

### Tips to Increase Cultural Competence

- Pronounce students' names correctly and learn key phrases in their native language.
- Allow students to share their thoughts, ideas and feelings through the use of cooperative groups, role plays, dialogue journals and other forms of active and interactive learning.
- Become aware of the impact of your own culture and worldviews when interacting with others.
- Become aware and respectful of diverse values, traditions, customs, and parenting styles.
- Recognize that cultural differences exist within an ethnic group.
- Understand the attitudes about mental health issues, treatment, and help-seeking behaviors within different cultures represented in the student body.
- Enhance students' self-image, motivation and cultural pride by using culturally-relevant materials.
- Invite parents and caregivers to actively participate in their child's education; including obtaining needed mental health services which would improve their educational outcomes.

### **Warren County Grant to Integrate School and Community Mental Health Systems**

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## *An Information Booklet for Warren County Educators*

# Quick Facts: Bipolar Disorder



*This fact booklet is intended to enhance understanding of school personnel about the mental health issues that may be encountered in students. The information included is not exhaustive and should never be used to formulate a diagnosis. Mental health diagnoses should be made only by a trained mental health professional after a thorough evaluation.*

## What is Pediatric Bipolar Disorder?

Bipolar Disorder, previously called manic depression, is a biological brain disorder that causes intense vacillation in mood, energy, thinking, and behavior. Children and adolescents with Bipolar Disorder—whose symptoms manifest very differently than in adults—can experience severe and rapid mood changes many times each day. Although environmental and/or social conditions may exacerbate symptoms, people with this disorder do not have control over their mood swings.



## Types of Bipolar Disorder

Researchers have identified varying subtypes of Bipolar Disorder. These subtypes differ in frequency, intensity, number and duration of mood episodes. In most subtypes, a person's mood shifts in well-defined phases that can last for hours, days, or even years. These phases are often less defined in children. Below are common sub-types.

**Bipolar I:** Fluctuates between periods of *intense* mania and *major* depression

**Bipolar II:** Fluctuates between periods of *mild* mania and *major* depression

**Bipolar Mixed Type:** *Simultaneous* symptoms of mania and depression

**Bipolar Rapid Cycling:** *Quickly switching* periods of mania and depression, sometimes many times in a single hour

**Cyclothymic Disorder:** Periods of *mild* mania and *mild* depression

## Getting Linked

- Visit [www.warrencountyesc.com](http://www.warrencountyesc.com) to link to the Warren County online mental health resource directory to locate mental health providers who address Bipolar Disorder in children and adolescents in your community.
- Dial 2-1-1 to reach Warren County 2-1-1, a countywide health and human services information and referral program where you can get person to person assistance to find Bipolar Disorder resources in your community.
- Visit [www.mhaswoh.org/services](http://www.mhaswoh.org/services) to access Mental Health America of SW Ohio's current mental health resource directory.



## Additional Resources

Cincinnati Children's Hospital  
[www.cincinnatichildrens.org](http://www.cincinnatichildrens.org)

Mental Health America  
[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

School Psychiatry Program  
Massachusetts General Hospital  
[www.schoolpsychiatry.org](http://www.schoolpsychiatry.org)

Child and Adolescent Bipolar  
Foundation  
[www.bpkids.org](http://www.bpkids.org)

Depression and Bipolar Support  
Alliance  
[www.dbsalliance.org](http://www.dbsalliance.org)

Juvenile Bipolar Support Alliance  
[www.bpchildresearch.org](http://www.bpchildresearch.org)

National Alliance on Mental  
Illness  
[www.nami.org](http://www.nami.org)

American Academy of Child and  
Adolescent Psychiatry  
[www.aacap.org](http://www.aacap.org)

The Life of a Bipolar Child: What  
Every Parent and Professional  
Needs to Know. 2000. T.  
Carlson

Understanding and Educating  
Children and Adolescents with  
Bipolar Disorder: A Guide for  
Educators. 2003. M. Andersen, J.  
Boyd-Kubisak, R. Field, S.  
Vogelstein



### Cultural Considerations

Existing research suggests that Bipolar Disorder affects all races and genders equally. Pediatric Bipolar Disorder has gained great attention in the research world, however, most of the research studies are occurring in the United States and may not take into account norms from other cultures.

