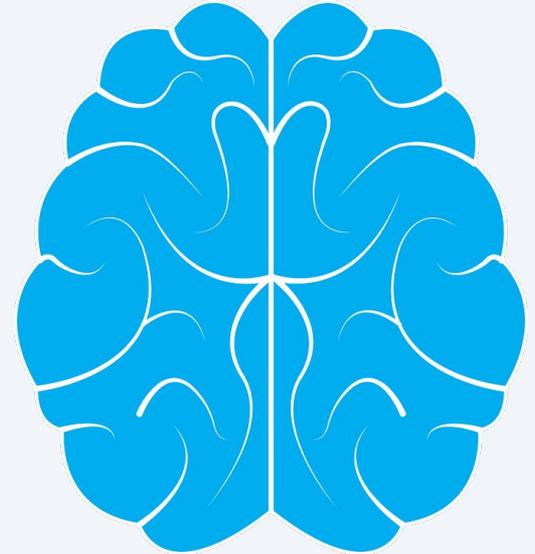




Mental Health in Adolescents:

Understanding Depression, Anxiety, and other Mental
Health disorders



Adapted by:

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Created by

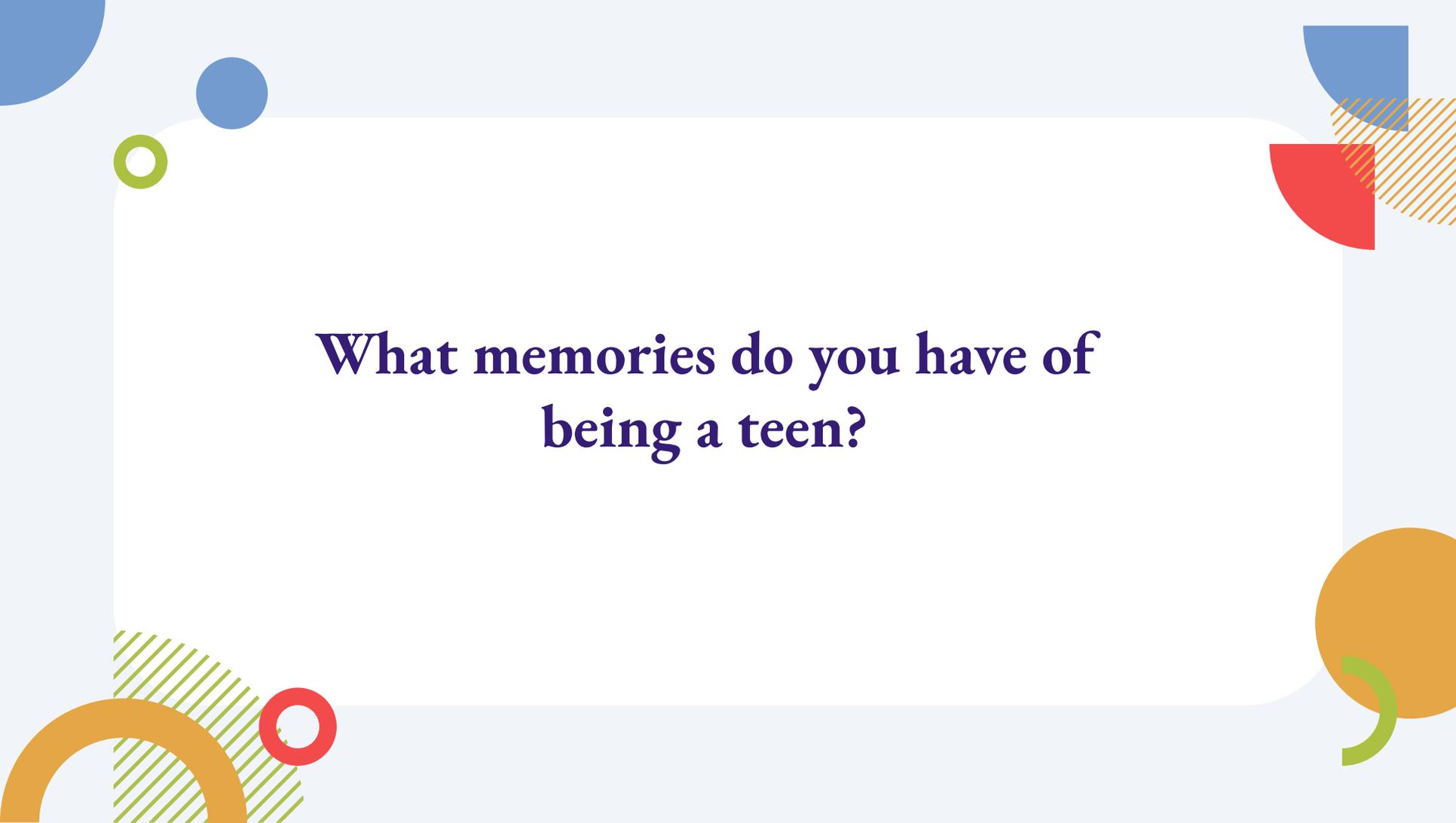
Maria Ruiz, LCSW, PPSC
School Social Worker
Harden Middle School





