



Welcome to the STTAR newsletter! The staff from the Study of Toddler to Teenage Anxiety & Resilience (STTAR) has created this new bi-weekly communication with your family in mind. We are starting this newsletter to share information on mental health topics of interest, including how to find a therapist, manage stress, navigate relationships, and more! If you have feedback about this newsletter or a topic you'd like us to address in a future edition, we'd love to hear from you [HERE].

First, we can not thank you enough for your participation in the Duke Preschool Anxiety Study in the early 2000s. A lot has happened since our research team worked with your family - You were either a preschooler or the caregiver for a preschool age kiddo! Caregivers, you may have completed questionnaires about you and your child, and completed an interview about your child's life. Teens & young adults, you might not even remember but when you were a toddler, you may have participated in tasks that measured your language, emotion regulation, and problem-solving skills. You may have also completed a magnetic resonance imaging (MRI) scan! A total of 917 families from the Durham and Orange County areas participated. Thanks to your participation, we learned a lot about child development and preschool anxiety. Check out the next page for some of the things we learned!

Mental Health Resources

[HTTPS://WWW.PSYCHOLOGYTODAY.COM/US/THERAPISTS](https://www.psychologytoday.com/us/therapists)

AND

[HTTPS://WWW.THERAPYDEN.COM/](https://www.therapyden.com/)

* THESE ARE "THERAPIST FINDERS" THAT CAN SORT BY IMPORTANT CHARACTERISTICS LIKE INSURANCE COVERAGE, "ISSUE," AND MORE!

[HTTPS://CLINIC.UNC.EDU/](https://clinic.unc.edu/)
[UNC PSYCHOLOGICAL SERVICES CLINIC](#)
UNC CHAPEL HILL, CB#3270, DAVIE HALL, CHAPEL HILL, NC 27599-3270
919-962-6906

[HTTPS://PSYCHANDNEURO.DUKE.EDU/GRADUATE/CLINICAL/CLINIC](https://psychandneuro.duke.edu/graduate/clinical/clinic)
[DUKE PSYCHOLOGICAL SERVICES CLINIC](#)
DUKE UNIVERSITY, PSYCHOLOGY - SOCIOLOGY BUILDING, SUITE 312 DURHAM, NC 27708
919-660-5771

[HTTPS://WWW.CCFHNC.ORG/DURHAM CENTER FOR CHILD AND FAMILY HEALTH](https://www.ccfhnc.org/durham-center-for-child-and-family-health)
1121 W. CHAPEL HILL ST., STE. 100. DURHAM, NC 27701
919-419-3474

[HTTPS://WWW.DUKEHEALTH.ORG/LOCATIONS/DUKE-CHILD-AND-FAMILY-STUDY-CENTER](https://www.dukehealth.org/locations/duke-child-and-family-study-center)
[DUKE CHILD AND FAMILY CENTER PAVILION EAST AT LAKEVIEW](#)
2608 ERWIN ROAD, SUITE 300 DURHAM, NC 27705
919-681-1100

[HTTPS://LINCOLNCHC.ORG/?PAGE_ID=6418](https://lincolnchc.org/?page_id=6418)
919-956-4057

- About 20% of children in the study had at least one anxiety disorder. Because so many people participated, we were able to estimate the rate of child anxiety in the general population! With this information, we were able to show that preschool anxiety disorders are common and should be looked out for by educators and healthcare professionals.

- Having a child who has an anxiety disorder comes with challenges. Families of children with anxiety were 3.5 times more likely to report that their child's symptoms had a negative impact on their family functioning. While it is often believed that anxiety disorders are not as burdensome as other disorders, we found that anxiety disorders can have distressing consequences for families and should be taken seriously.

- About 14.5% of all participants perceived their child as having a mental health need. What may surprise some is that over 60% of caregivers whose child had enough symptoms to be diagnosed with a mental health disorder (3+ symptoms) did not perceive their child as having a "mental health need." This may suggest caregivers feel confident in managing their concerns; yet it also suggests a need for the psychological community to better share with caregivers what mental health looks like in their young children, including what symptoms may qualify for a disorder that could potentially be addressed by mental health care.

- Caregivers' own mental health symptoms impacted the way they perceived their child's mental health. For example, caregivers with moderate to high levels of depression were more likely to perceive their child as having a mental health need, compared to caregivers with no or low symptoms of depression. It's important for caregivers to notice how their own mental health may interact with their child's mental health - and this is still true in their teenage years!

