

FROM DARKNESS TO LIGHT:

A Parent's Guide to Recognizing and Responding to Youth Depression

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March 13th, 2024

LEARNING OBJECTIVES

1

**Review The Nature
of Depression And Identify It**

2

**Discuss Parenting Strategies
To Support Children With Depression**

3

Outline Depression Interventions

4

Provide Additional Resources



WHAT IS DEPRESSION?





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What do you think is going on with this young woman?
¿Qué crees que está sucediendo con esta joven mujer?

She is sad/Ella está triste

0%

She is grieving/Ella está de luto

0%

She is depressed/Ella está deprimida

0%

SEE MORE





When poll is active respond at PollEv.com/joshuaferiante409 Send [joshuaferiante409](#) to 37607



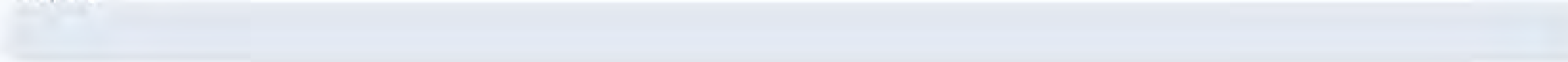
Have you or someone you know been diagnosed with or treated for a mental illness?
¿Tú o alguien que conoces ha sido diagnosticado o tratado por una enfermedad mental?