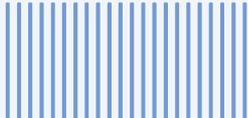
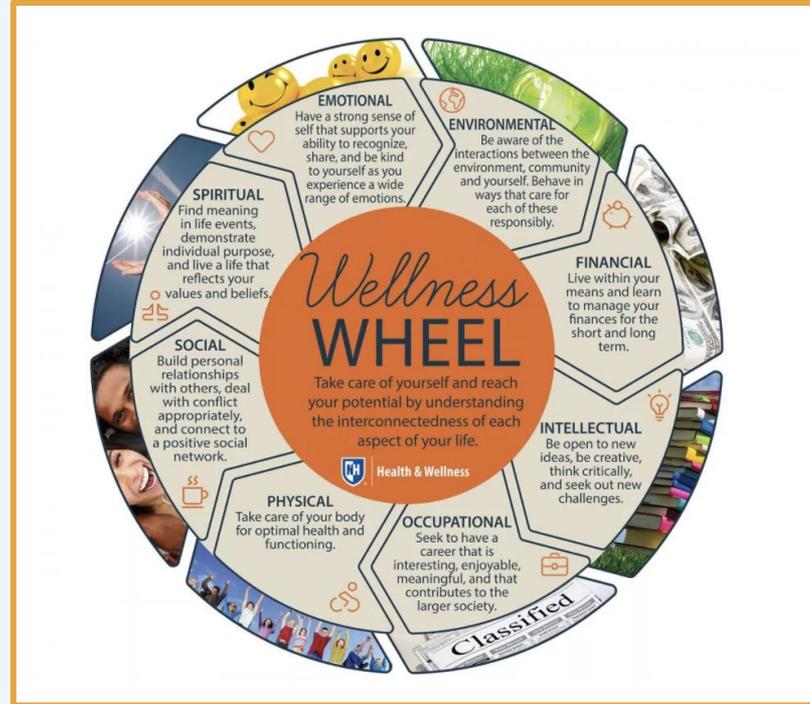
Agenda

