

# A Deeper Look at Depression

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# COVID-19 Impacts Youth Mental and Behavioral Health

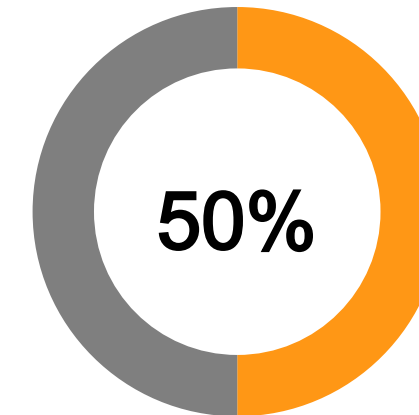


**1 in 3**

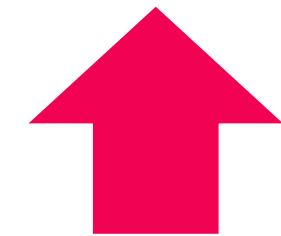
High school students  
feel sad and hopeless



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



50% of 18-24 year  
olds feel very lonely



**24%**

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

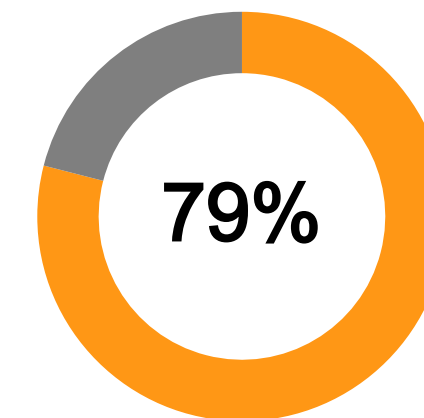


**1 in 4**

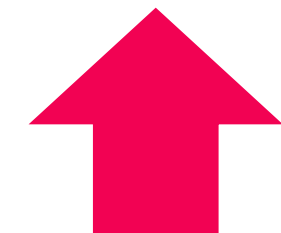
Young girls are depressed  
at least 4 days per week



