

Depression and Anxiety: The Mental Health Challenges Facing Youth Today

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COVID-19 Impacts Youth Mental and Behavioral Health

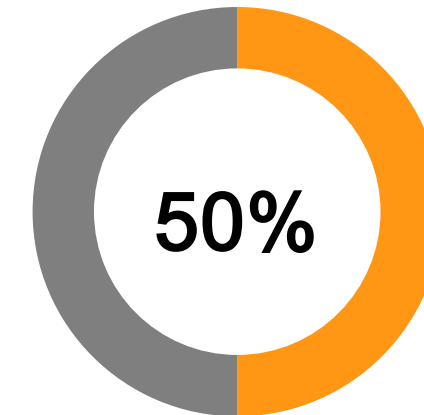


1 in 3

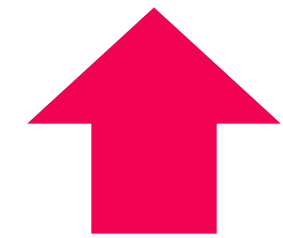
High school students
feel sad and hopeless



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



50% of 18-24 year
olds feel very lonely



24%

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

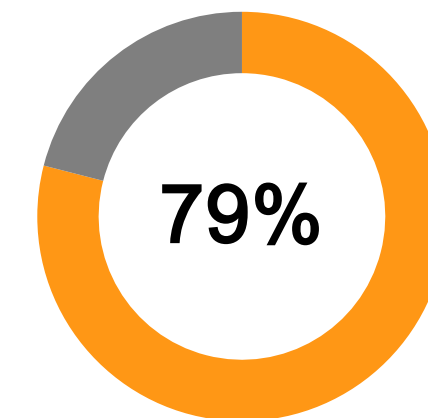


1 in 4

Young girls are depressed
at least 4 days per week



Capacity of inpatient
services overwhelmed by
demand for care



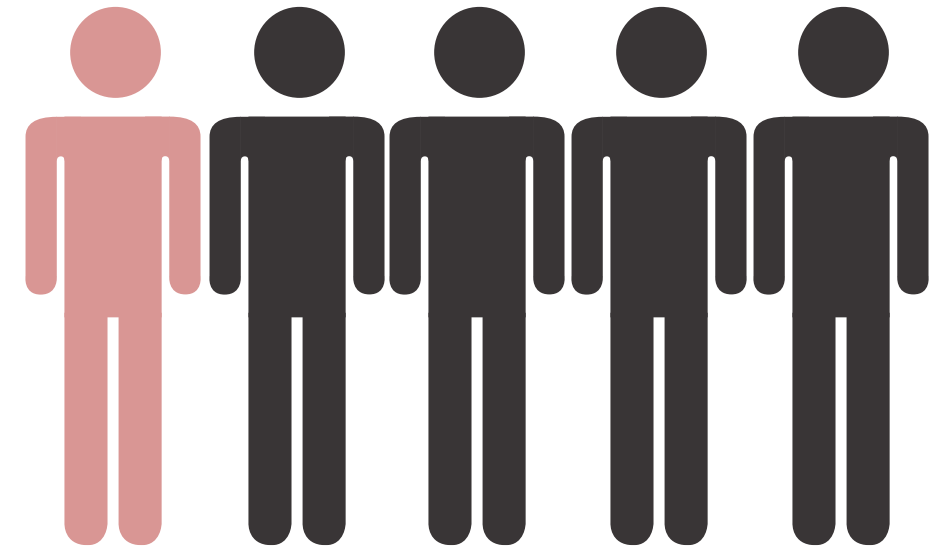
79% of young girls
feel isolated



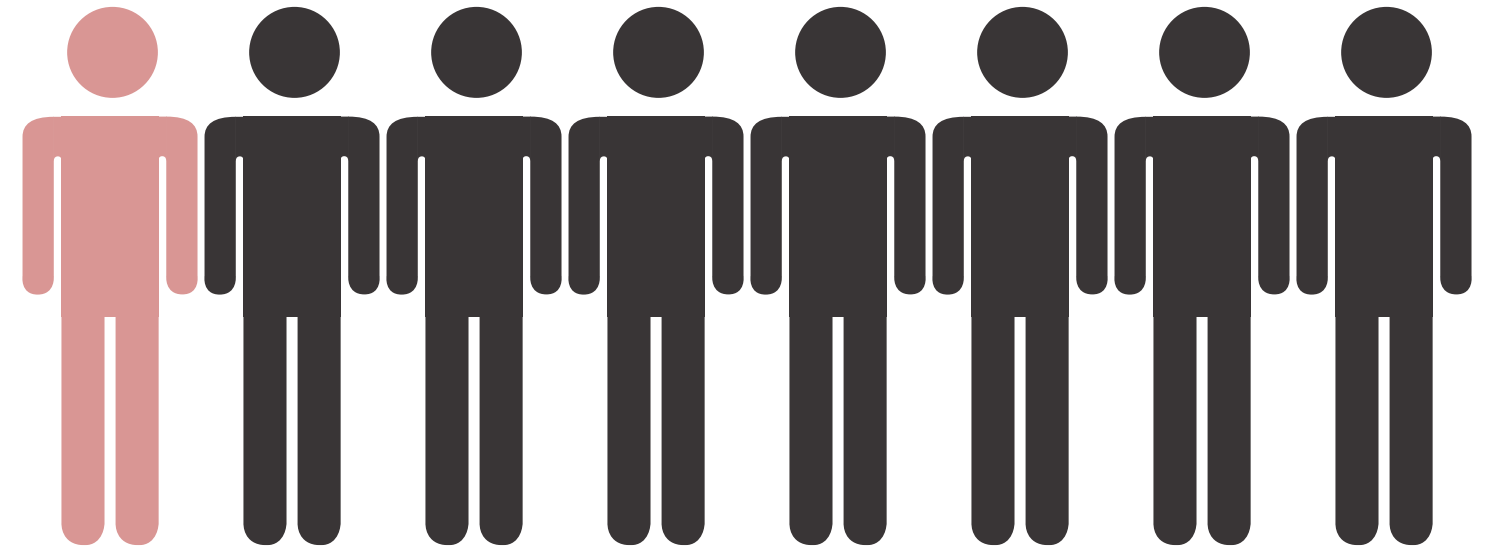
10,000

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

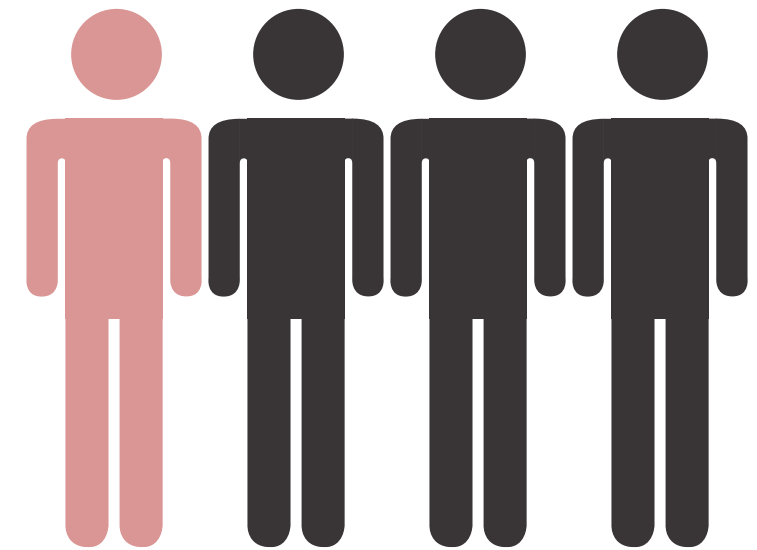
1 in 5 youth diagnosed with
mental health disorder



1 in 8 women diagnosed with
breast cancer



1 out of 4 deaths related to
heart disease



We are all feeling it!