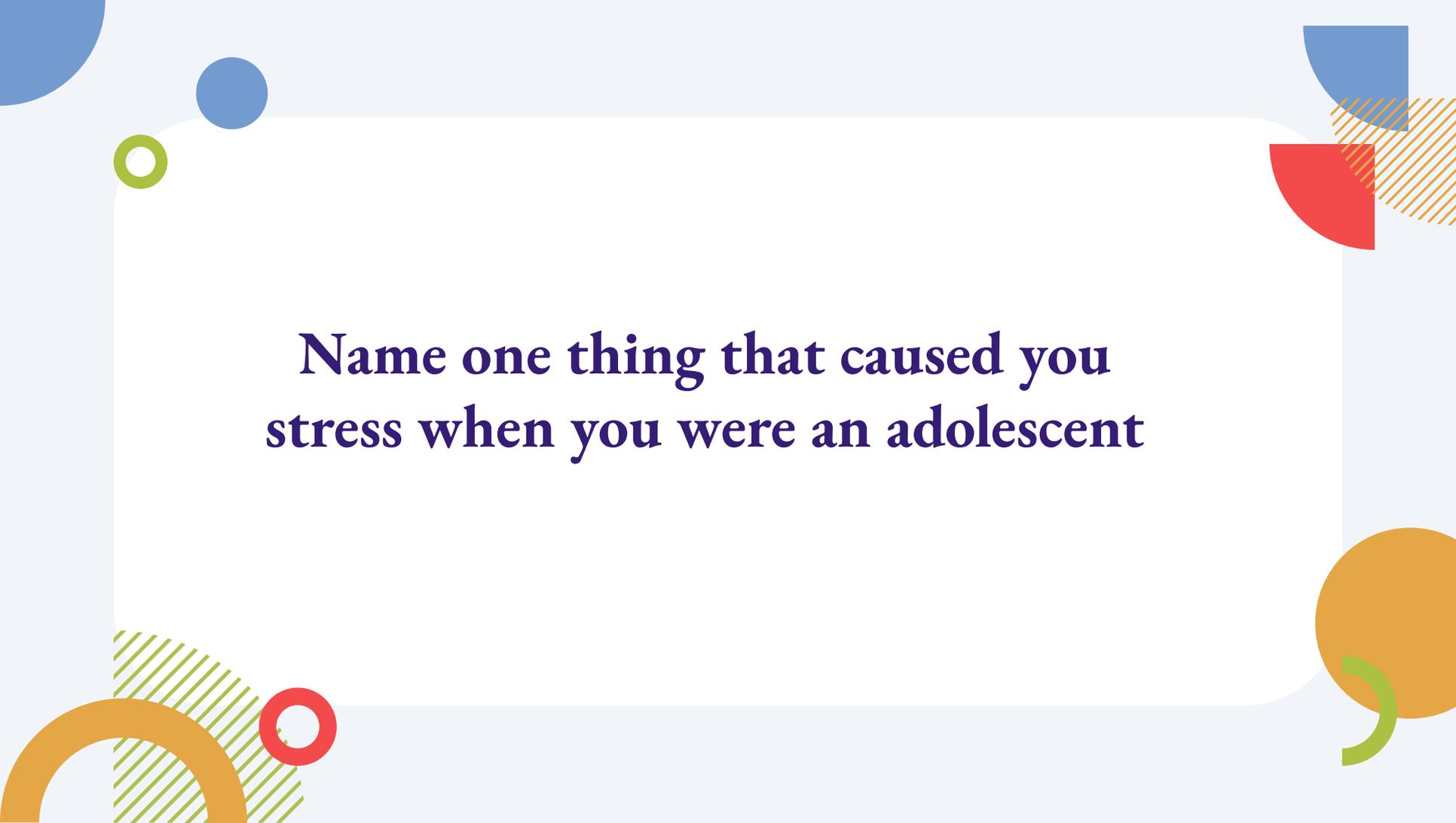
- **Definition of Mental Health**
 - **The adolescent brain**
 - **Mental Health Disorders: Warning signs**
 - **Cultivating healthy adolescents**
 - **Q&A**
- 

The background is a light blue gradient with various geometric shapes and patterns. In the top-left corner, there is a large blue semi-circle, a smaller blue circle, and a green circle with a white center. In the top-right corner, there is a blue semi-circle, a red semi-circle, and a yellow semi-circle with diagonal lines. In the bottom-left corner, there is a large orange semi-circle, a green semi-circle with diagonal lines, and a red circle with a white center. In the bottom-right corner, there is a large orange circle and a green semi-circle.

**What memories do you have of
being a teen?**

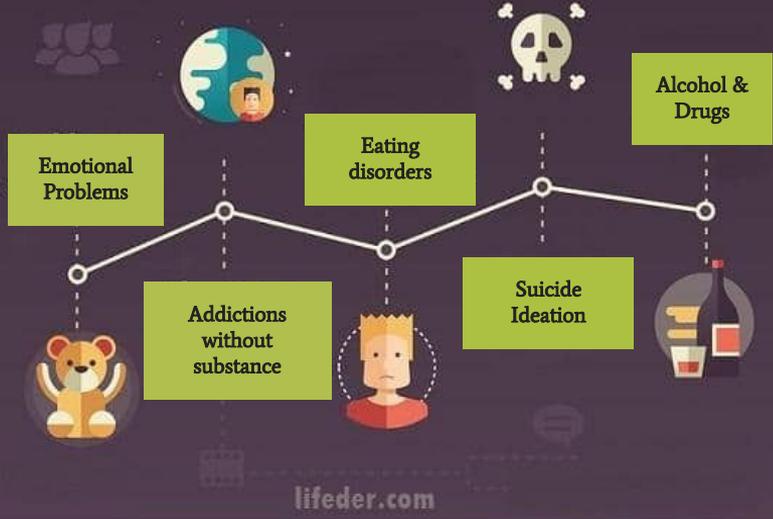
What is Mental Health?





**Name one thing that caused you
stress when you were an adolescent**

Common Adolescent Problems



- Low self-esteem and obsession with the body
- Gangs and sects
- Relationship problems
- Lack of protection in sexual relationships
- Reckless attitude

Erikson's Stages of Psychosocial Development

Approximate Age	Psychosocial Crisis/Task	Virtue Developed
Infant - 18 months	Trust vs Mistrust	Hope
18 months - 3 years	Autonomy vs Shame/Doubt	Will
3 - 5 years	Initiative vs Guilt	Purpose
5 - 13 years	Industry vs Inferiority	Competency
13 - 21 years	Identity vs Confusion	Fidelity
21 - 39 years	Intimacy vs Isolation	Love
40 - 65 years	Generativity vs Stagnation	Care
65 and older	Integrity vs Despair	Wisdom

Typical Adolescent Behavior and Development

Development of an adolescent and Typical Behavior.

