

Embracing the Infinite Complexity in Child and Adolescent Psychiatry

Reading the articles in this issue of *JAACAP Connect* reminded me of one of the major reasons why I love being a child and adolescent psychiatrist: the issues are infinitely complicated. I argue that the challenges in child and adolescent psychiatry are as complex and as pressing to the future of our society as any other justice-related issue. Clinically, the work requires theoretical plurality, cultural humility, and historical awareness as well as structural competency. From a population standpoint, the complexities surrounding the mental health and well-being of young individuals requires a multidimensional approach, involving various stakeholders, including mental health professionals, educators, policymakers, and families. In this issue, we delve into several pressing issues that impact the lives of children and adolescents. The articles presented in this issue provide a snapshot into the diverse and dynamic aspects of child mental health, and each article contributes to our understanding of the unique challenges faced by young individuals.

In the first article, “The Child Psychiatrist’s Role in Advocacy for Diversion of Justice-Involved Youth: A Trainee Perspective,” España *et al.* explore the crucial role of child psychiatrist trainees in advocating for diversion programs for justice-involved youth. Through a trainee’s perspective, the article emphasizes the importance of addressing the mental health needs of young individuals within the juvenile justice system, aiming to promote trauma-informed approaches.

The second article, “‘That Could Have Been Me!’: The Importance of Assessing for Vicarious Racial Trauma in BIPOC Youth,” Jaspal *et al.* focus on the assessment of vicarious racial trauma among Black, Indigenous, and people of color (BIPOC) youth. Recognizing the significant impact of racial trauma on mental health, the article highlights the need for culturally sensitive approaches to understanding and addressing the psychological consequences of systemic racism.

In the era of digital connectivity, the third article, “Mental Health in the Digital Space: Key Lessons From a Cross-Sector Approach,” Mortillaro *et al.* explore the intersection between child mental health and the digital space. The authors summarize findings from a campaign to provide mental health educational resources through an electric sports platform. Drawing on a cross-sector approach, the article provides key lessons and recommendations for leveraging digital platforms to promote positive mental health outcomes.

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With the rise of social media trends, the fourth article, “The Social Media Trend of TikTok Tics: The Rise of Functional Tic-like Disorders During the COVID Pandemic,” Chang *et al.* addresses a concerning phenomenon observed during the COVID-19 pandemic. The authors discuss the emergence of functional tic-like disorders influenced by social media trends and the potential impact on the mental health of children and adolescents.

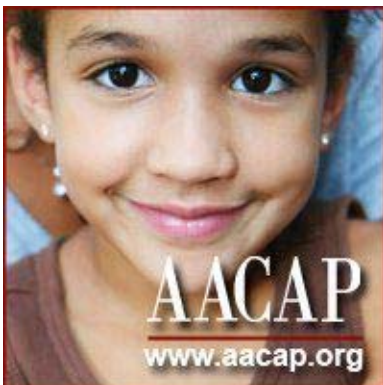
Amidst the challenges brought about by the COVID-19 pandemic, the fifth article, “Satisfaction With Telepsychiatry in Child and Adolescent Psychiatry: A Brief Review of the Literature and the Impact of COVID-19,” Nielsen *et al.* provide a brief review of the literature on telepsychiatry satisfaction and examine the satisfaction levels of patients in utilizing telepsychiatry services at a specific institution.

The sixth article, “Maternal Prenatal Attachment: An Early Intergenerational Intervention for Child Psychiatry,” Gao *et al.* explore the significance of maternal prenatal attachment in child psychiatry. Recognizing the critical role of the parent-child bond in early development, the authors advocate for intergenerational interventions that foster healthy maternal prenatal attachment.

And finally, a big thank you goes out to Dr. Rettew for his continued commitment to the Lab to Smartphone column. In this edition, he reflects on the broader contextual factors that shape ADHD diagnosis and treatment.

Collectively, the articles in this issue offer a comprehensive and diverse examination of child mental health topics. They reflect the complexity of the field and underscore the need for interdisciplinary collaboration, innovation, and advocacy. We hope that this collection of articles will inspire researchers, practitioners, and policymakers to continue their efforts in promoting the well-being of children and adolescents and contribute to the advancement of child mental health knowledge and practices.

J. Corey Williams, MD, MA
Editor



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