



Sheppard Pratt

HEALTH SYSTEM

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Teens and Depression: Symptoms and Ways to Help

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Disclosures:

No financial conflicts of interest; All opinions presented are our own

Content is not intended as a substitute for medical or psychological diagnosis or treatment



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Teen Depression Video (PSA)

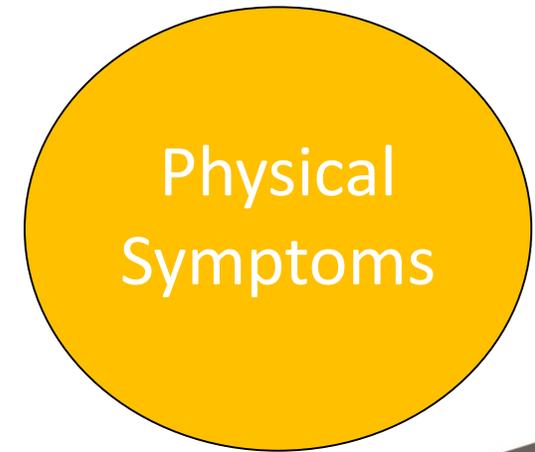
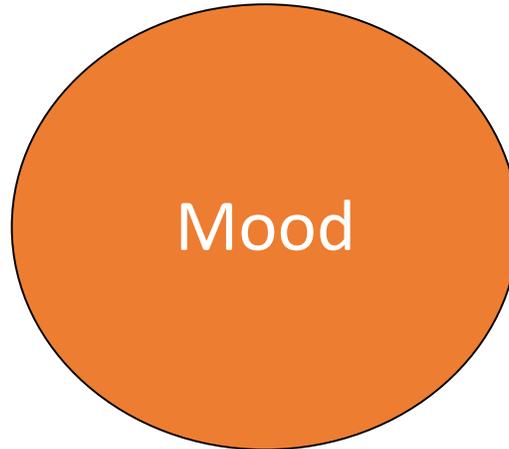
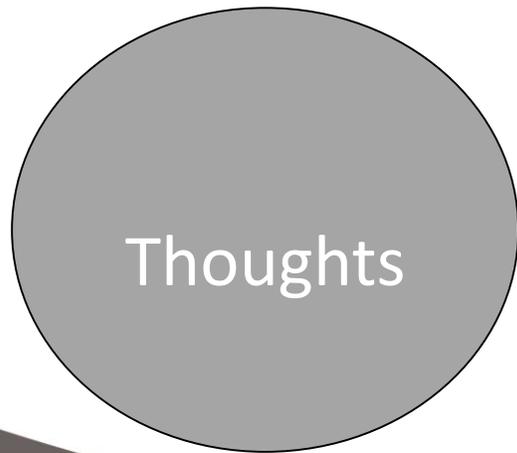
https://youtu.be/8g_kA2soWOo



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Understanding Major Depression

Depression is an illness of brain circuitry and chemistry that causes changes in mood, thinking, motivation and behavior

