



# Teens & Stress


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# Mental Health: General Information

- ▶ As many as 1 in 10 children suffer from a mental, behavioral, or learning problem (Stoep et al., 2005)
- ▶ Up to 1 in 5 children in the U.S. experience a mental disorder in a given year
- ▶ Given the estimate of nearly 2.7 million public school students in Florida, and given the prevalence rate of 20%, it is expected that **over 500,000** children and adolescents have mental health issues



# All students will encounter stressful situations at some point

- Anxiety about school performance
- Problems dealing with parents & teachers
- Unhealthy peer pressure
- Common developmental, adjustment problems
- Fears about starting school
- School phobia
- Dealing with death or divorce
- Feeling depressed or overwhelmed
- Drug or alcohol use
- Suicidal ideation
- Worrying about sexuality
- Facing tough decisions
- Considering dropping out of school



# Typical vs. Worrisome: 6-12 year olds

Typical	Worrisome
<ul style="list-style-type: none"><li>- Arguments/fights with siblings and/or peers</li><li>- Testing limits</li><li>- Limited attention span</li><li>- Worries about being accepted</li><li>- Lying</li><li>- Not taking responsibility for behavior</li><li>- Curiosity about body parts of males and females</li></ul>	<ul style="list-style-type: none"><li>- Excessive aggressiveness</li><li>- Serious injury to self or others</li><li>- Excessive fears</li><li>- School refusal/phobia</li><li>- Fire fixation/setting</li><li>- Frequent excessive or extended emotional reactions</li><li>- Inability to focus on activity even for brief periods of time</li><li>- Patterns of delinquent behaviors</li></ul>



# Typical vs. Worrisome: 13-18 year olds

Typical	Worrisome
<ul style="list-style-type: none"><li>- Moodiness</li><li>- Less attention and affection toward parents</li><li>- Extremely self-involved</li><li>- Peer conflicts</li><li>- Worries and stress about relationships</li><li>- Testing limits</li><li>- Identity searching/exploring</li><li>- Substance use experimentation</li><li>- Preoccupation with sex</li></ul>	<ul style="list-style-type: none"><li>- Suicidal/homicidal ideation</li><li>- Self-injury/Self-mutilation</li><li>- Frequent displays of temper</li><li>- Withdrawal from usual activities</li><li>- Significant change in grades, attitude, hygiene, functioning, sleeping, and/or eating habits</li><li>- Delinquency</li><li>- Excessive fighting and/or aggression (physical/verbal)</li><li>- Sexual promiscuity</li><li>- Inability to cope with day to day activities</li><li>- Lots of somatic complaints</li></ul>



# Coping & Stress Management

- ▶ Strengthen protective factors around a child
  - ▶ Family support & cohesion, good communication
  - ▶ Peer support & close social networks
  - ▶ School and community connectedness
  - ▶ Cultural or religious beliefs that promote healthy living
  - ▶ Adaptive coping and problem-solving skills, good conflict resolution
  - ▶ General life satisfaction, good self-esteem, sense of purpose
  - ▶ Easy access to effective medical and mental health resources



# Coping & Stress Management

- Recognize the symptoms
- Communicate
  - Praise healthy behaviors
- Learn and model stress management skills

<http://www.apa.org/helpcenter/stress-talk.aspx>



# Stress Management Skills

- Encourage Healthy Eating and Physical Activity Habits
  - Running, yoga, skateboarding, walking, swimming, etc.
- Sleep
  - 9 hours per night
- Strike a balance
- Pleasurable Activities (refer to handout)
- Let your teen shine





# Coping & Stress Management

- Recognize the symptoms
- Communicate
- Learn and model stress management skills
- Create a safe harbor
- Seek professional help if needed

