A Deeper Look at Depression

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Children’s Primary Care Medical Group
COVID-19 Impacts Youth Mental and Behavioral Health

1 in 3
High school students feel sad and hopeless

Increase in severe depression, suicidal thoughts, and attempts to overdose

50%
50% of 18-24 year olds feel very lonely

24%
Children in the ED for mental health has increased by 24%

1 in 4
Young girls are depressed at least 4 days per week

Capacity of inpatient services overwhelmed by demand for care

79%
79% of young girls feel isolated

10,000
911 mental health calls have increased by 10,000+ per week
1 in 5 youth diagnosed with mental health disorder

1 in 8 women diagnosed with breast cancer

1 out of 4 deaths related to heart disease
We are all feeling it!

As of 2019 in California:

- 1 counselor for every 626 students
- 1 psychologist for every 1,041 students
- 1 social worker for every 7,308 students

California’s student-to-counselor ratio is the fifth-highest in the United States

How can we help when support is limited?
Unfortunately, cloning isn't possible
Mental Health impacts overall health. It should not exist in a vacuum.
Changes in Mood

- Irritability
- Secretive
- Rapidly changing emotions
- Increased energy
Changes in Behavior
- Drop in grades
- Risky behaviors
- Decreased participation
- Picking behaviors
- Repetitive behaviors
- Not turning in assignments
- Lack of initiative
- Lack of energy
- Frequent breaks
- Multiple visits to the nurse
Changes in Sleep

- Constantly feeling tired
- Grogginess
- Falling asleep in class
- Zoning out
Physical Changes
• Cuts/marks on body
• Unkempt appearance
• Weight loss/gain
• Hygiene
• Nervous behaviors
• Changes in clothing style
Changes in Thought
• Loss of interest in activities they previously enjoyed
• Negative self talk
• Content changes in assignments
Social Changes
- Change in interactions with peers or teachers
- Fighting
- No longer speaking to friends
- Withdrawing socially
- Negative talk to others
- Aggressive behaviors
- Speech patterns
Social Media and Depression
Impacts of Trauma and Grief/Loss
### Adverse Childhood Experiences (ACEs) Questionnaire
Adapted from BRFSS Screening Questionnaire (CDC)
To be completed by Clinician with Parent/Guardian or Child/Youth

<table>
<thead>
<tr>
<th>Item</th>
<th>Yes/No</th>
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<tbody>
<tr>
<td>A person in the household often or very often acted in a way that made the child/teen afraid that they would be hurt (e.g., sworn at, insulted, put down, humiliated)</td>
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<tr>
<td>A person in the household often or very often hit, pushed, grabbed or slapped the child/teen so hard that they had marks or were injured</td>
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<tr>
<td>A person touched the child/teen’s private parts or asked them to touch their private parts</td>
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<td>Child/teen often or very often felt that people they lived with did not love them, look out for each other, feel close to each other, or were a source of strength and support</td>
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<td>Child/teen often or very often did not have enough to eat or clean clothes to wear, and did not have someone to take care of and protect them</td>
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<tr>
<td>Child/teen’s parents or guardians were separated or divorced</td>
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<td>Child/teen witnessed a person in the household being pushed, grabbed, hit, or physically threatened</td>
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<tr>
<td>Someone the child/teen lived with had a problem with drinking or used street drugs</td>
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<tr>
<td>Someone the child/teen lived with was depressed, mentally ill or attempted suicide</td>
<td></td>
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<tr>
<td>Someone the child/teen lived with served time in prison</td>
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</tbody>
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**Total:**

### Pediatric ACEs and Related Life Events Screener (PEARLS)

**PART 1:**

1. Has your child ever lived with a parent/caregiver who went to jail/prison?
2. Do you think your child ever felt unsupported, unloved or unprotected?
3. Has your child lived with a parent/caregiver who had mental health issues? (for example, depression, schizophrenia, bipolar disorder, PTSD, or an anxiety disorder)
4. Has a parent/caregiver ever insulted, humiliated, or put down your child?
5. Has the child’s biological parent or any caregiver ever had, or currently has a problem with too much alcohol, street drugs or prescription medications use?
6. Has your child ever lacked appropriate care by any caregiver? (for example, not being protected from unsafe situations, or not cared for when sick or injured even when the resources were available)
7. Has your child ever been a parent/caregiver being screamed at, sworn at, insulted or humiliated by another adult?
8. Has your child ever been a parent/caregiver being slapped, kicked, punched, beaten up or hurt with a weapon?
9. Has your child ever been a parent/caregiver being slapped, kicked, punched, beaten up or hurt with a weapon?
10. Has your child ever experienced sexual abuse? (for example, anyone touched your child or asked your child to touch that person in a way that was unwanted, or made your child feel uncomfortable, or anyone ever attempted or actually had oral, anal, or vaginal sex with your child)

