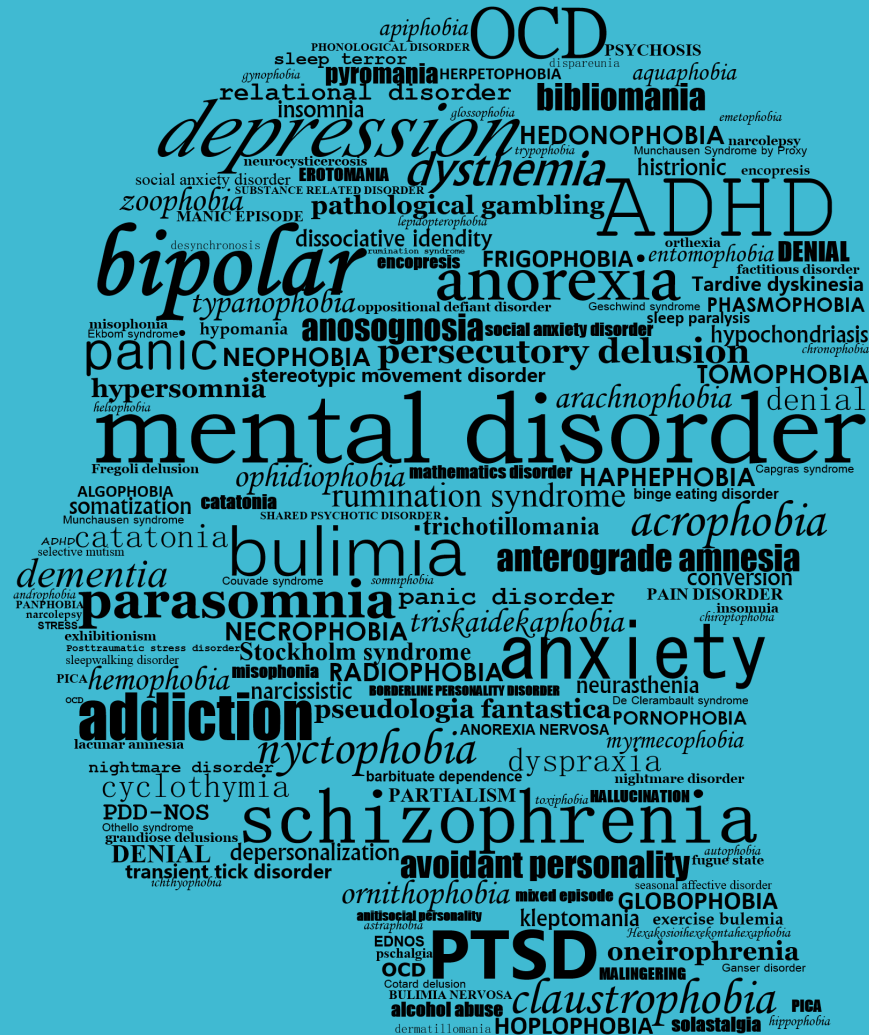


Knowing the Signs



Kenia Oak Counseling



Top Mental Illnesses in adolescents

ADHD 9.8% (Approximately 6.0 million)

Anxiety 9.4% (Approximately 5.8 million)

Behavioral Disorders 8.9% (Approximately 5.5 million)

Depression 4.4% (approximately 2.7 million)

(Data and statistics on children's Mental Health 2022)

ADHD

Inattentiveness (difficulty concentrating and focusing)

- having a short attention span and being easily distracted
- making careless mistakes – for example, in schoolwork
- appearing forgetful or losing things
- being unable to stick to tasks that are tedious or time-consuming

Hyperactivity and impulsiveness

- constantly fidgeting
- being unable to concentrate on tasks
- excessive physical movement
- being unable to wait their turn
- acting without thinking



(American Psychological Association 2023)

Anxiety

Signs

- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Having difficulty controlling worry
- Having the urge to avoid things that trigger anxiety

Physical symptoms

- Numbness in face
- Dizziness
- Trembling
- Excessive sweating
- Accelerated heartbeat
- Breathing rapidly (hyperventilation)
- Feeling weak or tired
- Experiencing gastrointestinal (GI) problems

