Emergency & Crisis Services

Contributors to Behavioral Dysregulation

Consider the factors which may contribute to behavioral dysregulation in youth.

Cognitive Impairment

May impact information processing, organizational capacity, adaptation to change, and frustration tolerance.

Trauma History

May increase sympathetic activation, threat detection, fight-or-flight responses, and reactivity.

Psychiatric Disorders

Underlying mental health conditions can impact regulation and increase vulnerability to stress.

Neurotransmitter Systems

Neurotransmitter systems including serotonin, dopamine, norepinephrine, GABA, glutamate, and acetylcholine may impact dysregulation as they help regulate mood, arousal, attention, and behavioral control.

Emotion Regulation

Youth may experience increased emotional sensitivity, larger emotional responses, difficulty returning to baseline, and more visible distress behaviors.

Physical Health

Interpersonal and environmental factors contribute to physical health needs and challenges.