As always, culture needs to be a central consideration when diagnosing and treating students with any mental health concern.

Schools must become familiar with the health and mental health beliefs of the students and their families in their care and must be culturally responsive when talking with students and their families about their mental health related concerns.



### Prevalent Signs & Symptoms of Bipolar Disorder

#### Symptoms of mania may include:

- Mood lability (switching between euphoria and irritability), rages and explosive temper tantrums that last a long time, oppositional or aggressive behavior
- Incessant and indiscriminate enthusiasm for interpersonal interactions
- Inflated self-esteem ranging from slightly elevated self-confidence to delusional grandiosity (i.e. thinking one has super powers)
- Decreased need for sleep that may allow the person to go days without sleeping and not feeling tired
- Manic speech that is typically pressured, loud, fast, and difficult to interrupt; a person may speak for hours non-stop without regard for the people around them
- Flight of ideas or a sense that thoughts are racing; a person's thinking and speaking may switch rapidly and without logic between topics
- Increased distractibility, hyperactivity, and impulsivity; restlessness and fidgetiness
- Excessive increase in goal-directed activity
- Excessive involvement in high risk pleasurable activities, impaired judgment

#### Symptoms of depression may include:

- Depressed or irritable mood; oversensitivity to emotional or environmental triggers
- Psychomotor restlessness or retardation, fatigue and/or loss of energy
- Increase and/or decrease in appetite or sleep patterns
- Indecisiveness and diminished concentration
- Feelings of worthlessness or guilt
- Diminished interest in usual activities, social withdrawal
- Recurrent thoughts of death or suicide, risky behavior

## Developmental Variations

### Early Childhood (@3-6 years old)

Bipolar Disorder is rarely diagnosed in this age group. Early symptoms of emerging Bipolar Disorder may resemble symptoms of other childhood disorders such as ADHD. Though very young children are less likely to have clearly defined “episodes” of this illness, some early symptoms in this age group may include tantrum like rages that last for a long time, destructiveness, impulsive and/or hyperactive behavior, and mood swings that are triggered by limit setting.



### Middle Childhood (@7-12 years old)

During this developmental stage, Bipolar Disorder continues to resemble other disruptive behavior and mood disorders making accurate diagnosis challenging even for well seasoned clinicians. Along with the mood dysregulation and behavioral problems seen in early childhood, interpersonal relationships with peers may begin to be negatively affected. It is not uncommon for children of this age group to begin finding vocabulary for the symptoms they experience and may complain of such things as “racing thoughts.”



### Adolescence (@13-18 years old)

Bipolar Disorder becomes easier to diagnose in adolescence as its presentation becomes more consistent and similar to adult Bipolar Disorder. Puberty is a time of heightened symptoms and risk for adolescents with Bipolar Disorder. Adolescents with this disorder may increasingly engage in high risk behaviors such as substance abuse, self-injury (i.e. cutting), and reckless sexuality.



## Educational Implications

Pediatric Bipolar Disorder is a chronic illness that may cause major disruption in schooling for both young children and adolescents. At school, students with Bipolar Disorder may experience symptoms of mania and/or depression, sometimes in a very short time period.

During a manic episode, a student may be excessively happy and cause disruption, exhibiting such behaviors as inappropriate humor or laughing hysterically for no reason. They may also be grossly irritable, short-tempered, and frustrated or may talk incessantly, interfering with learning for themselves and those around them. They may be disorganized in their thinking and have difficulty paying attention and sitting still. Hours or days later, in a depressive episode, this same student may experience a loss of energy, feel worthless and guilty, and have persistent thoughts of death or suicide.

Each student with Bipolar Disorder comes with unique symptoms that may have major negative consequences within the learning environment, creating a high risk for school failure.

