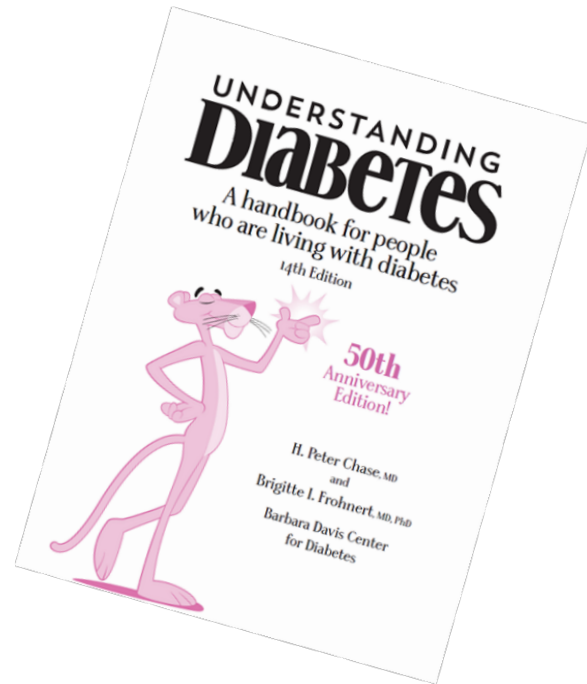
## At the BDC:

- Team Clinics (on hold- COVID)
- Grandparent's Workshops (Quarterly)
- Beyond High School Workshop (end of July)
- Latino Clinics
- Annual Depression screening
- Plugged In Program (on-hold-COVID)

The Children's Diabetes Foundation (CDF)

The American Diabetes Association (ADA)

The Juvenile Diabetes Research Foundation (JDRF)



# MORE RESOURCES

## Join a Facebook group:

- Colorado Family Link- for parents
- T1D Mod Squad- for parents,
- T1D Adult Squad-for adults,
- MOD squad-for moms
- Beyond Type 1-for everyone

## Other Online:

### For education/support:

- <https://www.t1everydaymagic.com/>
- <https://beyondtype1.org/>
- <https://thediabetespsychologist.com>

### For anxiety (mindfulness):

- <https://www.youtube.com/>
- <https://www.headspace.com/> (\$\$\$)



(844) 493-TALK (8255)  
Text to Talk to 38255



# BDC BEHAVIORAL HEALTH CONTACT INFORMATION

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