

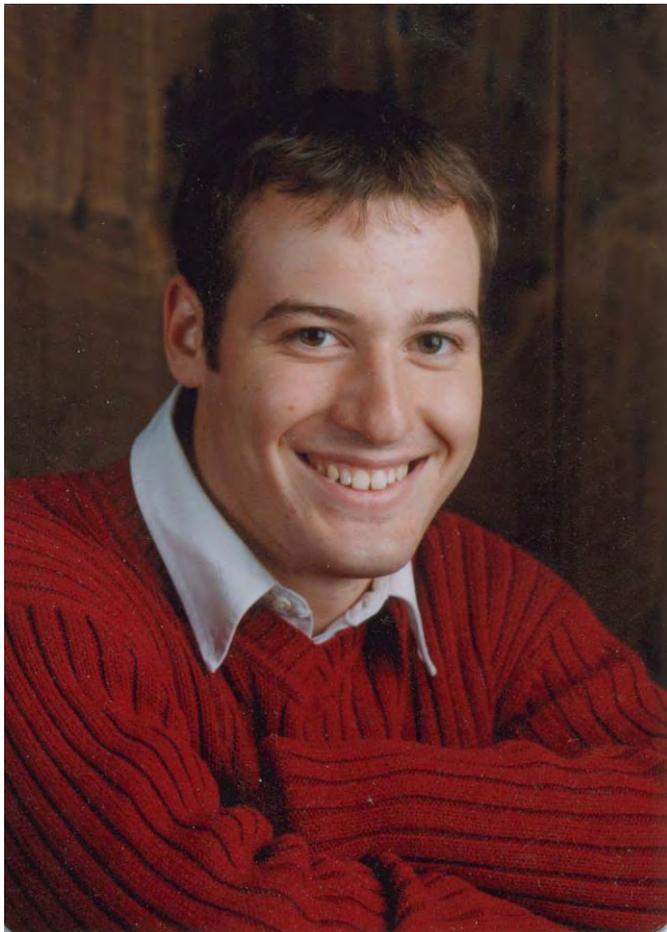


Depression and Suicide, Looking Beyond the Mask

Marian McCord, RN Ex. Director

Goals

1. Recognize the prevalence of mental health issues in adolescents.
2. Recognize key symptoms of anxiety, depression and suicide
3. Know the value of compassion



Chad

Age: 18

Academics: Honor roll – top 15%

Athletics: Recruited by D1 for soccer, distance runner

Church: Active in youth group, retreat leader

Activities: Boy Scouts, computer games, Sci-Fi & fantasy movies & books

Awards: Eagle Scout Award, 5 plaque awards for high school sports, HS Leadership Award

Volunteer: Over 100 hours per year, Kirkwood Track club, Ride On St. Louis

Personality: Caring, funny

Descriptive words: Bright, popular, loving, leader

Diagnosis: Depression, Bipolar, OCD

Died: April 15, 2004

Ten Leading Causes of Death In USA

All races Both Sexes 2014

Rank	10-14	15-24	25-34	35-44	45-54	55-64	65+	All Ages
1					Malignant Neoplasms 44,834	Malignant Neoplasms 115,282	Heart Disease 489,722	Heart Disease 614,348
2	Suicide 129				Malignant Neoplasms 11,267	Heart Disease 34,791	Heart Disease 74,473	Malignant Neoplasms 413,885
3	Malignant Neoplasms 416	Homicide 4,144			Heart Disease 10,368			Chronic Low. Respiratory Disease 124,693
4	Congenital Anomalies 156	Malignant Neoplasms 1,569	Malignant Neoplasms 3,624	Suicide 6,706		Chronic Low. Respiratory Disease 16,492	Cerebrovascular 113,308	
5	Homicide 156	Heart Disease 953	Heart Disease 3,341	Homicide 2,588	Liver Disease 8,627	Diabetes Mellitus 13,342	Alzheimer's Disease 92,604	Cerebrovascular 133,103
6	Heart Disease 122	Congenital Anomalies 377	Liver Disease 725	Liver Disease 2,582	Diabetes Mellitus 6,062	Liver Disease 12,792	Diabetes Mellitus 54,161	Alzheimer's Disease 93,541
7	Chronic Low. Respiratory Disease 71	Influenza & Pneumonia 199	Diabetes Mellitus 709	Diabetes Mellitus 1,999	Cerebrovascular 5,349	Cerebrovascular 11,727		Diabetes Mellitus 76,488
8	Cerebrovascular 43	Diabetes Mellitus 181	HIV 583	Cerebrovascular 1,745	Chronic Low. Respiratory Disease 4,402	Suicide 1,527	Influenza & Pneumonia 44,836	Influenza & Pneumonia 55,227
9	Influenza & Pneumonia 41	Chronic Low. Respiratory Disease 178	Cerebrovascular 579	HIV 1,174	Influenza & Pneumonia 2,731	Septicemia 5,709	Nephritis 39,957	Nephritis 48,146
10	Benign Neoplasms 38	Cerebrovascular 177	Influenza & Pneumonia 549	Influenza & Pneumonia 1,125	Septicemia 2,514	Influenza & Pneumonia 5,390	Septicemia 29,124	Suicide 42,773