- Caregivers who reported their toddler had selective/picky eating behaviors commonly noted their child also showed symptoms of anxiety, depression, and attention-deficit/hyperactivity disorder. We wrote a paper that highlighted, specifically for providers, the need for more guidance and comprehensive treatment options to help caregivers manage their child's selective and picky eating habits, since there are usually other concerns happening at the same time. Since this and other findings highlighted this link, clinicians now know to look for these symptoms together in young children to inform their treatment recommendations.

- We also learned that "sensory over-responsivity," or extreme sensitivity to sensory stimuli (e.g., sounds, textures, smells), is something to look out for because it can be an early risk factor for anxiety and behavioral challenges in young children. For more information, you can see one of our investigators, Dr. Kim Carpenter, explain these challenges for the Brain & Behavior Research Network.

- Results from the brain scans showed that children diagnosed with different types of anxiety (social phobia, generalized anxiety, and separation anxiety) had different patterns of brain connectivity in the amygdala - the part of the brain that is largely associated with emotion. With this information, we were able to identify biological effects of anxiety symptoms, which has helped scientists think differently about these disorders.

Thanks to your participation, we learned that anxiety in preschool-age children is a complicated and hard diagnosis to manage for both the child and family. Now that a lot of time has passed and those toddlers have become teenagers, we are interested in what's happened in your lives since you last participated and how that's shaped youths' development over time. In our new study, STTAR, our research questions have expanded so we really need all our families to participate. With your help, we hope to answer more questions about anxiety, mental health, and child development!

Look out for our next newsletter where we talk about managing anxiety in teenagers - with tips for teens & young adults, and those who support them. Meanwhile, be sure to check out the community resources

BELOW!

Food and groceries

Wake County Public Schools Free Meals

<https://www.wcpss.net/food>

Durham County Public Schools Free Meals

<https://www.dpsnc.net/site/default.aspx?>

PageType=3&DomainID=4&ModuleInstanceID=450&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=37720&PageID=1

Orange County Food Resources

https://docs.google.com/document/d/1aTUcGgWmcu9sn30m_38XHkFQa_OHsmww4qDlmlq1BDw/edit

Chapel Hill/Carrboro Schools

https://docs.google.com/document/d/1uMqg908vvCFxBwtGIToltMveah7ToAYTP7Uq_ydwqSM/edit

TABLE

<https://tablenc.org/request-food/>

Food Bank of Central & Eastern North Carolina

<https://foodbankcenc.org/food-finder/>

Wake County Food Resources

<https://www.wakegov.com/covid-19-information/help-residents/food-resources>

No Kid Hungry NC

<http://nokidhungrync.org/covid19/>

- Text FOODNC or COMIDA to 877-877

to receive information about 3 drive-thru or pickup sites

with meals for kids closest to you
Wake County Public Schools Free Meals

Housing

Durham Continuum of Care (CoC)

<https://www.durhamcoc.org/coordinated-entry-intake.html>
Eviction Information: 216-965-5095

Durham Rescue Mission

<https://durhamrescuemission.org/covid19/>
o 919-688-9641

Orange County Partnership to End Homelessness

<https://www.ocpehnc.com/resources>

Urban Ministries of Durham

<https://umdurham.org/i-need-help.html>

Durham County Social Services

<https://www.dconc.gov/government/departments-f-z/social-services>

Orange County Social Services

<https://www.orangecountync.gov/378/Social-Services>

Wake County Social Services

<https://www.wakegov.com/departments-government/health-human-services>

Health and safety

Compass Center for Women and Families

<https://www.durhamcoc.org/coordinated-entry-intake.html>
o 919-929-7122

Durham Crisis Response Center

<https://thedcrc.org/>
o 919-403-9425

InterAct Family Safety and Empowerment Center

<https://interactofwake.org/>
o 919-828-7501

Orange County Rape Crisis Center

<https://ocrcc.org/>
o 866-935-4783 (call) , 919-504-5211 (text)

Freedom House

<https://freedomhouserecovery.org/>
o 919-967-8844 (Crisis Unit, Chapel Hill)
o 1-877-967-8844 (Mobile Service)

Suicide prevention lifeline: 1-800-273-TALK (8255)
Hope4NC Helpline: 1-855-587-3463
Crisis Text Line: Text HOME to 741 741