Capacity of inpatient  
services overwhelmed by  
demand for care



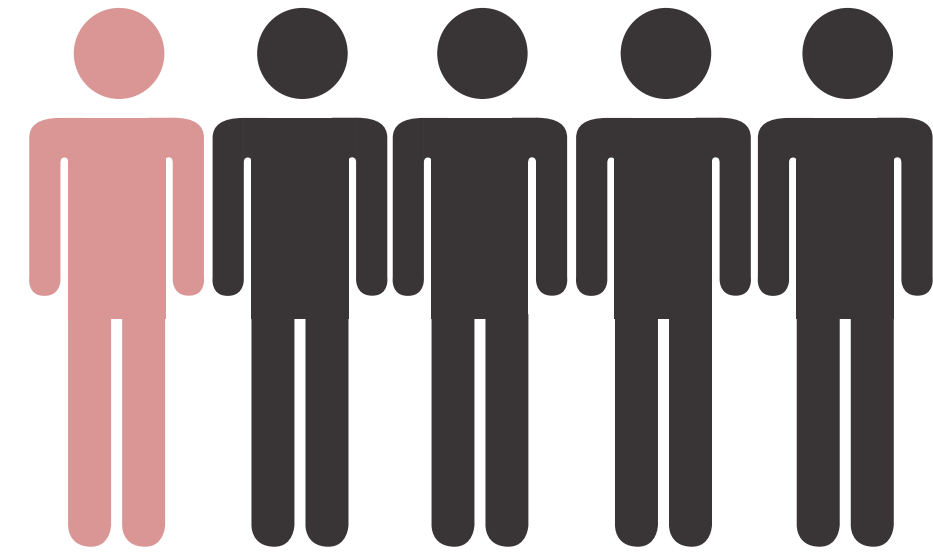
79% of young girls  
feel isolated



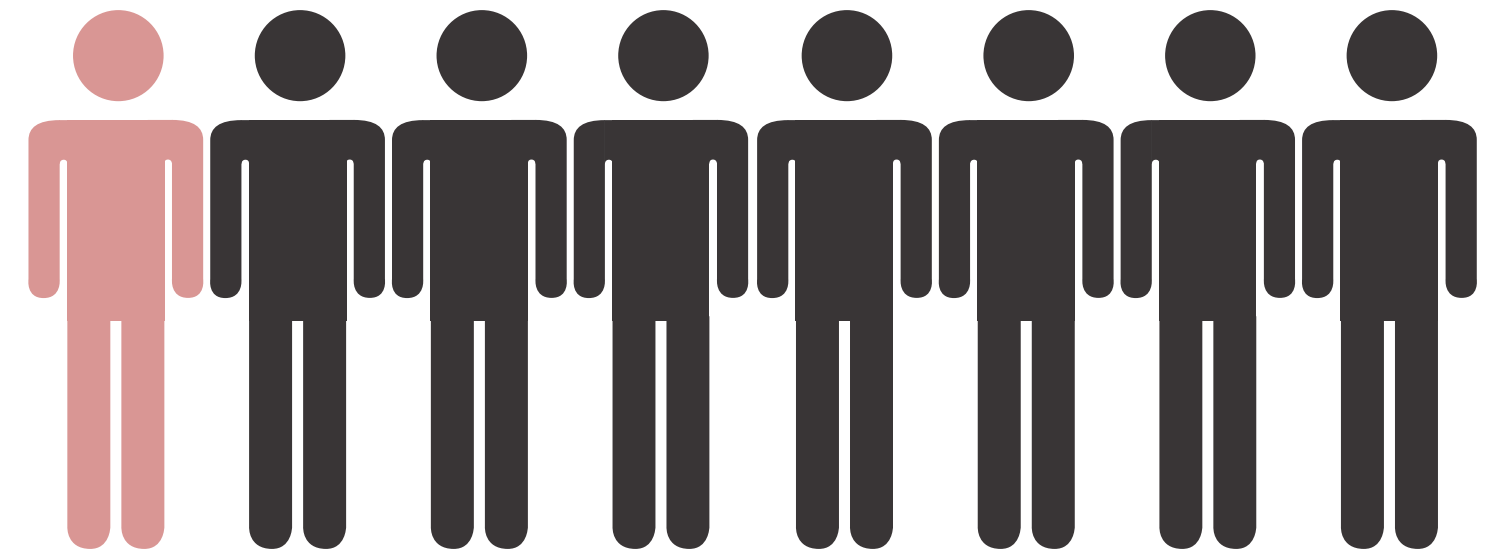
**10,000**

911 mental health  
calls have increased  
by 10,000+ per week

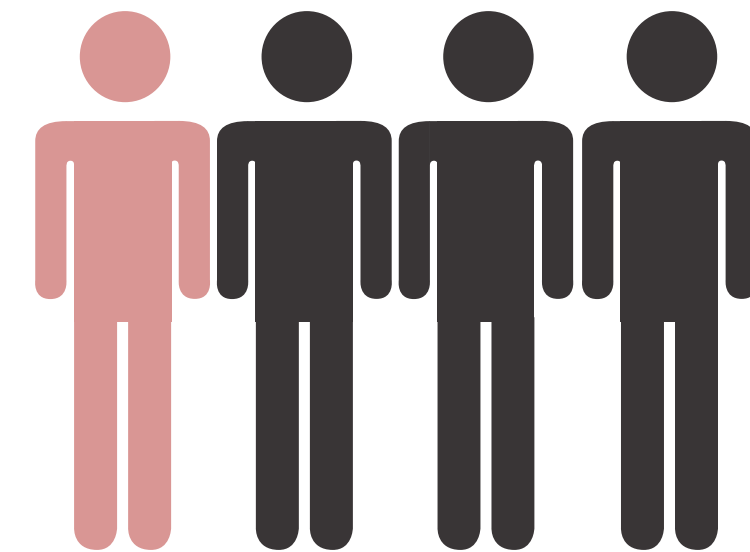
1 in 5 youth diagnosed with  
mental health disorder



