



Depression and Suicide, Looking Beyond the Mask

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Goals

1. Recognize the prevalence of mental health issues in adolescents.
2. Recognize key symptoms of anxiety, depression and suicide
3. Appreciate the value of compassion
4. Creating a safe place

Why do you think
people mask or
cover up
signs/symptoms
of depression?





Chad

Age: 18

Academics: Honor roll – top 15%

Athletics: Recruited by D1 for soccer, distance runner

Church: Active in youth group, retreat leader

Activities: Boy Scouts, computer games, Sci-Fi & fantasy movies & books

Awards: Eagle Scout Award, 5 plaque awards for high school sports, HS Leadership Award

Volunteer: Over 100 hours per year, Kirkwood Track club, Ride On St. Louis

Personality: Caring, funny

Descriptive words: Bright, popular, loving, leader

Diagnosis: Depression, Bipolar, OCD

Died: April 15, 2004

Did you know

- 50% of lifetime mental illnesses begin by age 14

Youth Risk Behavior Survey (YRBS)	Missouri MS Students (2016)	Missouri HS Students (2017)	US Students (2017)
Felt so sad or hopeless for 2+ weeks that they stopped doing some usual activity	29.9%	31.2%	31.5%
Seriously considered attempting suicide (within previous 12 months)	10.39%	20.9%	17.2 %
Made a plan about how they would attempt suicide (within previous 12 months)	7.13%	15.5%	13.6%
Attempted suicide (One or more times within previous 12 months)	5.14%	8.5%	7.4%
Attempted suicide that resulted in injury that needed to be treated by a doctor or nurse (within previous 12 months)	0.80%	2.86%	2.4%

Find the data for your city/state:

<http://www.cdc.gov/HealthyYouth/yrbs/index.htm>

Suicide Can Happen To Anyone



Among high school students...

- 1 in 6 seriously considered suicide
- 13% made a plan
- 6% attempted suicide

within the last year

Among middle school students...

- 1 in 8 seriously considered suicide
- 9% made a plan
- 6% attempted suicide

within the last year



33% of all
suicide
deaths occur
under the
influence of
alcohol

CHADS Coalition
FOR Mental Health
COMMUNITIES HEALING ADOLESCENT DEPRESSION AND SUICIDE
www.chadscoalition.org

Why Is the School Nurse Role So Important

- Eyes and Ears of Public Health
- See students returning with same symptoms
- Strong potential to be a “Safe Place”

Prevalence of Anxiety Disorders

- 8% of teens ages 13-18 have an anxiety disorder with symptoms commonly emerging around age 6.
- Of these teens, only 18% received mental health care.
 - <http://www.nimh.nih.gov/health/publications/anxiety-disorders-in-children-and-adolescents/index.shtml>
- 80% of kids with an anxiety disorder and 60% of kids with depression are not getting treatment.
 - [Child Mind Institute Children's Mental Health Report](#), 2015
- Imaging studies show that children with anxiety disorders have atypical activity in specific brain areas.
 - <http://www.adaa.org/generalized-anxiety-disorder-gad>

Anxiety Disorders

- About half of adolescents diagnosed w/ depression are also struggling with an anxiety disorder.
- Anxiety can become an excessive, irrational dread of everyday demands that can disable adolescents.
- Types of anxiety disorders are: OCD, PTSD, social & specific phobias, & generalized anxiety disorder.
 - <http://www.adaa.org/living-with-anxiety/children>

DSM V Criteria for Depression

- Depressed mood most of the day, nearly every day
- Markedly diminished interest or pleasure in ADL
- insomnia or hypersomnia nearly every day
- Psychomotor agitation or retardation nearly every day
- Fatigue or loss of energy nearly every day
- Feelings of worthlessness or excessive or inappropriate guilt
- Diminished ability to think or concentrate, or indecisiveness
- Recurrent thoughts of death (not just fear of dying without a specific plan, or a suicide attempt).

Know your Students

- Are they acting or behaving differently than their usual
- Is there behavior out of the norm of what you would expect

Youth Risk Factors for Depression

- Genetics
- Concussion/Traumatic Brain Injury
- Gifted
- Sexual Identity issues – LGBTQ
- Substance Abuse/Self-Harm
- Trauma
- Students that were bullied or bully others
- Victim of sexual/physical abuse

Self-Injury Behaviors

- Adolescents engage in behaviors that harm self: burning, cutting, scraping, hair pulling, etc.
- These behaviors generally are not suicide attempts rather direct or indirect attempts to manage intense anxiety or emotional pain:
abandonment, resentment, confusion.
 - [http://www.aacap.org/AACAP/Families and Youth/Facts for Families/Facts for families Pages/Self Injury In Adolescents 73.aspx](http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_families_Pages/Self_Injury_In_Adolescents_73.aspx)



