

Anxiety and Depression

What you want to know
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Approaching Mental Health

When we break a bone:

Sign my cast!

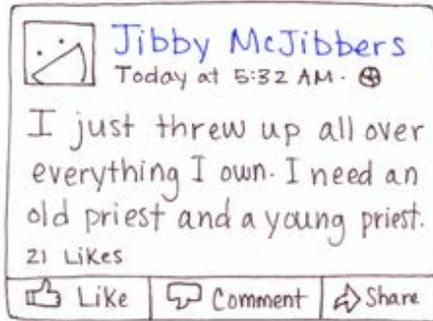


When we get a bad cut:

Check it out!
12 stitches!

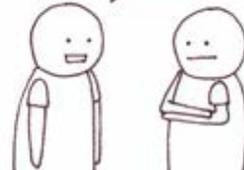


When we get the flu:



When we struggle with mental health issues:

Hey.



Beatrice the Biologist

Anxiety

- ▶ Definition: a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.
- ▶ Anxiety disorders are the most common mental health concern in the United States. An estimated 40 million adults in the U.S., or 18%, have an anxiety disorder. (NAMI, 2016).
- ▶ Approximately 8% of children and teenagers experience the negative impact of an anxiety disorder at school and at home. (NAMI, 2016)
- ▶ Most people develop symptoms of anxiety disorders before age 21 and women are 60% more likely to be diagnosed with an anxiety disorder than men. (NAMI, 2016)