Yes/Si



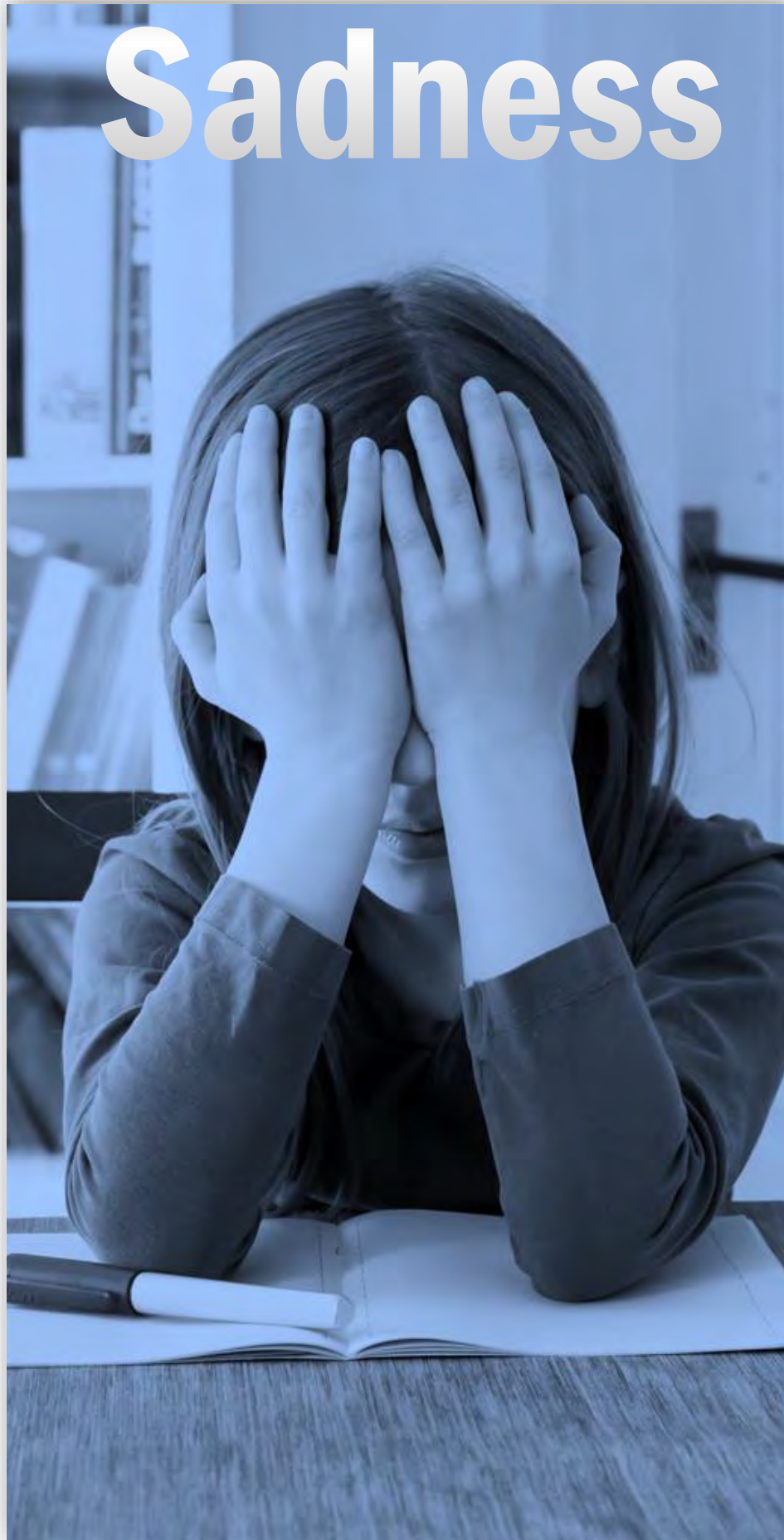
0%

No/No



0%

Sadness



Grief



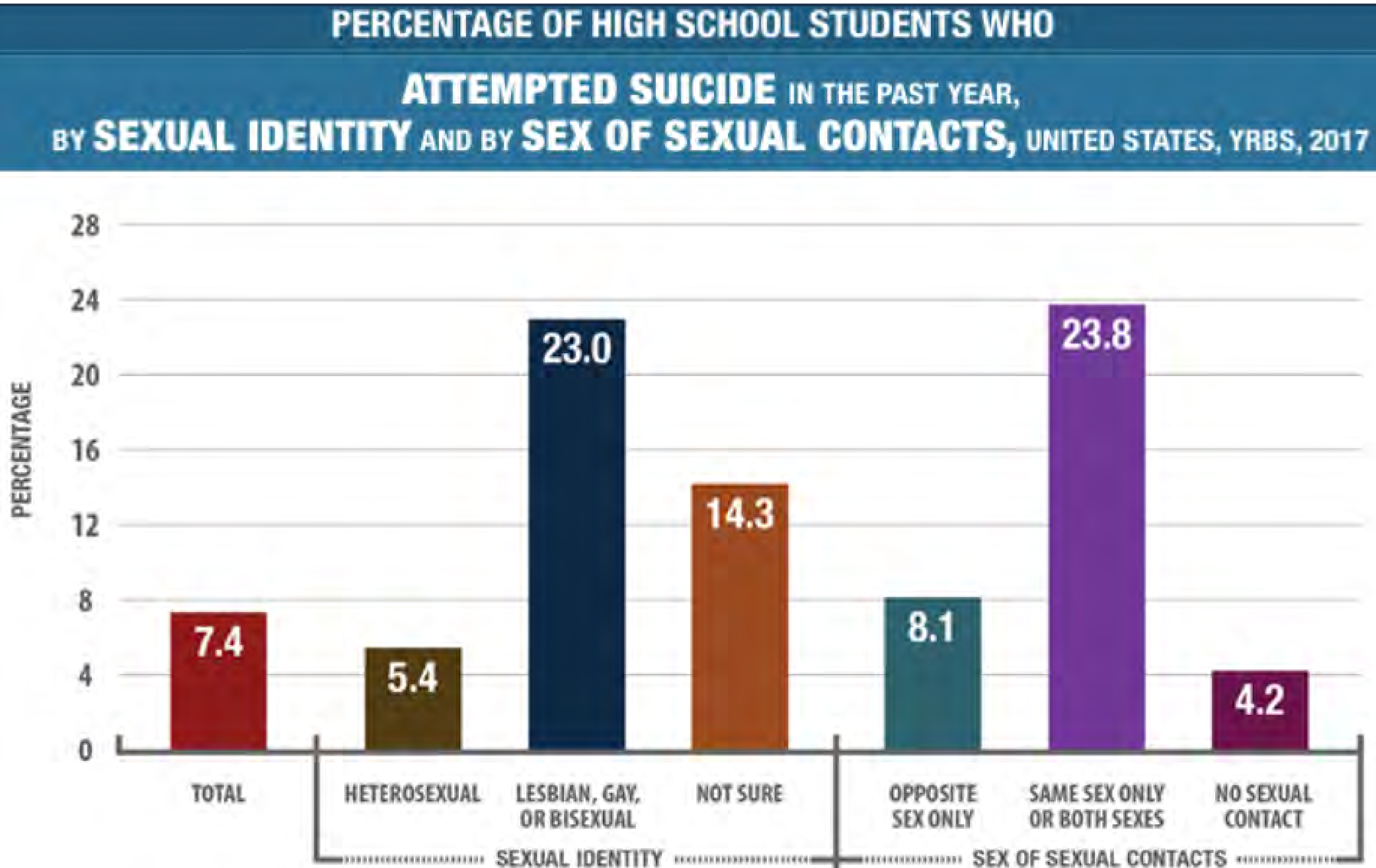
Depression



🔍 What Does Depression Look Like?

