

Depression in Youth *Averting Dire Consequences*

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Teen Depression Song



**Can YOU see the
angry bunny
face?**



Goals of the Presentation

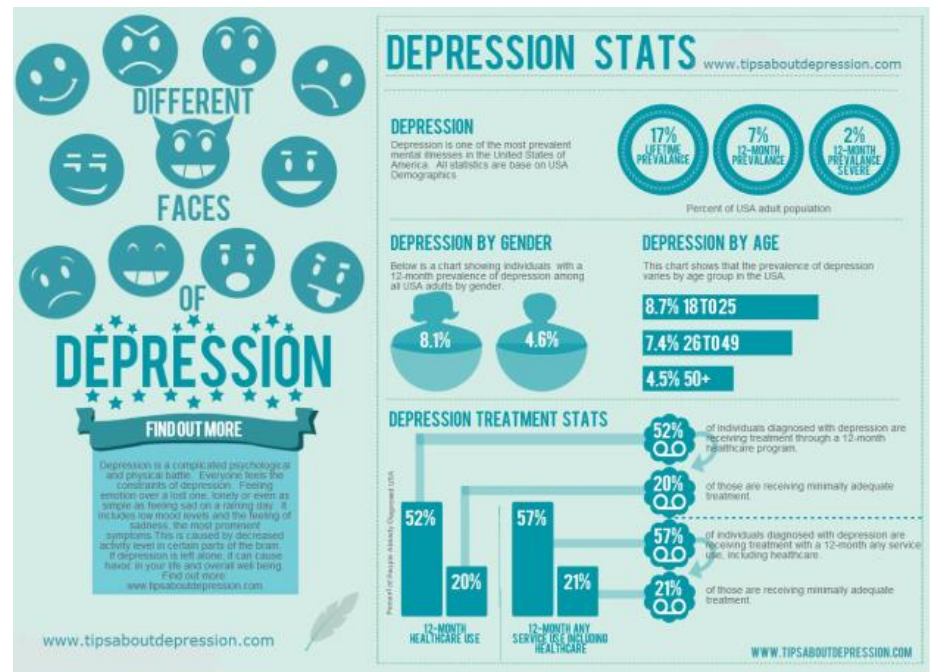
- Identify the Symptoms/Causes of Depression
- Identify Risk factors of major depression
- Identify various treatment methods

What You See Is What You Get? Not Always



Statistics

- **17%** of adolescents have a depressive disorder by age **18 – app 4.1mm**
- Girls more likely than boys to experience depression?
- Risk for depression increases as youth ages
- World Health Organization states that Depression is the leading cause of disability for ages **15-44**



Cultural Factors

Latino ~ Nerves or headaches



Asian ~ Imbalance of Chi



Middle Eastern ~ Problems of
the Heart



Native American ~ Heartbreak



What is Depression?

- Common but serious mental illness, like the common cold
- There are types of depression



Types of Depression

- **Major Depression:**
Short lasting and severe
- **Dysthymia:** Longer-lasting but less severe
- **Adjustment Disorder with depressed mood:**
Reaction to a specific life event
- **Bipolar Disorder:**
Involves periods of major depression mixed with periods of mania