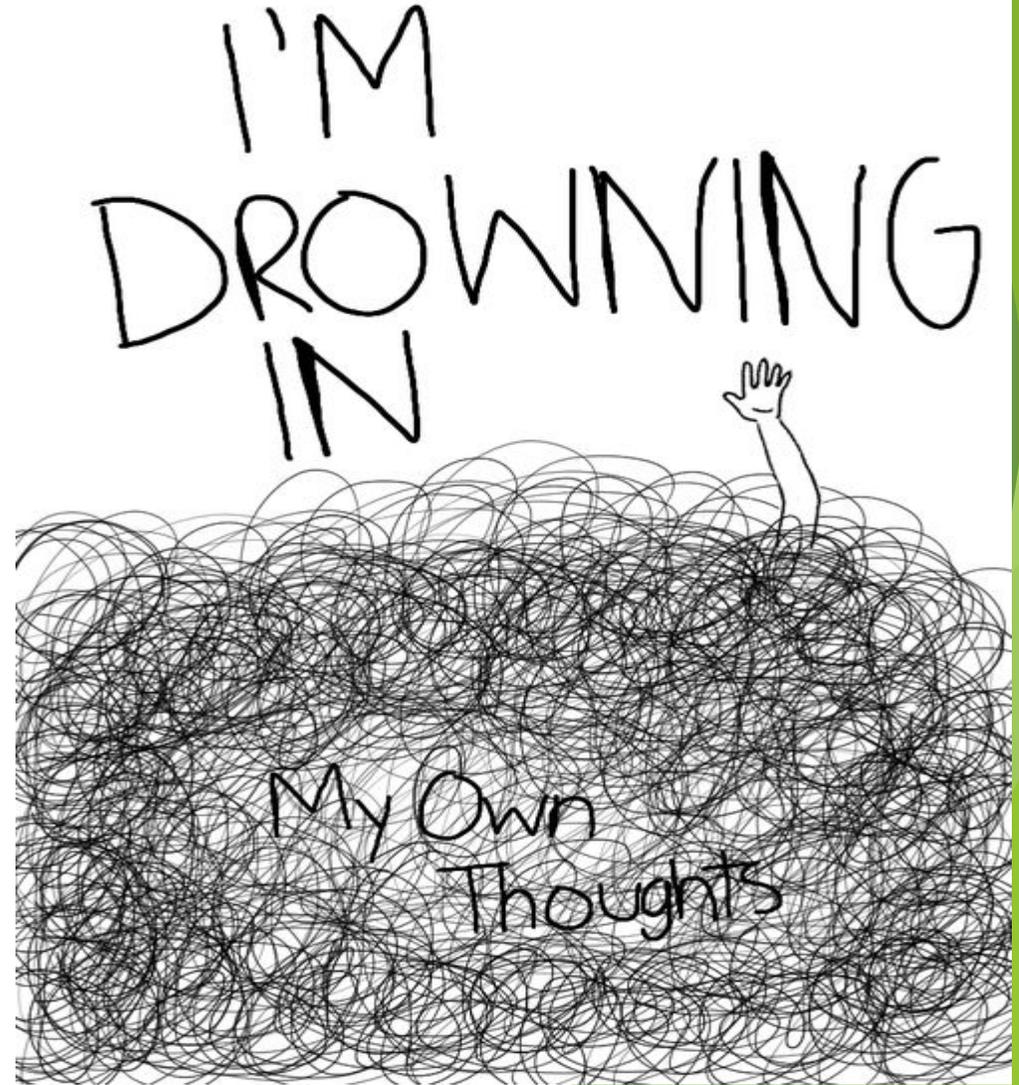
Types of Anxiety

- ▶ Generalized Anxiety Disorder (GAD) GAD produces chronic, exaggerated worrying about everyday life. This can consume hours each day, making it hard to concentrate or finish routine daily tasks. A person with GAD may become exhausted by worry and experience headaches, tension or nausea.
- ▶ Social Anxiety Disorder Unlike shyness, this disorder causes intense fear, often driven by irrational worries about social humiliation-“saying something stupid,” or “not knowing what to say.” Someone with social anxiety disorder may not take part in conversations, contribute to class discussions, or offer their ideas, and may become isolated. Panic attack symptoms are a common reaction.
- ▶ Separation Anxiety: Distress when anticipating separation from home or caregiver, reluctance or refusal to go out, away from home, to school, or work due to fear of separation, reluctance or refusal to go to sleep, somatic complaints when separated.

Are you
okay?

NO. EVERYTHING HURTS AND I
DON'T KNOW WHY. I WANT TO SCREAM!
I NEED SOMEONE TO LEAN ON. I NEED
A HUG. BUT I ALSO NEED TO BE
ALONE, AWAY FROM EVERYTHING
AND EVERYONE. I FEEL LIKE I'M
ABOUT TO BREAK.

I'm fine,
just tired!



Depression

- ▶ An estimated 16 million American adults—almost 7% of the population—had at least 1 major depressive episode last year. People of all ages and all racial, ethnic and socioeconomic backgrounds can experience depression, but it does affect some groups of people more than others. (NAMI, 2016)
- ▶ Women are 70% more likely than men to experience depression, and young adults aged 18-25 are 60% more likely to have depression than people aged 50 or older (NAMI, 2016)
- ▶ It is estimated that 2-3% of children ages 6 to 12, and 6-8% of teens may have serious depression, and an estimated 2.8 million adolescents (ages 12 to 17) in the United States had at least one major depressive episode in 2014. (Association of Anxiety and Depression, 2016)
- ▶ It is estimated, 80% of kids with an anxiety disorder and 60 percent with depression are not getting treatment (Association of Anxiety and Depression, 2016)



Causes of Depression

- ▶ Trauma. When people experience trauma at an early age, it can cause long-term changes in how their brains respond to fear and stress.
- ▶ Genetics. Mood disorders and risk of suicide tend to run in families, but genetic inheritance is only one factor. Identical twins share 100% of the same genes, but will both develop depression only about 30% of the time. People who have a genetic tendency to develop depression are more likely to show signs at a younger age.
- ▶ Life circumstances. Marital status, financial standing and where a person lives have an effect on whether a person develops depression, but it can be a case of “the chicken or the egg.”

Causes of Depression

- ▶ Brain structure. Imaging studies have shown that the frontal lobe of the brain becomes less active when a person is depressed. Brain patterns during sleep change in a characteristic way. Depression is also associated with changes in how the pituitary gland and hypothalamus respond to hormone stimulation. Other medical conditions. People who have a history of sleep disturbances, medical illness, chronic pain, anxiety, and attention-deficit hyperactivity disorder (ADHD) are more likely to develop depression.
- ▶ Drug and alcohol abuse. Approximately 30% of people with substance abuse problems also have depression (NAMI, 2016)

Types of Depression (Mood Disorders)

