

2024 [Rady's Mental Health Webinar Series](#) Facilitator Guide for Parents/Caregivers

Reflection Questions and Answers

March 13, 2024

[From Darkness to Light: A Parent's Guide to Recognizing and Responding to Youth Depression](#)

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Short description of webinar: *In today's landscape, youth struggle with feelings of sadness and loneliness. Join Joshua Feriante, DO, MBA, to explore this current state and how you can be a light in their lives. By participating, you will learn how to recognize the signs and symptoms of depression, acquire tools and skills to foster youth well-being at home, and discover the appropriate next steps to take if additional mental health assistance is needed*

Pre-Webinar Activity:

1. Take a few seconds to look at this picture.
 - Consider what this young person might be experiencing.
 - Choosing from the list next to the image, what do you think she is experiencing?
 - Anything else you think might be going on with her?



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Post-Webinar:

1. How can you tell if someone might be depressed? What might it look like?

Possible answers:

- Hopelessness
- Lack of enjoyment/satisfaction
- Helplessness
- Irritability
- Self-Isolation
- Disruptions in appetite and sleep
- Low energy/motivation
- Suicidal thoughts
- Injurious behavior

2. Knowing that depression can be associated with other types of disorders and challenges, what else might you watch for in your youth?

Possible answers:

- Oppositional Behavior
- Anxiety
- Substance Use
- Bipolar Disorder
- Dysthymia
- Disordered Eating
- Grief and Bereavement



3. When considering the myth that “Most teenage-parent relationships are stormy and marked by conflict,” how would you rate your relationship with your teen?

- Rate how intact and solid you would say your relationship with your teenager is. Using a rating scale of 1 (not at all) to 5 (fairly), how intact and solid do you believe your relationship with your teenager is?

4. Which of the parenting strategies do you think would assist you in helping your child who is experiencing depression?

Possible answers:

- Recognize depression versus normal behaviors and moods
- Add up the clues
- Identify related issues (anxiety, bipolar, substance use, ADHD, etc.)
- Detect and prevent suicidal risks
- Take a family inventory
- Make the home a healing place



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- Consider schooling and extracurricular activities
- Promote well-being
- Find the right therapist
- Work with the physician to identify and manage symptoms

5. Which specific communication strategies might you try using with your child who is experiencing depression?

Possible answers:

- Pay attention to changes
- Create opportunities for connection
- Attempt to have small, frequent conversations
- Be authentic and present
- Make an agenda to address central issues
- Remember that teenagers are still developing
- Try to take on your child's perspective
- Be a detective
- Be consistent



6. Which of the “Communication “10 Don’ts” will I focus on avoiding?

Possible answers:

- Don't mandate or coerce teens
- Never do verbal battle with teens
- Avoid pointing out what your child is doing wrong
- Don't make criticisms personal
- Don't dwell on unimportant details
- Don't forget to use humor
- Avoid having difficult conversations at inopportune times
- Don't be afraid to make yourself vulnerable
- Don't make promises you can't keep
- Don't speak badly about your partner or ex-partner