



Welcome to today's Infopeople Webinar!

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I can't snap my fingers
and just "be okay".

TEEN MENTAL ILLNESS 101

teen line
teens helping teens

Cheryl Eskin, MFT and Michelle Carlson, MPH

Why We Are Here Today



“Unfortunately we live in a world where when you break your arm, everyone runs over to sign your cast. But if you tell people you're depressed, everyone runs the other way. That's the stigma. We are so so so accepting of any body part breaking down, other than our brains.”

Kevin Breel: Confessions of a Depressed Comic at TEDxKids@Ambleside

Impact



50%

50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.¹



10 yrs

The average delay between onset of symptoms and intervention is 8-10 years.¹

50%




Approximately 50% of students age 14 and older with a mental illness drop out of high school.¹

70%



70% of youth in state and local juvenile justice systems have a mental illness.¹

Without Intervention (and Professional Help when appropriate), Teens May Turn to.....



- ◆ Self-injury
- ◆ Truancy
- ◆ Alcohol or other substances
- ◆ Extreme rebelliousness
- ◆ Risk taking behaviors
- ◆ Promiscuity
- ◆ Suicide

Adult Vs. Teen Brain



- Most of the activity in the adult brain is in the frontal lobe
 - Thinking, reasoning, planning

- Most of the activity in the teen brain is focused in the center
 - Pleasure reward center