It Takes A Village

Village Mission:

Create an environment of Well-Being and a climate where mental illness isn't stigmatized.

Why Is the School Nurse Role So Important

- Eyes and Ears of Public Health
- See students returning with same symptoms
- Strong potential to be a “Safe Place”

Did you know

- 50% of lifetime mental illnesses begin by age 14

Missouri Student Survey-(MSS)- MS-2016

Missouri Student Survey 2014	% of MS students in last 12 months	Rate of MS students, 1 out of	Number of MS students in last 12 mo	Students
Think	12.33%	8	25959	71 per day
Plan	8.02%	12	16884	19 per day
Attempt	6.28%	16	13,222	36 per day
Injured	1.5%	67	3158	60 per wk

Missouri Student Survey-(MOST)- HS-2016

Missouri Student Survey 2014	% of HS students in last 12 months	Rate of HS students, 1 out of	Number of HS students in last 12 mo	Students
Think	14.98%	7	42,051	115 per day
Plan	11.24%	9	31,552	86 per day
Attempt	6.32%	16	17,741	49 per day
Injured	1.10%	91	3,088	59 per week

Prevalence of Anxiety Disorders

- 8% of teens ages 13-18 have an anxiety disorder with symptoms commonly emerging around age 6.
- Of these teens, only 18% received mental health care.
 - <http://www.nimh.nih.gov/health/publications/anxiety-disorders-in-children-and-adolescents/index.shtml>
- 80% of kids with an anxiety disorder and 60% of kids with depression are not getting treatment.
 - [Child Mind Institute Children's Mental Health Report](#), 2015
- Imaging studies show that children with anxiety disorders have atypical activity in specific brain areas.
 - <http://www.adaa.org/generalized-anxiety-disorder-gad>

Anxiety Disorders

- About half of adolescents diagnosed w/ depression are also struggling with an anxiety disorder.
- Anxiety can become an excessive, irrational dread of everyday demands that can disable adolescents.
- Types of anxiety disorders are: OCD, PTSD, social & specific phobias, & generalized anxiety disorder.
 - <http://www.adaa.org/living-with-anxiety/children>

DSM V Criteria for Depression

- Depressed mood most of the day, nearly every day
- Markedly diminished interest or pleasure in ADL
- insomnia or hypersomnia nearly every day
- Psychomotor agitation or retardation nearly every day
- Fatigue or loss of energy nearly every day
- Feelings of worthlessness or excessive or inappropriate guilt
- Diminished ability to think or concentrate, or indecisiveness
- Recurrent thoughts of death (not just fear of dying without a specific plan, or a suicide attempt).

Know your Students

- Are they acting or behaving differently than their usual
- Is there behavior out of the norm of what you would expect

Youth Risk Factors for Depression

- Genetics
- Concussion/Traumatic Brain Injury
- Gifted
- Sexual Identity issues – LGBTQ
- Substance Abuse/Self-Harm
- Trauma
- Students that were bullied or bully others
- Victim of sexual/physical abuse

Know Trauma's Potential Impact

- Trauma informed care incorporates an awareness of the impact of traumatic stress on ill or injured children and families as a part of treating the medical aspects of the trauma.

