

# Teen Mental Health

**Presented By:**  
**Elizabeth Yoder, DO, DFAPA**  
**Licking Memorial Health Systems**

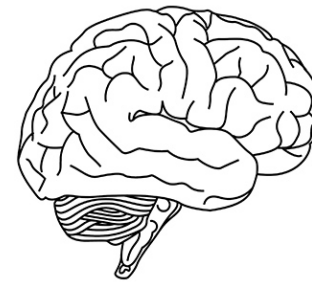


# The Teen Brain

- 1) Adolescence is an important time for brain development
- 2) Brain development is related to social experiences during adolescence
- 3) Teen brain is ready to learn and adapt
- 4) Teen brains may respond differently to stress
- 5) Most teens do not get enough sleep
- 6) Mental illness may begin to appear during adolescence
- 7) The teen brain is resilient

## The growing teen brain

During the teenage years, the part of the brain that drives emotion develops faster than the part that controls impulses. This allows for the social, emotional and cognitive changes as well as taking on new responsibilities from childhood to adulthood.



Age 10-18



Limbic system (drives emotions) intensifies during puberty along with hormones



Rapid cognitive, emotional, social and rational growth from childhood to adulthood



Greater risk-taking behaviours



Age 18-25



Prefrontal cortex (controls impulses) further develops and matures in early 20s



Greater control over impulsive actions



Less risk-taking behaviours, more sound judgement

Sparktheirfuture.qid.edu.au



# Teen Communication Tips

- Focus on listening over lecturing
- Show attentive body language
- Don't be a dictator
- Give praise
- Control your own emotions
- Be gentle, but persistent
- Validate their feelings
- Do things together
- Share regular meals
- Show trust
- Trust your gut



# What is the scope of the problem?

- 1:5 adults experience mental illness every year
- 1:6 US youth 6-17 experience mental illness every year
- 50% of lifetime mental illness begins by age 14 and 75% by age 24



# What is the scope of the problem?

After 2 year decline, the number of suicide deaths in Ohio increased by 8% in 2021

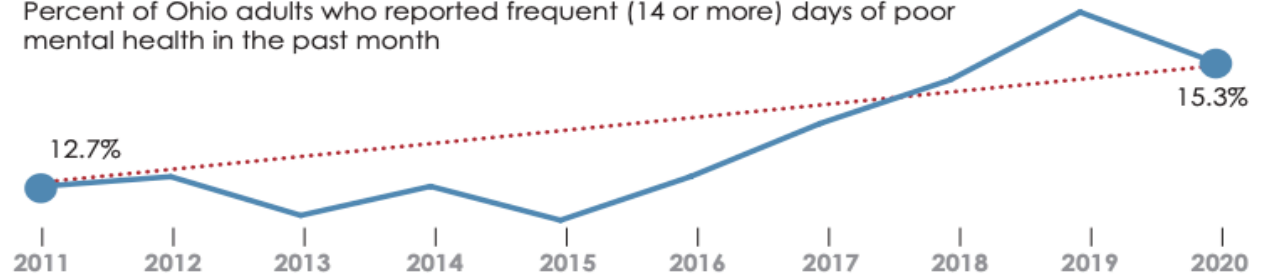
- 5 Ohioans die by suicide every day; one youth dies every 34 hours
- Suicide is the 2<sup>nd</sup> leading cause of death in Ohioans ages 10-34 and 12<sup>th</sup> leading COD in Ohio overall



