

LEAVE THE KIDS ALONE!

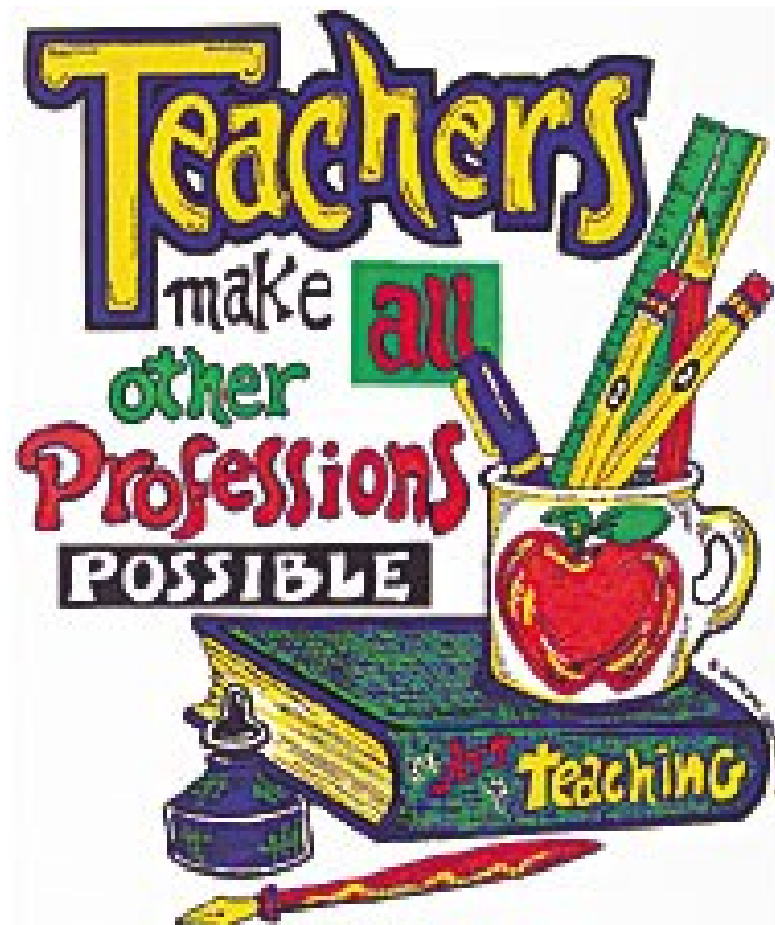


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LEAVE THE KIDS ALONE!



TOLERATE AND APPRECIATE VARIATION WHENEVER POSSIBLE

HUGE INCREASE IN DIAGNOSED CHILDHOOD PSYCHIATRIC DISORDERS SINCE 1994 (DSM-IV)

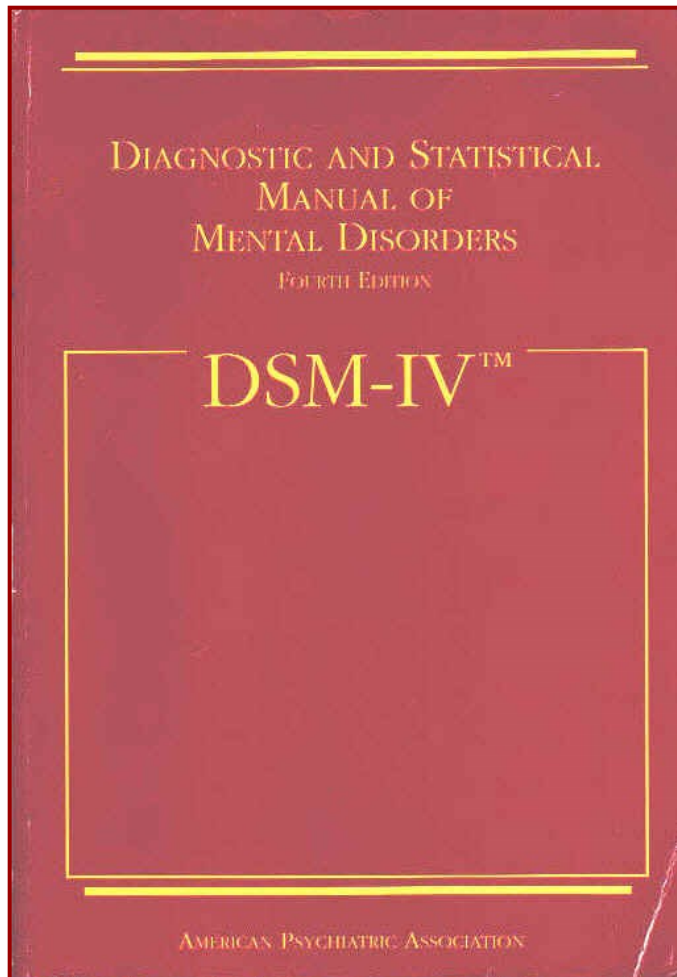
Childhood disorders
are overdiagnosed
and overtreated