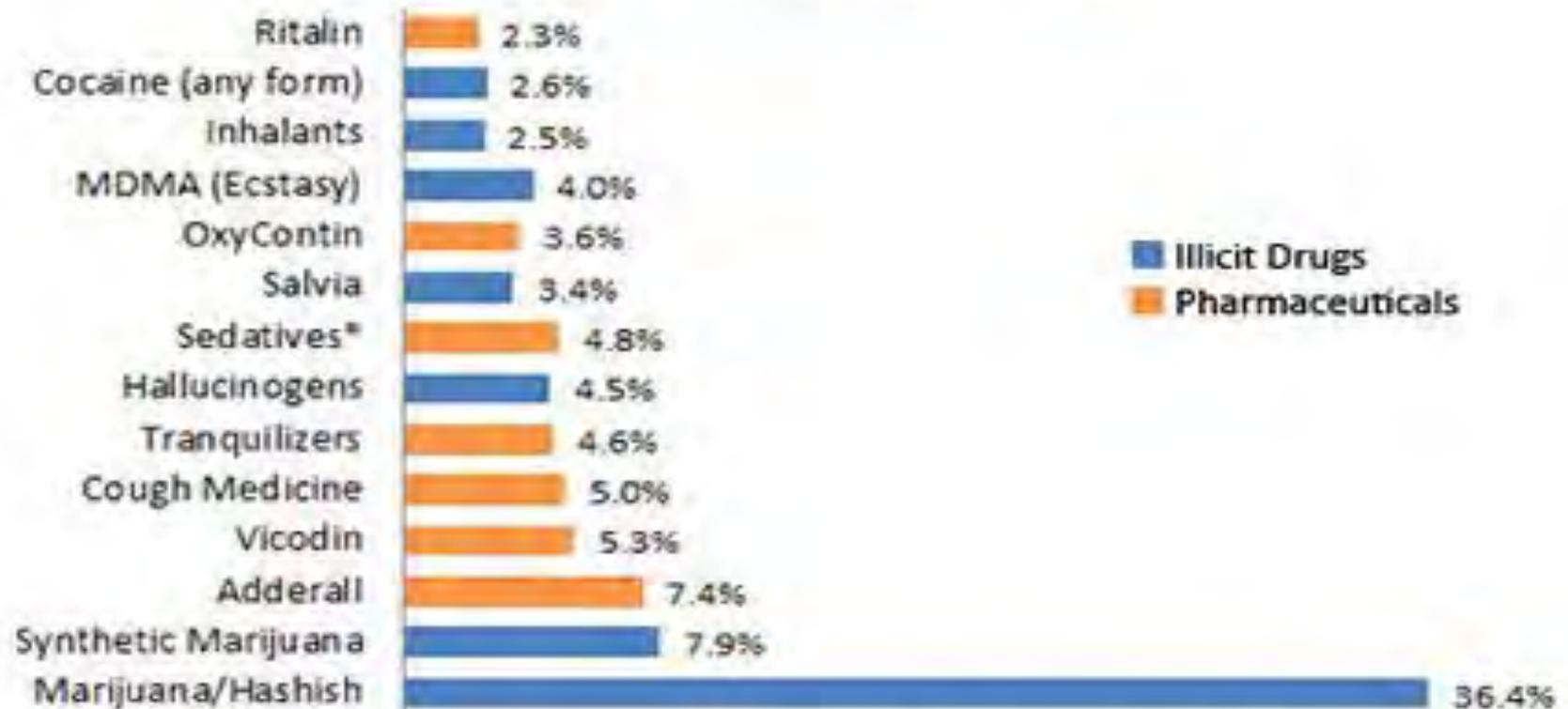
Self-Injury Behaviors

- Adolescents engage in behaviors that harm self: burning, cutting, scraping, hair pulling, etc.
- These behaviors generally are not suicide attempts rather direct or indirect attempts to manage intense anxiety or emotional pain:
abandonment, resentment, confusion.
 - [http://www.aacap.org/AACAP/Families and Youth/Facts for Families/Facts for families Pages/Self Injury In Adolescents 73.aspx](http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_families_Pages/Self_Injury_In_Adolescents_73.aspx)



Adolescent Substance Abuse

Past-Year Use of Various Drugs by 12th Graders (Percent)



Source: University of Michigan, 2013 Monitoring the Future Study

Self Medicating

- Marijuana or other drugs worsen their depression.
- Lead a teen toward other serious mental disorders.
- Alleviate feelings of depression (“self-medicating”), when in fact, using marijuana can compound the problem.
- Adolescents who smoke marijuana at least 1x per month are 3x more likely to have suicidal thoughts than non-users.
 - White House Office of National Drug Control Policy (ONDCP),
 - <http://psychcentral.com/news/2008/05/09/drugs-depressed-teens-a-dangerous-combination/2264.html>

Signs of Suicide

- Talking, writing, texting, drawing about suicide or death
- Hopelessness, worthlessness, burdensome
- Increasing substance abuse
- Giving away favorite things
- Sudden sense of calm/happiness
- Serious behavior problems in or out of school

Did you know

- 9 out of 10 people who die by suicide had a diagnosable mental disorder.
- Yet only 3 out of 10 people who die by suicide received mental health services in the year before they died.