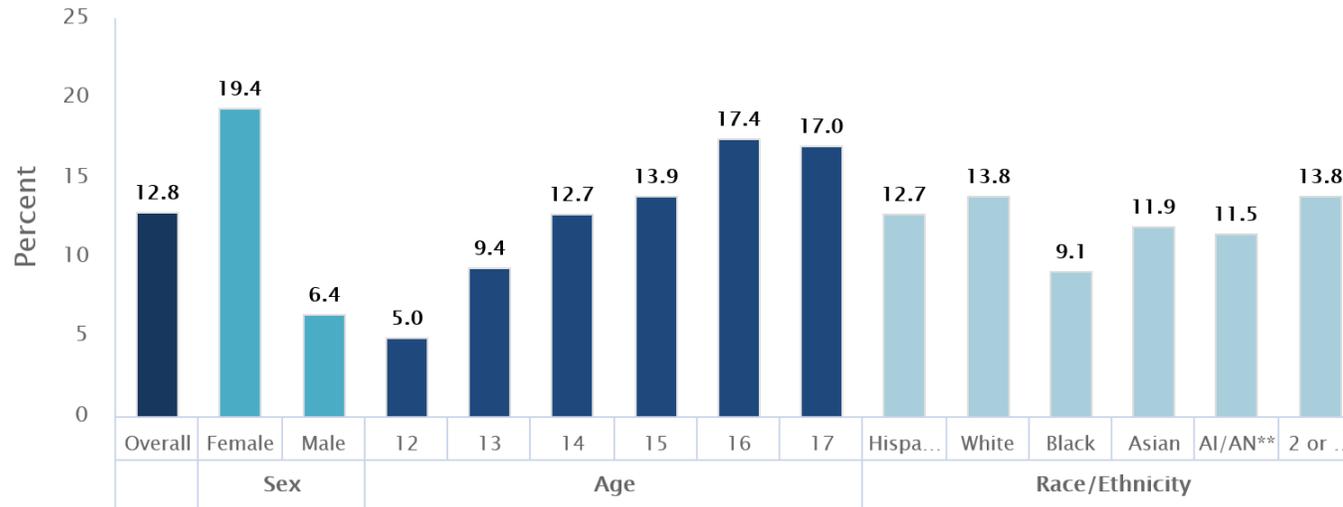


Understanding Major Depression

- Among leading causes of illness & disability worldwide
- One of the most common mental disorders in the U.S.

Past Year Prevalence of Major Depressive Episode Among U.S. Adolescents (2016)

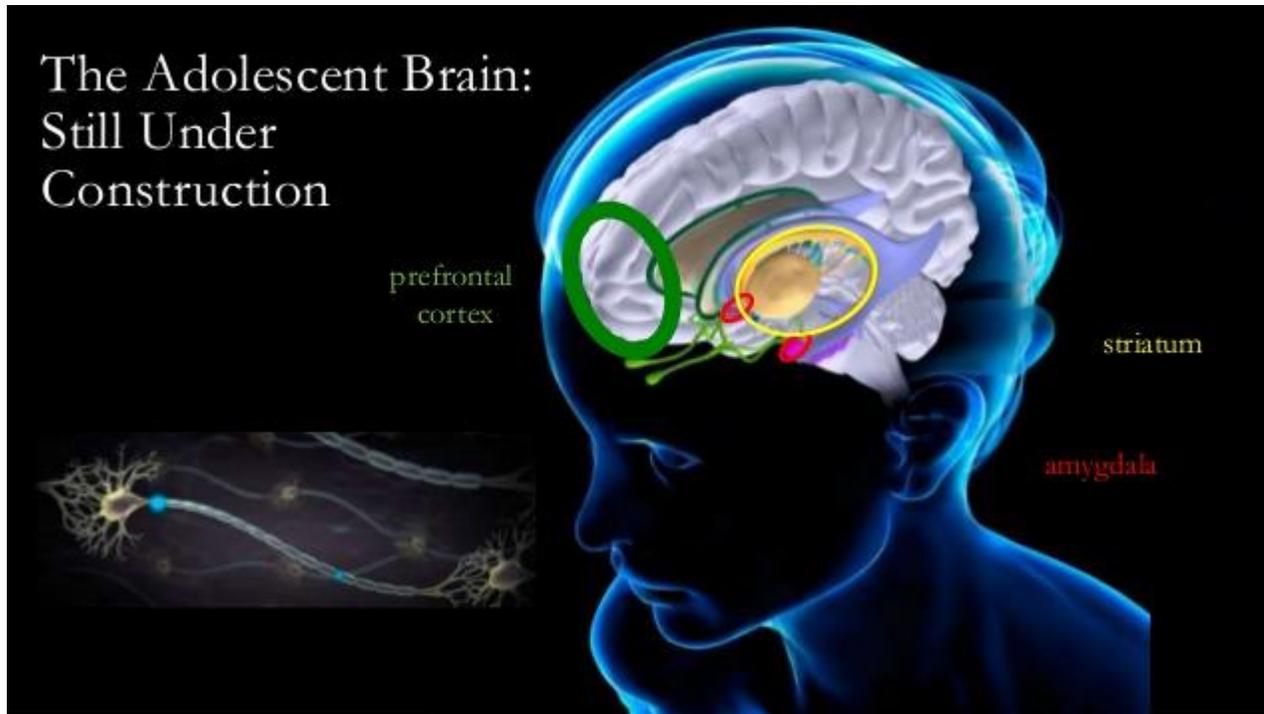
Data Courtesy of SAMHSA



(World Health Organization, 2017)

Depression and the Adolescent Brain

- Developing executive functioning skills; hormonal changes
- Difficulty controlling impulses/emotions, monitoring their behaviors, anticipating consequences, planning, organizing and problem-solving
- Emotion-focused coping, self-criticism, and impulsive behavior



Common Symptoms of Major Depression in Adults, Children, and Adolescents

Sadness is something we all experience. It is a normal reaction to a loss or setback, but it usually passes with a little time. Depression is different. Usually these symptoms will last for at least for 2 or more weeks with at least 5 or more of these symptoms.

