

You Sustain Life

Kelli Scurry, LISW-CP

QTIP Mental Health Integration Coordinator

January 21, 2024

Loy

"Loy-Joy"



Chapel Hill, NC



You Sustain (saved my) Life

Kelli Scurry, LISW-CP

QTIP Mental Health Integration Coordinator

January 21, 2024



1991 - 1995

Coastal Carolina Psychiatric Hospital

1995 - 2004

SCDMH - Beckman Mental Health:
Children's Day Treatment Director
School-Based Therapist
MH Therapist @ SCDJJ

2004 - 2009

Non-Profit Sexual Trauma Centers:
Sexual Trauma Therapist

2009 - 2023

SCDJJ:
Trauma Therapist
Trauma-Informed Care (TIC) Administrator

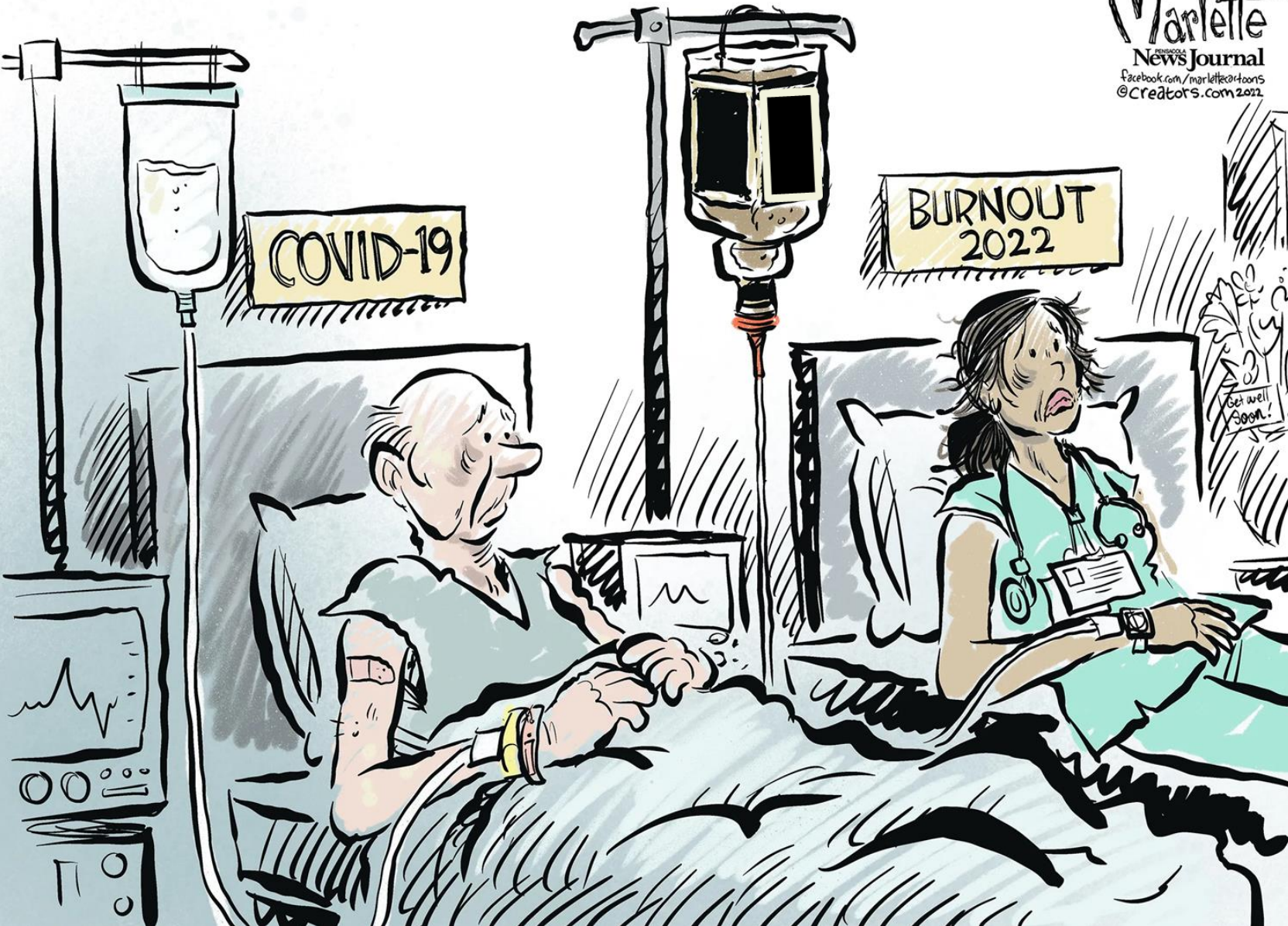
2012 - present

SC Joint Council on Children & Adolescents:
TIC Consultant
TIC Trainer

OBSERVATION



Andy
Marlette
News Journal
Facebook.com/marlettecartoons
©creators.com 2022



You somehow
find a way to
keep going.