## Frequent poor mental health days

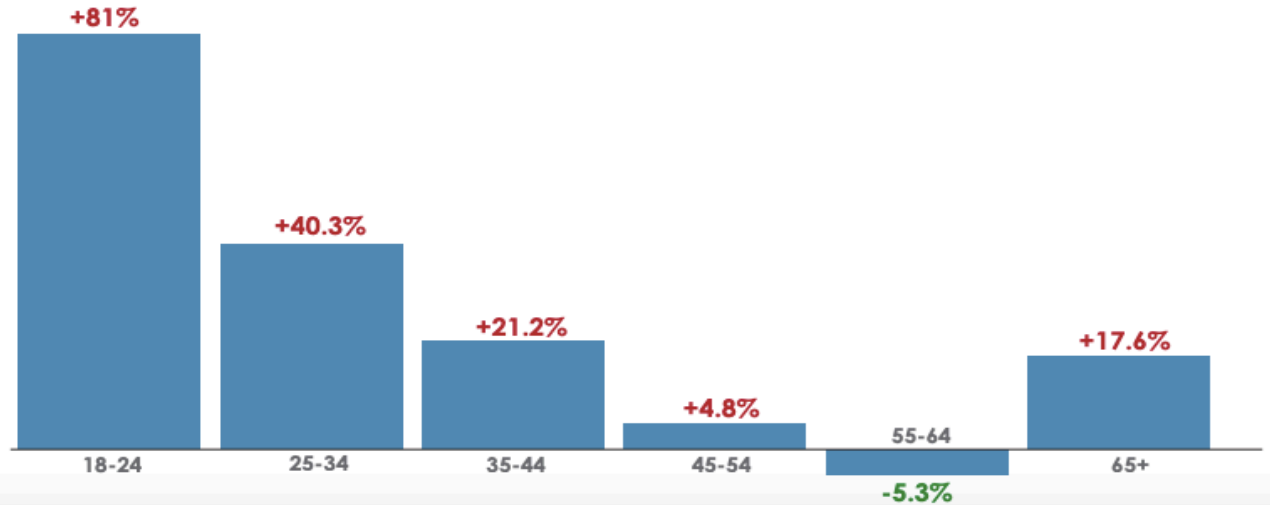
The percent of Ohio adults reporting frequent poor mental health days increased 20% from 2011 to 2020.

Percent of Ohio adults who reported frequent (14 or more) days of poor mental health in the past month



## Trends by age

The increase in poor mental health days from 2011 to 2020 was the largest for younger Ohioans, most notably for those age 18-24. The only age group that saw an improvement in mental health over the past decade was 55-64 year olds.



