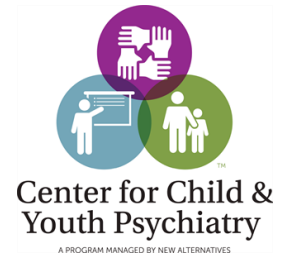




CCYP HAPPENINGS

March 2021

ccypsd.org



Greetings! In this newsletter you will find information on psychotropic medications for your children, how to keep your children safe in emergency situations, COVID-19 vaccination information and keeping older adults safe from COVID-19.

Virtual zoom class!

Join us for a zoom class on **Friday, March 26th at 1 pm** with our psychiatrist, Dr Lawrence. The topic is on **psychotropic medications**. Please reply to this email if you'd like to join us for this informative topic and we will send you a zoom link and password. If you are unable to make the class then look for the screen recording of the class on [our website](#) under the "For Parents" tab.

Psychotropic medications for Kids by Dr Lawrence, MD

At CCYP we offer medication services for children and youth who no longer require therapy. Dr Lawrence says "medication targets biological "hardware" issues" whereas therapy "targets environmental or behavioral, "software" issues and also builds new skills." Some disorders are best treated by either medication or therapy treatment, and some are better treated with a combination.

Dr Lawrence will talk about four disorders that our psychiatrists treat at CCYP and what the symptoms, treatments, medications and side effects are.

- Some of **ADHD's** symptoms are being easily distracted, can't stay seated, interrupts or intrudes on others. Treatment for ADHD are behavioral therapy, physical activity, medications. Stimulants and non-stimulants are medications used to treat ADHD, The stimulants are ritalin and amphetamine. A few non-stimulants are strattera, tenex and clonidine. A child may experience some side effects such as decreased appetite, insomnia, and nausea.
- There are many types of **anxiety**. A few are separation anxiety, post-traumatic stress disorder, obsessive compulsive disorder. The treatments for anxiety are therapy, medication, or a combination of both. Antidepressants such as zoloft and prozac are used as first line treatment for anxiety.
- Some signs of **depression** in children are lack of interest in enjoyable activities, declining school performance, sleep difficulties and hopelessness. Treatments for depression are therapy, exercise and medications. Prozac and zoloft are antidepressants used to treat depression and the side effects for these medications are increased or decreased appetite, insomnia, and upset stomach.

- The symptoms to look for in **bipolar** are depressive symptoms (like in depression above) as well as severe mood changes, increased energy, and possible loss of contact with reality, including possible hallucinations. Mood stabilizers are used to treat bipolar disorder such as lithium, anti-seizure medications like depakote. First generation psychosis medications are chlorpromazine, haloperidol. Treatments for psychosis are psychoeducation medications, and educational and occupational support and training.

Dr Lawrence will go over more information about these disorders during her zoom class. The class will be recorded if you are unable to make it and available on the CCYP website.

10 safety rules your child should follow

There are [10 basic safety rules](#) your child should follow when they are away from you. They could be at school, with their friends, or even with a babysitter or at a daycare.

1. **Know Your Name, Number, & Address:** have your child learn this information in the event of an emergency
2. **No talking to strangers:** teach your child to not talk to anyone they don't know and to know the difference between refusing food from a stranger
6. **Emergency school drills:** earthquakes, floods, bomb-scaries, etc
7. **Emergency situations at home:** if there is an earthquake move out to an open area, avoid elevators, move under a bed or table
8. **Safety gear while playing:** have your child wear a helmet when out cycling, knee and elbow pads when skating, wearing goggles at the pool.



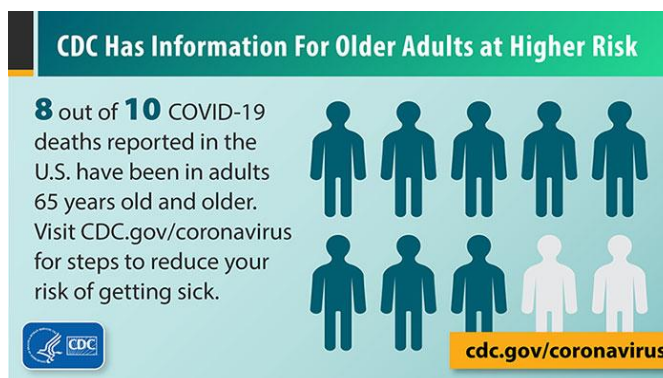
and family/friends.