Depression vs Medical

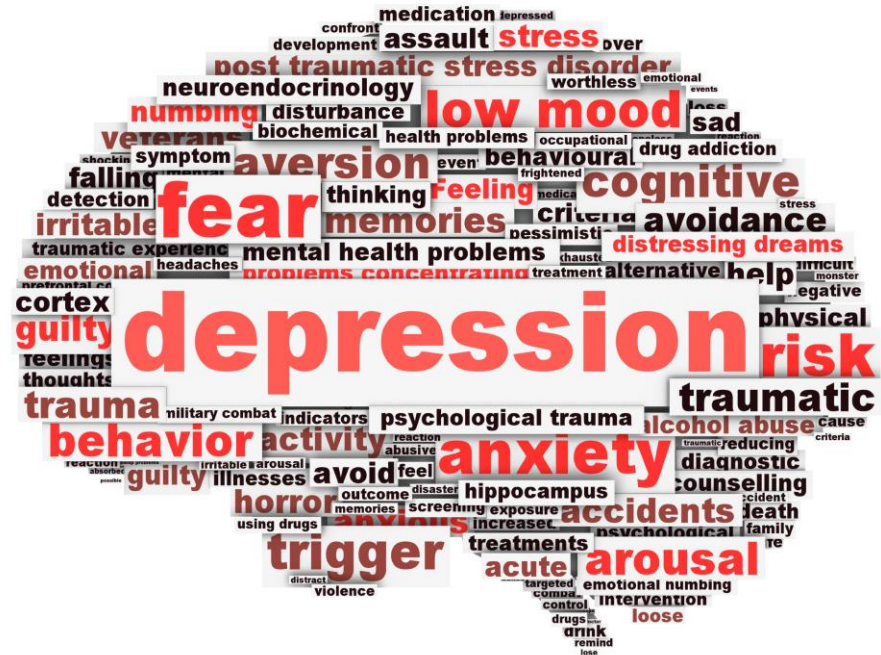


- Medical conditions
- Medications that mimic Depression/Anxiety



What Causes Depression?

- Situational
- Brain Development
- Genetics
- TRAUMA



What Does It Look Like?