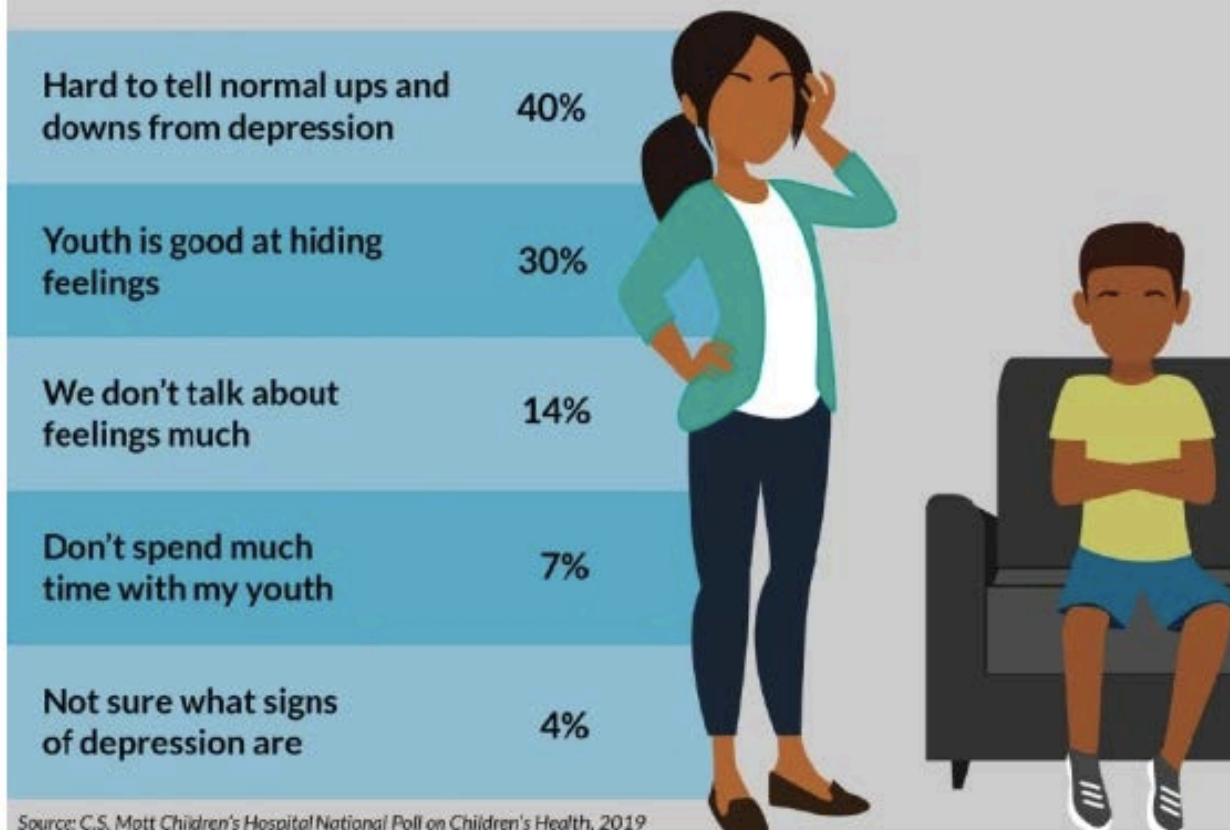
# Causes of mental illness

- Biological / genetic predisposition
  - Two hit theory
- Environmental & social factors
  - Bullying
  - Other mental or physical health conditions
    - Eating disorders
  - History of Adverse Childhood Events
  - Lack of social support
  - Drug / Alcohol Abuse
- Depression & Social Media Use
  - Longer time → Increased rates of depression
  - Interactions are unsatisfying or lead to FOMO
  - Comparison is the thief of joy
  - Less time being present & active in the real world
  - Distinctly impacts quality and quantity of sleep



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

% of parents citing barrier



Courtesy C.S. Mott Children's Hospital National Poll on Children's Health





# Sadness versus Depression

- **Sadness** is a normal human emotion all people at some point in their lives
  - Typically linked to event
  - Varying degrees of intensity
  - Can usually be relieved through crying, venting, talking
  - Temporary, fades with time
  - Periods of moodiness in teens are normal
    - Hormonal changes, friendship/school/family stressors
    - Insufficient sleep



# Clinical Depression definition

5+ symptoms present all day, most every day, over two week period

- Depressed mood AND/OR Anhedonia
  - Weight changes
  - Sleep changes
  - Fatigue or loss of energy
  - Psychomotor agitation or slowing
  - Feelings of hopelessness, worthlessness, guilt
  - Decreased concentration / indecisiveness
  - Recurrent thoughts of death or suicidal thoughts
- Cause significant impairment in social or occupational functioning

DSM-5TR



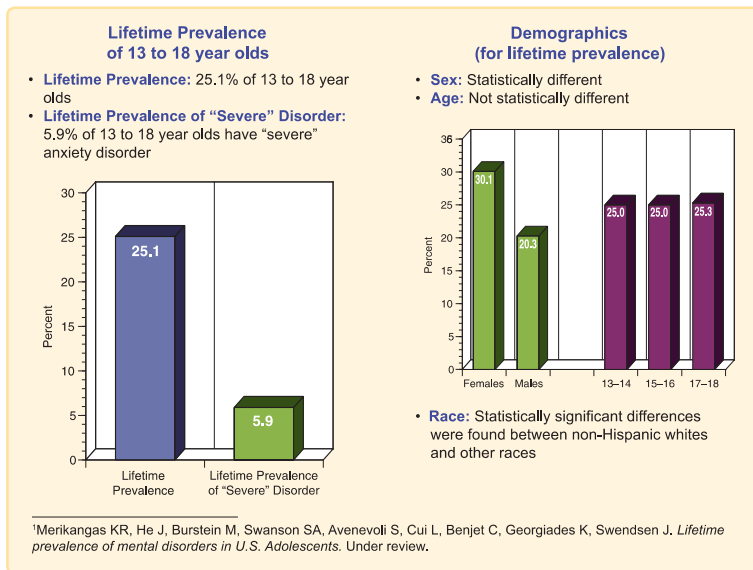
# Teenage Depression Signs

- Irritability, agitation, anger
- Unexplained aches or pains
- Persistent negative mood
- Decreased interest in favorite hobbies
- Running away
- Drug/alcohol abuse
- Reckless behavior (driving, binge drinking, unsafe sex)
- Violence
- Sudden changes in sleep/diet
- Extreme sensitivity to criticism



# Anxiety disorders in teenagers

## Any Anxiety Disorder



- Prevalence:
  - Any anxiety disorder: 6-20% (often comorbid)
  - Separation Anxiety disorder: children 4.1-12% and adolescents 1.3% → school refusal
  - Social Anxiety disorder: 3.9 – 6.9%
  - GAD: 2.9-4.6%
  - Gender distribution is equal in children and female > male in adolescents
- Risk factors
  - 2-3x risk of depression as an adult
  - Increased risk of underachieving as young adults
  - Increased rate of substance use disorders

