Wellbeing in 22Q11.2

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Stressors

- Medical issues
- Procedures and medications
- Academic difficulties
- Executive function issues
- Anxiety
- Family stressors
Goal

Coping Vs Struggling

3 MORES of coping:

Kids
Things
Times
Health Vs Illness

- Preventative care model
- Focus on mental HEALTH
- Mental health provider as ‘consultant’ to ensure adequate support
- Can help monitor for possible illness
- Early detection and appropriate treatment
- Primary Care Model Vs Emergency Care model
Mental health Providers

- Therapy: Any licensed provider- LCSW, MFT, Psychologist, Psychiatrist
- Medication management: Pediatric specialists (if comfortable), Psychiatrist (preferable Child and Adolescent Psychiatrist)
- Knowledgeable about working with children and open and willing to learning about 22Q11.2
What can be done

- Teach coping techniques
- Problem solving skills
- Social Skills
- Parent Guidance and Support
- Screen for possible illness
- Work with the team