

YOUTH AT RISK

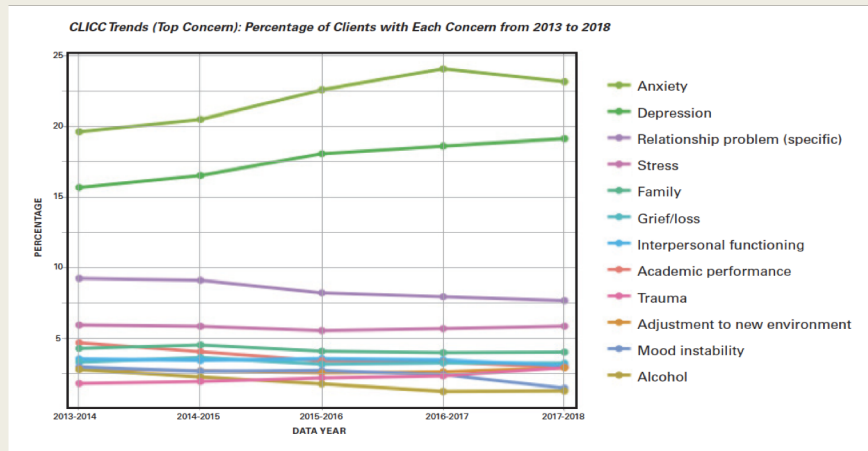
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Depression

- A syndrome characterized by sad and/or irritable mood exceeding normal sadness or grief.
- Interferes with the ability to do work, sleep, eat, enjoy pleasurable activities
- Exists with other mental health conditions
- Can be chronic

Prevalence

Major depressive episodes in adolescents increased from 8.7% in 2005 to 11.3% in 2014.



Non-suicidal Self-Injury is



IS

- A coping mechanism
- A deliberate act
- Repetitive
- Private and personal
- An act of expression
- Non-verbal communication
- A survival strategy
- A cry for help






IS NOT

- Attention seeking
- For pleasure
- A group activity
- A failed suicide attempt
- Manipulation
- A tattooing or body piercing trend

Why Inflict Physical Pain

- Physical pain distracts from emotional pain
- Means of communicating distress
- To disassociate from intolerable feelings
- To transfer emotional pain into physical pain
- To regain control over self
- Physical pain is easier to deal with than emotional pain
- To gain control
- It works

Youth Risk Behavior Surveillance United States, 2017

THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO:	2007 Total	2009 Total	2011 Total	2013 Total	2015 Total	2017 Total	Trend
Experienced persistent feelings of sadness or hopelessness	28.5	26.1	28.5	29.9	29.9	31.5	
Seriously considered attempting suicide	14.5	13.8	15.8	17.0	17.7	17.2	
Made a suicide plan	11.3	10.9	12.8	13.6	14.6	13.6	
Attempted suicide	6.9	6.3	7.8	8.0	8.6	7.4	
Were injured in a suicide attempt	2.0	1.9	2.4	2.7	2.8	2.4	

For the complete wording of YRBS questions, refer to Appendix. Source: National Youth Risk Behavior Surveys, 2007-2017

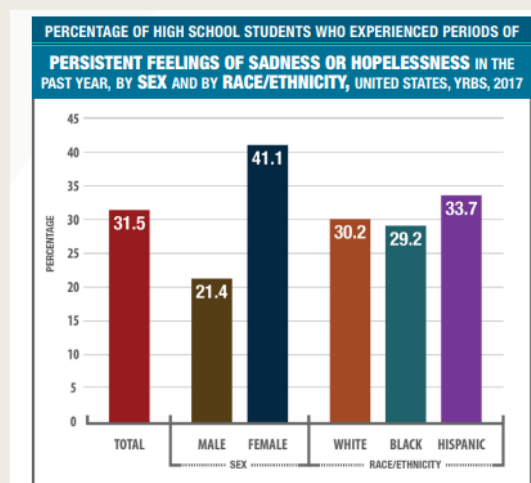
Symptoms and Warning Signs



- Failing grades
- Withdrawal from social interactions
- Loss of interest in daily activities
- Concentration problems
- Loss of energy
- Anger or irritability
- Feeling like a burden to others
- Change in sleeping patterns
- Criminal behavior/reckless behavior
- Substance abuse
- Appetite/weight changes
- Feelings of hopelessness
- Thoughts of death or suicide
- Aches, pains, headaches that are not otherwise accounted for