- ☐ Hopelessness..... Unable to imagine a future
- ☐ Lack of enjoyment/satisfaction..... “Bump on a log”, lethargic
- ☐ Helplessness...../
- ☐ Internal anguish/pain..... Difficulty enjoying things
- ☐ Irritability..... Abnormally reactive and sullen
- ☐ Self-isolation..... Alone or minimal interaction
- ☐ Disruptions in appetite..... Weight gain or loss
- ☐ Disruptions in sleep..... Always tired despite excessive sleep
- ☐ Low energy/motivation...../
- ☐ Suicidal thoughts..... Making worrisome statements
- ☐ Self-injurious behavior..... Cutting, burning, skin picking, punching walls

4.4% of children 3-17 years-old diagnosed with depression 2016-2019
>55 million youths in the country, so ~ 2.3 million youths



Bipolar Disorder

Oppositional Behavior

Dysthymia

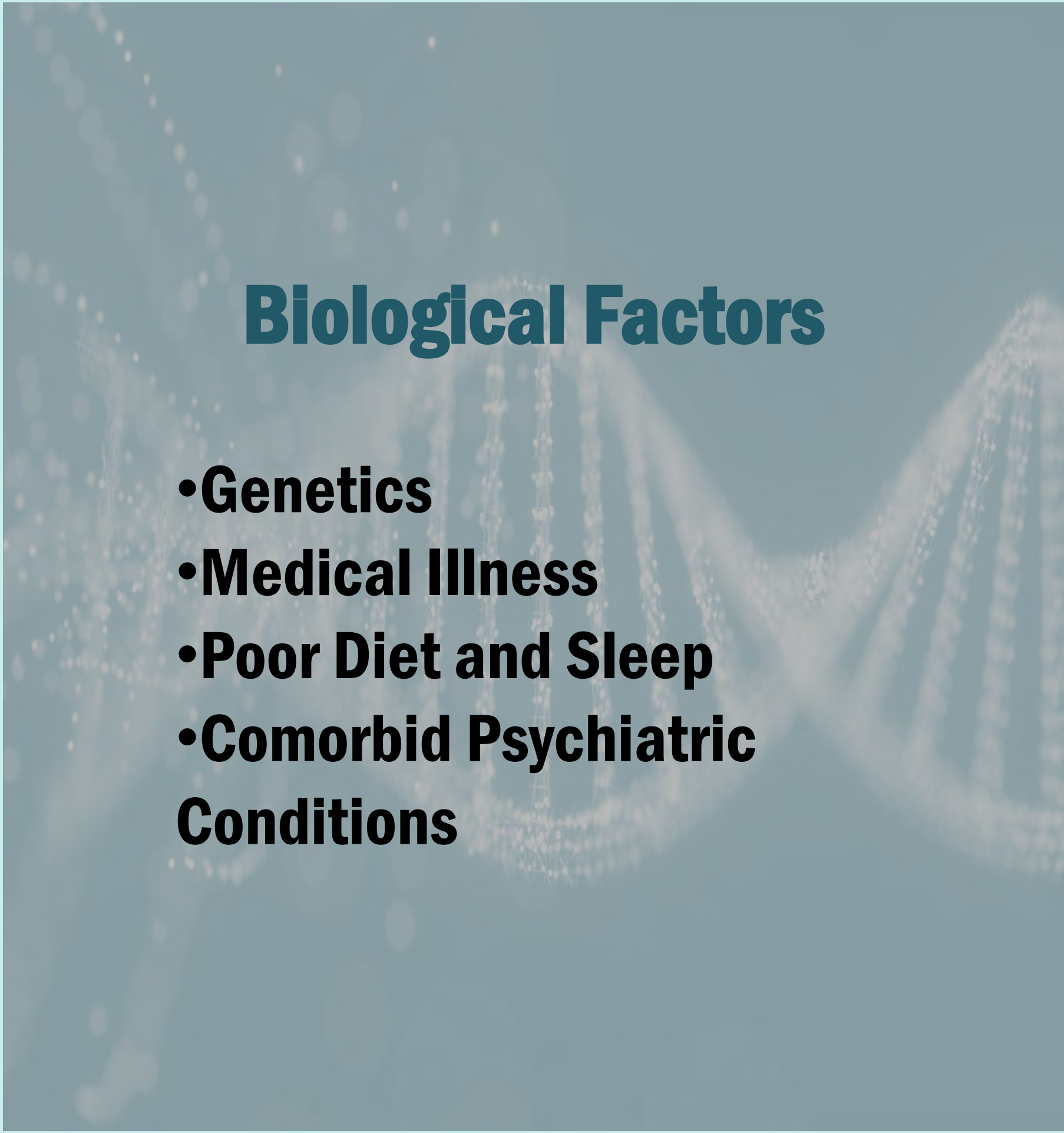
Anxiety

Disordered Eating

Substance Use

Grief and bereavement





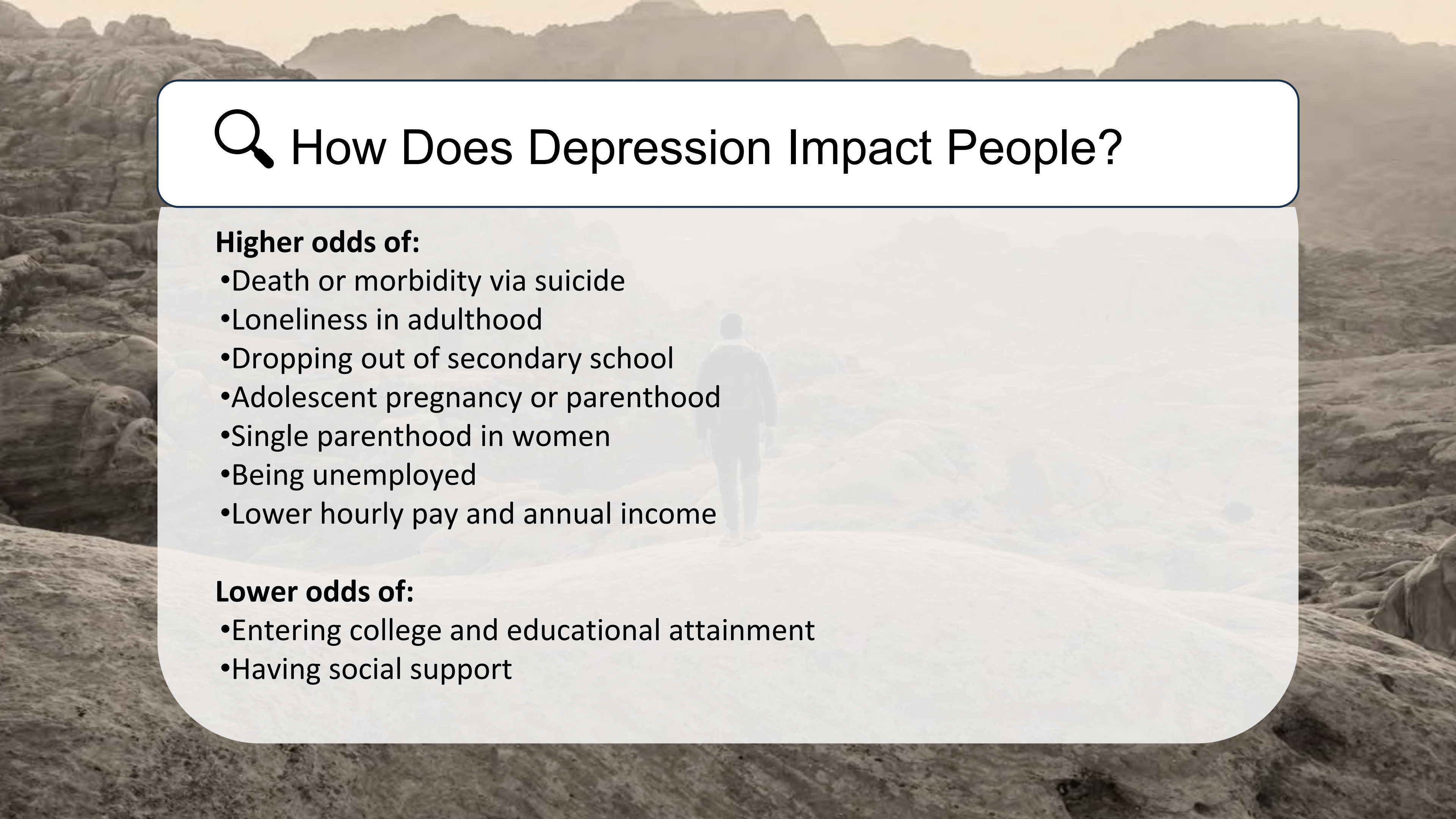
Biological Factors

- **Genetics**
- **Medical Illness**
- **Poor Diet and Sleep**
- **Comorbid Psychiatric Conditions**



Environmental Factors

- **Family Dynamics**
- **Social Factors**
- **Typical Stressors**
- **Technology and Social Media**



🔍 How Does Depression Impact People?

Higher odds of:

- Death or morbidity via suicide
- Loneliness in adulthood
- Dropping out of secondary school
- Adolescent pregnancy or parenthood
- Single parenthood in women
- Being unemployed
- Lower hourly pay and annual income

Lower odds of:

- Entering college and educational attainment
- Having social support

A close-up, circular crop of a person's face, focusing on the eye. A single tear is visible on the lower eyelid. The background is a solid light blue color.

How Do I Recognize Depression?





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In what unique ways are you as a parent or caregiver able to detect and help if your child is experiencing depressive symptoms?
¿De qué maneras únicas puedes, como padre o cuidador, detectar y ayudar si tu hijo está experimentando síntomas depresivos?

Nobody has responded yet.

Hang tight! Responses are coming in.



Power of Parents



Myth or Fact?