<http://www.apa.org/helpcenter/stress-talk.aspx>



# Coping & Stress Management: Resources

- Please refer to handout for local and internet resources to access help
  - <http://www.apa.org/helpcenter/choose-therapist.aspx>
- Websites:
  - <http://www.apa.org/helpcenter/stress-talk.aspx>
  - <http://www.apa.org/helpcenter/stress-teens.aspx>
  - <http://www.apa.org/helpcenter/stress-children.aspx>
- Phone Applications:
  - Mood Track
  - T2 Mood Tracker



# Suicide: General Information

- ~1 suicide for every 25 attempts
- ½ of people who attempt never seek help
- 1,000,000 lives are lost to suicide worldwide each year
  - More than accidents, war, and homicide combined
- ~1 death every 40 seconds
- >38,000 deaths due to suicide in the U.S. annually
- 2<sup>nd</sup> leading cause of death in 15-24 year olds
- ~110 Americans die by suicide each day
- Males are almost four times more likely to die by suicide
- Females are three times more likely to attempt



# Suicide: Warning Signs

- **I**deation – threatened or communicated
- **S**ubstance abuse – excessive or increased
  
- **P**urposelessness – no reasons for living
- **A**nxiety – agitation/insomnia
- **T**rapped – feeling there is no way out
- **H**opelessness
  
- **W**ithdrawing – from friends, family, society
- **A**nger (uncontrolled) – rage, seeking revenge
- **R**ecklessness – risky acts, unthinking
- **M**ood changes (dramatic)



# Suicide: How to be helpful

- **Be aware:** Learn the warning signs
- **Be direct:** Ask if he/she is thinking about suicide; talk openly and matter-of-factly about suicide
- **Be willing to listen:** Allow for expression of feelings
- **Be non-judgmental:** Show understanding
- **Be supportive:** Let them know you care, spend time together
- **Be proactive:** Encourage to seek help, remove means such as guns or stockpiled pills
- **Get help:** Call a mental health professional or 1-800-273-TALK
- **DON'T:** act shocked, dare him or her to do it, keep it a secret
- **REMEMBER:** “anti-suicide” or “no suicide” contracts do not prevent suicide



# Suicide: Resources Available

- Phone numbers
  - 1-8000-273-TALK (National Suicide Prevention Lifeline)
  - 211 (Big Bend)
- Phone Applications
  - Virtual Hope Box
  - SAMHSA Suicide Safe
- Please refer to handout for additional internet and local resources



# Suicide Prevention Organizations

- [Active Minds](http://www.activeminds.org/): <http://www.activeminds.org/>
- [American Foundation for Suicide Prevention \(AFSP\)](http://www.afsp.org/): <http://www.afsp.org/>
- [The American Association of Suicidology](http://www.suicidology.org/web/guest/home): <http://www.suicidology.org/web/guest/home>
- [The Jed Foundation](http://www.jedfoundation.org/): <http://www.jedfoundation.org/>
- [National Alliance on Mental Illness \(NAMI\)](http://www.nami.org/): <http://www.nami.org/>
- [The National Association of State Mental Health Program Directors](http://www.nasmhpd.org/): <http://www.nasmhpd.org/>
- [Mental Health America](http://www.nmha.org/): <http://www.nmha.org/>
- [National Organization for People of Color Against Suicide \(NOPCAS\)](http://www.nopcas.com/): <http://www.nopcas.com/>
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](http://www.samhsa.gov/): <http://www.samhsa.gov/>
- [SAMHSA's National Mental Health Information Center](http://store.samhsa.gov/home): <http://store.samhsa.gov/home>
- [Suicide Awareness/ Voices of Education](http://www.save.org/): <http://www.save.org/>
- [Suicide Prevention Action Network USA](http://www.spanusa.org/): <http://www.spanusa.org/>
- [Suicide Prevention Resource Center](http://www.sprc.org/): <http://www.sprc.org/>
- [The Trevor Project](http://www.thetrevorproject.org/): <http://www.thetrevorproject.org/>
- [Yellow Ribbon Suicide Prevention Program](http://www.yellowribbon.org/): <http://www.yellowribbon.org/>