

Transitions

Transitions are on my mind. As I write this, summer break is coming to an end and the new school year is near. For my own family and the children and families we work with, this particular transition can be both exciting—embarking on a new journey while often reconnecting with peers—and challenging. As a provider working in a children’s mental health crisis setting, I typically observed an increase in crises that coincided with the transition into the new school year. This year, and throughout the pandemic, transitions in the mental health field have seemed more salient. In each of the mental health settings where I work, I notice that staffing has decreased, turnover has increased, and providers are increasingly examining their own goals and values, leading to more transitions. Amongst my colleagues, this has included transitions both into and out of academic child psychiatry, which has been both exciting and challenging for me personally. For some transitions, “bittersweet” is an appropriate descriptor.

For *JAACAP Connect*, Volume 9, Issue 3 represents my penultimate issue as *Connect* editor. We welcomed J. Corey Williams, MD to the *JAACAP* team in late 2021 when he was selected as the 2022-2023 John F. McDermott, MD, Assistant Editor-in-Residence and Associate Editor of *JAACAP Connect*. His transition into the *JAACAP* team has already been remarkable. He brought fresh perspective and valuable insights, and with his focus on justice, equity, diversity, and inclusion, I am continually grateful to learn from him. When he transitions into the role of *JAACAP Connect* Editor in January, 2023, *Connect* will continue to grow stronger.

We lead off the issue with an article by Dr. Shaligram, entitled, “Educate, Innovate, and Advocate Through Writing: Three Must-dos for Every Trainee.” Dr. Shaligram reminds us why many of us gravitated towards child psychiatry and how writing can be a powerful tool used to tell our patient’s story, educate others, harness creativity, and advocate for important policy issues

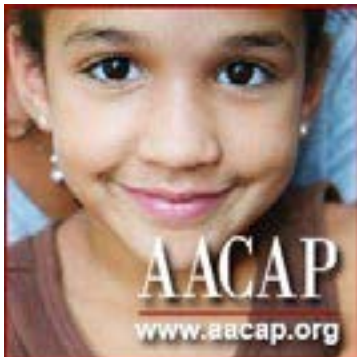
within the field. We next move into the clinical world, as Dr. Hannah E. Johnson and colleagues present findings from a pilot study examining psychotropic medication prescriptions for inpatient transgender and cisgender adolescents. The authors highlight the need for adequately powered studies with transgender adolescents given the higher risk for mental and physical health complications and treatment disparities compared to cisgender adolescents.

Dr. Burgundy Johnson *et al.* provide a great summary of attachment theory and its relevance to clinical practice in child psychiatry. The authors invite clinical providers to bolster their practice with increased awareness and intentionality around use of the attachment theory framework. Next, Mr. Sharma addresses an important issue in child psychiatry that involves the interplay between digital technology and sleep in adolescents, and how the COVID-19 pandemic has heightened the negative impact. He provides guidance for the clinician and underscores the opportunity for change from a public health perspective. In the next article in our Spotlight on Juvenile Justice series, Dr. Salem and colleagues provide an overview of understanding trauma within the juvenile justice system, a critical topic given that the vast majority of juvenile justice-involved youth have experienced life-threatening trauma.

The last 3 articles draw connections between media and youth. Drs. Gearin, Grech, and Dolan review songs with suicide references in the United States, and discuss various clinical applications. The clinician is asked to reflect on both the positive and negative impact that songs may have on youth, and the authors provide guidance for child psychiatrists. Next, Drs. Lau, Lin, and Sust analyze Pixar’s movie, *Soul*, in the *Connect* Corner column, offering suggestions for parents when faced with discussions with their children on the topics of death and spirituality. Finally, in his recurring Lab to Smartphone column, Dr. Rettew provides a nuanced

look at child-directed diagnosing, the possible relationship with social media, and how clinicians may consider a developmentally appropriate path forward. The articles in this issue are richly diverse in scope and topic and represent thoughtful work from multiple early authors. As we continue through the natural transitions of life, I hope you find time to read, reflect, and enjoy.

Anne B. McBride, MD
JAACAP Connect Editor



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