**Most teenage-parent
relationships are stormy and
marked by conflict.**



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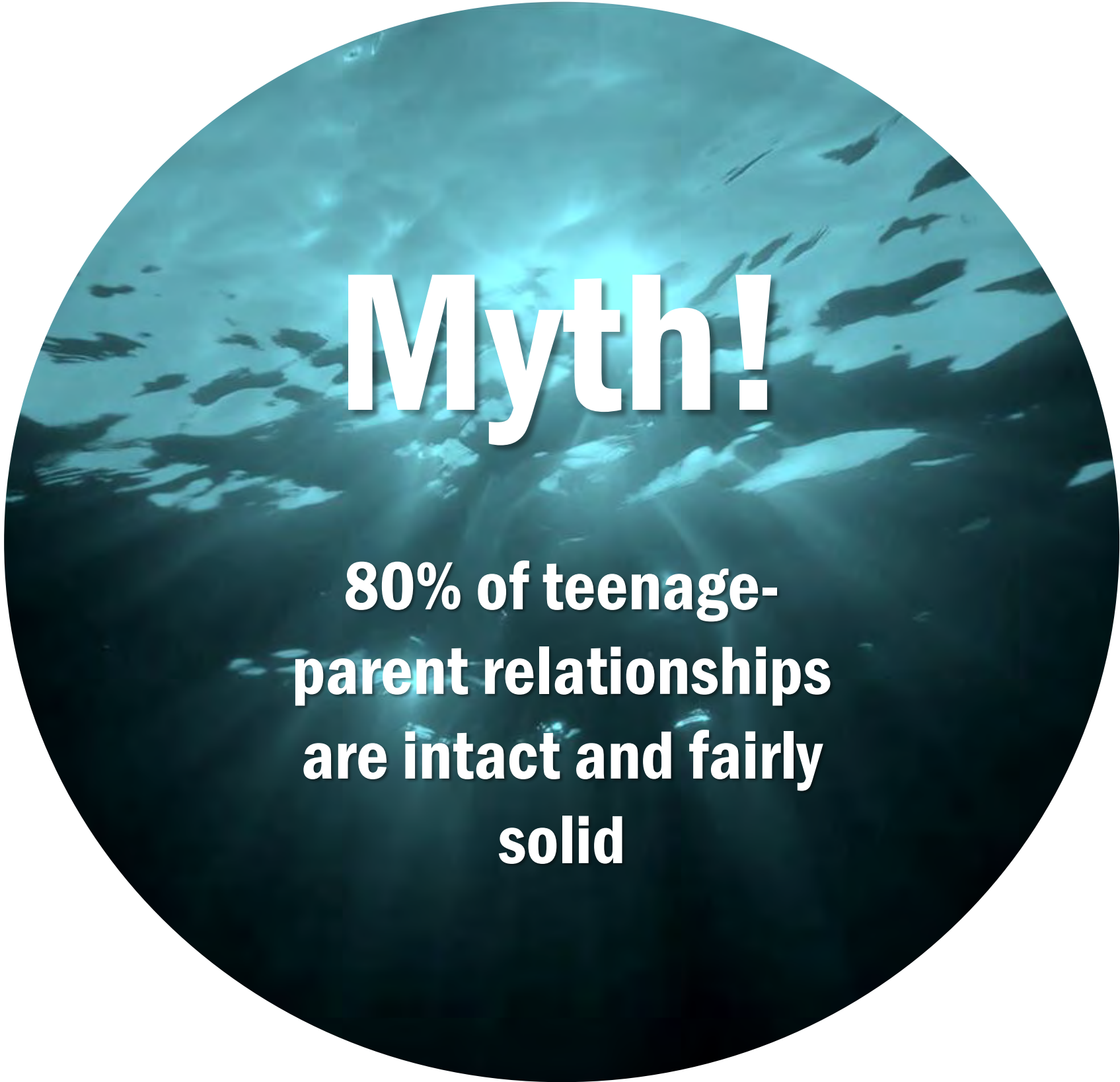
Myth or fact: Most teenage-parent relationships are stormy and marked by conflict. Mito o realidad: La mayoría de las relaciones entre adolescentes y padres son tormentosas y están marcadas por conflictos.

Myth/Mito

0%

Fact/Realidad

0%



Myth!

**80% of teenage-
parent relationships
are intact and fairly
solid**



How Can I Help My Child With Depression?



PARENTING STRATEGIES

DISCLAIMER



PARENTING STRATEGIES

1. Recognize depression versus normal behaviors and mood swings

2. Add up the clues

3. Identify related issues (anxiety, bipolar, substance use, ADHD, etc.)

4. Detect and prevent suicidal risks

5. Take a family inventory

6. Make the home a healing place

7. Consider schooling and extracurricular activities

8. Promote well-being

9. Find the right therapist

10. Work with the physician to identify and manage symptoms

Prioritize Physical Health



Prioritize Social Health





PRESCRIBE HEALTHY THINKING

Unhealthy = distorted thinking (doesn't matter if it is positive or negative)

○ Cognitive Distortions

- All or Nothing
- Black and White
- Catastrophizing
- Over-personalization
- Minimization
- Attribution Error

Healthy = Accurate and slightly positively inflated



**Are you making it
easy for your child
to enjoy being
around you?**



When poll is active respond at PollEv.com/joshuaferiante409



In what ways could you be making it difficult for your child to enjoy being around you?
¿De qué maneras podrías estar dificultando que tu hijo disfrute estar contigo?