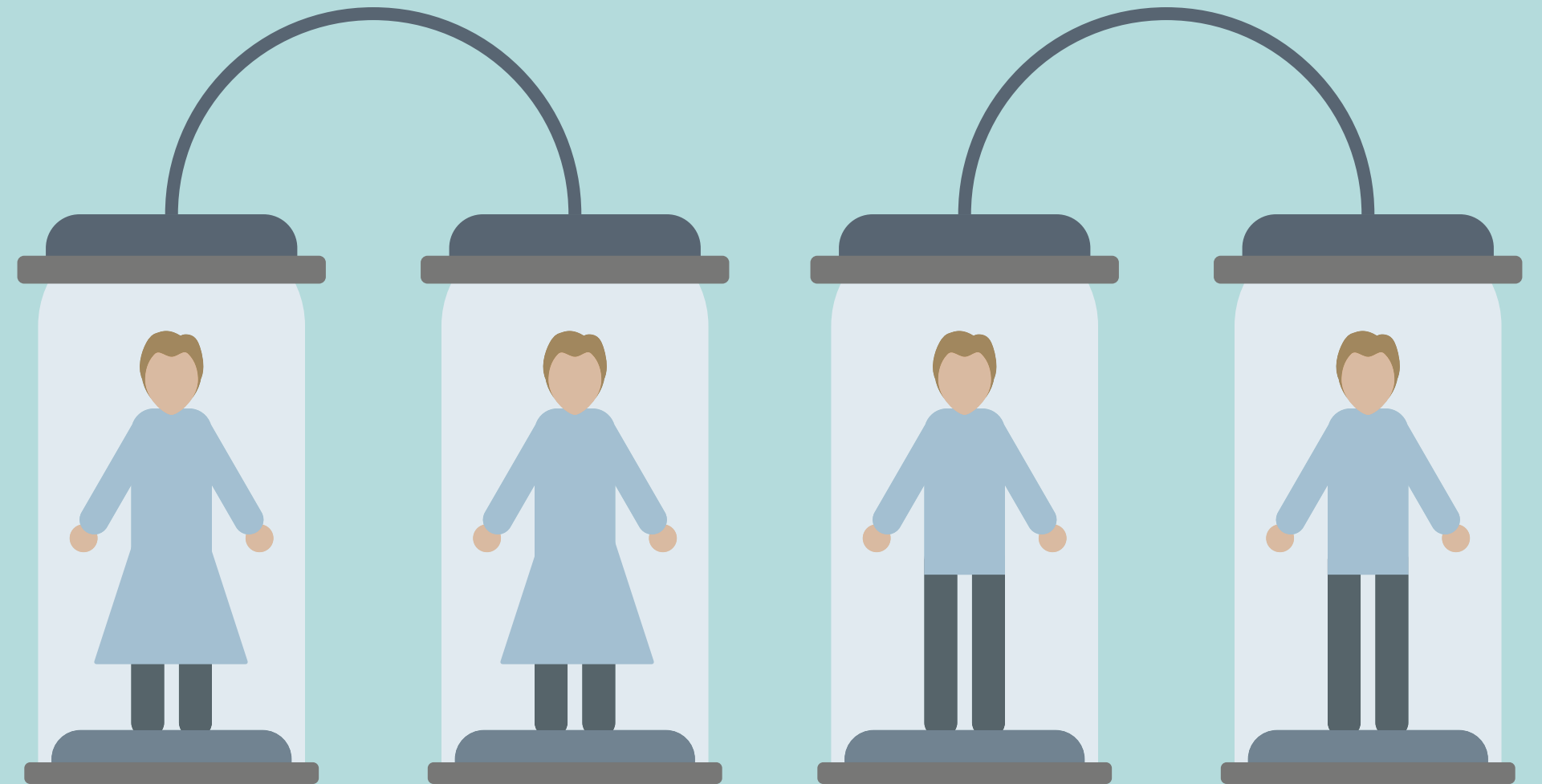
As of 2019 in California:

- 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?

