

# DEPRESSION AWARENESS

**Bayside Academy Parent Workshop –  
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# WHY ARE WE TALKING ABOUT DEPRESSION?

- 1 out of 10 teenagers will experience an episode of depression before age 18
- Between 60% - 80% of adolescents with depression go undiagnosed and untreated
- After age 15, girls are twice as likely to experience depression than boys
- Suicide is the second most common cause of death for people aged 15-19

# WHAT ABOUT HERE AT BAYSIDE ACADEMY?

**18%** of last year's 7th graders reported feeling **SAD** or **HOPELESS** almost every day for two weeks or more

**24%** of last year's 7th grade **FEMALE STUDENTS** reported chronic sad or hopeless feelings

**13%** of last year's 7th grade **MALE STUDENTS** reported chronic sad or hopeless feelings

# DEPRESSION IS A MEDICAL ILLNESS

A **long-lasting** and **overwhelming** feeling of sadness, loneliness, and loss of interest that impacts how someone thinks, feels, and behaves

# HOW DOES DEPRESSION HAPPEN?

Biological

Genetics  
Brain Chemistry  
Medical Difference

Psychological

Thought Patterns  
Self-Esteem  
Coping Skills

Social

Family  
School  
Neighborhood  
Peers  
Social Stressors  
Culture

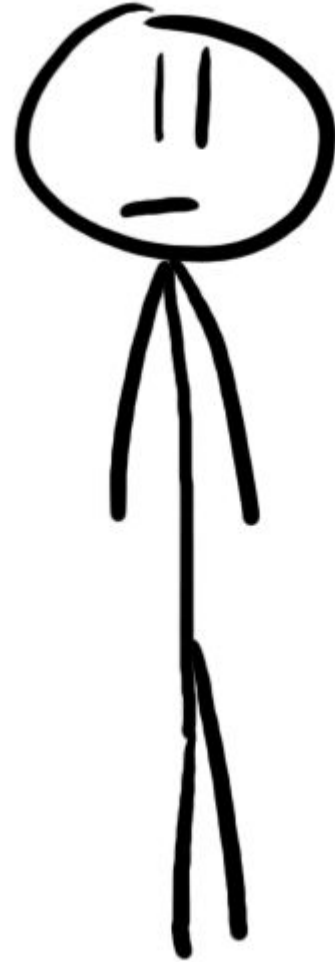
# THIS IS A 4TH GRADER

What are some of things on their mind?

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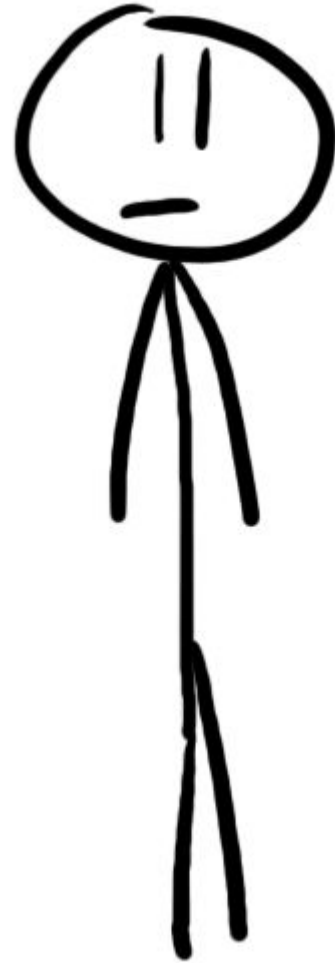
# THIS IS AN 8TH GRADER

What are some of things on their mind?

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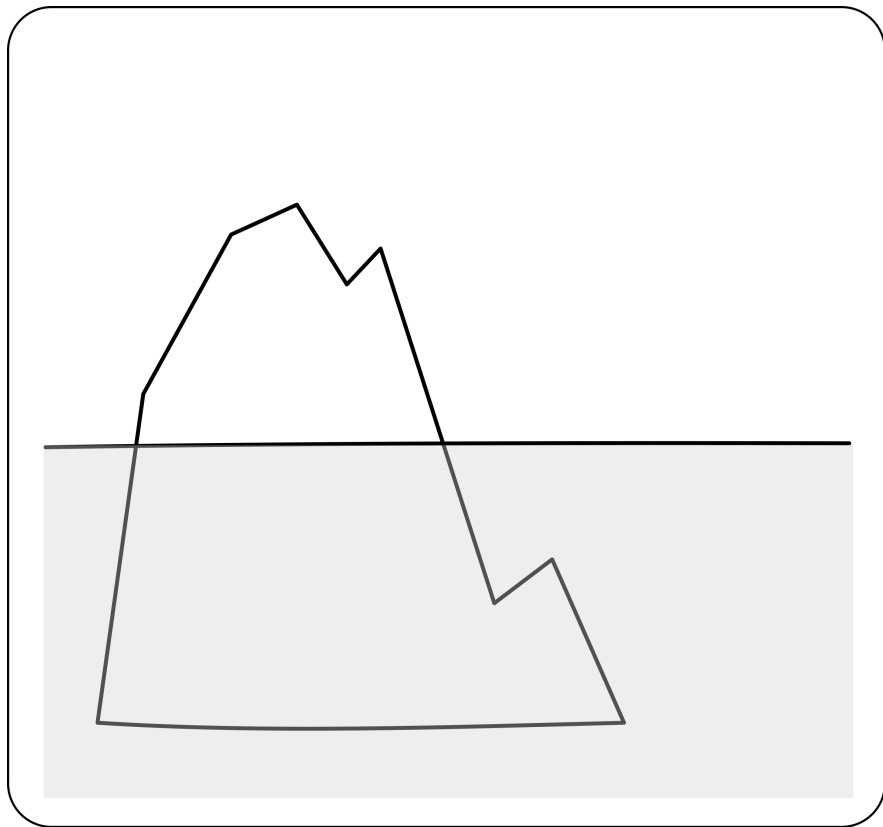
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# DEPRESSION AS AN ICEBERG