Symptoms include:

- Persistent sad or irritable mood
- Loss of Interest in activities once enjoyed
- Significant change in appetite or body weight
- Difficulty sleeping or oversleeping
- Loss of Energy
- Feelings of worthlessness or inappropriate guilt
- Difficulty concentrating
- Recurrent thoughts of death or suicide

Signs That May Associate with Children and Adolescent

- Frequent or vague, physical complaints such as headaches, muscle aches, stomachaches, or tiredness
- Frequent absence from school or poor performance in school
- Talk of or effort to run away
- Angry outburst such as shouting, complaining, unexplained irritability, or crying
- Being bored
- Lack of interest in playing with friends
- Alcohol or substance abuse
- Social isolation, poor communication
- Fear of death
- Extreme sensitivity to rejection or failure
- Reckless behavior
- Difficulty with relationships

Suicide and Depression in Children

- Suicide is the second leading cause of death for youth in the US between ages 10-24 years old
- 90% of attempts were unknown to parents
- Thoughts about suicide and suicide attempts are often associated with depression.
- Kids need to be encouraged to talk about it and need better coping skills
- Depression and suicidal feelings are treatable mental disorders. The child or adolescent needs to have his or her illness recognized and diagnosed, and appropriately treated with a comprehensive treatment plan.

https://www.aacap.org/aacap/families_and_youth/facts_for_families/fff-guide/teen-suicide-010.aspx

Next Steps

- Talk with your teen and **take safety precautions at home**
 - Remove firearms, lock medications and chemicals
- Make an appt with your teen's health care provider to rule-out medical issues
- Ask for a referral for a psychiatric or psychological diagnostic evaluation
- Safety & risk assessment
- Treatment planning

Treatment for Major Depression

- Depression is not a sign of weakness or a character flaw
- Most people with depression cannot just snap out of it; they need treatment to get better
- Depression is common and treatment can help



Research Evidence-Based Treatments for Major Depression

- Psychological “Talk” Therapy
 - Cognitive Behavior Therapy
 - Interpersonal Therapy
 - Attachment-Based Family Therapy
 - For suicidality or self-injury:
 - Dialectical Behavior Therapy (DBT)
- Medications
 - SSRIs (fluoxetine, sertraline)
 - Combined treatment of medication + psychotherapy protects against potential side effects of medication-alone



How Parents/Supports Network can Help

- ❖ Listen
- ❖ Show your concern and that you are trying to understand the teen's perspective
- ❖ Acknowledge all positive or healthy choices you see
- ❖ Praise steps in the right direction
- ❖ Express confidence in the teen
- ❖ Teach problem-solving rather than solving their problems
- ❖ Facilitate and support their engagement with healthy activities and positive peer interactions
- ❖ Allow the teen to have autonomy and independence, while also monitoring and setting appropriate limits

(McCauley et al., 2016)

Parenting an adolescent with depression

- Depression makes teens irritable, angry, oppositional
- As the depression is treated, and with the right kind of support, your child will again feel like themselves
- You can learn skills and ways to support your child to prevent future bouts of depression



Questions or Comments?

Thank you!

Crisis Resources

National Suicide Prevention Lifeline www.suicdepreventionlifeline.org
1-800-273-TALK (8255)

Crisis Text Line www.crisistextline.org
Text “CONNECT” to 741741

Trevor Project for LGBTQ Youth and Allies www.thetrevorproject.org/resources
1-866-488-7386

EveryMind Supportive Listening Hotline: (301) 738-2255
Phone support: 24/7
Teen Text Line: Sunday through Thursday, noon to 9 pm

Montgomery County 24/7 Crisis Center: (240) 777-4000
In person: 1301 Piccard Drive, Rockville, MD
Request the Mobile Crisis Unit



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