Relaxation Skills

- Take three deep breaths
- Get a hug or give a hug
- Take a nap
- Meditation

Distraction Skills

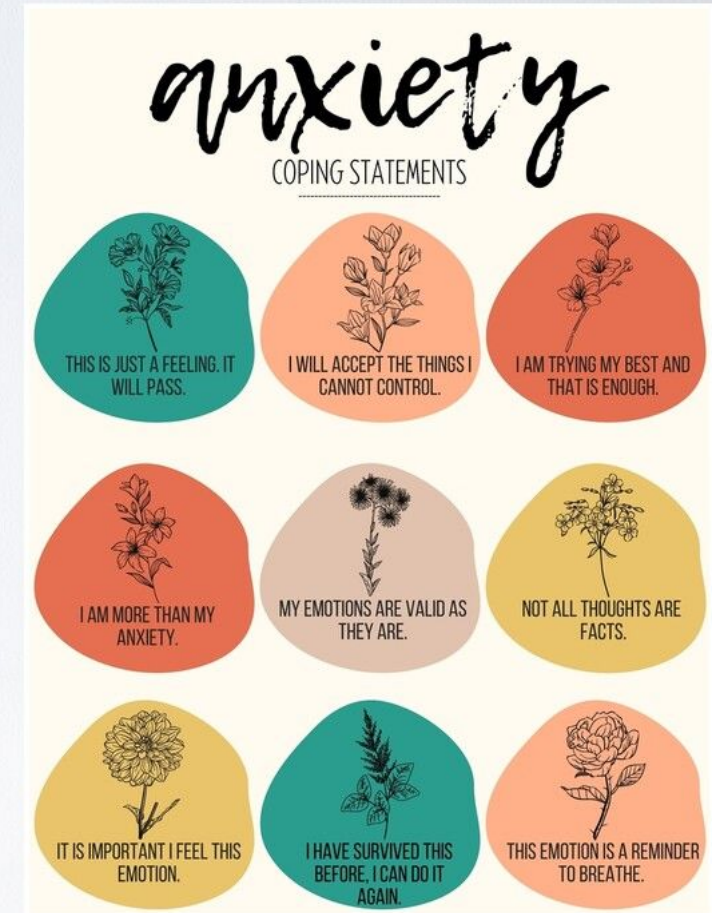
- Count 1-100
- 5-4-3-2-1 exercise
- Watch a video/show
- Get creative – art, draw, color, journal
- Listen to music
- Find a trusted person to talk to

Movement Skills

- Exercise
- Jump up and down
- Stretch
- Yoga poses
- Play a sport
- Take a break and go to a place you feel safe

Thinking Skills

- Encouraging self-talk
- Think of things you are grateful for
- Close your eyes and think of a peaceful place
- Challenge unhelpful/irrational thoughts
- Use anxiety coping statements



Behavioral Disorders

Oppositional Defiant Disorder (ODD)

A frequent and ongoing pattern of anger, irritability, arguing and defiance toward parents and other authority figures.

Signs:

- Increased anger
- Argumentative and defiant behavior
- Hurtful and revengeful behavior

(Oppositional defiant disorder (ODD) 2023)

Conduct Disorder (CD)

A repetitive and persistent pattern of behavior in which the basic rights of others or major age appropriate societal norms or rules are violated.

Signs:

- Aggression towards people or animals
- Destruction of property
- Deceitfulness or theft
- Consistent violation of the rules

(Conduct disorder: Symptoms, causes, diagnosis, treatment 2022)

