

Navigating the Teen Years

Depression, Suicide, and
Cutting

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Statistics— Sandusky Co.

- In 2007, 10% of Sandusky Co. youth made a plan on how they would attempt suicide in the past 12 months
- In the past year, 5% of Sandusky Co. youth had attempted suicide and 3% had more than one attempt
- Comparison of Suicide attempts—U.S. 8%, and 9% for Ohio youth

Statistics

- For youth ages 15 to 24, suicide is the 3rd leading cause of death
- 2005—just over 18% of Ohio high school youth indicated that they had seriously considered suicide in the last 12 months
- 3% of Ohio high school youth indicated their attempt required medical attention

Statistics—Sandusky Co.

- 22% of Sandusky Co. youth report feeling sad or hopeless for 2 weeks or more in the past 12 months
 - 15% male
 - 30% female
 - 22% 13 or younger
 - 20% 14-16 years old
 - 26% 17 to 18 years old

Depression

- Depression is a serious illness that can affect anyone including children and adolescents
- It affects a person's thoughts, feelings, behavior and overall health
- Approximately 4 out of 100 teenagers get seriously depressed each year
- Distinct types— Major Depression, Dysthymic Disorder, Adjustment Disorders with Depressed Mood

Depression--Signs

- Feeling sad more days than not
- Frequent crying spells (sometimes with no present stressor)
- Feeling hopeless or “nothing good will happen for me”
- Difficulty making decisions
- Poor concentration

Depression--Signs

- Increase in irritability/anger (depressed teens often look very angry)
- Excessive guilt/blame “I don’t do anything right”
- Isolate self from family friends (previous fun activities are skipped or avoided)
- Change in sleep/appetite
- Increased thoughts of death

Depression--Signs

- Passive suicidal ideation (“God should take me” or “everyone would be better off without me”)
- Suicidal ideation– thoughts/plans to end one’s own life

Depression--Causes

- Genetic—teens who have a parent with depression are 3 times more likely to develop depression than teens than with parents who aren't depressed
- Nature and Nurture
- Stress
- Abuse/Neglect/Trauma that is unresolved

Depression--Causes

- Unresolved family conflict
- Break up with boyfriend/girlfriend
- Use of substances such as alcohol, painkillers, steroids
- Teens with behavior problems, learning disabilities, or serious medical conditions are more likely to develop depression

Suicide--Signs

- Threats or talking about one's death
- Notes, letters, poems, songs, wills
- Saying "Goodbye"
- Making preparations such as giving away belongings
- Drop in school performance
- Change in personality
- Sudden shift from extreme depression to happiness
- Obsession with death
- Procuring methods or means ex. getting pills, weapon, etc.

Suicide—Risk Factors

- Previous attempts
- Family history of suicide
- Hopelessness
- Feeling socially isolated
- Local recent suicides
- History of impulsivity
- Limited coping skills

Suicide—Protective Factors

- Support from family, friends, community
- Religious
- Engaged in treatment
- Easy access to care
- Future orientation
- Lifesavers and lifelines

Self Mutilation (Cutting)

- Defined as the deliberate harming of one's own body without the intent to commit suicide

Self Harm-- Forms

- Ripping or picking of skin
- Hair pulling
- Punching
- Head banging
- Bruising
- Burning
- Scratching
- Bone breaking
- Branding

Self Harm—Why?

- Release of tension
- Express anger
- Punish themselves
- Numb out
- Feel alive
- Control
- Stop bad thoughts
- Feel euphoric
- Teens describe at times as addictive
- “Keeps me from killing myself”

Self Harm--Causes

- Low self esteem
- Unresolved abuse
- Attention
- Need to feel in control
- Limited or no coping skills

Treatment

Less than 40% of adolescents who experienced at least one Major Depressive episode in the past year received treatment in the same time period.

Treatment

- Counseling
- Medication
- Support network—family, friends, “fave five”
- Talk, Talk Talk—reduce isolation, and the myth that if someone talks about suicide that will increase their chances of completing
- Start teaching coping skills with your children early (don't give every child a trophy!!!!)
- Let young children/teens learn to deal with loss/disappointment
- Challenge cognitive distortions (all or none thinking)

Treatment

- Support and teach emotional regulation of grief, trauma, and anger
- Be present
- Outlast their avoidance

Questions ????????????



Thanks for your time and participation!