Nobody has responded yet.

Hang tight! Responses are coming in.



Activity is now locked.
Responses are not accepted at this time.

What is one thing that you can do now to make it easier for your child to enjoy your company?
¿Cuál es algo que puedes hacer ahora para que sea más fácil para tu hijo disfrutar de tu compañía?

Nobody has responded yet.

Hang tight! Responses are coming in.



**How should we
handle school
with a child who
is depressed?**



IMPORTANCE OF SCHOOL INVOLVEMENT

Checklist for School Characteristics

- ☐ Provides a sense of community
- ☐ Child feels a sense of fitting or belonging
- ☐ Staff is supportive
- ☐ Students are encouraged to support each other
- ☐ Student feels comfortable with staff
- ☐ Child doesn't feel alienated or overwhelmed by school size
- ☐ Homework is manageable
- ☐ Students are encouraged to participate in athletics **DESPITE** poor grades due to mental health struggles







PROMOTING A POSITIVE SCHOOL ENVIRONMENT

Avoid switching school unless you've considered all the consequences AND if your child also wants the change

Switching to a more supportive school may help compensate for difficult family dynamics

Smaller schools may be beneficial for establishing a more inclusive community

Single gender schools may be helpful to reduce drives for popularity or attraction to the opposite sex



What about college choice?

Relationship formation > meritocracy and school reputation

Academic fervor is not the ultimate goal in this decision

Steer clear of large schools (1-2k ideal with smaller classes)

Avoid large dormitories

Look for presence of RAs or dorm supervisors who can provide some structure for checking in

Look into first-year experiences/programs that provide a cohort experience with other freshman across courses and activities

Learn everything you can about counseling

Presence of counselors, psychologists, psychiatrists, limits on sessions offered, referral programs, etc.



What are specific strategies for communicating with my child experiencing depression?



