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
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**

<table>
<thead>
<tr>
<th>Rank</th>
<th>10-14</th>
<th>15-24</th>
<th>25-34</th>
<th>35-44</th>
<th>45-54</th>
<th>55-64</th>
<th>65+</th>
<th>All Ages</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### All Ages Coordinators

- **Heart Disease:** 614,348
- **Malignant Neoplasms:** 591,699
- **Chronic Low. Respiratory Disease:** 147,101
- **Cerebrovascular:** 133,103
- **Diabetes Mellitus:** 93,541
- **Alzheimer’s Disease:** 92,604
- **Septicemia:** 54,161
- **HIV:** 76,488
- **Nephritis:** 55,227
- **Influenza & Pneumonia:** 55,227

### Specific Causes

- **Unintentional Injury:**
  - 11,836
  - 17,357
  - 16,048

- **Suicide:**
  - 5,079
  - 6,569
  - 8,767

- **Malignant Neoplasms:**
  - 11,267
  - 413,885
  - 591,699

- **Heart Disease:**
  - 34,791
  - 74,473
  - 133,108

- **Homicide:**
  - 4,144
  - 4,159
  - 2,588

- **Congenital Anomalies:**
  - 156
  - 1,569
  - 3,624

- **Diabetes Mellitus:**
  - 1,999
  - 6,062
  - 13,342

- **Liver Disease:**
  - 2,582
  - 6,267
  - 12,792

- **Influenza & Pneumonia:**
  - 199
  - 2,731
  - 44,836

- **Septicemia:**
  - 5,709
  - 5,390
  - 29,124

- **Nephritis:**
  - 39,957
  - 48,146

- **Chronic Low. Respiratory Disease:**
  - 124,693
  - 147,101

- **Cerebrovascular:**
  - 113,308

- **Unintentional Injury:**
  - 20,610
  - 18,030

- **HIV:**
  - 583
  - 1,174

- **Septicemia:**
  - 5,349
  - 11,727

- **Influenza:**
  - 44,836
  - 55,227

- **Septicemia:**
  - 2,514
  - 5,390

- **Septicemia:**
  - 29,124
  - 48,146

- **Chronic Low. Respiratory Disease:**
  - 124,693
  - 147,101

- **Unintentional Injury:**
  - 136,053

- **HIV:**
  - 1,745

- **Nephritis:**
  - 39,957

- **Septicemia:**
  - 5,390

- **Septicemia:**
  - 29,124

- **Chronic Low. Respiratory Disease:**
  - 124,693
  - 147,101

- **Unintentional Injury:**
  - 136,053

- **Chronic Low. Respiratory Disease:**
  - 124,693
  - 147,101

- **Unintentional Injury:**
  - 136,053
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
<table>
<thead>
<tr>
<th>Missouri Student Survey 2014</th>
<th>% of MS students in last 12 months</th>
<th>Rate of MS students, 1 out of</th>
<th>Number of MS students in last 12 mo</th>
<th>Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Think</td>
<td>12.33%</td>
<td>8</td>
<td>25959</td>
<td>71 per day</td>
</tr>
<tr>
<td>Plan</td>
<td>8.02%</td>
<td>12</td>
<td>16884</td>
<td>19 per day</td>
</tr>
<tr>
<td>Attempt</td>
<td>6.28%</td>
<td>16</td>
<td>13,222</td>
<td>36 per day</td>
</tr>
<tr>
<td>Injured</td>
<td>1.5%</td>
<td>67</td>
<td>3158</td>
<td>60 per wk</td>
</tr>
</tbody>
</table>
### Missouri Student Survey-(MOST)-HS-2016

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

• 80% of kids with an anxiety disorder and 60% of kids with depression are not getting treatment.
  o [Child Mind Institute Children’s Mental Health Report](https://www.childrensmentalhealthreport.org/), 2015

• Imaging studies show that children with anxiety disorders have atypical activity in specific brain areas.
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.

  o 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)**

- Ritalin: 2.3%
- Cocaine (any form): 2.6%
- Inhalants: 2.5%
- MDMA (Ecstasy): 4.0%
- OxyContin: 3.6%
- Salvia: 3.4%
- Sedatives*: 4.8%
- Hallucinogens: 4.5%
- Tranquilizers: 4.6%
- Cough Medicine: 5.0%
- Vicodin: 5.3%
- Adderall: 7.4%
- Synthetic Marijuana: 7.9%
- Marijuana/Hashish: 36.4%

*Sedatives*: illegal prescription drugs

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),
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
  o Recognizing triggers
  o Internal coping
  o External coping
  o People to ask for help
  o Emergency Preparedness
  o Keeping environment safe
  o Reason for living
Community Resources

• Children’s Service Fund
• National Suicide Prevention Lifeline 1-800-273-8255
• Warm transfer and collaboration (zerosuicide.org)
  o 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](http://www.sprc.org/settings/primary-care)

- Zero Suicide
  - [http://zerosuicide.sprc.org/sites/zerosuicide.actionallianceforsuicideprevention.org/files/sp/course.htm](http://zerosuicide.sprc.org/sites/zerosuicide.actionallianceforsuicideprevention.org/files/sp/course.htm)

- Columbia – Suicide Severity Rating Scale
  - [http://cssrs.columbia.edu/](http://cssrs.columbia.edu/)

- American Academy of Pediatrics
Website
chadscoaltion.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)
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

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