1 in 8 women diagnosed with  
breast cancer



1 out of 4 deaths related to  
heart disease



# We are all feeling it!



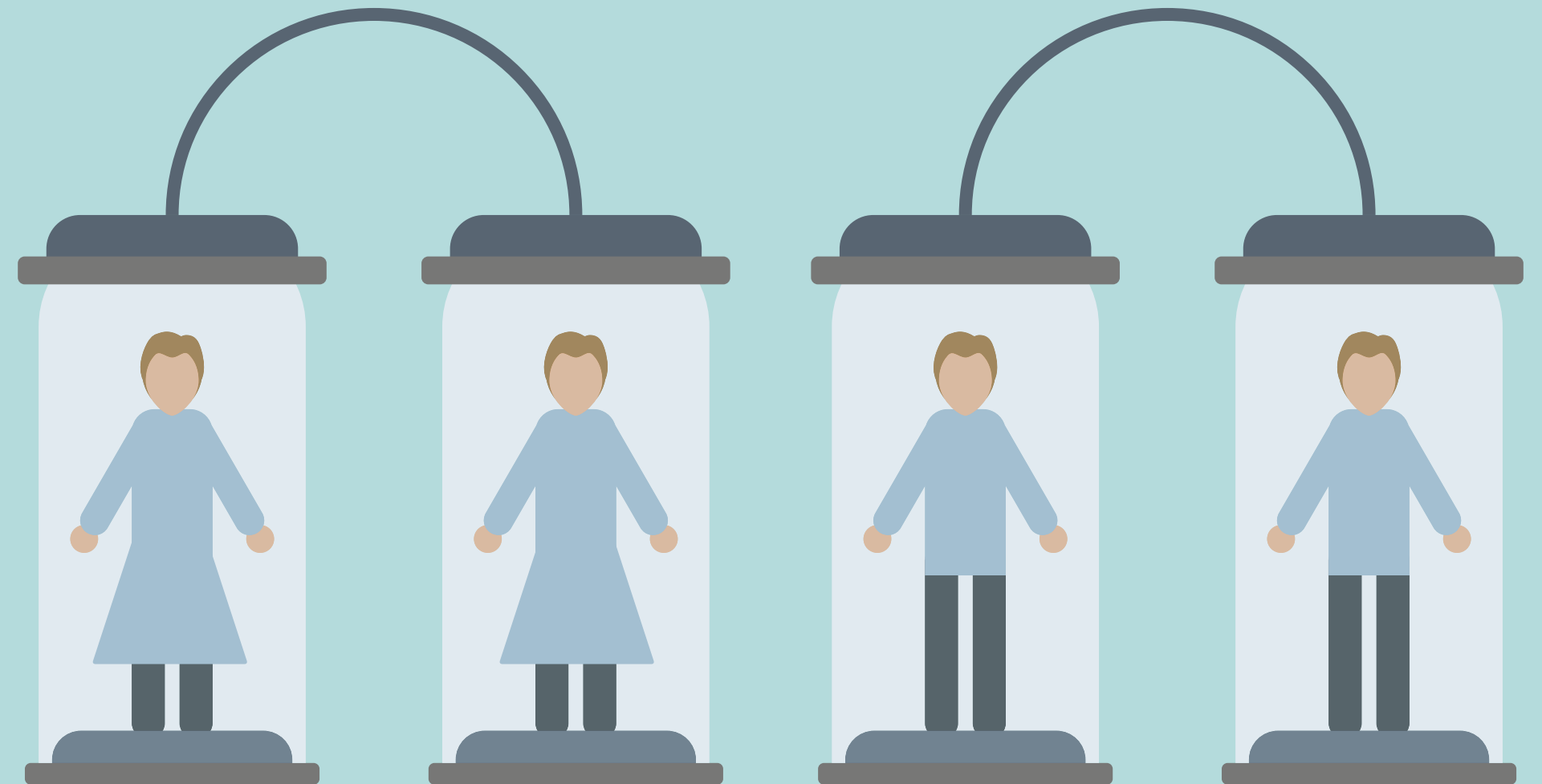
As of 2019 in California:

- 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?

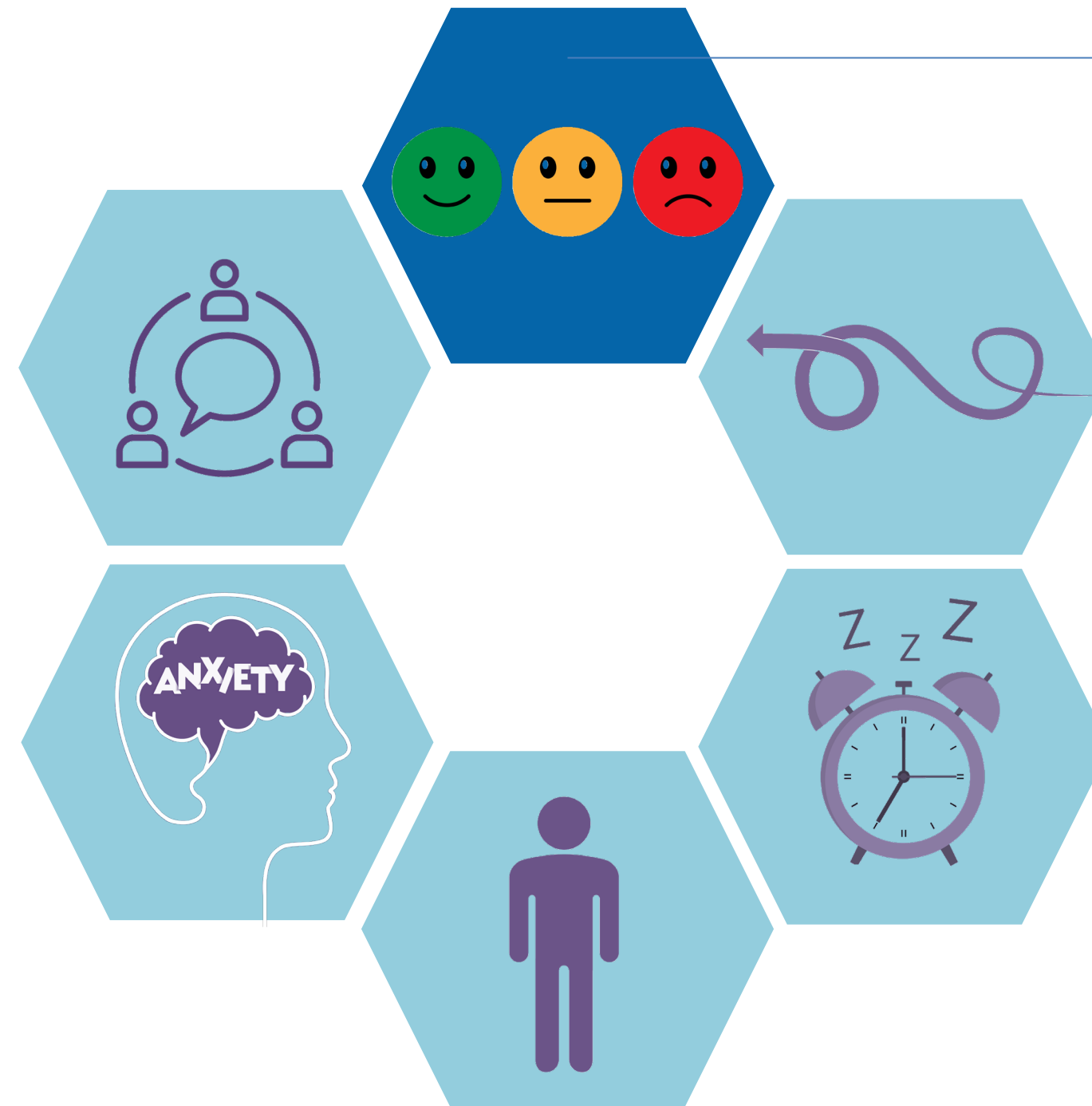
Unfortunately,  
cloning isn't  
possible