Communication Strategies: 10 Do's

1. Pay attention to changes

2. Create opportunities for connection

3. Attempt to have small, frequent conversations

4. Be authentic and present

5. Make an agenda to address central issues

6. Remember that teenagers are not sophisticated thinkers

7. Try to take on your child's perspective

8. Direction is more important than amplitude

9. Be a detective

10. Be consistent



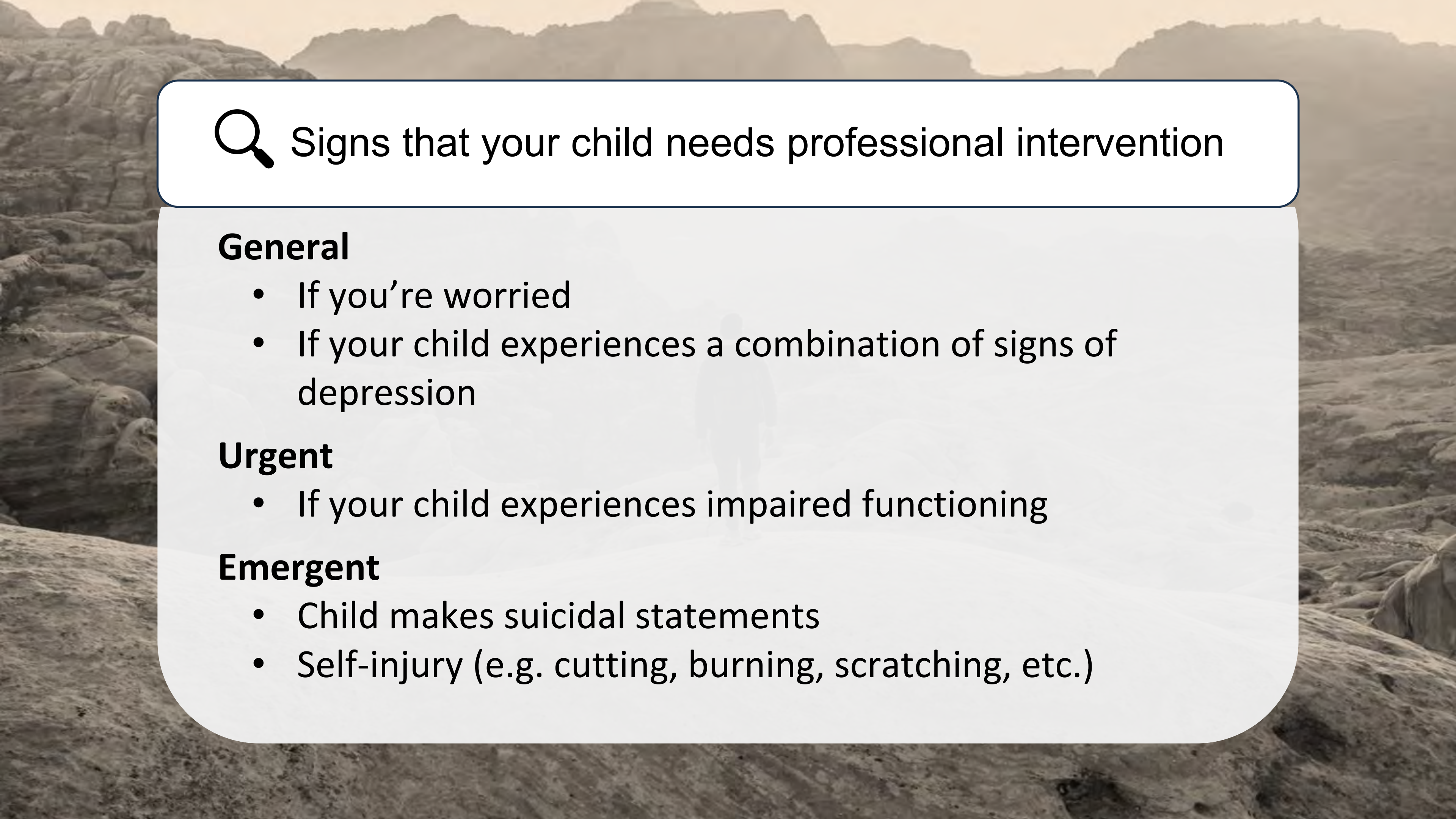
Communication Strategies: 10 Don't's

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



**How do I know
when my child
needs additional
support?**

**What kind of help
is available?**



Signs that your child needs professional intervention

General

- If you're worried
- If your child experiences a combination of signs of depression

Urgent

- If your child experiences impaired functioning

Emergent

- Child makes suicidal statements
- Self-injury (e.g. cutting, burning, scratching, etc.)

“Talk” Treatments

•Therapy

- **Acceptance and Commitment Therapy (ACT)**
- **Cognitive Behavioral Therapy (CBT)**
- **Dialectic Behavioral Therapy (DBT)**
- **Psychodynamic therapy**
- **Psychoanalysis**
- **Behavioral Activation**
- **Family therapy**

“Biological” Treatments

•Medications

• Antidepressants

- **SSRI**
- **SNRI**
- **TCA**s
- **MAO-Is**
- **Atypical antipsychotics**
- **Ketamine (severe only)**

•Supplements (discuss with physician first)

- **SAM-E**
- **St. John’s Wort**
- **Omega-3 fish oil (EPA)**
- **Saffron**

•TMS (treatment resistant)

•ECT (treatment resistant, severe)

🔍 Types of Medical Professionals

- Psychiatrists (MD, DO, MBBS) ✓ Meds > Therapy
- Primary Care Physicians ✓ Meds
- Mid-level Providers (NP, PA) ✓ Meds >> Therapy
- Psychologists (PhD, PsyD) ✓ Therapy
- Therapists (LCSW, LMFT, LPCCC) ✓ Therapy
- Counselors ✓ Therapy
- Community Health Workers ✓ Care coordination
- Peer supports and coaches ✓ Support and Coaching