“Normal” teen behavior

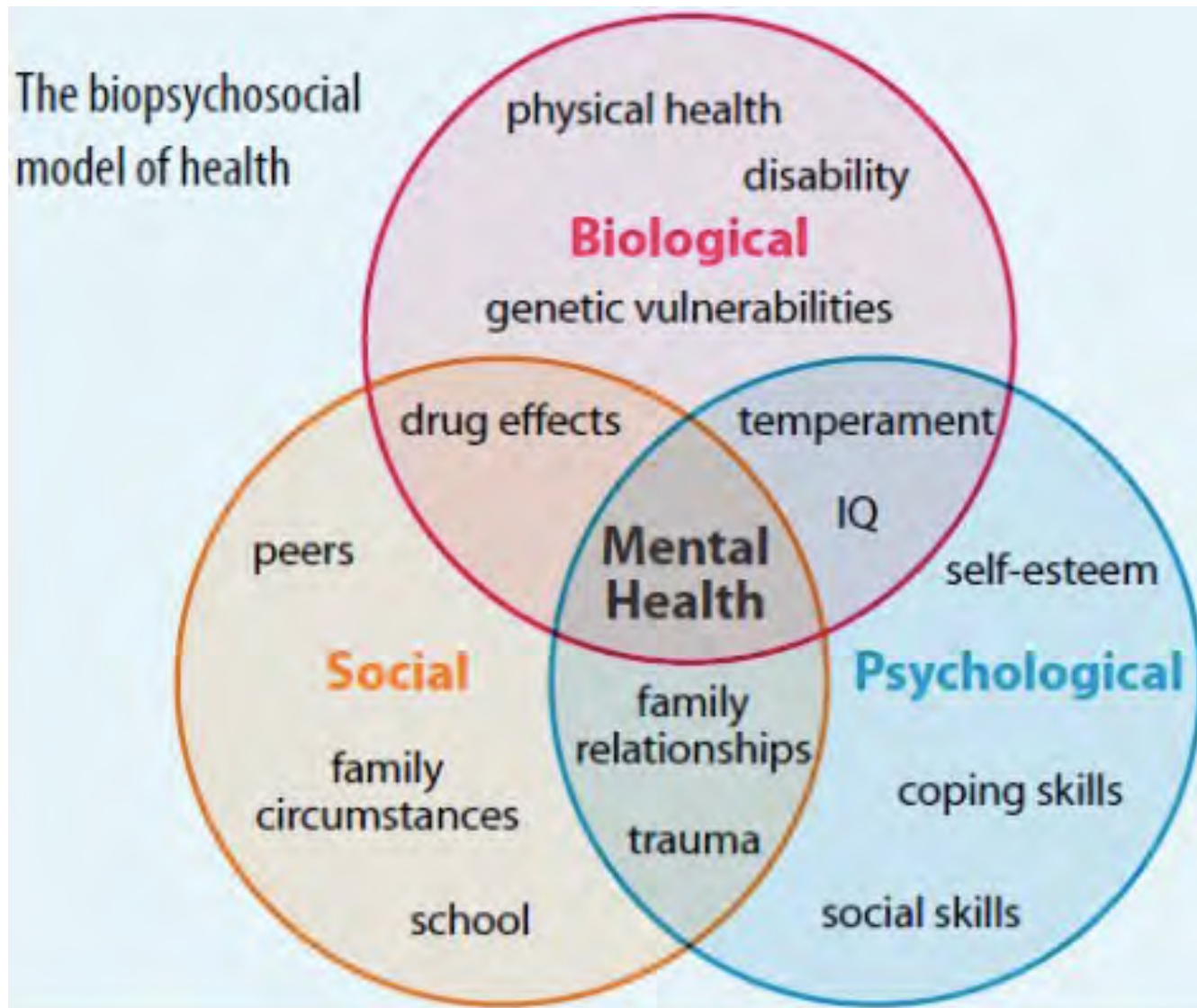


- ◆ Moodiness
- ◆ Less affection and attention with parents
- ◆ Increased desire for autonomy
- ◆ Self-involved
- ◆ Testing limits
- ◆ Exploring identity
- ◆ Experimentation with drugs/alcohol/sexual behavior
- ◆ Peer conflicts

“Red flags” or “cries for help”



- ◆ Suicidal/homicidal ideation
- ◆ Self-injury
- ◆ Frequent angry outbursts and excessive aggression
- ◆ Change in behavior/attitude/appearance/school performance
- ◆ Lots of somatic complaints
- ◆ Hopeless, worthless comments



Telltale Signs of DEPRESSION

Everyone feels sad, lonely or depressed at times. But when these feelings last for a long time and become overwhelming, it maybe time to seek medical help.



Loss of interest in hobbies and activities



Difficulty remembering, concentrating or making decisions



Loss of appetite or over-eating



Feeling worthless, guilty or helpless



Insomnia or excessive sleeping



Feeling hopeless or pessimistic



Feeling irritable or having a short temper



Continuous sad, anxious, or negative thoughts



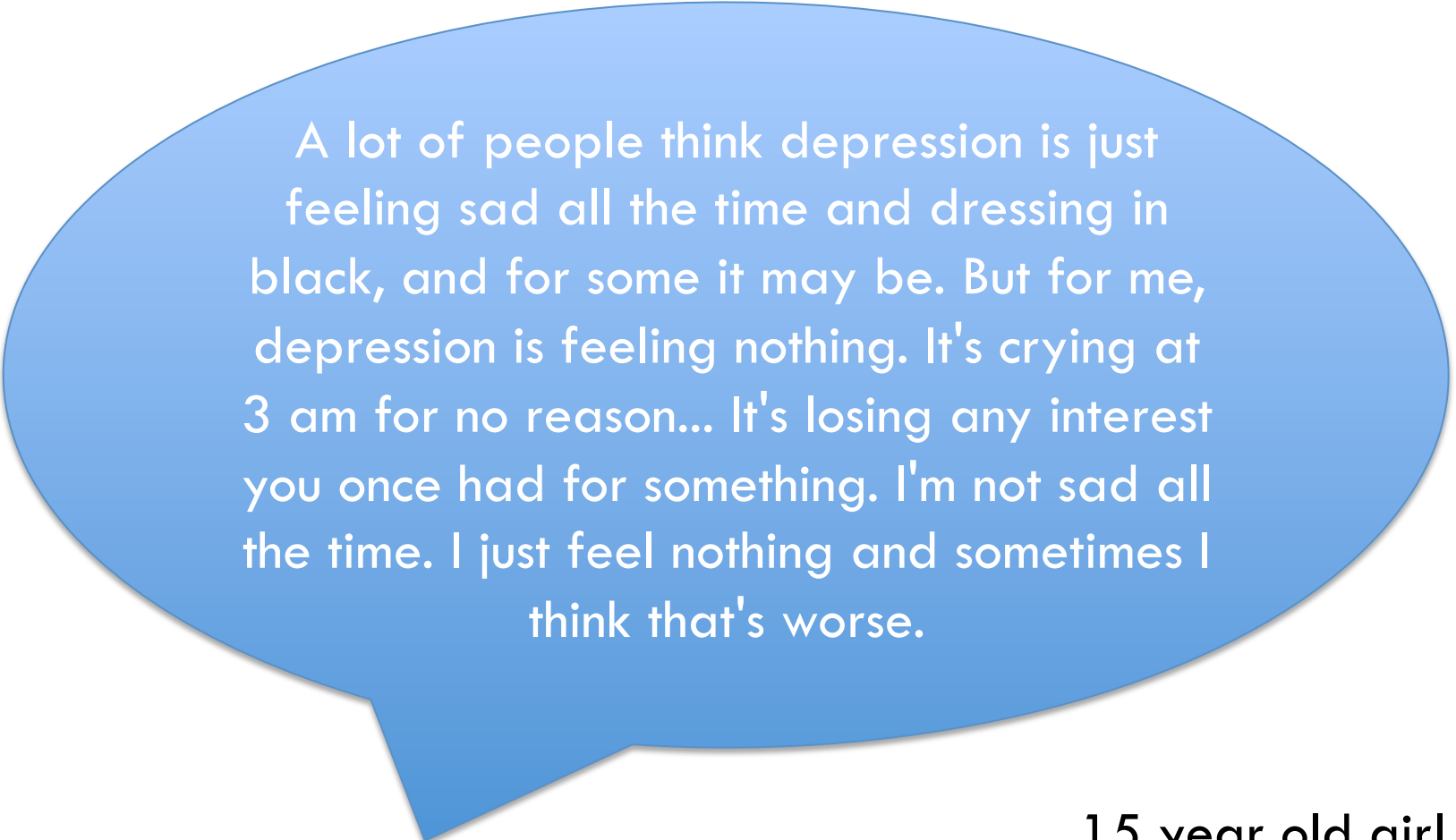
Thoughts of suicide, or suicide attempts