Slide courtesy of Karen Seroussi, DO



# Anxiety Presentation

- Internally:
  - Fear without recognizing it is unreasonable or out of proportion
  - Refusal to do age-appropriate behavior
  - Somatic complaints
  - Self-critical statements
  - Seek excessive reassurance
  - Often perfectionistic
  - Misinterpret social interaction and their own performance or behavior
- Externally:
  - Irritable
  - Angry outbursts
  - Phobic behavior
  - Risk of substance use



Slide courtesy of Karen Souressi, DO



# Helping Teens with Depression & Anxiety



Encourage social connection



Prioritize physical health



Know when to seek professional help



# Helping Teens with Depression & Anxiety



Support your teen through treatment



Take care of yourself & the rest of the family



# Treatment Resources

Begin with your child's pediatrician or family medicine physician

Ask insurance who is paneled for psychiatry and/or therapy

[Psychologytoday.com](http://Psychologytoday.com) to find local talk therapists





# Online Resources

- [SAMHSA.gov](http://SAMHSA.gov)
- [CAP4KIDS.org/Columbus](http://CAP4KIDS.org/Columbus)
- [ADAMHFFranklin.org](http://ADAMHFFranklin.org)
- [NAMI.org](http://NAMI.org)
- [AACAP.org](http://AACAP.org)
- [psychiatry.org](http://psychiatry.org)
- [MHANational.org](http://MHANational.org)
- [NIMH.NIH.gov](http://NIMH.NIH.gov)
- [StopBullying.gov](http://StopBullying.gov)
- [HealthyChildren.org](http://HealthyChildren.org)
- [Mindwise.org](http://Mindwise.org)
- [Translifeline.org](http://Translifeline.org)
- [TheTrevorProject.org](http://TheTrevorProject.org)
- [maps.anxietycanada.com](http://maps.anxietycanada.com)
- [Childmind.org](http://Childmind.org)
- [Psychologytoday.com](http://Psychologytoday.com)



# Podcasts

- Parenting Teens with Depression by Rogers Behavioral Health
- Dr. Ross Greene
- Ask Lisa: The Psychology of Parenting
- Launching Your Daughter by Nicole Burgess, LMFT
- Mighty Parenting
- Parenting Teens with Dr. Cam
- Talking To Teens.com
- Light the Fight – Parenting Podcast
- Hope For Parents with Struggling Teens
- Parenting Today’s Teens with Mark Gregston
- Voices of Compassion



# App Recommendations



Calm



Virtual  
Hope Box



Relief Link



Pacifica



Headspace



Daylio Journal



Clarity: CBT  
Thought Diary



MindShift



Insight  
Timer



Optimism:  
Gratitude Journal



Know  
Bullying



Smiling  
Mind



# Book Recommendations

- Man’s Search for Meaning by Viktor Frankl (Young Reader edition)
- The Panic Workbook for Teens: Breaking the Cycle of Fear, Worry, and Panic Attacks by Kissen
- Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else by Willard
- The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry by Schab
- Don’t Let Emotions Run Your Life by Van Dijk
- The Anxiety and Phobia Workbook
- Positive Discipline for Teenagers: Empowering Your Teen and Yourself Through Kind and Firm Parenting by Nelsen/Lott
- Parenting a Teen Who Has Intense Emotions: DBT Skills to Help Your Teen Navigate Emotional & Behavioral Challenges by Pat Harvey & Britt Rathbone
- Adolescent Depression: A Guide for Parents by Francis Mondimore, MD & Patrick Kelly
- Seen: Despair & Anxiety in Kids and Teenagers and the Power of Connection by Will Hutcherson & Chinwe Williams
- Analyzing the Black Box: Bullying and Depression Amongst African American Youth by M. Harris Jr
- The State of Black Girls: A Go-To Guide for Creating Safe Space for Black Girls by Marline-Francois Madden
- The Disappearing Girl: Learning the Language of Teenage Depression by Lisa Machoian
- Coping Skills for Teens Workbook: 60 Helpful Ways to Deal with Stress, Anxiety, and Anger by Janine Halloran