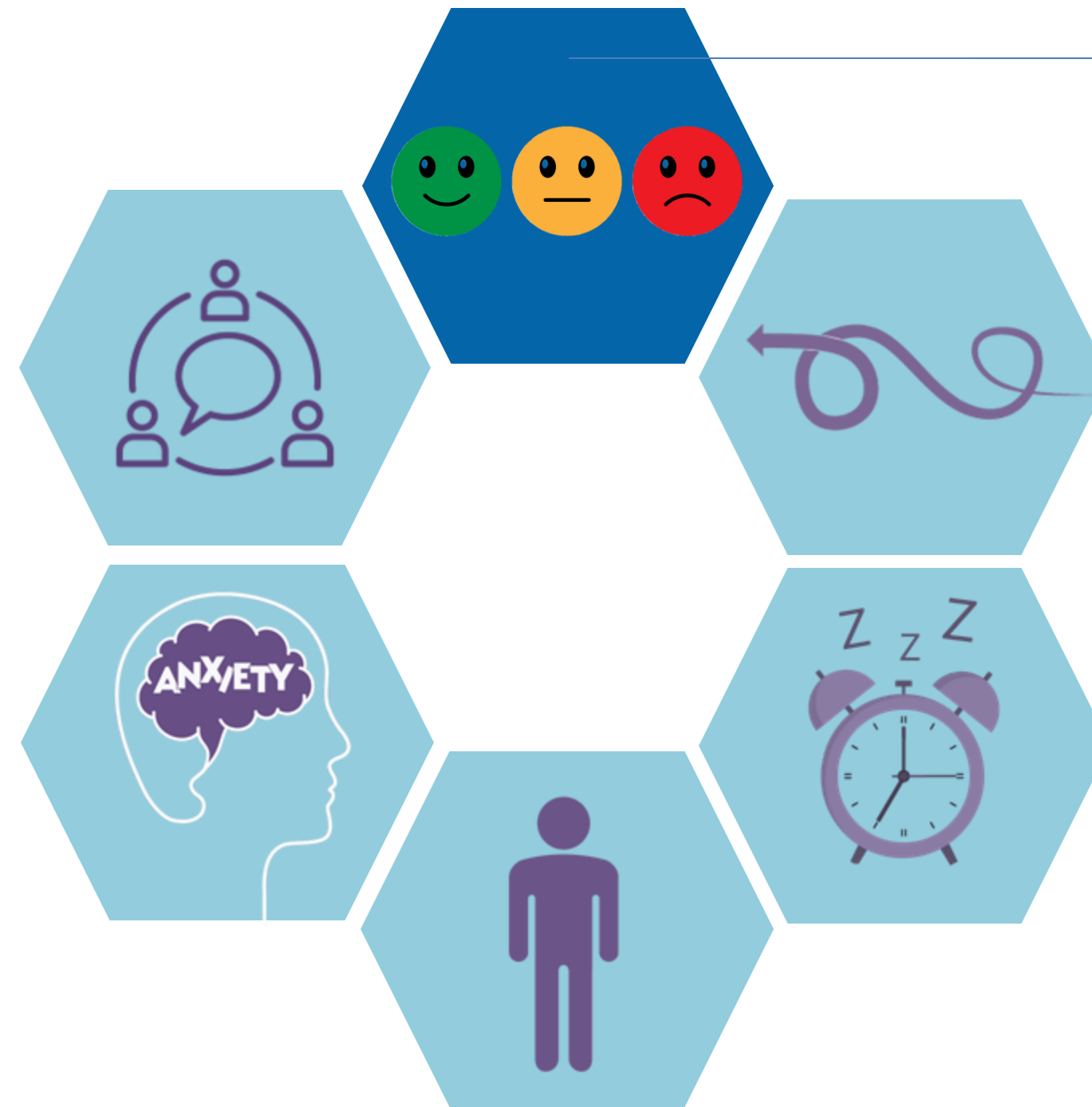
Unfortunately,
cloning isn't
possible



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



Signs and Symptoms



Changes in Mood

- Confrontational
- Increased energy
- Irritability
- Rapidly changing emotions
- Secretive