Feeling fatigued



Sources: webmd.com | helpguide.org | mayoclinic.com

A blue speech bubble with a white border and a drop shadow, containing text about depression. The text is centered within the bubble.

A lot of people think depression is just feeling sad all the time and dressing in black, and for some it may be. But for me, depression is feeling nothing. It's crying at 3 am for no reason... It's losing any interest you once had for something. I'm not sad all the time. I just feel nothing and sometimes I think that's worse.

15 year old girl



Helpless

Pain

No way out

Hopeless

Alone

Tunnel vision





Anxiety disorders are

the most
common psychiatric
disorder in the US.

with **19 MILLION**
affected adults.

WHAT ARE ANXIETY DISORDERS?

Individuals with an anxiety disorder can experience psychological or physical symptoms, or both.



PSYCHOLOGICAL SYMPTOMS

- Stressed out
- Burned out
- Scared
- Worried
- Frightened
- Panicky
- Irritable



PHYSICAL SYMPTOMS

- Shaky
- Disturbed sleep
- Palpitations
- Headaches
- Chest tightness
- Stomach "twisted up in knots"

Types of Anxiety Disorders

6 Main Types of Anxiety Disorders



Generalized Anxiety Disorder

Long-lasting anxiety not specific to a situation or object.



Panic Disorder

Quick hit of terror often followed by trembling and difficulty breathing.



Obsessive Compulsive Disorder

Repetitious obsessions and compulsions.



Social Anxiety Disorder

Intense fear in and of social interactions managed with avoidance.



Specific Phobias

Fear of a specific situation or object.



Post-Traumatic Stress Disorder

Anxiety from a traumatic experience.

MANIA

- Inflated self-esteem or grandiosity
- Unusual talkativeness
- Racing thoughts
- Distractibility
- Agitation
- Unrestrained buying sprees, sexual indiscretions or foolish business investments
- Unusual behavior with high potential for painful consequences

DEPRESSION

- Depressed mood most of the day, nearly every day, such as feeling sad, empty, hopeless or tearful
- Can appear as irritability
- Markedly reduced interest or feeling no pleasure
- Feeling worthless
- Decreased ability to concentrate, or indecisiveness
- Significant weight loss when not dieting, weight gain, or decrease or increase in appetite
- Recurrent thoughts of death or suicide, or suicide planning or attempt
- Either insomnia or sleeping excessively
- Fatigue

Fact
25% of those diagnosed with bipolar disorder commit suicide

CHARACTERISTICS

OF THE 3 MOST
COMMON FORMS OF

EATING DISORDERS



BULIMIA NERVOSA:



Fear of gaining weight



Obsessive desire to lose weight



Recurrent episodes of binge-eating,
followed by behaviours to prevent weight
gain like purging or excessive exercise

ANOREXIA NERVOSA:



Distorted body image



Obsession with excessive food restriction
as a sign of control and mastery over oneself



Intense fear of gaining weight



Extreme weight loss

BINGE EATING DISORDER:



Compulsive and recurrent episodes of eating
unusually large amounts of food in specific
periods of time



No behaviour to prevent weight gain like
purging or excessive exercise



Often associated with obesity

CANADA.ca/
HEALTH

Canada



What is self-injury?



- ◆ Teens self-injure as a way to COPE with intense emotional pain, anger or frustration.
- ◆ Teens who self injure are often NOT suicidal
- ◆ Intense SHAME exists around self-injurious behaviors.

WHAT IS SCHIZOPHRENIA

Schizophrenia is a serious chronic psychiatric illness. There is **no single symptom** that defines schizophrenia. Usually patients have “positive symptoms” including:

- Delusions**
Fixed false beliefs not amenable to reasoning and not culturally explained
- Hallucinations**
Perceptual disturbances like hearing voices, feeling the presence of others, etc.
- Disorganized speech**
Incoherence, difficulty organizing thoughts, etc.
- Disorganized behavior or “negative symptoms”**
Avolition, apathy, amotivation, etc.