Yes, childhood
disorders are
overdiagnosed and
overtreated



HUGE INCREASE IN DIAGNOSED CHILDHOOD PSYCHIATRIC DISORDERS SINCE 1994 (DSM-IV)



Promised study results to well-paying drug company *before* doing the study

**Children who
received treatment
are better off**



**Great Smoky Mountains Study
1993-1997**

**Children who
received treatment
are worse off**



**TRAILS
2001-2008**

Since 1994 (DSM-IV):

Diagnosis & treatment 

Children benefitting 

***For mild to moderate cases treatment
may do more harm than good***

PROBLEM

“How to separate those who need treatment from those who will do fine on their own?”

Simply by not treating mild cases?

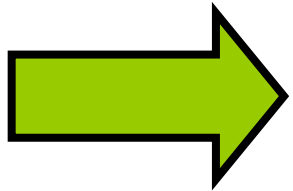
No! Problems may or may not get worse

SOLUTION

Stepped care

+

Stepped diagnosis



**Reduce over diagnosis without
risking under treatment**

Diagnosis =

Descriptive diagnosis

-> DSM classification

What is he doing?

Explanatory diagnosis

-> ideographic

Why is he doing it?

⇒ **Research**

⇒ **Communication**

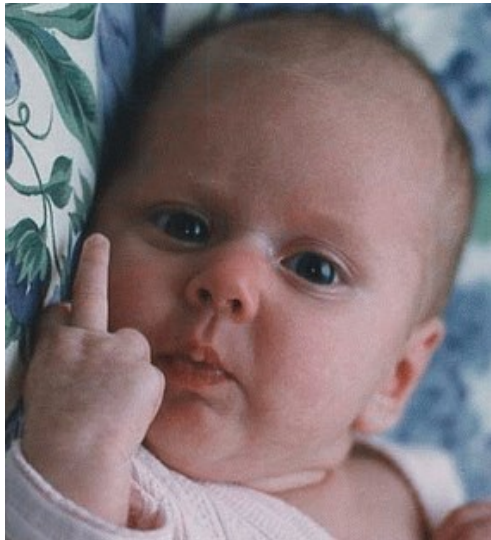
⇒ **Reimbursement**

⇒ **Therapy**

Stepped care & stepped diagnosis

Step 1: Gather baseline data, mild/moderate problems ->

Step 2: Normalize child behavior problems and parental stress



- Actively avoid terms like ADHD or bipolar
- Normalize problems without devaluing or minimizing them
- Give hints and tips

Stepped care & stepped diagnosis

Step 1: Gather baseline data, mild / moderate problems ->

Step 2: Normalize child behavior problems and parental stress

Step 3: Watchful waiting



- weekly telephone calls
- continued assessment
- scheduled follow-up
- no definite diagnosis or active treatment

Stepped care & stepped diagnosis

Step 1: Gather baseline data, mild / moderate problems ->

Step 2: Normalize child behavior problems and parental stress

Step 3: watchfull waiting

Step 4: low intensity parent management training

Step 5: high intensity parent management / teacher training

Stepped care & stepped diagnosis

Step 1: Gather baseline data, mild / moderate problems ->

Step 2: Normalize child behavior problems and parental stress

Step 3: watchful waiting

Step 4: low intensity parent management training

Step 5: high intensity parent management / teacher training

Step 6: diagnosis & child interventions



80% non-, subthreshold-, mild or moderate cases

20% severe cases

**LEAVE THESE
KIDS ALONE**

**DON'T LET
THESE KIDS
WAIT**



THANKS FOR YOUR ATTENTION

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