Signs and Symptoms



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

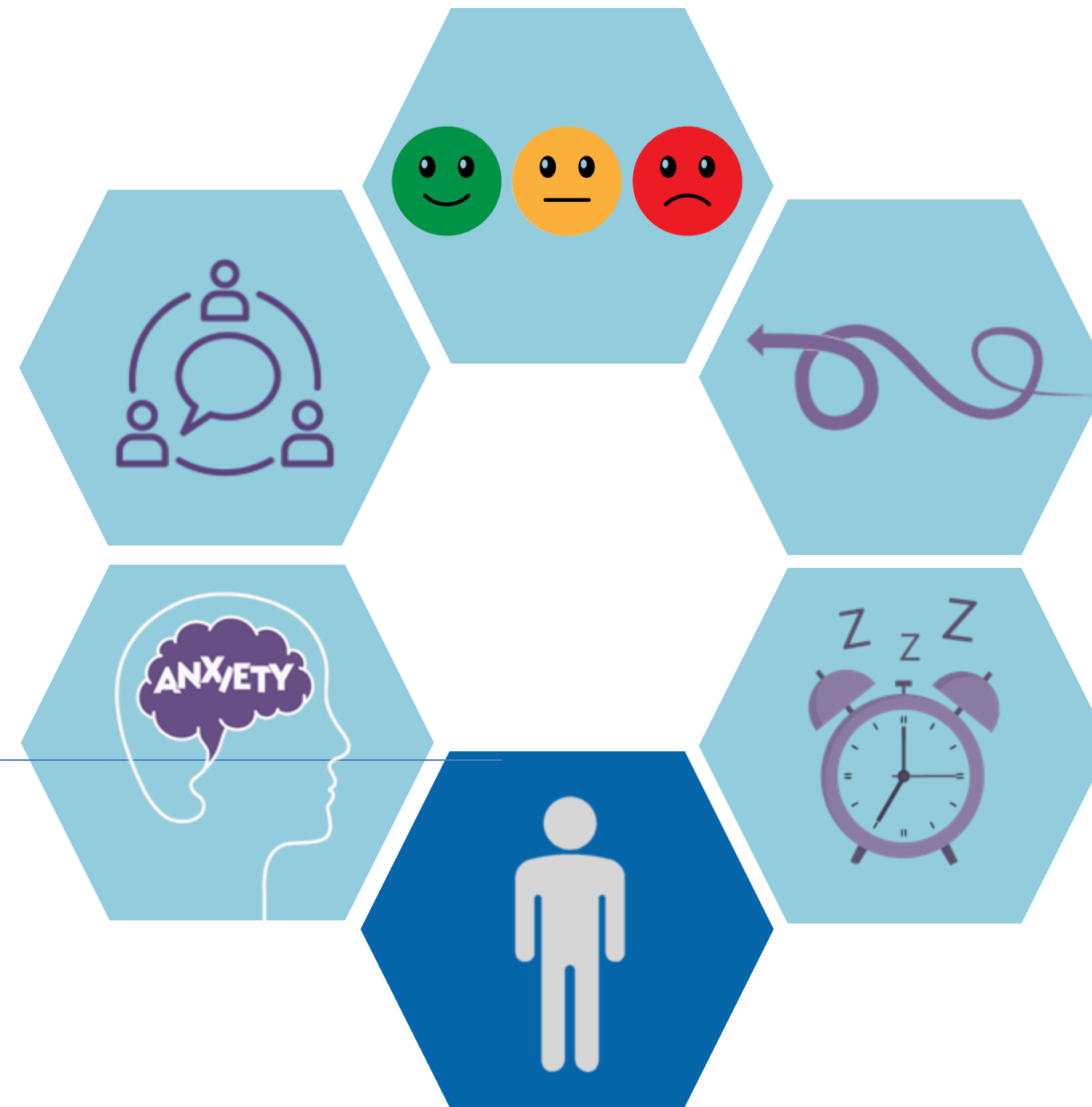
Signs and Symptoms



Changes in Sleep

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

Signs and Symptoms



Physical Changes

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

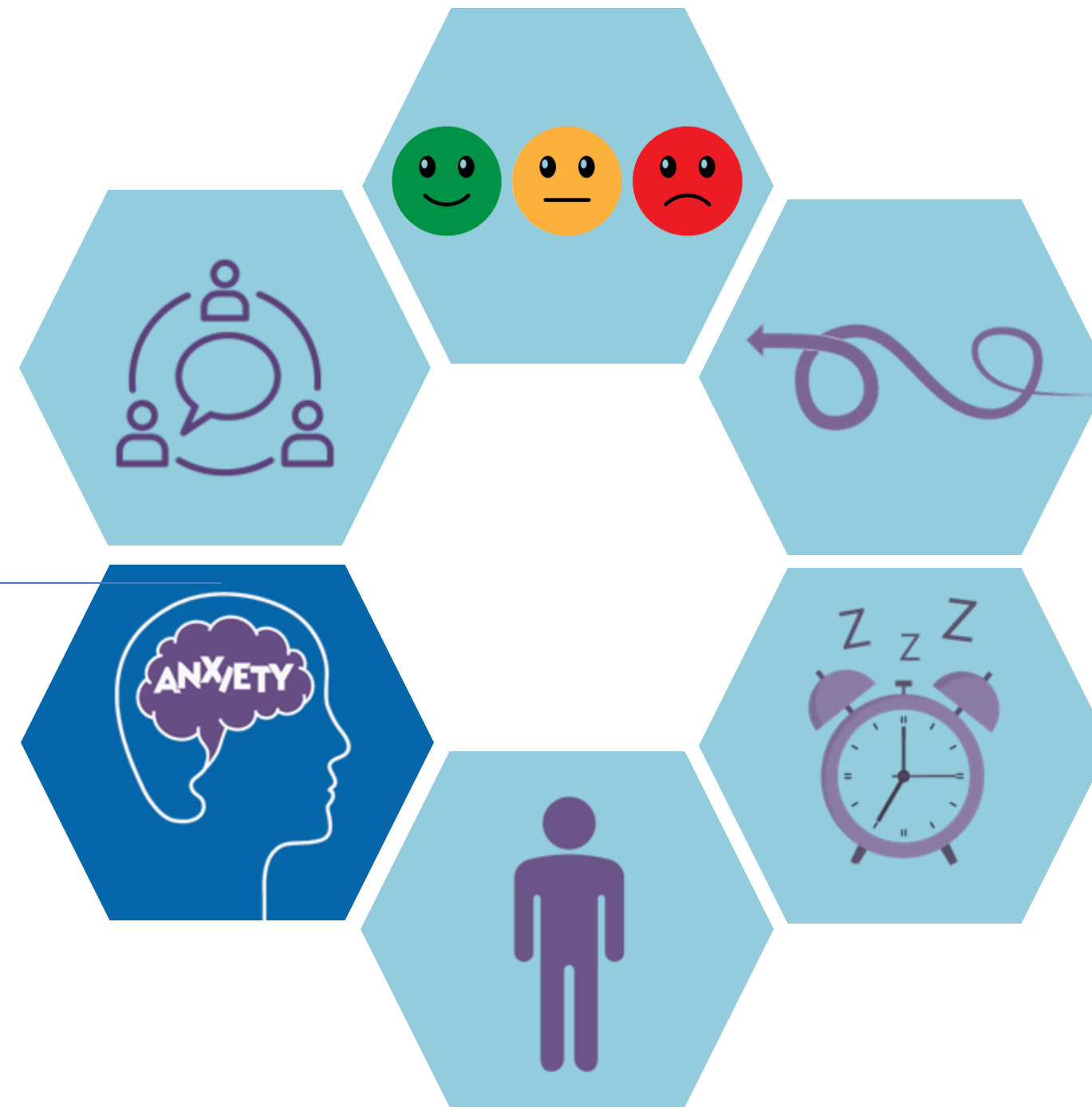
Signs and Symptoms



Changes in Thought

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

Signs and Symptoms



Changes in Thought

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

