



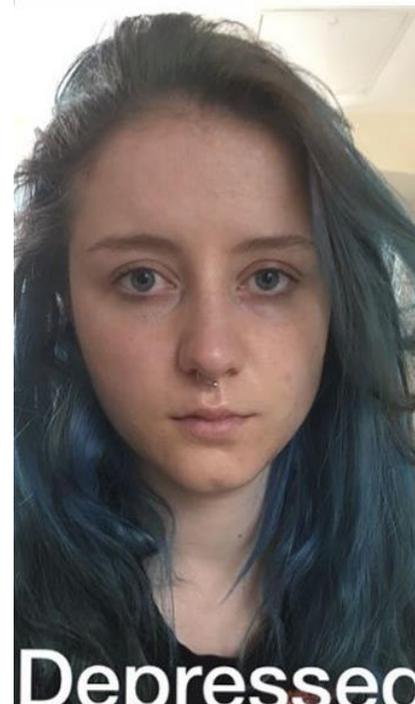
# Agenda



- Understand what Depression is and how it manifests in teens
- Learn Signs & Risk Factors
- Building Resiliency/Protective Factors
- How to address signs of depression & suicide if you see them
- Where to get help & resources

# Question for Chat

What do you think depression is?



Depressed



Yup, still

# How to determine the level of severity of depression



## The Rule of 3

- There are 3 areas of a child's life: **school**, **family**, & **friends**
- If there is just 1 area affected, you can read a book, talk to another person, use strategies such as apps and mindfulness at home
- If there are 2 areas affected, leaving only 1 area supporting a child, therapy may be indicated.

# Youth Depression from a Parent's Perspective

## Elli's Story



[Watch the Videos | Signs of Suicide - MindWise \(sosignsofsuicide.org\)](https://www.sosignsof suicide.org)

## Risk Factors: Depression



## Risk Factors for Teen Depression

- Hormonal changes
- Emotional changes
- Situational stressors
- Social pressure
- Academic pressure
- Family history
- Abuse
- Illness
- Alcohol use



# What are Warning Signs of Depression in Teens?

Many kids can function with depression at school around their peers, i.e., masking their feelings/expressions.



It can be most notable for parents:

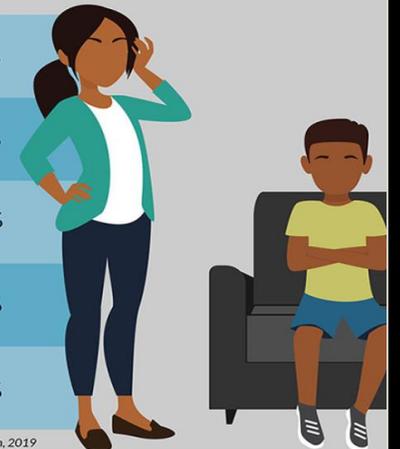
- In the morning when it's difficult for your kid to get started
- At night kids may appear lethargic, disconnected, and unmotivated
- Or in isolation from others when the symptoms are more salient.

\*\* It would be a mistake to believe just because a child doesn't appear sad, that they are not depressed!

## Challenges to parent recognition of their child's depression

% of parents citing barrier

Hard to tell normal ups and downs from depression	40%
Youth is good at hiding feelings	30%
We don't talk about feelings much	14%
Don't spend much time with my youth	7%
Not sure what signs of depression are	4%



Source: C.S. Mott Children's Hospital National Poll on Children's Health, 2019

50-90% of parents were unaware of their child's suicidal thoughts  
60-95% of parents were unaware of suicide attempts reported by their child

# Differentiating between Depression, Sadness & Grief



## Depression

Is a serious health condition that affects the mind and body vs....

## Sadness:

A feeling of sorrow or unhappiness

- Temporary, similar to depression, but duration is shorter
- Often connected to a life change
- Not usually accompanied by suicidal ideation
- Can still go about daily life

## Grief

There is a normal and expected grieving response to a death that may resemble a depressive episode. Depression is more likely to cause significant impairment in overall day-to-day functioning.