LGB Youth – National Data

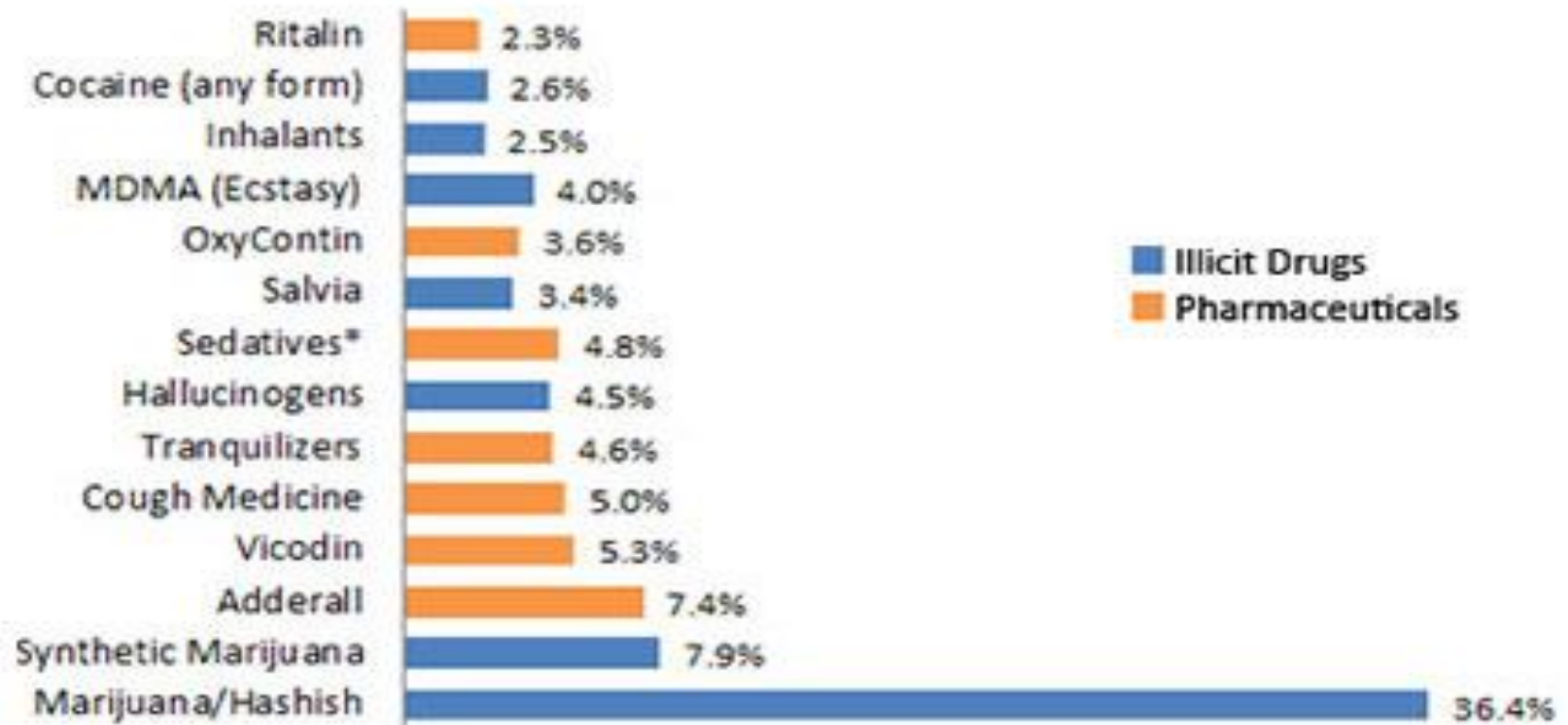
Reported Behaviors	GLB Students	Heterosexual Students	Increased Risk for LGB Students
Felt sad or hopeless almost every day for 2+ weeks they stopped doing usual activities	60.4%	26.4%	>2 times
Bullied on school property in the past 12 months	34.2%	18.4%	~2 times
Used heroin one or more times in their life	6%	1.3%	>4 times
Seriously considered attempting suicide during the past 12 months	42.8%	14.8%	~3 times
Attempted suicide one or more times in the past 12 months	29.4%	6.4%	>4 times

(Kann et al., 2016)

https://www.cdc.gov/mmwr/volumes/65/ss/ss6509a1.htm?s_cid=ss6509a1_w#suggestedcitation

Adolescent Substance Abuse

Past-Year Use of Various Drugs by 12th Graders (Percent)



Source: University of Michigan, 2013 Monitoring the Future Study

Self Medicating

- Marijuana or other drugs worsen their depression.
- Lead a teen toward other serious mental disorders.
- Alleviate feelings of depression (“self-medicating”), when in fact, using marijuana can compound the problem.
- Adolescents who smoke marijuana at least 1x per month are 3x more likely to have suicidal thoughts than non-users.
 - White House Office of National Drug Control Policy (ONDCP),
 - <http://psychcentral.com/news/2008/05/09/drugs-depressed-teens-a-dangerous-combination/2264.html>

Signs of Suicide

- Talking, writing, texting, drawing about suicide or death
- Hopelessness, worthlessness, burdensome
- Increasing substance abuse
- Giving away favorite things
- Sudden sense of calm/happiness
- Serious behavior problems in or out of school

Did you know

- 9 out of 10 people who die by suicide had a diagnosable mental disorder.
- Yet only 3 out of 10 people who die by suicide received mental health services in the year before they died.