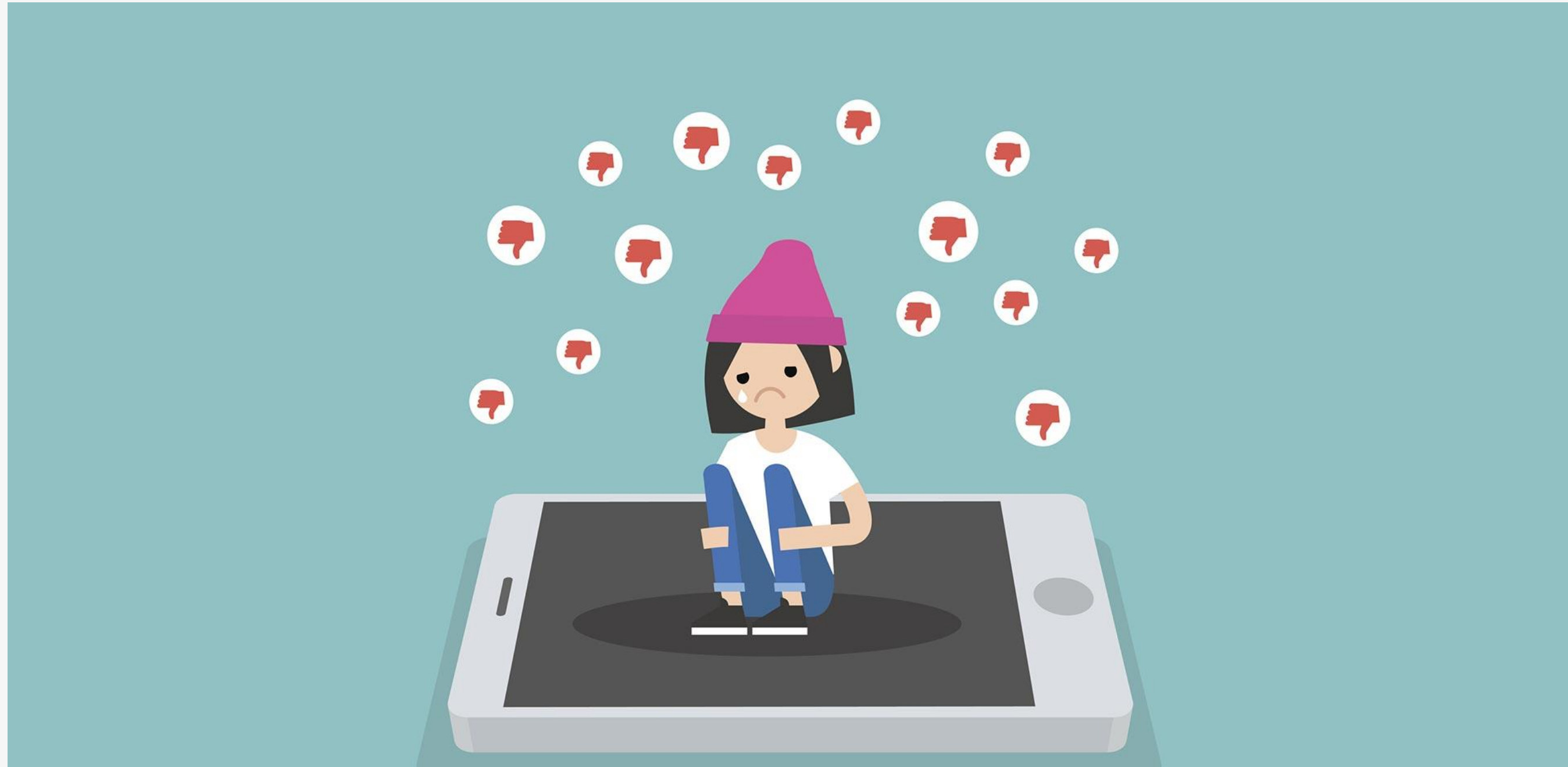
Signs and Symptoms

Social Changes

- Aggressive behaviors
- Change in interactions with family and peers
- Eating in bedroom
- Fighting
- Negative talk to others
- Speech patterns
- Withdrawing socially



Social Media Impact



A wooden signpost made of horizontal planks, supported by two vertical wooden posts. The sign is set against a solid blue background. The text is written in a dark, bold, sans-serif font across the middle of the sign.