Mental Health  
impacts overall  
health. It should not  
exist in a vacuum.



# Signs and Symptoms



## Changes in Mood

- Irritability
- Secretive
- Rapidly changing emotions
- Increased energy

# Signs and Symptoms



## 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



# Signs and Symptoms

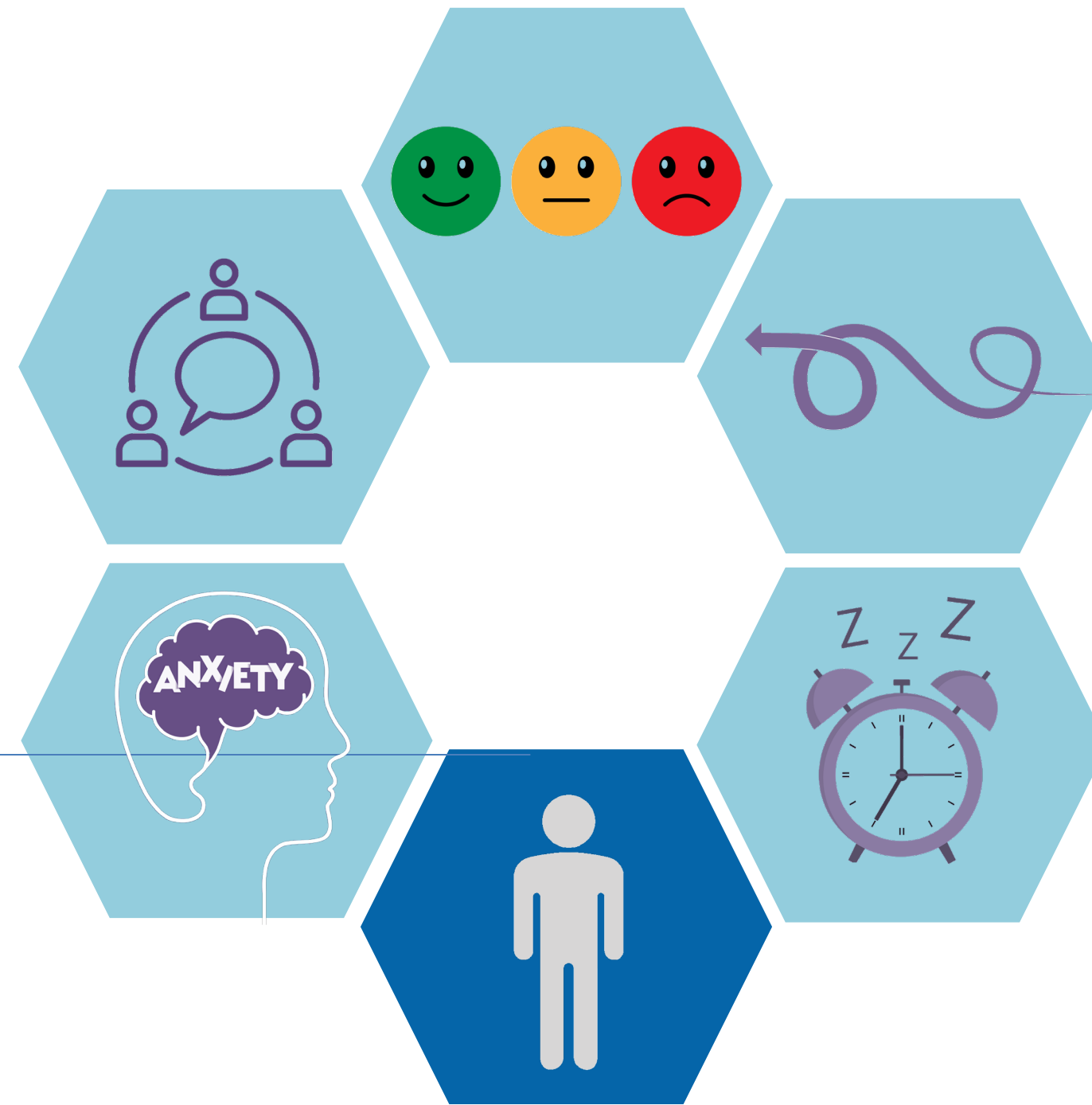