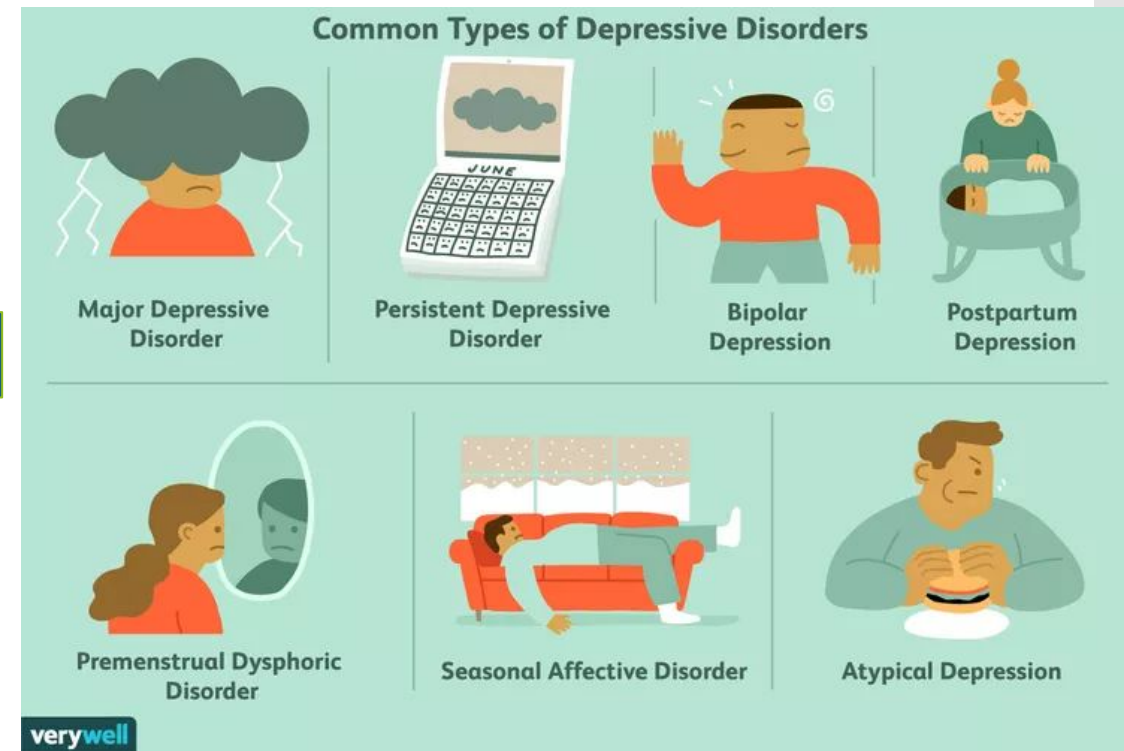
Depression

Signs

- Inability to concentrate
- No longer interested in things they once were
- Feelings of worthlessness
- Excessive guilt
- Suicidal ideations
- Lack of motivation
- Sudden decline in school interest/ grades

Physical Symptoms

- Weight loss or gain
- Change to sleeping pattern
- Lack of energy



(American Psychological Association 2023)



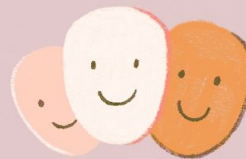
Get some exercise



Eat a nutritious diet



**Stay connected
with others**



Have fun



Get plenty of sleep



**Avoid drugs
and alcohol**



Vent in a healthy way

Self-Help Strategies for Teen Depression



True or False

Cutting is the only form of self-injury to worry about

Self-harm is usually due to suicidal thoughts

Kids or teens who self-injure are just seeking attention or being dramatic

Girls are the only ones who self-harm

If I ask my child about self-harm, they might be tempted to try it

Kids and teens grow out of self-injuring behaviors so no treatment needed

(Rahmandar & Alia McKean, 2022)

Suicide in Adolescents

Risk Factors

- Diagnosed psychiatric disorders
- Family history of suicidal behaviors
- History of sexual or physical abuse
- Exposure to violence or bullying

Warning Signs

- Talking or writing about suicide
- Withdrawing from social contact
- Having mood swings
- Increasing use of alcohol or drugs

37%

Reported experiencing persistent feelings of sadness or hopelessness

19%

Seriously considered attempting suicide

16%

Made a suicide plan

9%

Attempted suicide

Source: Centers for Disease Control and Prevention
National Youth Risk Behavior Survey, 2019