“Identidad vs. Confusión de roles”



Distance from parents/
guardians/ relatives



They take risks and tests
the limits and rules



Explore and discover the
identity, personal beliefs,
and goals



Frequent changes in
relationships with others



Los self-esteem



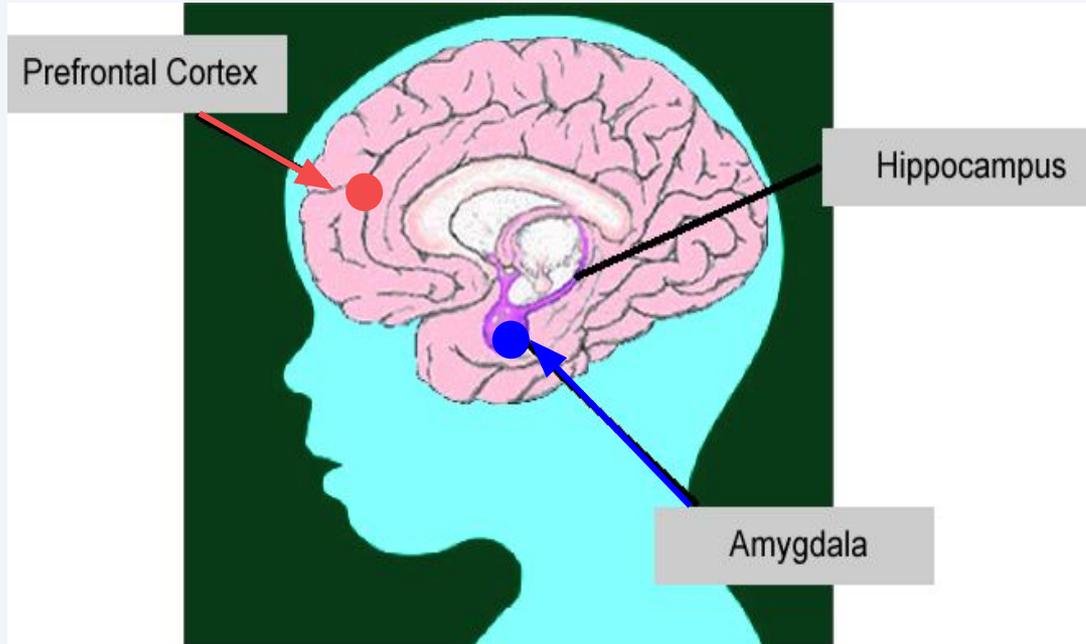
Awareness increases
about the opinions of
others and the desire to
be accepted



Interest in privacy
increases

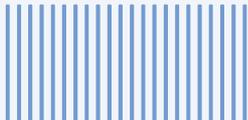
Brain Development

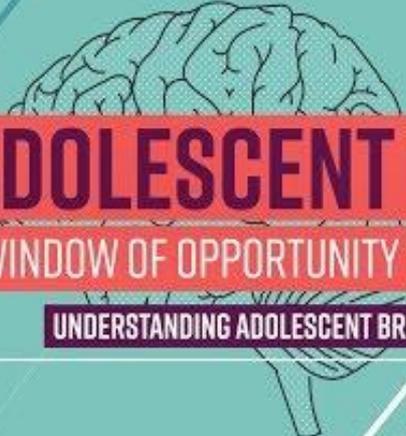
It is responsible for helping with decision making, impulse control, and critical thinking.



It is responsible for immediate emotional responses and survival instincts.

<https://www.youtube.com/watch?v=-1FRco3Bjyk>





THE ADOLESCENT BRAIN

A SECOND WINDOW OF OPPORTUNITY

UNDERSTANDING ADOLESCENT BRAIN DEVELOPMENT

unicef
United Nations Children's Fund



Danger Signs of Mental Health Disorders in Adolescents

Quoted from National Institute of Mental Health, *Children and Mental Health is This Just a Stage?*

- Loss of interest in activities that they liked to do and enjoyed.
- Changes in energy levels
- Sleeps a lot or very little or is sleepy during the day.
- Concentration problems
- Irritability
- Spending more time alone
- Avoid social activities with family and friends





Danger Signs of Mental Health Disorders in Adolescents

Quoted from National Institute of Mental Health, *Children and Mental Health is This Just a Stage?*

- Irritability
- Spending more time alone
- Avoid social activities with family and friends
- Appetite changes

- *Self-harming behavior (cutting, hitting, burning, etc.)*
- Thoughts of suicide





Danger Signs of Mental Health Disorders in Adolescents

Quoted from National Institute of Mental Health, *Children and Mental Health is This Just a Stage?*

- Participating in risky and destructive behavior
 - a. Smoking, drinking alcohol, drug use, risky sexual behavior
- They say that someone is trying to control their mind or that they hear things that others do not hear / see.