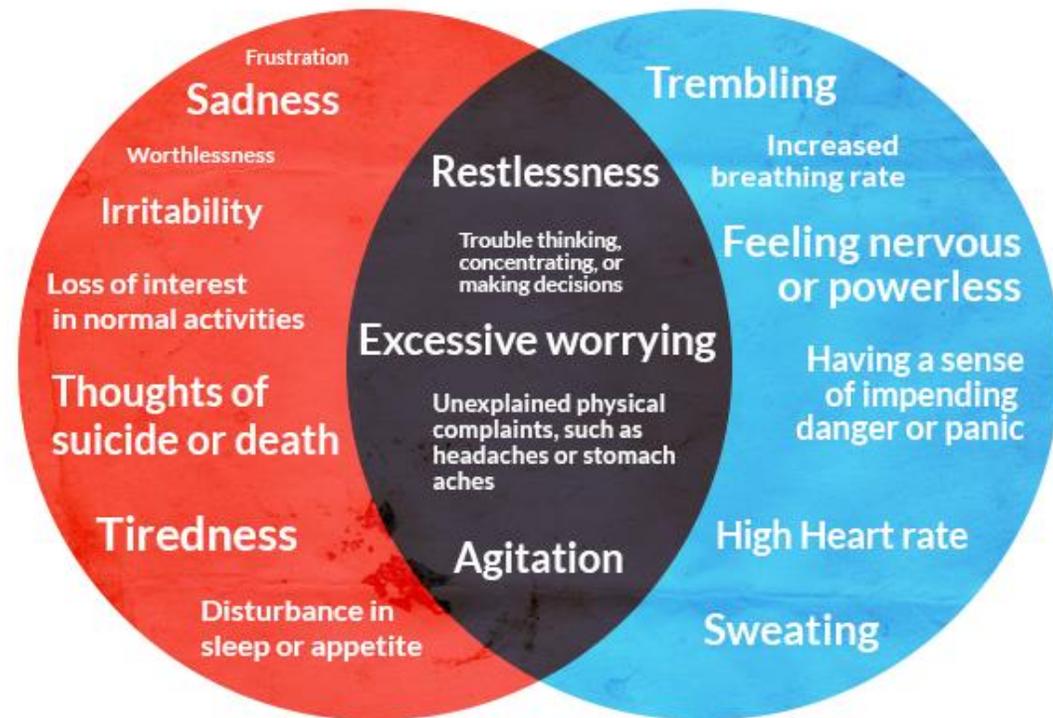
- Grief more likely to come in waves-sadness with thoughts of loved one, intermixed with happy positive memories vs depressed mood remains constant
- In grief, self-esteem is usually preserved vs depression exists with feelings of worthlessness and self-loathing is common.
- In grief, thoughts of wanting to join the deceased is common, but should be distinguished from suicidal ideation