What do we see?

What can't we see?

# WHAT DOES DEPRESSION LOOK LIKE?

Upset, sad, or irritable most of the day, nearly every day

Decreased interest in all or most activities

Significant weight gain or loss

Sleeping too much or sleeping too little

Eating too much or eating too little

Difficulty focusing, can't stay still, restless

Worthlessness or excessive or inappropriate guilt

# IT CAN ALSO LOOK LIKE...

Having a short fuse: explosive, violent, angry, defiant

Increased risk taking behaviors like drinking, drugs, sexual behavior

Self-harm behaviors

Poor hygiene or drastic changes in hygiene

Physical symptoms (head or stomach aches, numbness) - child goes to the nurse a lot or wants to stay home sick

# I'VE HEARD THESE COMMENTS BEFORE

“They’re just doing it to get attention”

“They’re just being dramatic”

“It’s a phase - they’re just being teenagers”

“They have so much, what do they have to be depressed about?”

# HOW IS DEPRESSION DIFFERENT FROM STRESS?

Can you pinpoint the reasons?

Can you feel better?

How intense?

Can you manage it on your own?

Every day? Most of the day?

# HOW PEOPLE WITH DEPRESSION TEND TO THINK

Negative thoughts about themselves, the world, their future

“No wonder no one plays with me!”

“Nobody loves me”

“I’m such a disappointment”

“No wonder I can’t do anything right”

“I’m so stupid - I fail all my tests!”

# A NOTE ON SUICIDE

Increases in observable signs of depression, sudden anxiety and agitation, threatening suicide or making suicide plans, writing suicide notes, giving away prized possessions, saying goodbye, expressing a belief that nothing will help and there are no solutions

# WHAT SUICIDAL IDEATION MAY SOUND LIKE

“It doesn’t matter, I won’t be here then”

“Why even bother anymore”

“I can’t do this anymore”



# IF YOU BELIEVE YOUR CHILD MAY BE SUICIDAL...

Take it seriously. Listen to your gut and warning signs.

Show interest and support; listen and ask questions.

Be direct: talking about suicide does not increase the risk of suicide.

Safeguard the area (remove means like weapons, pills, sharp objects) and don't leave your child alone.

Seek professional help: 911, emergency room, 1-800-273-TALK

# IF YOUR CHILD SEEMS OR IS SUICIDAL AT SCHOOL

What happens

Who is involved

How do we involve families

# LIKE ANY MEDICAL CONDITION, IT CAN GET BETTER

With time and treatment, we can learn how to make ourselves better!

Between 80-90% of people with depression respond positively to treatment.

## **1. Talk with your child about your concerns:**

“I’m concerned about you and how you feel.”

“I’ve noticed these changes and I wanted to check in with you.”

## **2. Set up an appointment with your child's doctor:**

At that appointment, bring up your concerns explicitly.

“I’ve noticed the following changes in my child, and I’m worried they may be depressed.”

- 3. Call your insurance company** and find out about mental health insurance coverage and get a list of providers in the area
- 4. Call the school counselor** and share your own concerns and observations. Ask the counselor to check in with your child's teachers to see if they see the same.
- 5. Seek mental health counseling/therapy** for your child. There are options here at school for counseling, too!

# IF YOU THINK YOU MAY BE EXPERIENCING DEPRESSION:

Follow the same steps!

- Contact your doctor and make an appointment
- Seek counseling/therapy
- Speak with your family and friends about your concerns
- Learn about your health insurance and the options around mental health support and counseling

# TIPS , STRATEGIES, AND IDEAS

- Start conversations, don't just wait for them to happen
- Listen more! Turn off the multi-tasking
- Try to moderate your own reactions
- Ask your kids what they need from you and see how you can try to accommodate it
- Keep conversations private
- Find time each week for 1:1 time with your child

# WHAT ARE WE DOING TO BE PROACTIVE ABOUT DEPRESSION?

SOS Program

Parent Education

G.R.E.A.T. Program

Nightmare on Puberty Street Assembly on Wednesday (7th/8th)

7th Grade Health Curriculum

Social Emotional Parent Night at DO 11/7/17, 7-8:30pm



# QUESTIONS? THOUGHTS? COMMENTS?

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