What are we missing?

- Early detection (screening), diagnosis and treatment needed.
- Breaking the stigma

Acknowledge

that you are seeing the signs of depression or suicide in yourself or a friend and that it is serious

Care

enough about yourself or a friend to take action

Tell/Treatment

Help Seek Treatment

Parents Want Medical Team To Know

Understand: All kids are vulnerable:

- “I want future physicians to know that even the adolescents that do not appear to be struggling with mental health issues could be struggling; they may be masking symptoms.”

Looking Beyond the Mask

- Active listening
- Do not diminish or dismiss their feelings
- Perception is reality
- Refrain from being judgmental
- Commend them for telling the truth

Conveying Compassion

- Use “I” statements
- Use open ended questions
- Paraphrase
- Asking the right questions
- I genuinely care about you

How to Get Students to Talk?

- Why haven't you told anyone?
- You are probably going through a phase
- This won't last long, you'll get over it
- I am wondering who else you have been able to talk to?
- Tell me how long you have been feeling this way?
- I can imagine you might feel this will never end.

How to talk to Students, cont.

- Does that make you upset?
- Does your mom/dad know?
- Do you have a plan?
- Do you make good grades?
- How does that make you feel?
- Who else knows about this?
- Tell me about your thoughts of suicide?
- Tell me about how you're doing in school?

Safety Planning

- The Suicide Prevention Resource Center & Zero Suicide initiative
- Safety Planning is evidence based
- Is a 6-step approach for assisting at-risk individual and their families
 - Recognizing triggers
 - Internal coping
 - External coping
 - People to ask for help
 - Emergency Preparedness
 - Keeping environment safe
 - Reason for living

Community Resources

- Children's Service Fund
- National Suicide Prevention Lifeline 1-800-273-8255
- Warm transfer and collaboration (zerosuicide.org)
 - Either reach out or have assistant reach out
- Community Mental Health Agencies

Additional Resources

- Suicide Prevention Resource Center
 - <http://www.sprc.org/settings/primary-care>
- Zero Suicide
 - <http://zerosuicide.sprc.org/sites/zerosuicide.actionallianceforsuicideprevention.org/files/sp/course.htm>
- Columbia – Suicide Severity Rating Scale
 - <http://cssrs.columbia.edu/>
- American Academy of Pediatrics
 - https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Mental-Health/Documents/MH_ScreeningChart.pdf

Website
chadscoalition.org

Facebook, Twitter, Pinterest
Search for CHADS Coalition for Mental Health

CHADS' Support
314.952.8274

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

CHADS Coalition
FOR Mental Health
DE
COMMUNITIES HEALING ADOLESCENT DEPRESSION AND SUICIDE

Take Away

- The sooner depression is recognized and treated correctly, the better the chances for that child to live a happy healthy life.
- Nurses play a critical role in detecting and referring students that are struggling with anxiety & depression
- Never underestimate the power of compassion

Your Call to Action

- Believe that depression is a treatable disease just like all the other physical health diseases
- Build a trusting relationship with all students
- Refer high risk students to school counselor or appropriate community resource

CHADS at a Glance

- CHADS an acronym for
 - Communities Healing Adolescent Depression and Suicide
- Mission
 - CHADS saves young lives by advancing the awareness and prevention of depression and suicide
- Vision
 - CHADS will eliminate suicide by young people in the Midwest.
- Suicide Prevention
 - 936 presentations to 21,938 students
 - 12.1% of students self-identified
- Bullying Prevention
 - 31 schools implemented
 - 37% reduction in bullying
- Family Support
 - 235 families assisted
 - 174 support group sessions

Closing Quote

- “Suicide is not chosen, it happens when pain exceeds a person's resources to cope with the pain.”

Questions