Environmental/Community

Not trusting adults

Behavioral

Low energy levels
Impacted concentration
Anger outburst - verbal
and physical



Drinking and half formed
brain equals damage



Substance Abuse

If You Knew

BY

Joel Faviere

Relapse Triggers

- Same Family situation
- Same Neighborhood /School
- Being removed from family



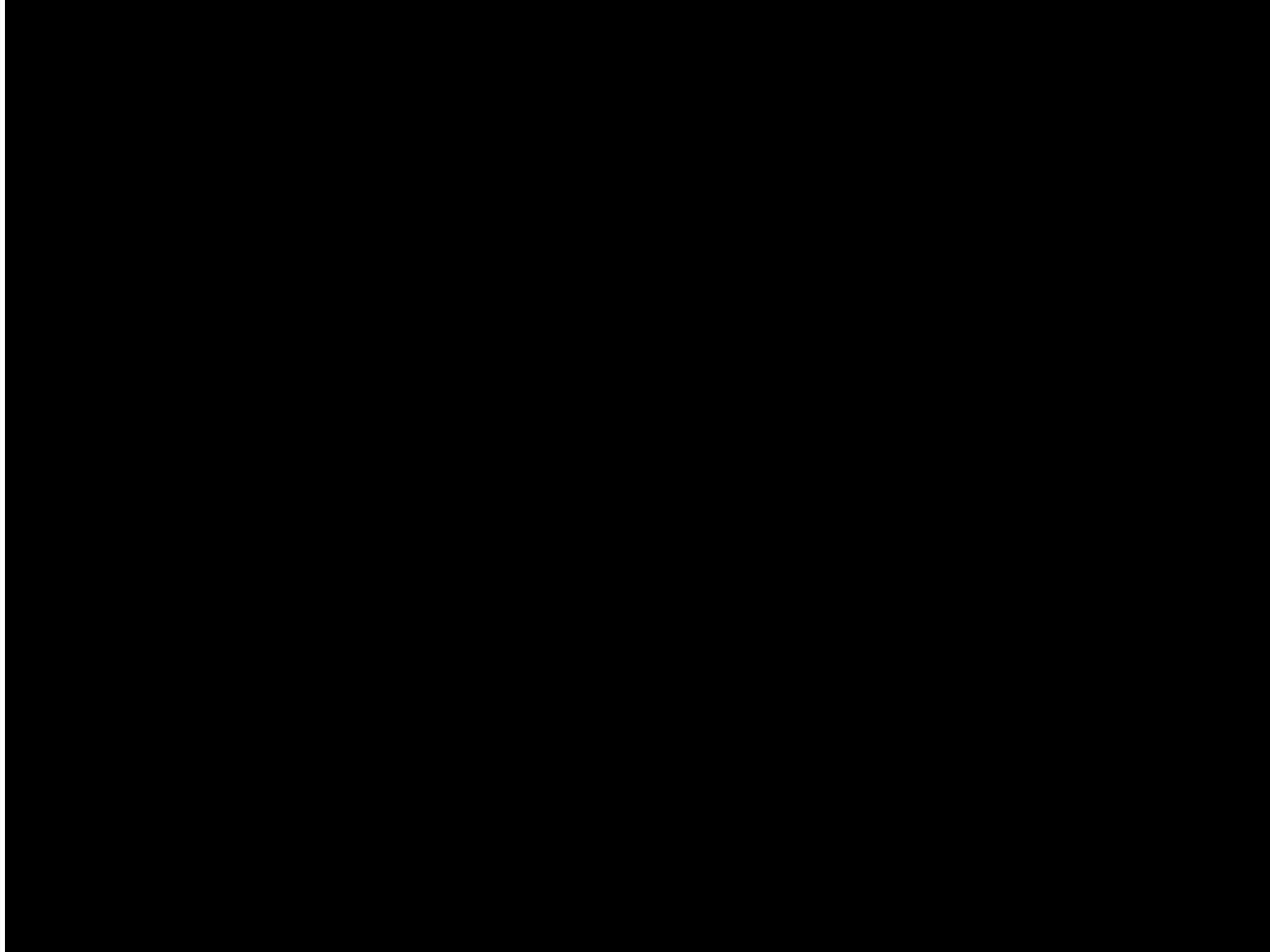
Brain Science – Scale of the Brain



What Happens in the Brain?

- Chemicals neurotransmitters assist in transmitting messages between nerve cells in the brain
- Certain neurotransmitters regulate mood
- When they are not available in sufficient quantities, the result can be depression

What Happens in the Brain – A Visual



Neurotransmitter Song

"Hey Brain
Sister"

Medicine



- Used to treat depression that is severe or disabling
- Antidepressant medications are not “uppers” and are not addictive
- Medication might be necessary, in conjunction to counseling
- May take a few weeks to feel/see improvement in symptoms

Antidepressant Medications

- Prozac
- Zoloft
- Cymbalta
- Lexapro
- Luvox
- Anandatol
- Not SSRI
Effexor, closely related

PROZAC[®]
fluoxetine hydrochloride

serzone[®]
nefazodone HCl
50, 100, 150, 200, 250 MG TABLETS

Zoloft[®]
(sertraline HCl)