# Differentiating between Depression & Anxiety

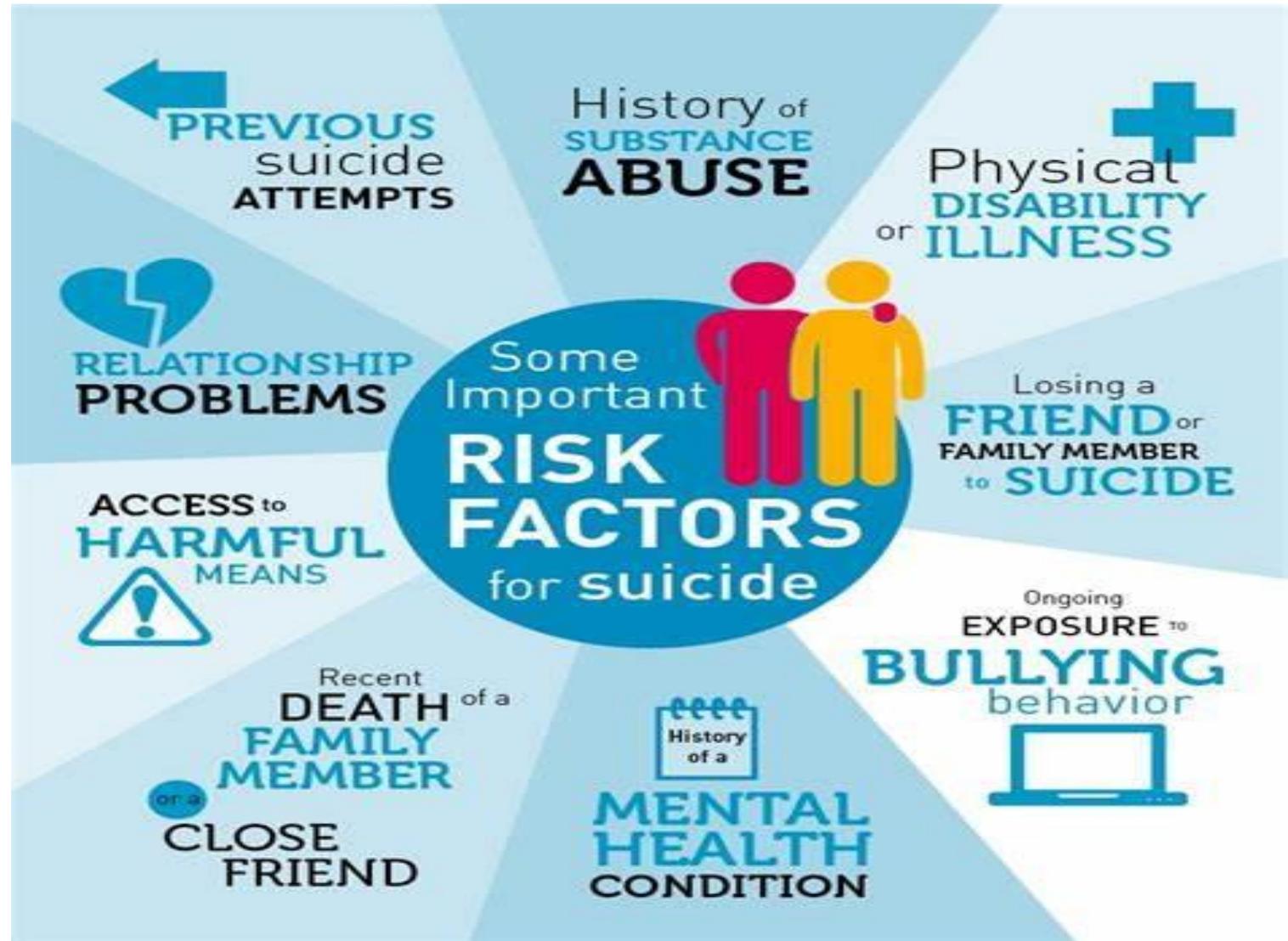


## Depression

## Anxiety



# Risk Factors: Suicide



# Warning Signs: Suicide



# Build Resiliency



## Protective Factors: Sources of Strength

Create, foster, and encourage protective factors

**Family Support**  
**Positive Friends**  
**Mentors**  
**Healthy Activities**  
**Generosity**  
**Spirituality**  
**Medical Access**  
**Mental Health**



# Protective Factor: Family Support



Family Support comes from people who support, nurture and care for us, whether our family is related to us by blood, or by choice.

- Dr. Daniel Siegel co-author of *Parenting from the Inside Out* and *The Whole Brain Child* often refers to the four S's of attachment in which a child feels *safe, soothed, seen, and secure*.
- To form a secure attachment, it's necessary for parents to create a compassionate environment and *to have the ability to regulate their own emotions and reactions*.
- As adults, studies show that those who reported receiving more affection in childhood displayed less depression and anxiety are more compassionate overall.
- Spending both quantity and quality time
- Paying attention means more than being physically present. It means learning how to “be there” for the child:
  - Listen to your kids
  - Talk with them
  - Respond to their actions.
- Good, quality attention will improve the quality of your family's life

# Parental Support

## Encourage, Practice & Model Coping Skills

- Exercise/fitness/movement
- Go outside
- Practice meditation
- Be clear about expectations with social media and follow up
- Hang out with animals
- Practice your own self-care: address negative thoughts, establish a healthy sleep routine, prioritize fitness and nutrition
- Enlist the help of peers (SOS, apps, groups)
- Encourage self-control and self-regulation, manage your own reactions



# Protective Factor: Positive Friends

Lift us up, make us laugh, are honest with us and are there for us when we need them.

## Quick tips to help build positive friendships

### 1. Find commonalities with others

Classes, work, extracurricular, mutual friend, similar interests

### 2. Respect everyone's individuality

This means recognizing that your friends may sometimes have different values, beliefs, interests, and goals than you do.

### 3. Create and share positive experiences

Spending positive time with others allows our brains to associate good feelings with them, and we are then more willing to do so again. Activities can include anything from listening to music, watch movies, attend local events, eat at a nice restaurant, play video games, read poetry, etc.

### 4. Encourage growth and flourishing

Encourage friends to pursue their strengths, build upon them, and make the best out of their talents.