10. Have there ever been significant changes in the relationship status of the child’s caregiver(s)? (for example, a parent/caregiver got a divorce or separated, or a romantic partner moved in or out)
Small Changes Can Sometimes Be Big Signs
Small Actions Make A Big Difference

• Say hello
• Wave at the door
• Create a welcoming environment
• Opportunities for group work
• Elevate youth voice
• Provide opportunities for students to share
• Welcoming activities
SET THE TONE WITH MUSIC

Engages the students in something they enjoy

Helps with connection
What does art have to do with anatomy?
Patterns are important in the classroom.

It helps to create consistency.
One Trusted Adult

- Influences growth in young person’s life
- Greater engagement at school and community activities
- Better overall health
- Helps prevent risky and threatening behaviors
- More resiliency
How To Gain Trust

• Listen to understand
• Be present
• 1:1 acknowledgements
• Normalize asking questions
• Let students lead conversation
Tools and Skills

30-second Recenter Technique
3 Belly Breaths
Take a Sip of Water
Visualize a Happy Place
Body Scan
Color Visualizations
Whole Body Scan

What are you feeling
Where are you feeling it
Pay attention to each part of your body
Notice aches, pains, tension or discomfort
Acknowledge the emotion
Overly tense and release muscle groups
Breathing as a Coping Skill

**BOX BREATHING**

- Breathe in 4 counts
- Hold breath for 4 count
- Slowly exhale for 4 counts
- Hold for 4 counts
- Repeat

**Finger Breathing**

- Breathe in tracing outside of pinky
- Breathe out tracing inside pinky
- Continue with each finger
WHERE TO GO FOR MORE HELP

Talk to your Pediatrician

Call insurance

www.kidshealth.org
www.anxietycoach.com
https://jedfoundation.org/
Calm: https://www.calm.com
Headspace: https://www.headspace.com/
First 5 San Diego: https://first5sandiego.org/
Therapist Finder on www.psychologytoday.com
SAM App: Self-help methods to learn how to manage anxiety
Finch App: Self care tracker to hit goals and sustain healthy habits
Mindshift: https://www.anxietycanada.com/resources/mindshift-cbt/
Stop Breathe Think App: Meditation and mindfulness offering daily wellness check-ins

NAMI: How to Talk to Your Child About Their Mental Health | NAMI: National Alliance on Mental Illness
Youth Mental Health First Aid: https://www.mentalhealthfirstaid.org/population-focused-modules/youth/
San Diego County Office of Education: https://www.sdcoe.net/students/health-well-being/mental-health-supports
San Diego County Resources

- Rady Children’s Hospital Emergency Department
  - 3020 Children’s Way, 1st floor, San Diego, CA 92123
  - Phone: 858-966-8005
- Rady Children’s Behavioral Health Urgent Care
  - 4305 University Avenue, Suite 150, San Diego, CA 92105
  - Phone: 858-966-5484
  - Walk-in Clinic: Monday-Friday: 4 p.m. to 8 p.m.
  - By Appointment Only: Monday-Friday: 9 a.m. to 4 p.m.
- Access and Crisis Line – 888-724-7240
- Crisis text line – 741-741
  - https://www.crisistextline.org
  - Text HOME to 741741
- Smart Care / Behavioral Health Consultative Service
  - Parent Line: 858-956-5901
- 2-1-1 San Diego
  - www.211sandiego.org
- San Diego Food Bank
  - https://sandiegofoodbank.org/
  - Phone (Local): 1-858-527-1419
  - Phone (Toll Free): 1-866-350-3663

- National Suicide Prevention Lifeline
  - https://suicidepreventionlifeline.org
  - 800-237-8255 (TALK)
- It’s Up to Us
  - https://up2sd.org
- National Alliance on Mental Illness
  - https://www.nami.org/Home
- Healthy Children.org by American Academy of Pediatrics
  - www.healthychildren.org
- American Psychiatric Association
  - www.psychiatry.org
- Centers for Disease Control and Prevention (CDC)
  - www.cdc.gov
- San Diego County Department of Public Health
  - www.sandiegocounty.gov/content/sdc/hhsa/programs/phs.html
- Riverside County Department of Public Health
  - www.countyofriverside.org
- Children’s Primary Care Medical Group
  - www.cpmgsandiego.net
- Rady Children’s Hospital San Diego
  - www.rchsd.org
- Children’s Physicians Medical Group
  - www.cpmgsandiego.com

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- American Psychiatric Association
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Thank you!