Cymbalta[®] DELAYED
RELEASE
CAPSULES
duloxetine HCl

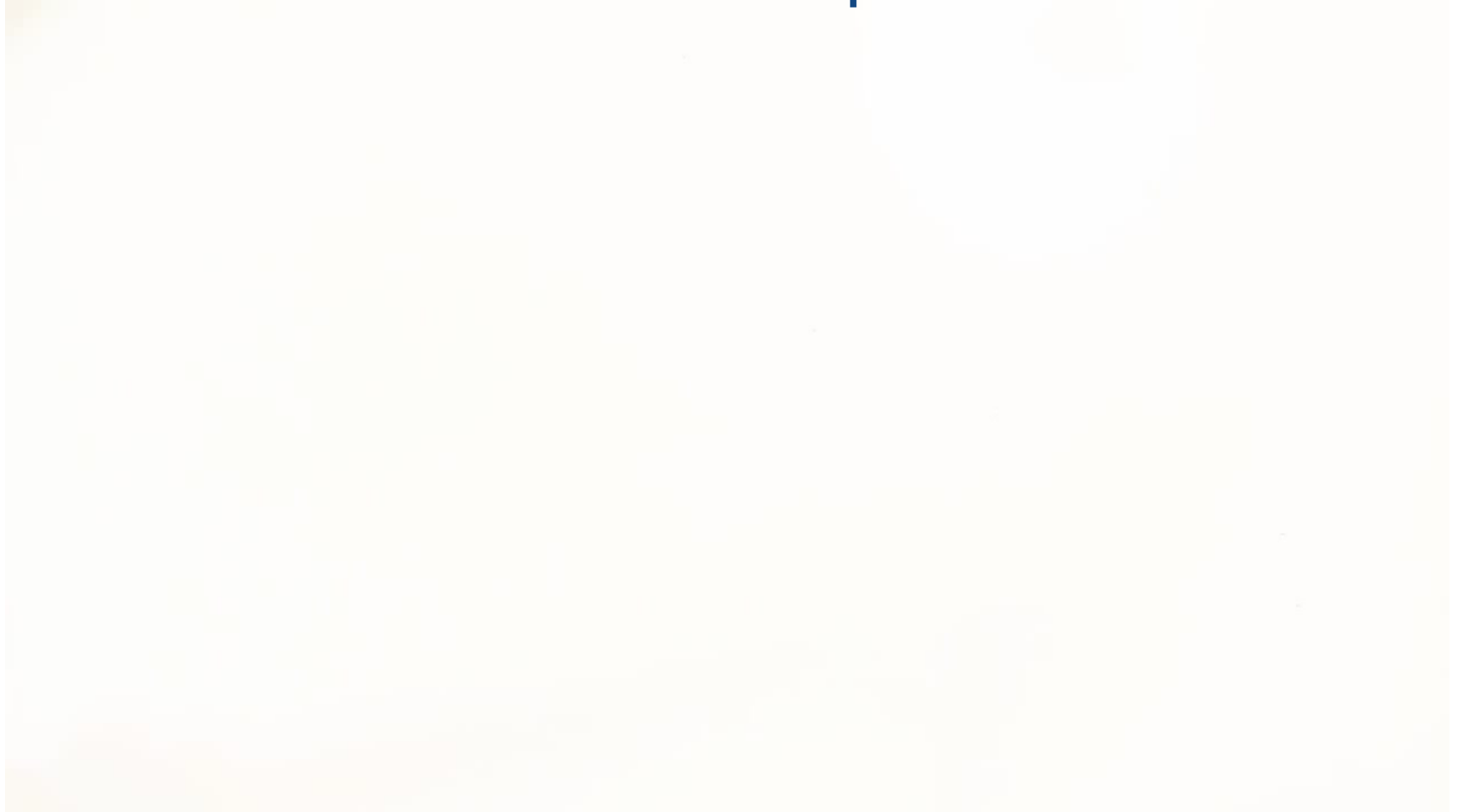
LUVOX[®]
fluvoxamine maleate

Lexapro
escitalopram oxalate

PAXILCR[®]
PAROXETINE HCl
CONTROLLED-RELEASE TABLETS

ONCE-DAILY
VENLAFAXINE HCl
EFFEXOR XR[®] EXTENDED
RELEASE
CAPSULES

The Science of Depression



Myths about Depression

- It is normal for teenagers to be moody; they don't suffer from real depression
- If you tell an adult that someone is depressed that is betraying trust, if they want help, they will get it
- Talking about it makes it worse

some common **myths**

I can't admit to feeling like this, my friends will think I'm crazy

I've failed

I'm not strong if I admit to feeling like this

It's my fault I feel like this

The doctors will lock me up or say **I'm crazy**

My parents will find out too much about me

My parents will be **disappointed in me**

What's the point? Nothing helps!

some common **truths**

No one will think you are crazy. Most people will confirm they have experienced similar feelings.

You wouldn't say you've failed if you have a physical illness. Why would you fail if you have a mental illness?