**Small Changes Can
Sometimes Be Big Signs**



How Your Child May Present



NOT ALL ANXIETY LOOKS THE SAME

Nervous

FEELINGS

Frustrated

Overwhelm

STUCK

Worry

Tired

Irritable

Unsafe
Fear

INSECURE

CONFUSED

Panic

Helpless



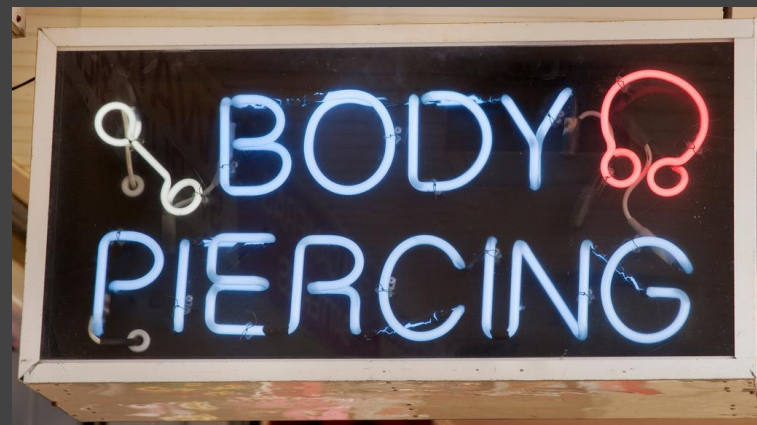


clothing style



Drastic Changes

weight loss
weight gain



Small Actions Make A Big Difference

Conscious Communication™ for Conscious Families

01 Less Drama!

Learn tangible tools to reduce drama and improve cooperation between all family members

03 Family Growth!

Level up and train together as a family with actionable tools

05 Verbal Leadership!

Bring home Black Belt level communication tools for everyday use

02 Fewer Misunderstandings!

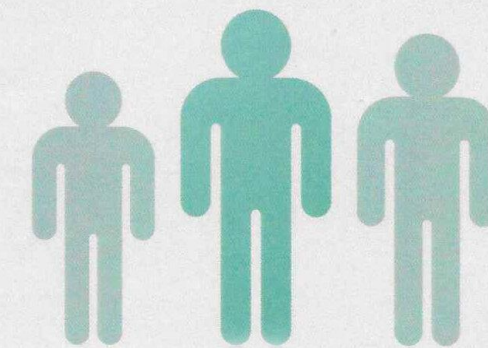
Learn more effective communication strategies to deepen relationships