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## Changes in Sleep

- Constantly feeling tired
- Grogginess
- Falling asleep in class
- Zoning out

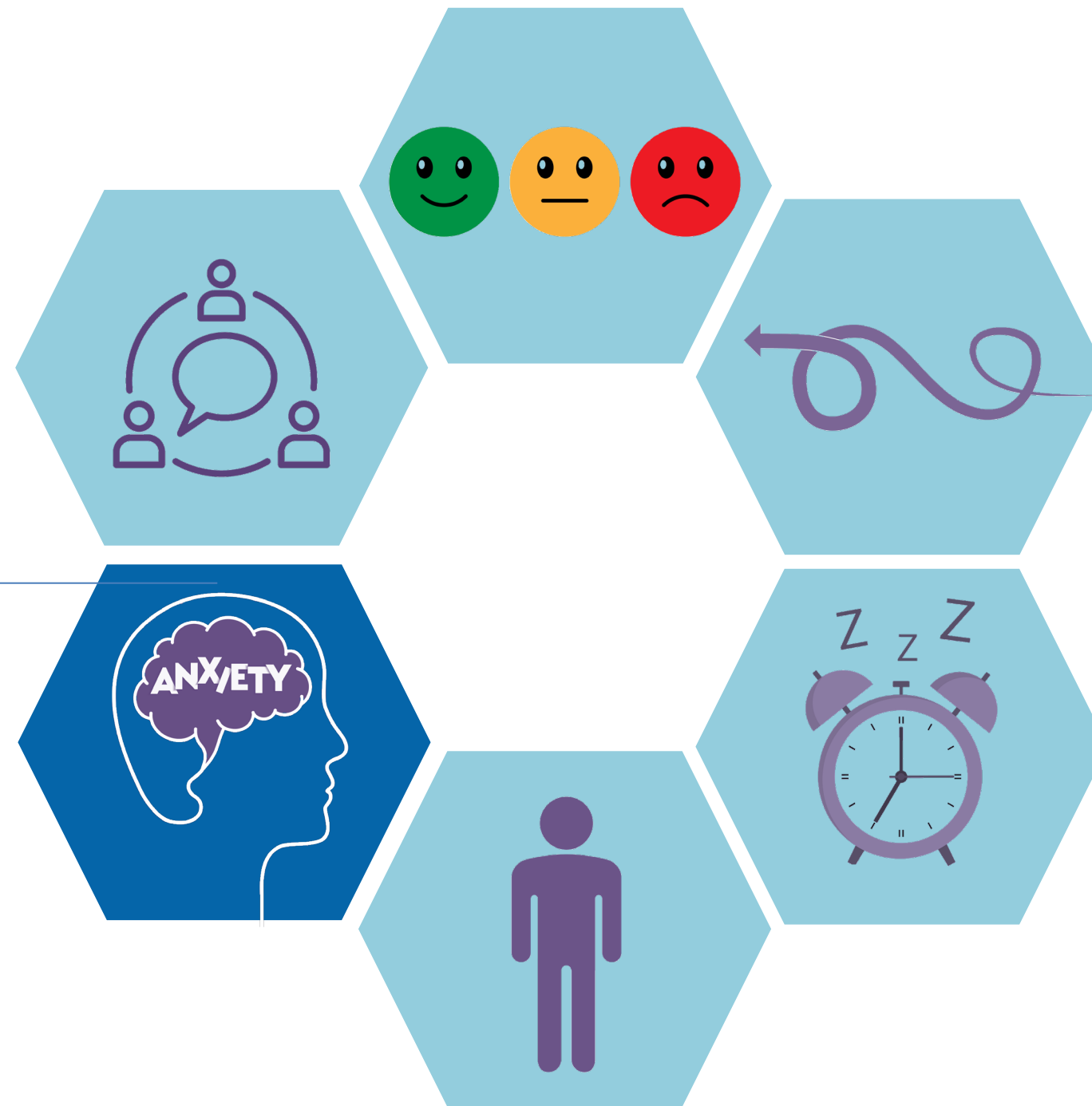
# Signs and Symptoms



## Physical Changes

- Cuts/marks on body
- Unkempt appearance
- Weight loss/gain
- Hygiene
- Nervous behaviors
- Changes in clothing style