Know what to expect

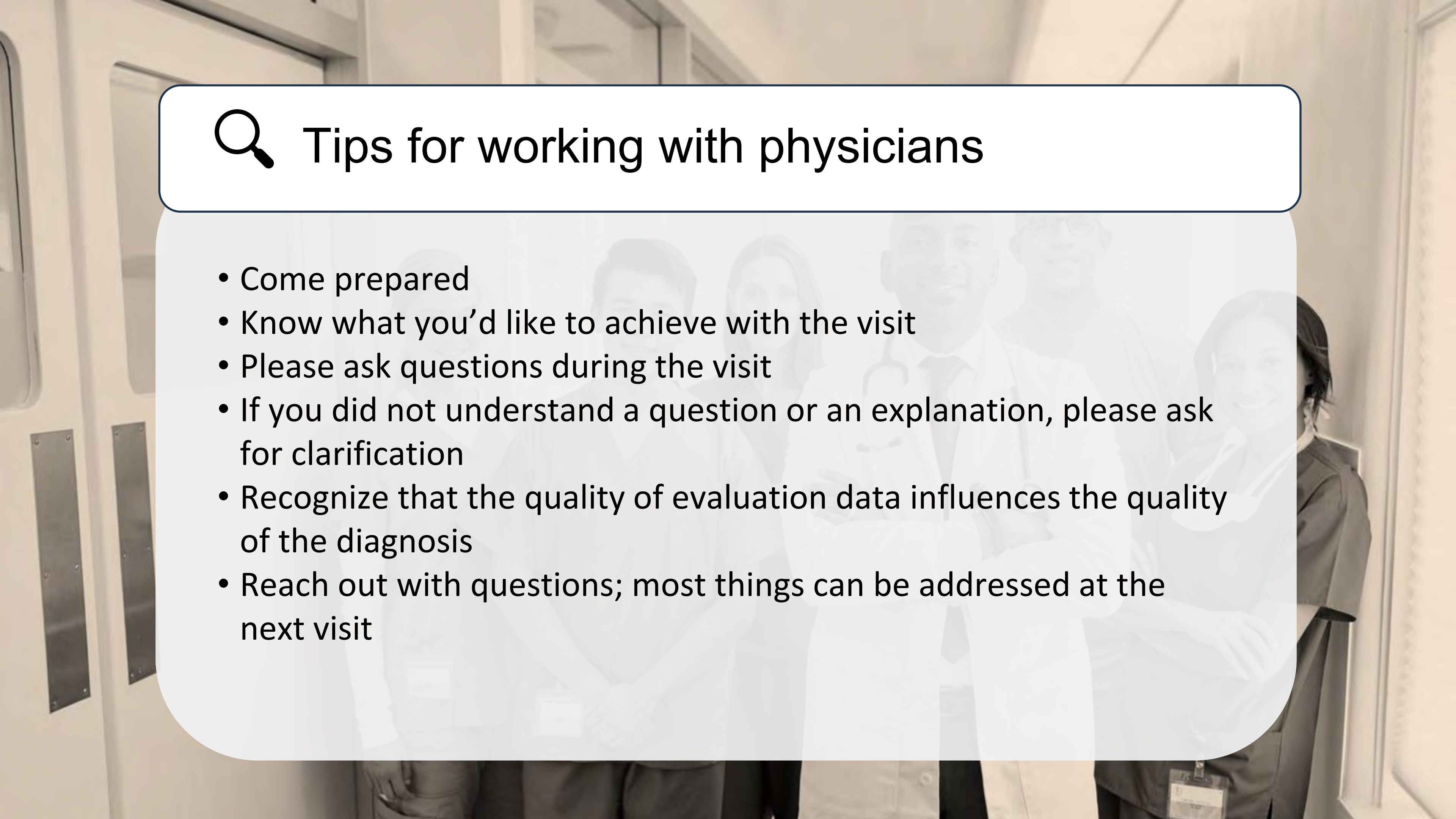


Come prepared



Stay connected





🔍 Tips for working with physicians

- Come prepared
- Know what you'd like to achieve with the visit
- Please ask questions during the visit
- If you did not understand a question or an explanation, please ask for clarification
- Recognize that the quality of evaluation data influences the quality of the diagnosis
- Reach out with questions; most things can be addressed at the next visit

A Word About Suicidality



Takeaways

- **Depression is real**
- **Depression can be life threatening**
 - **Requires immediate recognition and careful treatment**
- **What you do matters**
- **Be present for your kids**
- **Things won't change unless you change things!**
- **Involve as many people as you can (family, friends, school supports, church community, etc.)**



Additional Resources

AACAP Resources

[AACAP Resources for Parents](#)

[AACAP Resources for Youth](#)

[AACAP Questions to Ask Regarding Medications](#)

[AACAP Parents' Guide to Depression Medications](#)

[AACAP Guide for Psychotherapy](#)

Additional Websites

[Depression and Bipolar Support Alliance](#)

[National Alliance on Mental Illness \(NAMI\)](#)

[NAMI Family Guide to Depression](#)

[American Association of Pediatricians](#)

Books

[Adolescent Depression: A Guide for Parents \(A Johns Hopkins Press Health Book\) 2015](#)

[Rescuing Your Teenager from Depression 2005](#)

References

Websites

- <https://www.cdc.gov/childrensmentalhealth/depression.html>
- <https://www.cdc.gov/healthyouth/data/yrbs/pdf/trendsreport.pdf>

Medical Articles

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<https://doi.org/10.1016/j.jaac.2018.07.896>
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- Viswanathan M, Kennedy SM, McKeeman J, et al. Treatment of Depression in Children and Adolescents: A Systematic Review [Internet]. Rockville (MD): Agency for Healthcare Research and Quality (US); 2020 Apr. (Comparative Effectiveness Review, No. 224.) Evidence Summary. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK555858/>
- Weersing VR, Shamseddeen W, Garber J, et al. Prevention of Depression in At-Risk Adolescents: Predictors and Moderators of Acute Effects. *J Am Acad Child Adolesc Psychiatry*. 2016;55(3):219-226. doi:10.1016/j.jaac.2015.12.015

Books

- Berlinger NT. *Rescuing Your Teenager from Depression*. New York: Collins; 2006.
- Mondimore FM, Kelly P. *Adolescent Depression: A Guide for Parents*. Baltimore: Johns Hopkins University Press; 2015.

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](https://www.crisistextline.org)
- 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.sandiegocounty.gov/content/sdc/hhsa/programs/phs.html
- Riverside County Department of Public Health
 - www.countyofriverside.org
- 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