04 Healthy Conflict!

Conflict happens - Don't avoid it; Learn to navigate it in a safe, positive way

06 Learn Courageously!

Become a more On Purpose spouse, parent, partner, family member



Strategies for Parents

- Recognize Feelings
- Social Support
- Showcase achievements and leaders



Hidden Meaning of Actions

- A – Antecedent
- B – Behavior
- C – Consequence

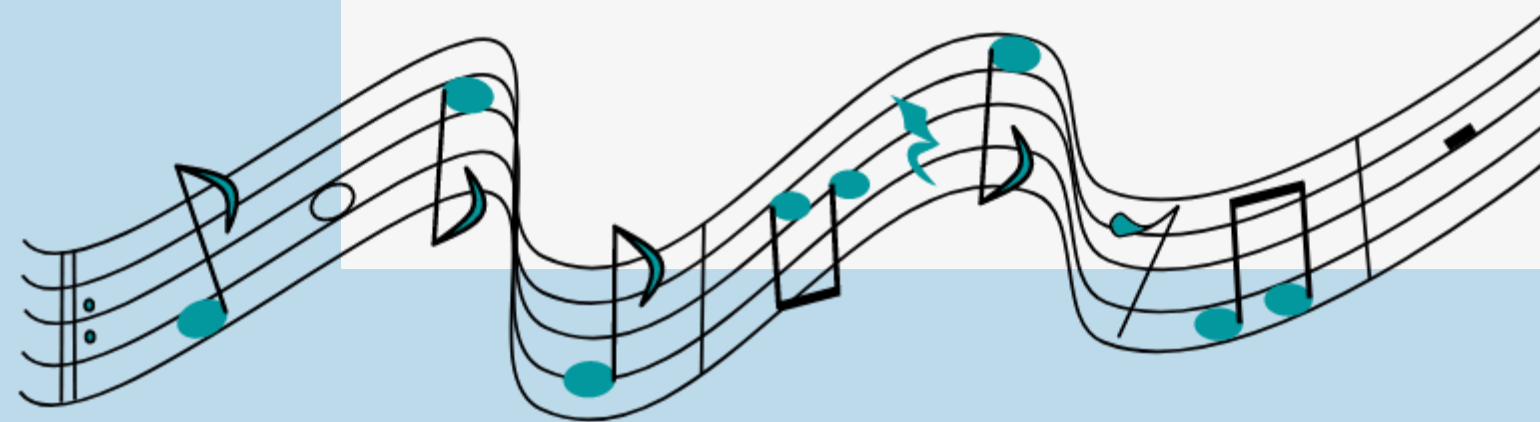


SET THE TONE WITH MUSIC



Engage youth in something
they enjoy

Helps with connection



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
home**

**It helps to create
consistency**



consistency
is key

Tools and Skills

Model the Behavior – Universalize the Skills

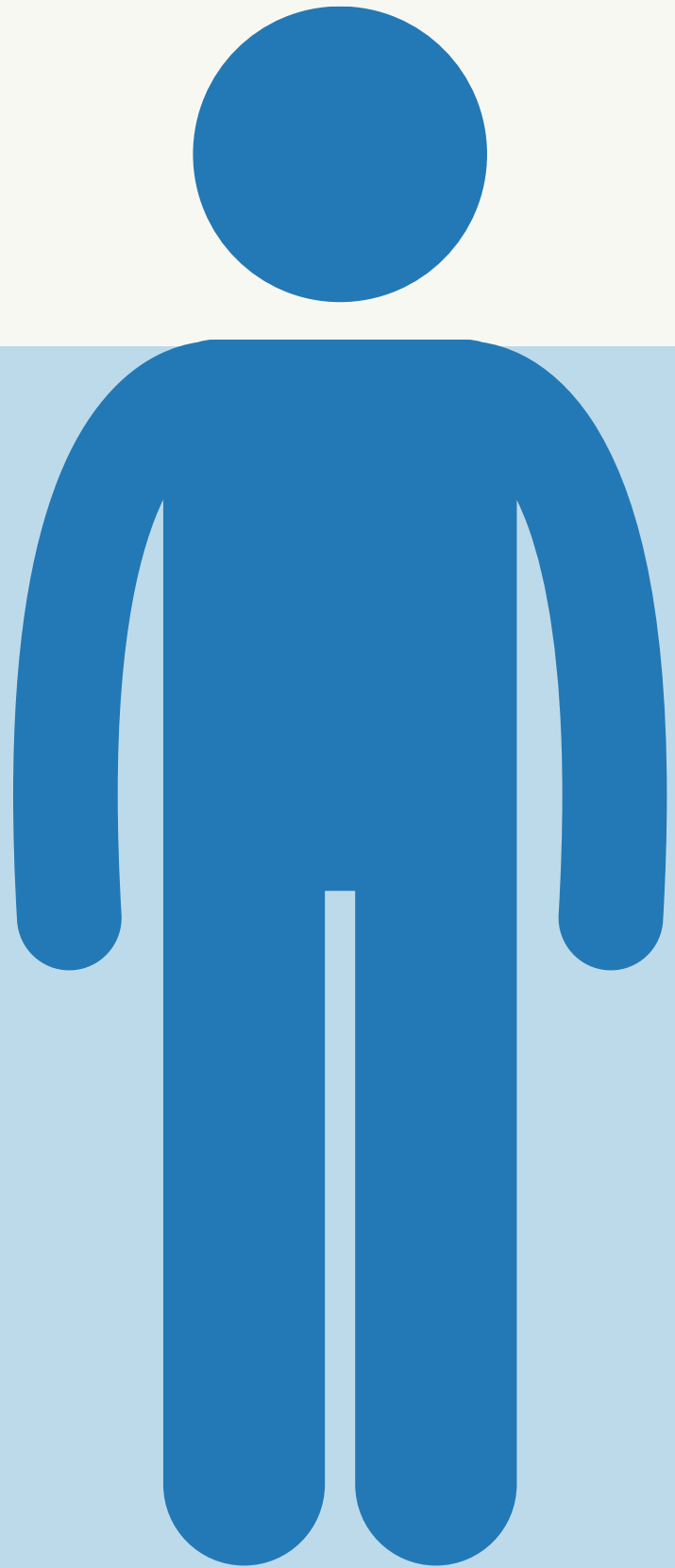
1 Object - 5 Senses

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/>

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 Resources

- Rady Children's Hospital Emergency Department
 - 3020 Children's Way, 1st floor, San Diego, CA 92123
 - Phone: 858-966-800
- Children's Primary Care Medical Group www.cpcmg.net
- Rady Children's Hospital San Diego www.rchsd.org
- Children's Physicians Medical Group www.cpmgsandiego.com
- 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.
- National Suicide Prevention Lifeline 988