# Signs and Symptoms



## Changes in Thought

- Loss of interest in activities they previously enjoyed
- Negative self talk
- Content changes in assignments

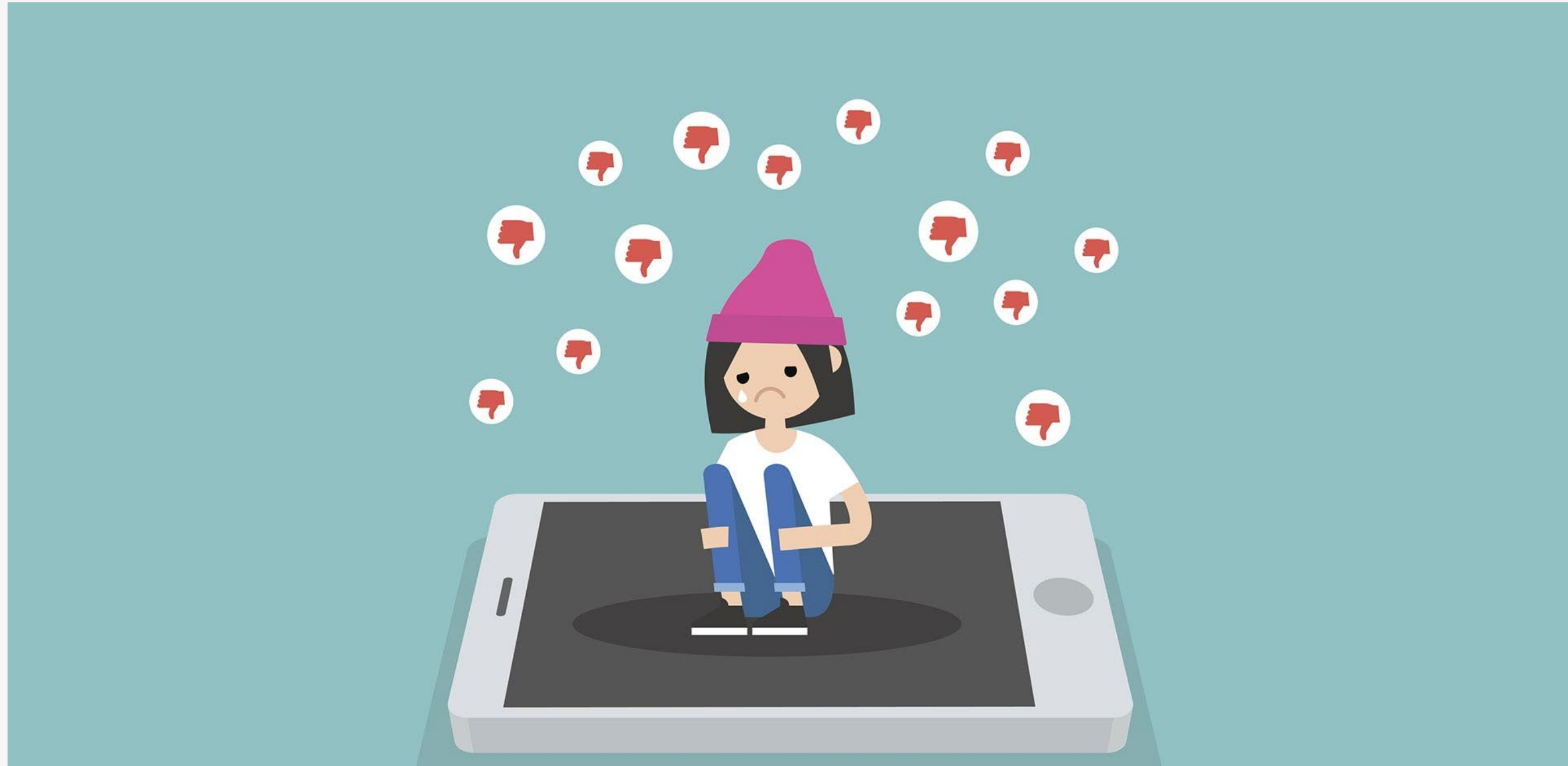
# Signs and Symptoms

## 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 Questionnaire  
Adapted from BRFSS Screening Questionnaire (CDC)  
To be completed by Clinician with Parent/Guardian or Child/Youth