Shiann's breakout session



Your



pace



is

unrelenting.

“I don’t find medical puns funny anymore since I developed an irony deficiency.”

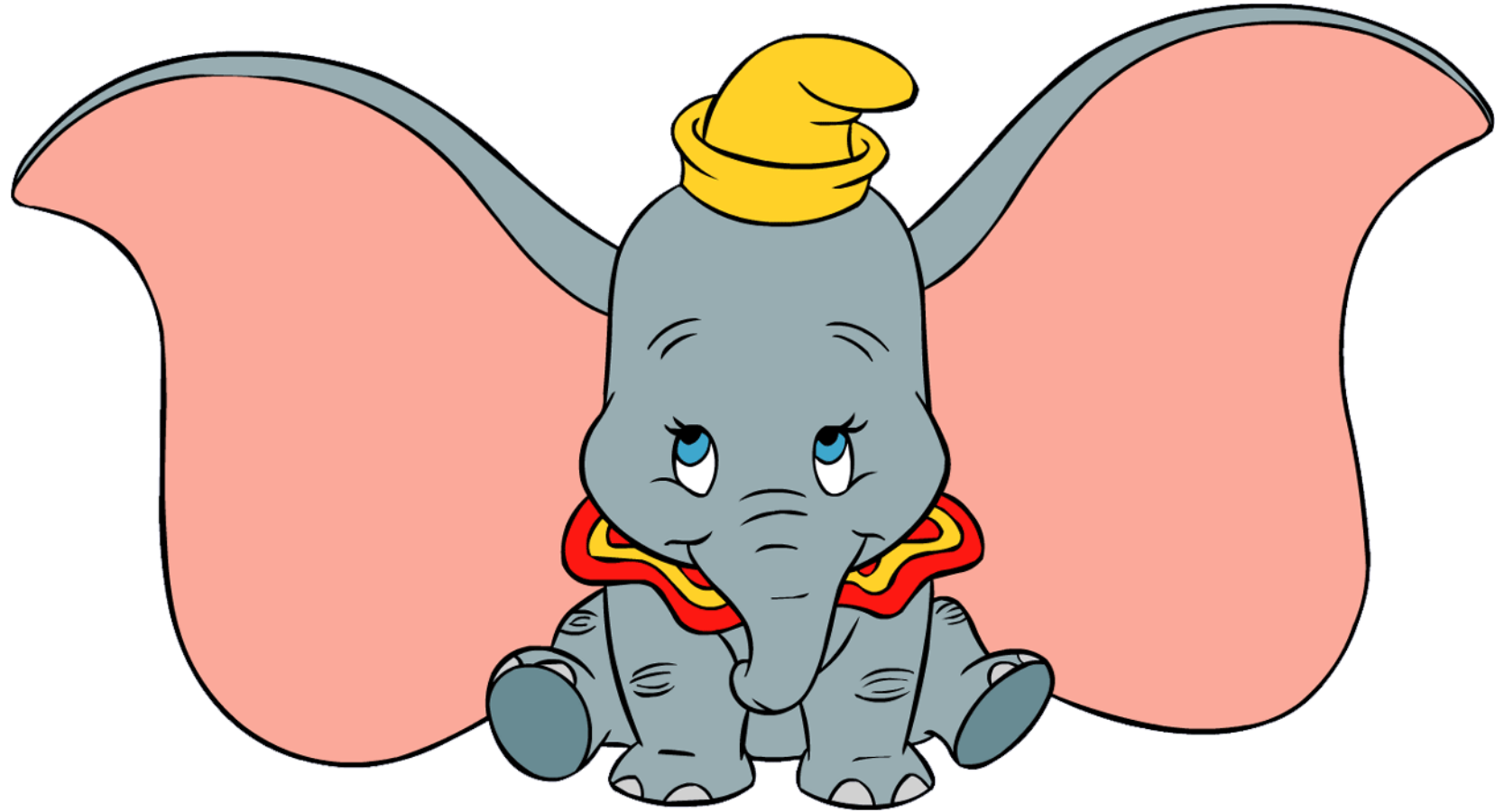


You have a healthy sense of humor to help manage the pain !