- ▶ Major Depressive Disorder
 - ▶ Depressed mood with report of feeling sad, empty, worthless, empty hopeless, irritable mood, fatigue, low energy, appetite changes, poor concentration, sleep pattern changes- nearly every day
- ▶ Persistent Depressive Disorder (Dysthymia)
 - ▶ Depressed mood with report of feeling sad, empty, worthless, empty hopeless, irritable mood, fatigue, low energy, appetite changes, poor concentration, sleep pattern changes- more days than not
- ▶ Disruptive Mood Dysregulation Disorder
 - ▶ Mood outbursts that are irritable or angry most of day, temper outbursts shown through verbal/physically aggressive 3 or more times per week.
- ▶ Adjustment Disorders
 - ▶ A marked distress that creates a depressed mood, anxiety, disturbances of conduct

Suicide Awareness

- ▶ The Facts: For youth (ages 10-17)
 - ▶ Utah ranks 8th in the nation for youth ages 10-17 suicide rates
 - ▶ Suicide is the leading cause of death for youth ages 10-17
 - ▶ Females attempt suicide more frequently than males; however males die by suicide at a higher rate than females
- ▶ Self Injury
 - ▶ Self injury is different from a suicide attempt. It is often done a way to manage stress and deal with overwhelming feeling (Cornell Research Program on Self Injury and Recovery)
- ▶ Crisis Supports



How to help?

- ▶ **Talk to their families:** Often times parent can see their child declining, but having the conversation can often be helpful in opening a dialogue and connecting with treatment.
- ▶ **Basic Needs:** Many symptoms of depression and anxiety affect kids and teenager's basic need such as sleep and appetite. When working with student struggling with depression and anxiety, consider that they are possibly hungry and tired, which can create a vicious cycle. (You will be amazed at the change of affect when you share food with a student).
 - ▶ Creating a hierarchy of needs can help some adolescents who are perseverating about a number of worries or concerns and can help them prioritize (and define) self-care.
- ▶ **Baby Steps:** Many teenagers struggle with how far they have declined from previous functioning. Working on specific goals and setting the horizon as short-term can give them "baby steps" to feeling successful.
 - ▶ Many of them are beating themselves up with negative self-talk because they could not do what they were formerly able to do. They also often set their goals as an immediate return to their previous level of functioning.

How to Help?

- ▶ **Provide options:** Especially for kids and teenagers who struggle with depression, they can often not think of a single option when they are stuck.
 - ▶ Kids often don't know how to express what they are feeling; helping identify the feeling.
 - ▶ Use their own words or help them consider what we have already discussed. For example, "What do you think would be a good next step to move you a little bit forward this week? Can you get through a day of school? Do you want to rejoin your boxing group? Could you talk to your favorite teacher about a difficult assignment?"
- ▶ **Setting Boundaries:** Adolescence is a time when clients are individuating and differentiating from their families and other adults in their lives. Encouraging them to consider how to set boundaries respectfully rather than feeling like they have to fight their way through establishing boundaries can be particularly helpful, especially when dealing with the irritability that can be a strong symptom of anxiety and depression

How to help?

- ▶ **Asking for Help:** Asking for help is surprisingly difficult for all of us, but especially adolescents, and ESPECIALLY adolescents struggling with a lack of motivation or lack of sense of control.
 - ▶ Encouraging adolescents to advocate for help where they need it and perceive themselves as empowered and solution-seeking rather than “weak” is extremely important.
 - ▶ Using books and other “real life” options to help connect.
- ▶ **Welcome Humor:** Kids and teenagers are always surprised when we are funny. The best way to develop rapport with an adolescent who feels like no one understands them is to be able to laugh with them. We are all in this together.

Teaching Skills

- ▶ Skills to support reduction in anxiety and depression
 - ▶ Routine
 - ▶ Self soothe skills
 - ▶ Transition skills
 - ▶ Self care skills
 - ▶ Communication skills
 - ▶ Preparing for the “what if’s”
 - ▶ Building in a trusted adult

References

- ▶ <https://www.nami.org/Learn-More/Mental-Health-Conditions/Anxiety-Disorders>
- ▶ <https://www.nami.org/Learn-More/Mental-Health-Conditions/Depression>
- ▶ <https://www.adaa.org/living-with-anxiety/children/anxiety-and-depression>
- ▶ <http://utahsuicideprevention.org/facts-data>