Item	1= Yes/0= No
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)	
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	
A person touched the child/teen's private parts or asked them to touch their private parts	
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	
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	
Child/teen's parents or guardians were separated or divorced	
Child/teen witnessed a person in the household being pushed, grabbed, hit, or physically threatened	
Someone the child/teen lived with had a problem with drinking or used street drugs	
Someone the child/teen lived with was depressed, mentally ill or attempted suicide	
Someone the child/teen lived with served time in prison	
Total:	

Adverse Childhood Experiences (ACEs)  
Questionnaire

Pediatric ACEs and Related Life Events Screener (PEARLS)

CHILD - To be completed by: Caregiver

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 and/or unprotected?
3. Has your child ever 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 seen or heard a parent/caregiver being screamed at, sworn at, insulted or humiliated by another adult?  
Or has your child ever seen or heard a parent/caregiver being slapped, kicked, punched beaten up or hurt with a weapon?
8. Has any adult in the household often or very often pushed, grabbed, slapped or thrown something at your child?  
Or has any adult in the household ever hit your child so hard that your child had marks or was injured?  
Or has any adult in the household ever threatened your child or acted in a way that made your child afraid that they might be hurt?
9. 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)

Pediatric ACEs and Related Life Events  
Screener (PEARLS)



A wooden signpost made of horizontal planks, supported by two vertical posts. The sign is set against a light blue background. The text is written in a bold, dark blue font.

**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



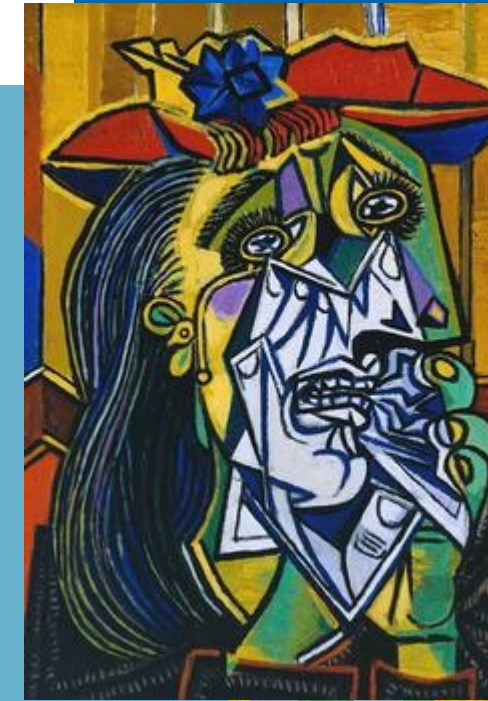
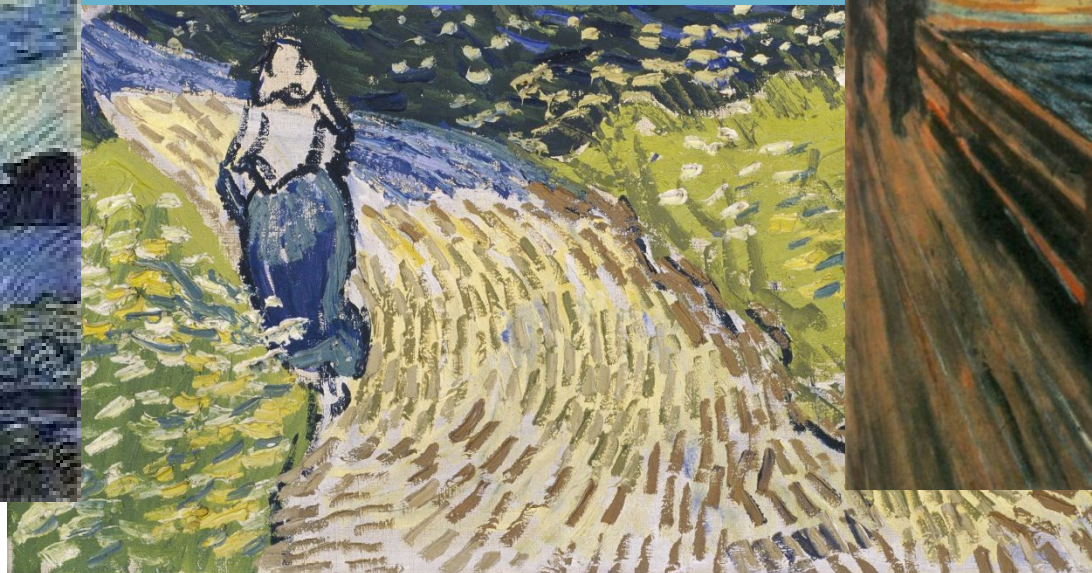
Engages the students in  
something they enjoy