It's worth re-defining what strength means

Depression is treatable and does not necessitate being locked up

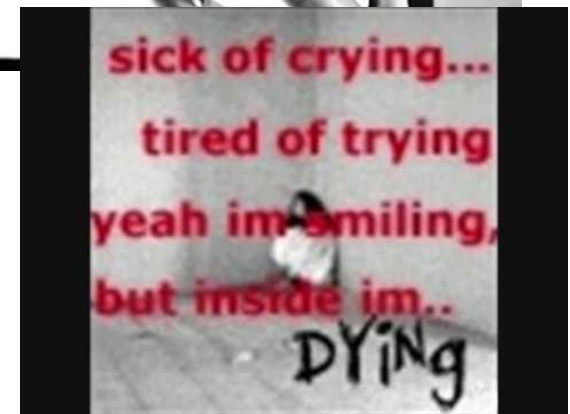
No one should be disappointed if you have an illness.

There are lots of effective treatments for depression.

It is the mood state that makes you want to give up since it gives you a negative view on life.

Link Between Depression & Suicide

- Majority of suicide attempts and deaths happen among teens with depression
- Approximately **1%** of teens attempt suicide and of that **1%** of those attempts result in death:
1 in 10,000 teens die
- With depression, rates of suicidal thinking and behavior are higher
- With serious depression **15-30%** of teens go on to make a suicide attempt



Depression Song

You don't know what we go through.

Oh, its for attention? You've seen the scars.

Oh, it's no big deal? Try to say that after you watch this video.

Oh, it's just a phase? Yea, just a phase until we can't take it anymore and commit suicide.

Oh, it'll pass? I've been dealing with it for a year.

You have NO idea what it feels like to hate yourself, want to kill yourself, think about dying everyday, to be sad everyday of your life, to deal with the thoughts we deal with.

But thats what this video is for. These are the thoughts we deal with, the actions that trigger us, the things we go through. Do not enjoy. But feel our pain.

What to Avoid

Teenager Post # 6261
You know my name, not
my story. You've heard
what I've done, not what
I've been through. Stop
judging me.



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- Being judgmental/critical
- Having unrealistic expectations
- Being inflexible
- Taking behavior personally

OARS: The Tools





OARS: The Tools

O: Open ended questions

Engaging client and allowing them to share their experience

Not simply asking yes or no questions as required by the paperwork



OARS: The Tools

A: Affirm

Affirmations can be great rapport builders

Affirm small decisions and success (examples)

This reinforcement will increase the likelihood that the client will continue to move toward change

Affirmations must be genuine and congruent. If a client thinks you are insincere then the relationship will be damaged

How can you affirm a client in your role?



OARS: The Tools

R: Reflecting – tell the client what you are hearing

Simple reflection

Double sided reflection

Shifting focus

Agreement with a twist

Reframing



OARS: The Tools

S: Summarize

- Summaries are an effective way to communicate your interest in a client, to call attention to important elements and to call attention to important elements and shift attention or direction of the session
- The structure of the summary is straightforward
 - Announce you are going to summarize
 - Summarize selected elements
 - Invite the client to correct missed information
 - End with openended question to continue the session
 - The client is invited to encourage or evaluate abnd supply the meaning, or identify
- Can you summarize in your role? How? Could it be helpful?

Assessment Tools

- ACE (Adverse Childhood Experience)



- Evidence Based Suicide tool

Tools & Strategies

- Cognitive Behavioral
- Moral Reconciliation Therapy
- Stages of Change
- Get the person connected to support network
- Increase self esteem
- Medications
- Emotional self regulation
- Mindfulness
- Sietheawkward.com