What are we missing?

- Early detection (screening), diagnosis and treatment needed.
- Breaking the stigma

Parents Want Medical Team To Know

Understand: All kids are vulnerable:

- “I want future physicians to know that even the adolescents that do not appear to be struggling with mental health issues could be struggling; they may be masking symptoms.”

Acknowledge

that you are seeing the signs of depression or suicide in yourself or a friend and that it is serious

Care

enough about yourself or a friend to take action

Tell/Treatment

Help Seek Treatment

ACT If You See Warning Signs

- Ask if they have a plan
 - WHEN, WHERE, HOW, ACCESS
 - The more detailed the plan, the greater the risk
- Do not leave them alone
 - Supervise the student constantly (or make sure the student is in a secure environment supervised by caring adults) until he or she can be seen by the mental health contact.
- Ensure a safe environment
 - Remove all weapons from the home
 - Hide prescriptions and over the counter drugs
- Escort the student to see the mental health contact or administrator.
 - Provide any additional information to the mental health professional evaluating the student to help in the assessment process. That person will notify the student's parents.

Looking Beyond the Mask

- Active listening
- Do not diminish or dismiss their feelings
- Perception is reality
- Refrain from being judgmental
- Commend them for telling the truth

Conveying Compassion

- Use “I” statements
- Use open ended questions
- Paraphrase
- Asking the right questions
- I genuinely care about you

How to Get Students to Talk?

- Why haven't you told anyone?
- You are probably going through a phase
- This won't last long, you'll get over it
- I am wondering who else you have been able to talk to?
- Tell me how long you have been feeling this way?
- I can imagine you might feel this will never end.

How to talk to Students, cont.

- Does that make you upset?
- Does your mom/dad know?
- Do you have a plan?
- Do you make good grades?
- How does that make you feel?
- Who else knows about this?
- Tell me about your thoughts of suicide?
- Tell me about how you're doing in school?

Safety Planning

- The Suicide Prevention Resource Center & Zero Suicide initiative
- Safety Planning is evidence based
- Is a 6-step approach for assisting at-risk individual and their families
 - Recognizing triggers
 - Internal coping
 - External coping
 - People to ask for help
 - Emergency Preparedness
 - Keeping environment safe
 - Reason for living

Community Resources

- Children's Service Fund
- National Suicide Prevention Lifeline 1-800-273-8255
- Warm transfer and collaboration (zerosuicide.org)
 - Either reach out or have assistant reach out
- Community Mental Health Agencies

Additional Resources

- Suicide Prevention Resource Center
 - <http://www.sprc.org/settings/primary-care>
- Zero Suicide
 - <http://zerosuicide.sprc.org/sites/zerosuicide.actionallianceforsuicideprevention.org/files/sp/course.htm>
- Columbia – Suicide Severity Rating Scale
 - <http://cssrs.columbia.edu/>
- American Academy of Pediatrics
 - https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Mental-Health/Documents/MH_ScreeningChart.pdf

Website
chadscoalition.org

Facebook, Twitter, Pinterest
Search for CHADS Coalition for Mental Health

CHADS' Support
314.952.8274

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

CHADS Coalition
FOR Mental Health
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COMMUNITIES HEALING ADOLESCENT DEPRESSION AND SUICIDE

Take Away

- The sooner depression is recognized and treated correctly, the better the chances for that child to live a happy healthy life.
- Nurses play a critical role in detecting and referring students that are struggling with anxiety & depression
- Never underestimate the power of compassion

Your Call to Action

- Believe that depression is a treatable disease just like all the other physical health diseases
- Build a trusting relationship with all students
- Refer high risk students to school counselor or appropriate community resource

CHADS at a Glance

- CHADS an acronym for
 - Communities Healing Adolescent Depression and Suicide
- Mission
 - CHADS saves young lives by advancing the awareness and prevention of depression and suicide
- Vision
 - CHADS will eliminate suicide by young people in the Midwest.
- Suicide Prevention
 - 936 presentations to 21,938 students
 - 12.1% of students self-identified
- Bullying Prevention
 - 31 schools implemented
 - 37% reduction in bullying
- Family Support
 - 235 families assisted
 - 174 support group sessions

Closing Quote

- “Suicide is not chosen, it happens when pain exceeds a person's resources to cope with the pain.”

Questions