There is marked impairment in:

- Self-care**
- Work**
- Interpersonal relationships as a consequence of the illness.**

Common Teen Reactions and Replies

“I can handle this by myself”

You are incredibly strong, but this seems like more than one person can handle.

“I’m not crazy”

No you’re not, but you seem to be struggling right now. I want to help you feel better.

“I feel fine,” “nothing’s wrong”

I have noticed changes in you (give concrete examples) and I am concerned.

“I don’t want to talk about this”

I understand this is uncomfortable. It must be hard to talk about. I want to make sure you’re safe, and get you the help you deserve.

I AM THE SAME PERSON
I WAS BEFORE YOU FOUND OUT
I HAVE A MENTAL DISORDER.




HEALTHYPLACE.COM

How Can You Help a Struggling Teen?

- ◆ Know the signs!
- ◆ Don't be afraid to use words like depression or suicide.
- ◆ Take words like “crazy” and “mental” out of our vocabulary
- ◆ Be a listening ear and/or role model
- ◆ Correct misperceptions
- ◆ Educate yourself and others around you!
- ◆ Listen
- ◆ Empathy

What if you think they may be suicidal?

Ask  Are you thinking of killing yourself?

Directly!

NOT

“Are you thinking of hurting yourself? (too vague) or
“You’re not thinking of killing yourself, are you?” (sounds judgmental)

What if they say YES?

ASSESS!!!

- ◆ Do you have a plan?
Is it a realistic plan?
- ◆ Do you have a specific time frame?
- ◆ Have you attempted before?
- ◆ If they answer YES to these questions, call 911 or the PET team.
- ◆ If they answer NO to these questions, this still needs to be taken seriously, and professional help should be obtained ASAP.

Types of Help Available



- ◆ Cognitive Behavioral Therapy
- ◆ Behavioral Therapy
- ◆ Medication
- ◆ Hospitalization
- ◆ Wilderness Programs or Intensive Inpatient Therapy
- ◆ 12 step meetings
- ◆ Apps/hotlines

How Do We Advocate for Teens Suffering from Mental Illness



- ◆ Educate ourselves and others
- ◆ Dispel myths and assumptions
- ◆ Provide resources and support
- ◆ Encourage mental health conversations
- ◆ Support organizations like NAMI that advocate for decreasing stigma

Preferred language:	Instead of:
She is a person who receives help/treatment for mental health or substance use problem or a psychiatric disability	She is a patient
He is a person with a disability	He is disabled/handicapped
She is a child without disabilities	She is normal
He has a diagnosis of bipolar disorder	He is (a) bipolar
He is living with bipolar disorder	
She has a mental health problem or challenge	She is mentally ill/ emotionally disturbed/ psycho/ insane/lunatic
She is a person with lived experience of a mental health condition	
He has a brain injury	He is brain damaged
He experiences symptoms of psychosis/ He hears voices	He is psychotic
She has an intellectual disability	She is mentally retarded
He has autism	He is autistic
Is receiving mental health services	Mental health patient/case
Attempted suicide	Unsuccessful suicide
Died by suicide	Committed suicide
A student receiving special education services	Special education student
Person with substance use disorder	Addict, abuser, junkie
Person experiencing alcohol/drug problem	
Experiencing, or being treated for, or has a diagnosis of, or a history of, mental illness	Suffering with, or a victim of, a mental illness

Source: American Psychiatric Association

THE HUFFINGTON POST

TEEN LINE 2016



<https://www.youtube.com/watch?v=1Ewgu369Jw>

BRENE BROWN EMPATHY

TEEN LINE 2016

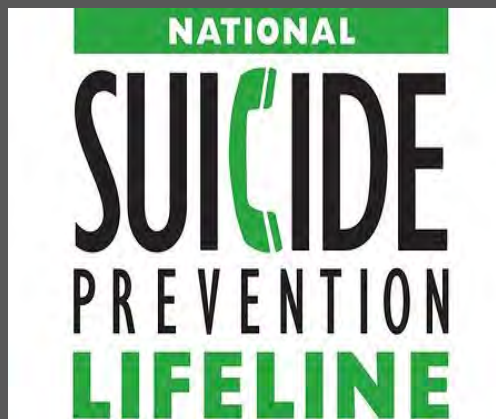
**Sometimes we need someone to
simply be there. Not to fix anything,
or to do anything in particular,
but just to let us feel that we are
cared for and supported.**

- Unknown



fb/david avocado wolfe

Resources



1-800-273-8255 24/7
SuicidePreventionLifeline.org



LGBTQ
1-866-488-7386 24/7
TheTrevorProject.org



Know the Signs
SuicidesPreventable.org



310-855-4673 or
Text "TEEN" to 839863
TeenlineOnline.org

Follow-Up Questions?



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THANK YOU FOR YOUR TIME!