



Presents
Teen Depression and Anxiety

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DEPRESSION



A mood disorder causing a persistent feeling of sadness and loss of interest.

Teen Depression What are the symptoms?



Emotional Symptoms

- Overly critical of self
- Decreased concentration
- Increased crying or irritability
- Withdrawal from family, friends, activities
- Feeling hopeless, guilty, or sad without reason
- Thoughts of death and/or suicide



Source: <http://www.helpguide.org>

Physical Symptoms

- Fatigue
- Insomnia
- Excessive sleeping
- Changes in weight
- Persistent aches or pains
 - Headaches
 - Digestive problems



Source: <http://www.helpguide.org>

Behavioral Symptoms

- Problems at school
- Changes in eating patterns
- Abusing drugs or alcohol
- Risky behaviors
- Internet addiction
- Self-injury
- Suicide attempt



Source: <http://www.helpguide.org>

Adult VS Teen Depression

- Irritable or angry mood
- Unexplained aches and pains
- Extreme sensitivity to criticism
- Withdrawing from some, but not all people



Source: <http://www.helpguide.org>

TEEN DEPRESSION

- About 11% of teens (1 out of 8)
- Only 30% receive treatment
- #1 cause of illness
- Girls more than boys
- Suicide 3rd cause of death



Sources: National Vital Statistics System (2015), National Institute of Mental Health (2014), World Health Organization (2014)

Suicide Warning Signs

- Talking about dying
- Writing about dying
- Reckless behavior
- Self-injurious behaviors
- Giving away possessions



What Should a Parent Do?

- Trust your instincts
- Share your concerns
- Listen without lecturing
- Validate their feelings
- Don't ask a lot of questions
- Encourage social and physical activity
- Seek professional help



Source: <http://www.helpguide.org>

Seeking Professional Help

- Don't delay
- Rule out medical reasons
- Counseling
 - Let your teen choose who - **not if**
- When medication is warranted
 - Risks vs. benefits
 - Watch for red flags

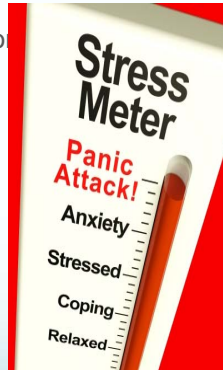


Anxiety is the tense emotional state that occurs when you can't predict the outcome of a situation nor guarantee that it will be the desired one.

What's the Difference?

STRESS

- Caused by a stressor
- Preparing for a challenge
- Fight or Flight response
- Temporary
- Can be beneficial



ANXIETY

- Stress that continues after stressor is gone
- Impacts ability to perform
- Fight or Flight continues
- Long term
- Can be debilitating

Anxiety Symptoms

- Can be similar to depression in teens
- Feelings of panic, fear, and uneasiness
- Excessive worry
- Problems sleeping
- Physical reactions



ANXIETY

- About 13%-25% of teens
- Only 18% receive treatment
- Anxiety and Depression often co-exist (40%)
- 1 in 4 teens will struggle with anxiety or depression at some point in their life



Sources: National Vital Statistics System (2015), National Institute of Mental Health (2014), World Health Organization (2014)

Anxiety

- Generalized Anxiety Disorder (GAD)
- Panic Disorder
- Phobias
- Social Anxiety Disorder
- Obsessive-Compulsive Disorder (OCD)
- Post Traumatic Stress Disorder (PTSD)
- Separation Anxiety Disorder

Anxious children are highly cautious, overcorrecting for the possibility of danger.



Causes of Anxiety in Children:

- Genetics and brain physiology
- Environmental factors
- Temperament
- Parenting style
- Daily stress



What can a Parent do?

Start with yourself.

- Reward coping behavior
- Extinguish excessive anxious behavior
- Manage your own anxiety
- Develop family communication and problem-solving skills
- Authoritative/Democratic parenting style

What more can a Parent do?

- Empathize with what your child is feeling
- Help them re-label the problem as the worry brain
- Help them act with their smarts, not their fears
- Help them and encourage them to relax and calm down
- Help them refocus on what they want to do



Why is Teen Depression and Anxiety on the Rise???

Research Suggests

Students are 5-8 times more likely to suffer from depression and anxiety symptoms than 50 years ago . . . WHY?

- More exposure to
 - Stress
 - Lack of sleep
 - Childhood adversity
 - Media
 - Social media



Sources: Psychology Today (2014), Medical News Today (2015)

Family Impact

Why is the family a SYSTEM?

- Teen struggles
- Family struggles



Family Dynamics

- Parent / Teen relationship
- Siblings
- Marital relationship
- Roles



Family Emotional Health

- Balance
- Modeling
- Communication
- Emotions



Getting Help

- Why does counseling work?
- Why do teens like counseling?
- Who needs counseling?
- What/Who are our support systems?