<https://thenerdynurse.com/25-nurse-jokes-that-will-have-your-nursing-friends-rolling/>

Your heart is for kids and caregivers.





American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



9/10/22:

**1 in 5 youth
are experiencing
anxiety.**

double pre-pandemic estimates - JAMA Pediatrics (2021)

Age at onset of mental disorders worldwide: large-scale meta-analysis of 192 epidemiological studies

Solmi, Radua, Olivola, Croce, Soardo, Salazar de Pablo, Shin, Kirkbride, Jones, Kim, Kim, Carvalho, Seeman, Correll, Fusar-Poli

June 2, 2021

sample size: 708,561

1. Onset of mental disorders before:

- age 14
- age 18
- age 25

2. Peak age of onset for mental disorders

**proportion of
individuals with
onset before:**

**any mental
disorder**

**anxiety / fear-
related disorder**

age 14

34.6%

38.1%

age 18

48.4%

51.8%

age 25

62.5%

73.3%

Peak age of onset:

any mental
disorder

anxiety / fear-
related disorder

14.5 years old

5.5 years old

Estimates of age at onset of mental disorders in the general population

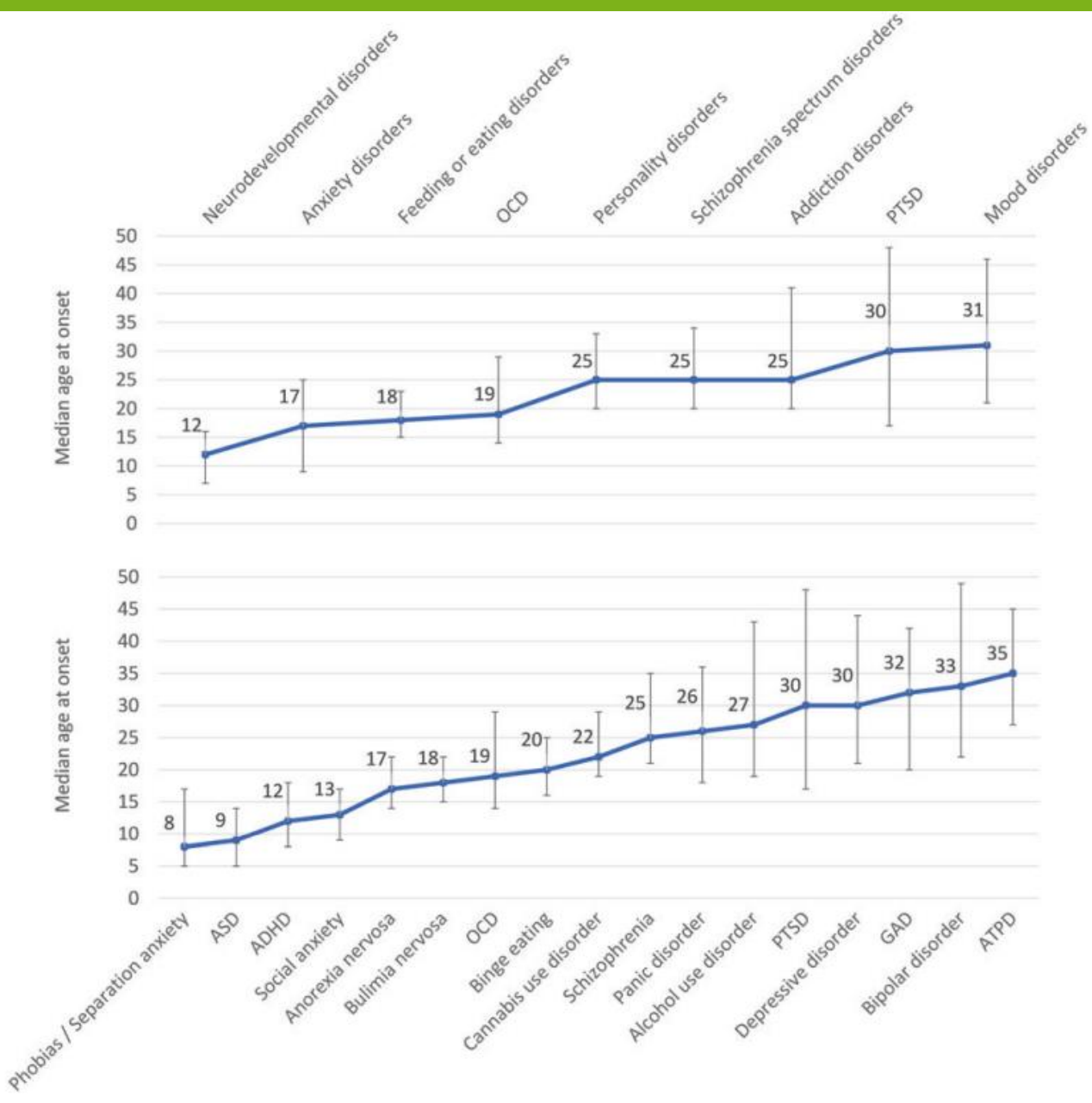


Table 1 Meta-analytic epidemiological estimates of age at onset of mental disorder (ICD-11 blocks highlighted in italics) in the general population.