### 5. Just be there and listen

Give friends undivided attention, be there and listen, not problem solve

(2019, April 08). Retrieved May 10, 2021, from:

<https://www.theemotionmachine.com/how-to-build-positive-friendships/>



# Protective Factor: Healthy Activities



Physical, social, or emotional activities that help us unwind, lift our mood, and gain clarity.

Running

Riding Horses

Scouts

Singing

Biking

Walking

Sailing

Playing Games

Sports

Hiking

Clubs at School

Wilderness Programs

Eating Well

Dancing

Skating







# Protective Factor: Medical Access

Allows us to take care of our bodies, hearts and minds and to get help when we need it.

- Emergency Services (like the fire department, 911)
- Hospitals
- Doctors
- School Nurse for medicine during the day or help with stress or injury
- Medical Insurance





# What you can do if you see signs of Depression & Suicide

If you're concerned about yourself  
or a friend, don't be afraid to ACT.



MindWise.org/ACT

## **Acknowledge**

that you're seeing signs of depression  
and/or suicide in yourself or others

## **Care**

By letting them know you're worried  
about them

## **Tell**

Tell a trusted adult

Signs of Suicide Mindwise Parent Training Video:  
[Helping Your Child Save a Life - YouTube](#)



What you can do:  
Acknowledge  
warning signs



Anger



Big changes in behavior  
+ withdrawal from family or friends



Hopelessness



Sleeping more or less



Drinking or drug use



Overwhelming Pain



Talking about suicide

# What you can do: Show you Care

## Show you Care

It's **okay** to feel that way

Tell me **more** about it

I'm **here** for you



What you can  
do:  
Tell a trusted  
adult

## Tell a trusted adult



If you are worried your friend is thinking about suicide, you **NEED** to tell a trusted adult.



Do not promise to keep a secret.



It's worth making a friend mad at you if you are trying to save their life.

Mom/Dad, I need to tell you something. I'm getting worried about....

# How to support your child & access support



Links to emergency hotlines

## Managing reactions

You don't need to be an expert or have all the answers.



Give yourself permission to be human.

It's common to feel uncomfortable with this topic.



Talk to a supportive person beforehand and debrief after.



Most importantly, never keep what you learn a secret.

## Tips for getting teens to talk



- **Teen-led family meetings;** let your teen set the agenda
- **Playing a game;** this makes teens more comfortable talking about a difficult topic
- **If the subject comes up in a movie or TV show,** have a discussion about it
- **Out for a walk;** the relaxed atmosphere can make it easier for some teens to open up
- **Taking a drive;** sometimes it's easier to talk about difficult topics without eye contact
- **Continuing the conversation or have multiple mini conversations** on a regular basis instead of one big talk
- **Enlist other trusted adults;** sometimes a grandparent or trusted aunt/uncle can break through when parents have been shut out





Clip 1: Anxiety 101 -

<https://vimeo.com/325095674/9d1fa7976d>

Clip 2: Distraction -

<https://vimeo.com/325095875/dd1dca0889>

Clip 3: Avoidance -

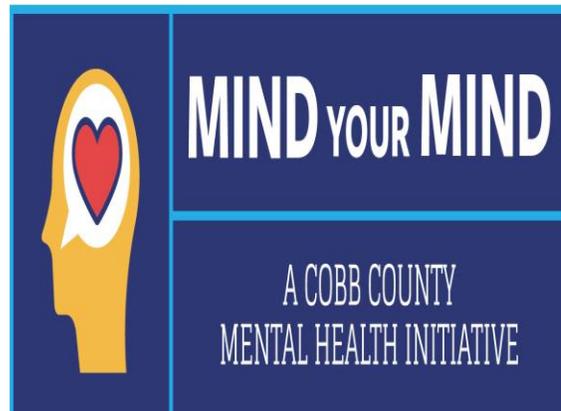
<https://vimeo.com/325096232/9933521bac>

Clip 4: Phelps -

<https://vimeo.com/325096415/667d48dcab>



**COMMUNITY  
RESOURCES**



You may also follow Cobb Collaborative for additional information on trainings and screenings related to mental health. Upcoming virtual events:

[Upcoming Events – Cobb Collaborative](#)

**STRONG<sup>4</sup>LIFE™**



Parenting, Coping Skills Guides, and Helpful  
Tips

[Parenting | Strong4Life](#)