 - <https://suicidepreventionlifeline.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

Community Resources

- Access and Crisis Line – 888-724-7240
- Smart Care / Behavioral Health Consultative Service
 - Parent Line: 858-956-5901
- 2-1-1 San Diego
 - www.211sandiego.org
- Feeding San Diego
 - <https://feedingsandiego.org/find-food/>
- San Diego Food Bank
 - <https://sandiegofoodbank.org/>
 - Phone (Local): 1-858-527-1419
 - Phone (Toll Free): 1-866-350-3663
- First 5 San Diego
 - <https://first5sandiego.org/>
- It's Up to Us
 - <https://up2sd.org>
- San Diego County Department of Public Health
 - www.sandiegocounty.gov/content/sdc/hhsa/programs/phs.html
- San Diego County Office of Education:
 - <https://www.sdcoe.net/students/health-well-being/mental-health-supports>
- Riverside County Department of Public Health
 - www.countyofriverside.org
- Find Help
 - www.findhelp.org

More Resources

[3-Minute Body Scan Meditation](#)

[How to help teen girls' mental health struggles – 6 research-based strategies for parents, teachers and friends \(ampproject.org\)](#)

[When Anxious Children Become Anxious Adolescents](#)

<https://www.nytimes.com/2023/01/30/health/covid-education-children.html>

[Greater Good Science Center](#)

[The Kazdin Method of Parenting](#)

What will you do
differently as you move
forward?

Thank you!