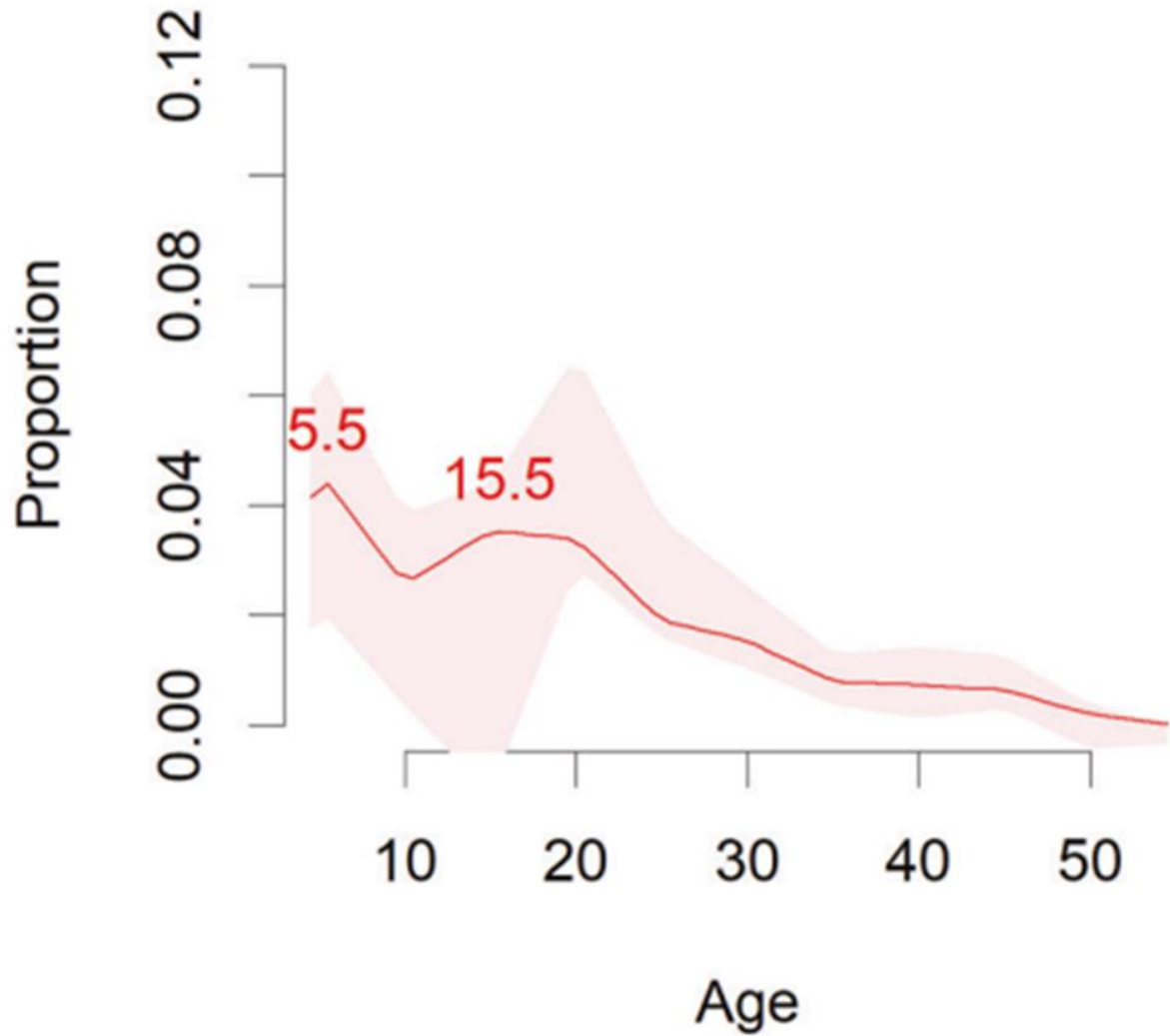
	No of Samples	Peak age at onset (years)	Proportion onset by 14 years	Proportion onset by 18 years	Proportion onset by 25 years	p25	Median	p75
Any mental disorder	14	14.5	34.6%	48.4%	62.5%	11	18	34
<i>Neurodevelopmental disorders</i>	21	5.5	61.5%	83.2%	95.8%	7	12	16
Autism spectrum disorder	2	5.5	72.4%	89.8%	94.8%	5	9	14
Attention deficit hyperactivity disorder	12	9.5	56.8%	73.0%	91.8%	8	12	18
<i>Anxiety and fear-related disorders</i>	73	5.5	38.1%	51.8%	73.3%	9	17	25
Specific phobia/separation anxiety disorder	22	5.5	72.4%	75.0%	80.4%	5	8	17
Social anxiety disorder	42	14.5	50.9%	79.1%	87.5%	9	13	17
Panic disorder	22	15.5	8.2%	22.5%	45.7%	18	26	36
Generalised anxiety disorder	24	15.5	8.6%	20.4%	33.0%	20	32	42
<i>Obsessive-compulsive related disorders</i>	20	14.5	24.6%	45.1%	64.0%	14	19	29
Obsessive-compulsive disorder	20	14.5	24.6%	45.1%	64.0%	14	19	29
<i>Feeding or eating disorders</i>	11	15.5	15.8%	48.1%	82.4%	15	18	23
Anorexia nervosa	8	15.5	18.2%	55.2%	78.7%	14	17	22
Bulimia Nervosa	8	15.5	16.0%	45.3%	82.9%	15	18	22
Binge eating disorder	5	19.5	12.3%	34.5%	73.5%	16	20	25
<i>Trauma-related disorders</i>	16	15.5	16.9%	27.6%	43.1%	17	30	48
Post-traumatic stress disorder	16	15.5	16.9%	27.6%	43.1%	17	30	48
