Depression and Anxiety: The Mental Health Challenges Facing Youth Today

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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%
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
Requires all school districts that offer health classes to include mental health as part of the curriculum. The California Department of Education has until Jan. 1, 2023 to incorporate mental health into the state standards, and districts have until Jan. 1, 2024 to begin teaching the new material.
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
- Confrontational
- Increased energy
- Irritability
- Rapidly changing emotions
- Secretive
Changes in Behavior

- Decreased initiative
- Drop in grades
- Decreased participation
- Fidgeting/Repetitive actions
- Flat affect
- Frequent breaks
- Lack of initiative
- Multiple visits to the nurse
- Not turning in assignments
- Picking at skin
- Risk taking
Changes in Sleep

- Constantly feeling tired
- Falling asleep in class
- Grogginess
- Zoning out
Physical Changes
• Changes in clothing style
• Cuts/marks on body
• Hygiene
• Nervous behaviors
• Unkempt appearance
• Weight loss/gain
Changes in Thought
• Content changes in assignments
• Loss of interest in activities they previously enjoyed
• Negative self-talk
• Perfectionism
Social Changes
• Aggressive behaviors
• Change in interactions with peers or teachers
• Fighting
• Hiding or sitting alone at lunch
• Negative talk to others
• Speech patterns
• No longer speaking to friends
• Withdrawing socially
Social Media Impact
Small Changes Can Sometimes Be Big Signs
How Students May Present

Photos of students looking unkempt, a lot of bracelets, and one student with a tattoo.
NOT ALL ANXIETY LOOKS THE SAME

FEELINGS

Nervous
Overwhelm
Irritable

Stuck
Fear
Unsafe

Worry

Frustrated
Tired
Insecure

Confused
Panic
Helpless
Drastic Changes

Clothing style

Weight loss

Weight gain
Small Actions Make A Big Difference

- Recognize unique attributes of each student
- Create a welcoming environment
- Establish opportunities for students to collaborate
- Elevate youth voice
SET THE TONE WITH MUSIC

Engages the students in something they enjoy

Helps with connection
What does art have to do with anatomy?
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
Patterns are important in the classroom. It helps to create consistency.
Tools and Skills

Model the Behavior – Universalize the Skills

1 Object - 5 Senses

Conscious Breathing

Take a Sip of Water

Visualize a Happy Place
Whole Body Scan

What and where are you feeling
Pay attention to each part of your body
Tighten 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/
Melon Health: https://www.melonhealth.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.sandiegoounty.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
What will you do differently as you move forward?
Thank you!