Depression

Signs and Symptoms

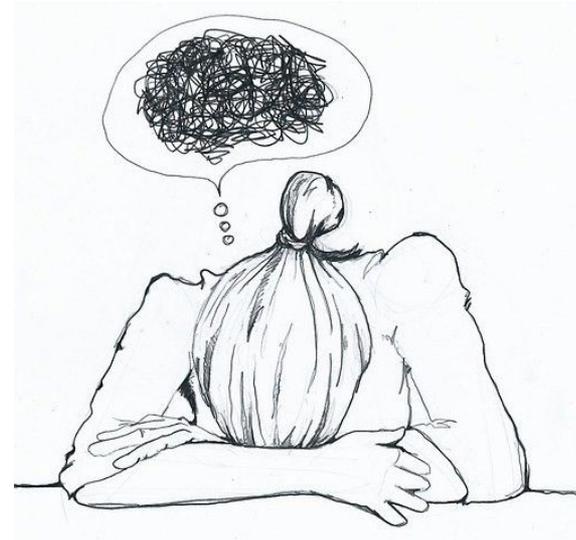
- Irritability
- Isolation (more time alone and less time with friends.)
- Changes in diet and sleep
- Less time participating in activities of interest
- Self-harm
- Suicide attempts
- Difficulty Sleeping
- Excessive sleep
- Excessive sadness
- Loss of hope
- Lack of motivation
- Low levels of energy
- Loss of pleasure in activities of interest
- Feeling of guilt
- Thoughts about suicide
- Difficulty focusing



Anxiety

Signs and Symptoms

- Feeling of nervousness, agitation or tension.
- Feeling of imminent danger, panic, or catastrophe.
- Increased heart rate
- Accelerated breathing (hyperventilation)
- Perspiration.
- Trembling.
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than your current concern.





Youth ages 3-17

Many mental health disorders begin during adolescence (depression, anxiety, eating disorders, psychotic and bipolar).

Diagnoses of anxiety and depression are on the rise.

7.4% have a diagnosed conduct disorder

7.1% have been diagnosed with anxiety

3.2% have been diagnosed with depression





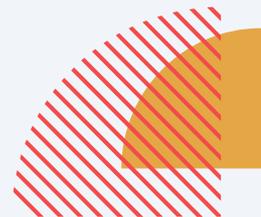
How do I help?





Tips to Support Youth Well-Being

- Find the time to talk to your child and take the time to listen
- Create family rituals and routines during the week (dining together, cooking together, going for a walk)
- Take time off from the screen
- Model self-care (walking, reading, doing art projects, spending time with family friends)
- Encourage participation in extracurricular activities (sports, clubs, community organizations, volunteer projects)
- Positively acknowledge your teen





Who can help me?





Community Resources

NAMI -- 1355 Abbott St. Salinas, CA 93901-- (831)422-6264

Harmony at Home -- Solicitar los servicios en la escuela de su hijo(a) --
(831)272-6244 -- <https://harmony-at-home.org/programs/>

Community Human Services -- 433 Salinas St. Salinas, CA 93901--
(831)757-7915

Beacon -- (855) 765-9700

Monterey County Behavioral Health -- 1441 Constitution Blvd. Bldg 400, Suite
202 Salinas, CA 93906 -- (888)258-6029





Questions?

The background is a light blue gradient. A large white rounded rectangle is centered, containing the text "Thank You!". The text is in a bold, orange, sans-serif font. Surrounding the white box are various decorative elements: a green circle in the top-left corner, a blue circle in the top-left, a green circle with a white outline in the top-left, a blue circle in the top-left, a red circle in the top-right, a blue circle in the top-right, a hatched circle in the top-right, a green circle in the bottom-right, a hatched circle in the bottom-left, and an orange arc in the bottom-left.

Thank You!



Information obtained from:

<http://www.TeenMentalHealth.org>

<https://www.simplypsychology.org/Erik-Erikson.html#identity>

Children and Mental Health: Is this just a stage? National Institute of Mental Health,
2018

Mental Health by the Numbers,

<https://www.nami.org/learn-more/mental-health-by-the-numbers>

The Kim Foundation, <https://www.thekimfoundation.org/causes/>

<https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml>