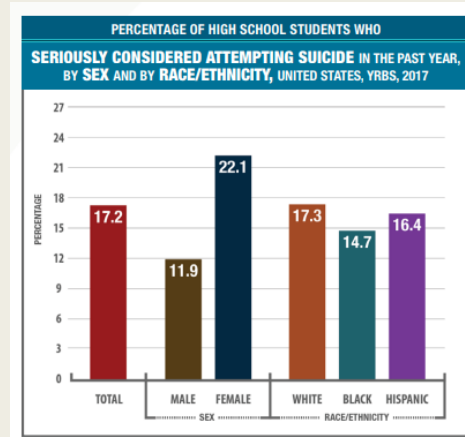
Risk Factors

- Family history of suicide
- Perfectionistic individuals
- Physical/sexual abuse
- Sexual orientation
- Contagion or Imitation (exposure to media accounts of suicidal behavior and exposure to suicidal behavior in acquaintances or friends)
- Chronic physical illness
- Aggressive/impulsive behaviors



Why do adolescents take their lives?

- ➔ Disconnection from peers and family
 - Easy access to firearms/pills
 - Greater violence in media/video games
 - Increased mental health issues and depression
 - Increased dependence on social media
- ➔ Bullying/cyberbullying
 - Domestic abuse/neglect
- ➔ Increased school pressure/perfectionism/stress to succeed
 - Sexual orientation issues
 - Shortage of mental health



Responding to Warning Signs

What hurts and what helps

- Listen to understand
- Ask the questions, acknowledge feelings
- Connect to resources
- Reflect what you hear
- Share observations and concerns
- Use language appropriate for the age of the person involved
- Be genuine

“They may forget what you said, but they will never forget how you made them feel.” Carl W. Buechner

- Advice
- Judgments
- Arguing
- Threatening/raising voice
- Denying feelings
- Making assumptions

Support for Others

- Genuine interest and concern is the most important
- Talking eases stress and tension and allows them to slow down and to process
- Calm, caring, non-judgmental
- Ask direct questions without asking for them to justify their behavior
- Never promise to keep secrets
- Allow silence
- “It sounds as though you may be thinking of suicide. Are you thinking about hurting yourself?”

Resilience and Protective Factors

- Family cohesion
- Coping skills
- Academic achievement
- Strong relationships with other students
- Help-seeking behavior
- Impulse control
- Sense of worth/confidence
- Stable home environment
- Responsibilities
- Access to and care for mental/physical disorders

Impact and Influence of Social Media

The Down Side

Focusing on likes: The need to gain “likes” can result in altered appearances and risky behavior

Cyberbullying: Associated with depression, anxiety, and suicidal thoughts

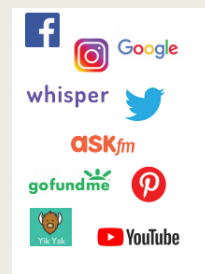
Making Comparisons: Physical appearance and life circumstances are shown by perceived successes and failures

Having too many fake friends: No privacy on social media; photos can be used for other purposes

Less face time: Social interactions are not put into practice as often. Human connection is a powerful skill.

The Up side

- Socializing is easy
- It is immediate
- Connecting with others
- Teens in marginalized groups can find support and friendship



Not Alone Movie

<https://youtu.be/p3c3WahmC-4>

Thoughts or Questions

