



## **Emily Gutierrez, DNP, CPNP, PMHS, IFM-CP, CCN**

### **BIO:**

Dr. Gutierrez is a doctor of nursing practice, pediatric nurse practitioner, and certified clinical nutritionist that has been providing pediatric functional medicine care to patients for over a decade. She received her doctorate from Johns Hopkins University in Baltimore, MD, and her masters degree as a pediatric nurse practitioner at the University of Texas in Austin, TX. Dr. Gutierrez is board certified in functional medicine by the Institute of Functional Medicine, board certified as a clinical nutritionist, in addition to dual board certifications by the Pediatric Nursing Certification Board as both a pediatric nurse practitioner and a primary care mental health specialist. Dr. Gutierrez is adjunct faculty at Johns Hopkins University where she has been teaching providers about pediatric functional medicine for the last several years. Dr. Gutierrez has published in the peer reviewed literature multiple times, published the first chapter on functional medicine to pediatric primary care providers, and written the book, “The Parents Roadmap To Autism: A Functional Medicine Approach”. Dr. Gutierrez continues to be an active researcher, writer, and speaker, and her passion for formulating science based nutrient compounds that met the strictest standards of quality and efficacy continues to be her favorite tool in managing patients.

## **Clinical Nutrition Management for Common Pediatric Mental Health Disorders**

### **ABSTRACT:**

The rates of pediatric mental health disorders has risen to a national emergency. The CDC estimates that nearly 40% of all children will meet the criteria for a mental health disorder by the time they are 18. Access to care for mental health management remains a challenge nation wide, especially for those families that are medication hesitant, and prefer a nutritional and integrative/functional approach to their child’s health as a first line consideration. This session is intended to equip clinical nutritionists and health care providers with foundational and evidence based tools to approach their patients with common mental health disorders, such as anxiety, depression, OCD, and ADHD.

### **OBJECTIVES:**

- Discover the foundational framework for approaching pediatric mental health disorders from a clinical nutritionist perspective
- Explore potential underlying pathologies and triggers for mental health disorders
- Discover ways to approach patient assessment and evaluation
- Learn evidence based nutraceuticals and integrative therapies for OCD, anxiety, depression, and ADHD

Citation for incidence of mental health disorders:

Ruth Shim, Moira Szilagyi, James M. Perrin; Epidemic Rates of Child and Adolescent Mental Health Disorders Require an Urgent Response. *Pediatrics* May 2022; 149 (5): e2022056611. 10.1542/peds.2022-056611

Citation for integrative health in pediatrics:

Garzan, et al. (2021). *Burns’ Pediatric Primary Care, 7th Edition*. Elsevier. Chapter 27; Complementary and Integrative Health in Pediatrics (I am the one of the two authors on this chapter).

Citation example for nutrient based recommendation:

Yosae S, Clark CCT, Keshkaran Z, Ashourpour M, Keshani P, Soltani S. Zinc in depression: From development to treatment: A comparative/ dose response meta-analysis of observational studies and randomized controlled trials. *Gen Hosp Psychiatry*. 2022 Jan-Feb;74:110-117. doi: 10.1016/j.genhosppsy.2020.08.001. Epub 2020 Aug 10. PMID: 32829928.