3. **Good touch and bad touch:** teach your child that no one should touch them inappropriately.
4. **Never climb a fence or wall:** advise your child to not climb over a fence or wall. If they need help retrieving something, have them ask an adult for help.
5. **No playing with fire and sharp objects:** Keep matchsticks, lighters, candles away from their reach to prevent serious injuries.
9. **Never step out or wander alone:** children are curious, but be assertive with them and teach them to not wander alone in secluded areas.
10. **If you get lost, don't panic:** children can get lost at the supermarket or any kind of event. Have them learn rule #1, stay where they are and alert another adult.



Older adults and COVID-19

We all have older adults in our lives. For many of us it's our parents, grandparents, aunts and uncles. The [CDC says](#) "older adults are at greater risk of requiring hospitalization or dying if they are diagnosed with COVID-19. As you get older, your risk of being hospitalized for COVID-19 increases."



Older adults over 65 are eligible to receive the COVID-19 vaccine, but should still be taking the necessary precautions to reduce the risk from getting covid-19. Everyone should continue to wear their masks, wash their hands/sanitize, disinfect commonly touched objects and surfaces, and social distancing.

Benefits of getting a COVID-19 vaccine

- COVID-19 vaccination will help keep you from getting COVID-19.



- Getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19.

- Getting vaccinated yourself may also protect people around you, [particularly people at increased risk for severe illness from COVID-19.](#)

- COVID-19 vaccination is a safer way to help build protection without having to experience sickness

- COVID-19 vaccination will be an important tool to help stop the pandemic

- The combination of getting vaccinated and following CDC's recommendation to

protect yourself and others will offer the best protection from COVID-19.

How Vaccines Work

COVID-19 vaccines teach our immune system how to recognize and fight the virus that causes COVID-19. It typically takes a few weeks after vaccination for the body to build protection (immunity) against the virus. That means it is possible a person could get COVID-19 just after vaccination, because the vaccine has not had enough time to build immunity.

If the vaccine you got requires two shots, be sure to get both doses so it can work fully.

We have attached a separate PDF on vaccination information to this newsletter, or go to [our website](#) to read later.

Bedtime Yoga routine for your teen

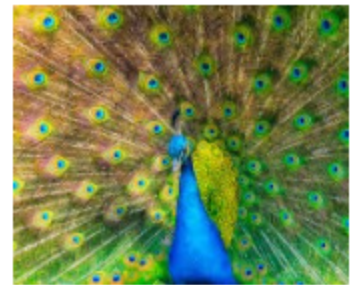
Teens around the world are learning at home with virtual classes and are struggling finding a healthy sleep schedule. They are sleeping all day and working on homework all evening long. This may work for some teens, but others would like a routine and not be up all hours of the night.



Angela Brown over at New School Yoga has come up with a [bedtime yoga routine](#) for teens (and parents too!) that's only ten minutes long that'll ensure a good night's rest.

Virtual Calming Room

SDUSD has created a [virtual calming room](#) where students and families can find various tools on how to manage their emotions and stress. At CCYP our favorite “calming room” was the [live stream of the animals at the San Diego Zoo](#). There are other tools such as meditation rooms, virtual tours, puzzles, and more. It's important to take care of your mental health during this time.



Live Animal Cameras

We need your feedback



We are looking for caregivers and youth clients to interview about their experiences with CCYP. Learning about your experiences can help us improve the program! Questions will be asked over a phone call or Zoom call ([video optional](#)) which will take around 15 minutes. Your answers will be confidential. If you are interested, please contact Tiffany Lagare (tlagare@health.ucsd.edu) or Judy Witcher (CCYP) for more information on how to schedule a short interview.