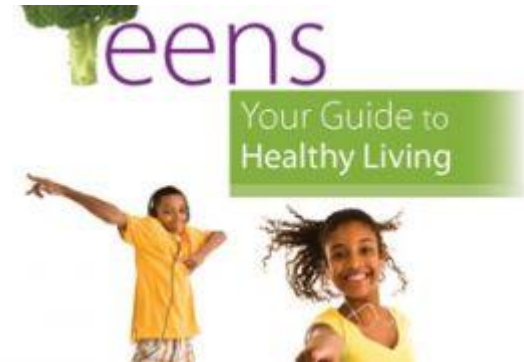
Stages of Change



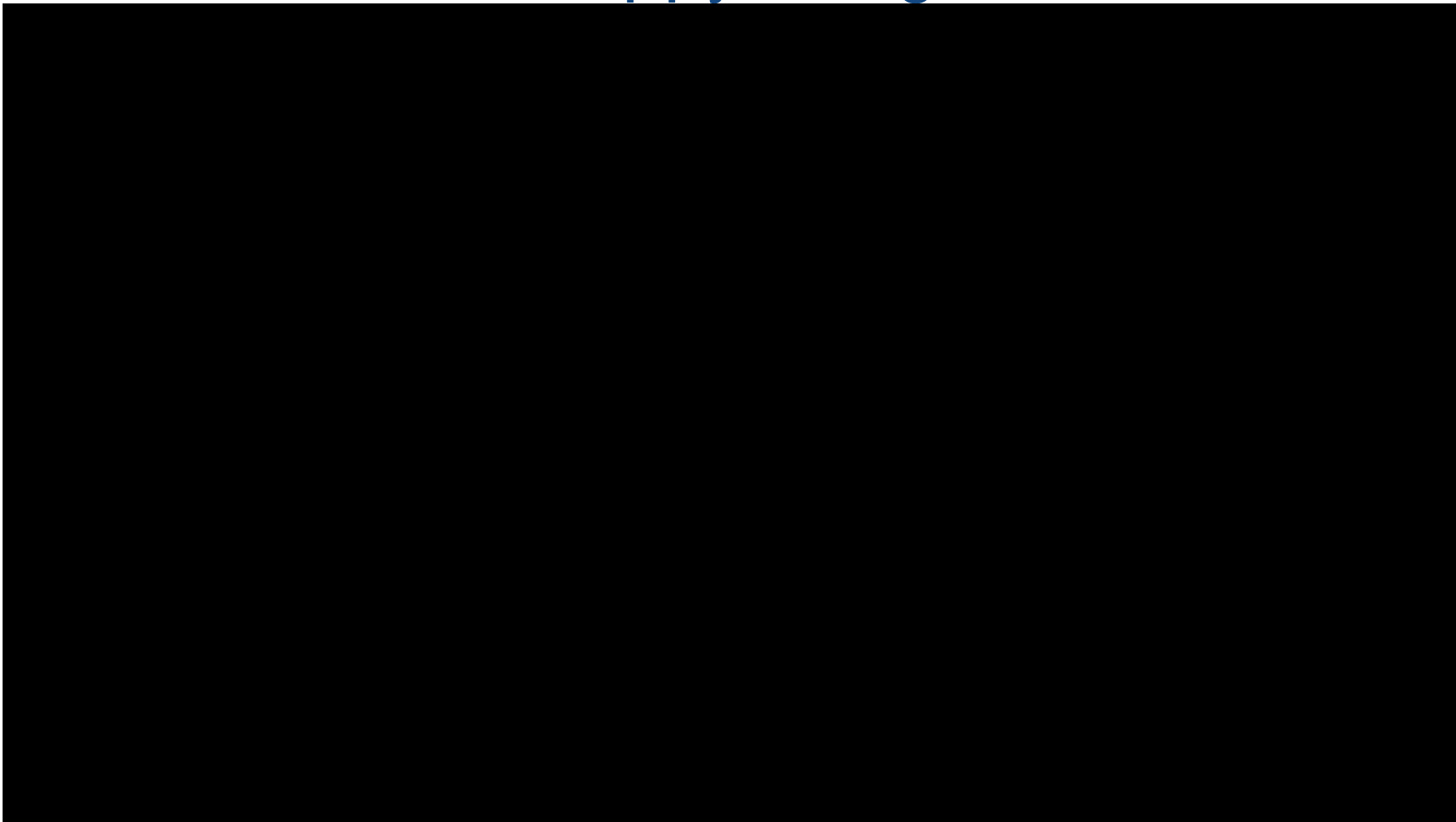
Preventing Depression

Diet, physical activity, sleep, avoid alcohol/drugs

Explore, be hopeful, connect to faith/spirituality



Happy Song



**Our differences are our strengths
Do something nice for yourself
Take good care of yourself**



Thank you!

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