Helps with connection






# What does art have to do with anatomy?





**Patterns are  
important in the  
classroom**

**It helps to create  
consistency**



consistency  
is key

# 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

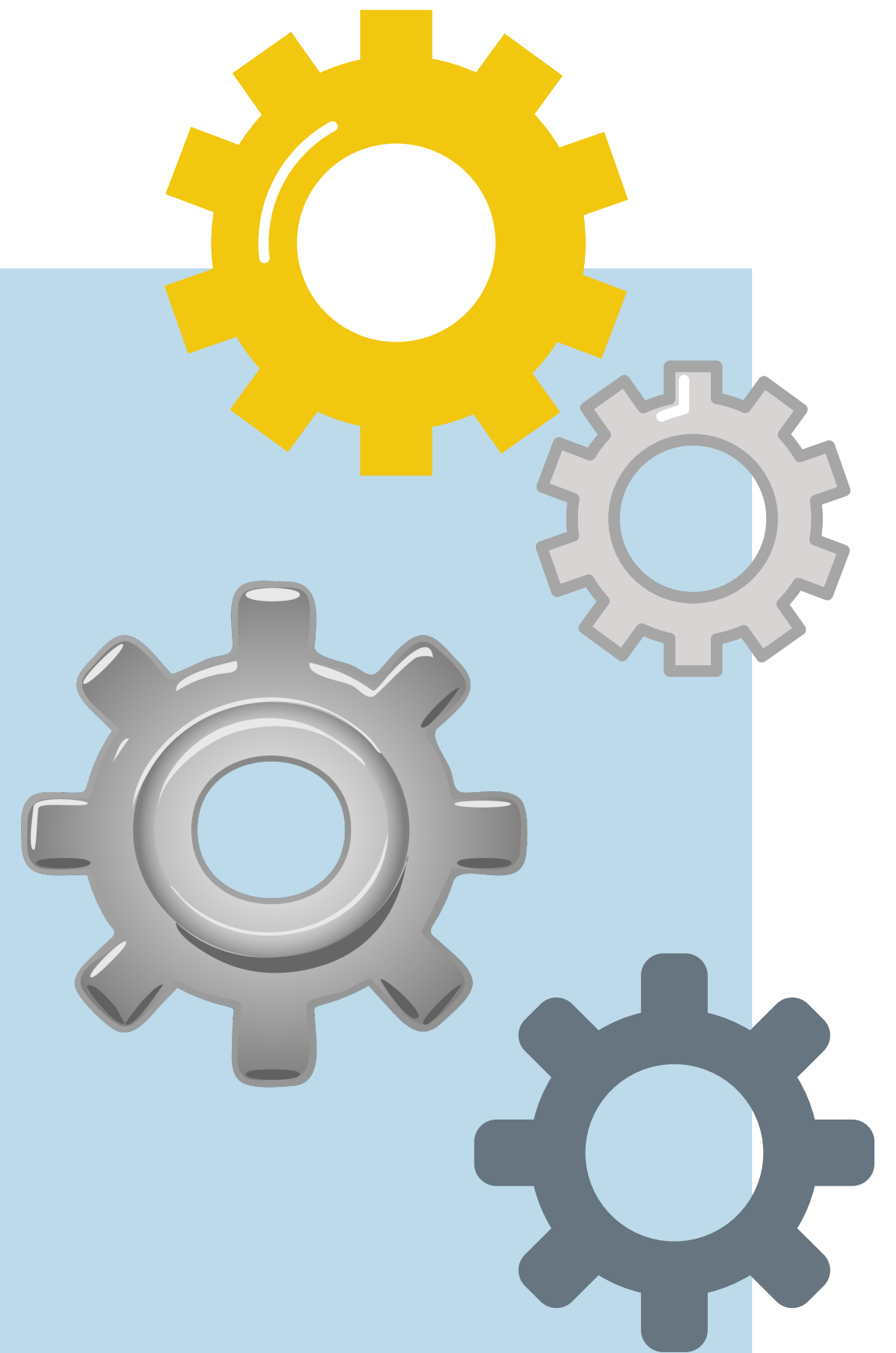
3 Belly Breaths

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](http://www.kidshealth.org)

[www.anxietycoach.com](http://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](http://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, 1<sup>st</sup> 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](http://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](http://www.healthychildren.org)
- American Psychiatric Association
  - [www.psychiatry.org](http://www.psychiatry.org)
- Centers for Disease Control and Prevention (CDC)
  - [www.cdc.gov](http://www.cdc.gov)
- San Diego County Department of Public Health
  - [www.sandiegocounty.gov/content/sdc/hhsa/programs/phs.html](http://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs.html)
- Riverside County Department of Public Health
  - [www.countyofriverside.org](http://www.countyofriverside.org)
- Children's Primary Care Medical Group [www.cpcmg.net](http://www.cpcmg.net)
- Rady Children's Hospital San Diego [www.rchsd.org](http://www.rchsd.org)
- Children's Physicians Medical Group [www.cpmgsandiego.com](http://www.cpmgsandiego.com)

*Thank you!*