Suicide in Adolescents

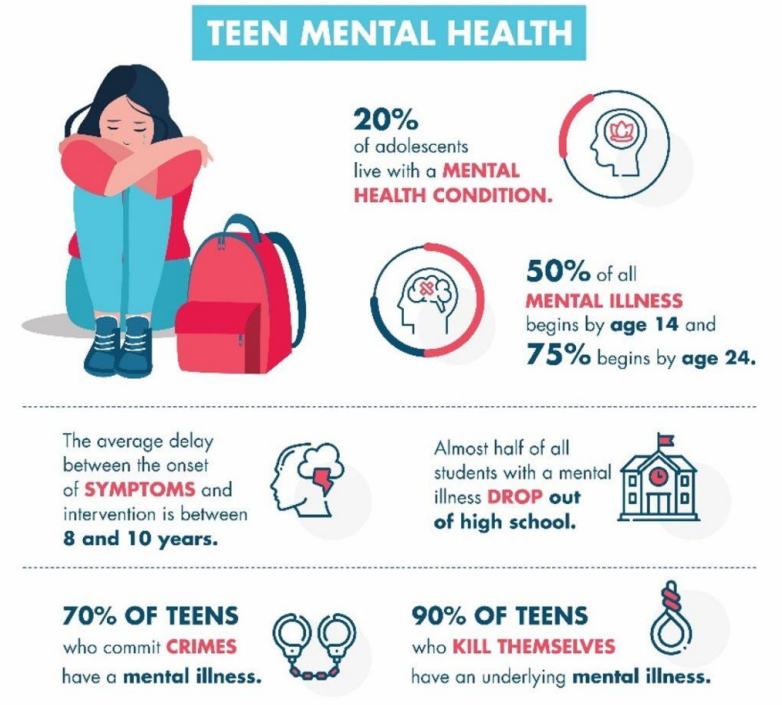
- **Talk about mental health and suicide.**
- **Pay attention.**
- **Discourage isolation.**
- **Monitor and talk about social media use**
- **Monitor medications.**
- **Encourage a healthy lifestyle.**
- **Support the treatment plan.**
- **Safely store firearms, alcohol and medications.**



(What parents need to know about teen suicide 2022)

Increased Risk Factors

- Among adolescents aged 3-15 years, girls were more likely than boys to have a mental, behavioral, or developmental disorder.
- Among children living below the federal poverty level, more than 1 in 5 (22%) had a mental, behavioral, or developmental disorder.
- Children who were discriminated against based on race or ethnicity had higher percentages of one or more mental health conditions (28.9% versus 17.8%).
- LGBTQ community
- Age and poverty level affected the likelihood of children receiving treatment for anxiety, depression, or behavior problems.



Protective Factors

Academic achievement/intellectual development

High self-esteem

Engagement and connections in two or more of the following contexts: school, with peers, in athletics, employment, religion, culture

Emotional self-regulation

Good coping skills and problem-solving skills

Indicators of positive mental health present in most children.

Parents reported in 2016-2019 that their child mostly or always showed:

- Affection (97.0%), resilience (87.9%), positivity (98.7%) and curiosity (93.9%) among children ages 3-5 years
- Curiosity (93.0%), persistence (84.2%), and self-control (73.8%) among children ages 6-17 years

Resources

- The Loudoun County Crisis Intervention Team Assessment Center (CITAC)
 - Walk in hours: Monday through Friday 8:00 a.m. to 8:00 p.m.
 - 703-777-0320 – 24/7
- Loudoun County Wraparound
 - Care Coordinators work with families to develop a working team and facilitate the development and implementation of a plan of care, building upon a strength-based needs assessment and identification of resources and supports necessary to reach identified goals.
 - MHSADS Leesburg Office 703-771-5155
- Outpatient Therapy
 - Psychologytoday.com
 - Loudoun County Same Day Access - 703-771-5155
- Inpatient or Partial Hospitalization
 - North Spring Behavioral Health
- CR2- Community Regional Crisis Response
 - 24/7- 571-364-7390

Important Numbers

- **For a behavioral health crisis and suicide prevention, call 988.**
- **National Suicide Prevention Lifeline:** 800-273-TALK (800-273-8255)
- **SAMHSA National Helpline:** 800-662-HELP (800-662-4357)
- **Children's Regional Crisis Response:** 844-NCrisis (844-627-4747) in English and Spanish
- **Hopeline:** Chat at <http://www.hopeline.com> or call 800-784-2433.
- **Loudoun County Sheriffs Office:** call 911 or 703-777-1021 (non emergency line) and ask for a Crisis Intervention Team (CIT) deputy or officer.
- **Loudoun County CITAC:** 703-777-0320

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