<i>Disorders due to substance use or addictive behaviours</i>	58	19.5	2.9%	15.2%	48.8%	20	25	41
Disorder due to use of cannabis	10	19.5	3.2%	17.5%	64.6%	19	22	29
Disorder due to use of alcohol	44	19.5	4.2%	18.3%	44.8%	19	27	43
<i>Schizophrenia-spectrum and primary psychotic disorders</i>	36	20.5	3.0%	12.3%	47.8%	20	25	34
Schizophrenia	25	20.5	2.0%	8.2%	47.4%	21	25	35
Acute and transient psychotic disorder	2	18.5	1.8%	6.6%	20.6%	27	35	45
<i>Personality disorders</i>	6	20.5	1.9%	9.6%	47.7%	20	25	33
<i>Mood disorders</i>	79	20.5	2.5%	11.5%	34.5%	21	31	46
Depressive disorders	62	19.5	3.1%	13.2%	36.9%	21	30	44
Bipolar or related disorders	40	19.5	5.1%	13.7%	32.0%	22	33	49

p25, p75, 25th and 75th percentile. Only the earliest peaks are shown. Different metric on the same sample has been extracted from multiple studies.

Median age at onset of mental disorders in the general population



Anxiety and fear related disorders



Taking a Deeper Dive into Anxiety

(Because their anxiety shouldn't make you anxious too!!)

Tue 2/27 - community anxiety resources
(7:30 AM or 12:30 PM)

Tue 3/5 - screening tools
(7:30 AM or 12:30 PM)

Mid-March - medications / med management
(12:30 PM) *





Mental Health Tuesdays



