

Coffee with MCHS Student Services

Adolescent Teen Depression

Maura Reid LCSW, CADC-Prevention and Wellness Coordinator

Ashley Burger LCSW-School Social Worker East Campus

Did you know that.....

- 3.2 million United States adolescents experience at least one major depressive episode.
- Depression is a common but serious mood disorder.
- Depression is a treatable mental health disorder.
- Did you know that Lady Gaga, Dwayne “The Rock” Johnson, Katy Perry, Michael Phleps, Jim Carrey are some celebrities that have shared they have suffered from depression.

Signs and Symptoms-Lasting longer than two weeks

- Feeling sad or blue
- Crying frequently
- Loss of interest or pleasure in usual activities
- Significant increase or decrease in appetite
- Significant weight loss, failing to gain weight appropriately, or gaining excessive weight
- Change in sleep pattern: inability to sleep or excessive sleeping

Signs and Symptoms Continued

- Trouble concentrating
- Agitation, irritability, or anger
- Fatigue or loss of energy
- A tendency to isolate from friends and family
- Feelings of worthlessness or excessive guilt
- A tendency to isolate from friends and family
- Thoughts of death or thoughts, plans, or attempts at completing suicide

Video



East Campus School Supports

Social Workers

Ms. Burger ext 2504 Alpha A-L

Ms. Garrelts-ext 2563 Alpha M-Z

Psychologist

Ms. Breitenbach-ext 3087

Counselors

Mr. Menke- ext 2565 Alpha A-C and P-Z

Ms. Frederick- ext 2564 Alpha D-0

West Campus Supports

Ms. Murtaugh-ext 5518 Social Worker
Alpha A-L

Ms. Eggert-ext 5513 Social Worker
Alpha M-Z

Ms. Woods-ext 5517 Psychologist A-L

Mr. Born-ext 5540 Psychologist M-Z

Ms. Reid-ext 5551 Prevention and
Wellness Coordinator

Mr. Bocian-ext 5525 Alpha A-Di

Mr. Myers-ext 5526 Alpha Do-Je

Ms. Zarinana-ext 5500 Alpha Ji-Le
and ML

Ms. Bacigalupo-ext 5512 Alpha Li-Ph

Ms. Schak-ext 5527 Alpha Pi-Sch

Ms. Sadler-ext 5528 Alpha Sco-Z

Community Supports

Alexian Brothers Behavioral Health

(847) 882-1600

AMITA Behavioral Medicine Institute/Crystal Lake Adol/PHP

(224) 273-8991

Aunt Martha's Health & Wellness

(708) 747-8111

Northwestern Medicine Crisis Services

(800) 892-8900

Community Supports....

Family Health Partnership Clinic

(779) 220-9300

Horizons Behavioral Health Professional Services, LLC

(815) 455-7100

Mathers Clinic

(815) 444-9999

National Alliance on Mental Illness McHenry County (NAMI)

(815) 308-0851

Community Supports...

Pioneer Center for Human Services

(815) 344-1230

Rosecrance

(815) 363-6132

Streamwood Behavioral Healthcare System

(630) 837-9000

Youth & Family Center of McHenry County

(815) 322-2357

FAQ's

1. How can I start a conversation with my teen about depression?

- It's ok to be direct with your teen, but it is also important to give them the space to answer open ended questions. Start with open ended questions and then ask more direct questions if you are worried and they are not being direct with you about their emotions. *"I have noticed some changes recently, so I wanted to check in with you. How have you been feeling recently? Have you been feeling sad, depressed, or irritable?"*

2. If I ask my teen if they are suicidal, will that put that thought into their head?

- No, by asking your teen if they are suicidal you are not putting that thought into their head. If anything, you are giving them the opportunity to share with you thoughts or feelings they may be having, which allows you to respond and get them the help they need.

3. What if my teen doesn't want to see a therapist?

- It may take your teen time to find the right therapist. Ask them to try a couple until they find someone that they feel they connect with.

4. What if my doctor recommends medication and I don't want my child to take it?

- Ultimately, it is up to you and your child to determine if medication is a route you want to take. Be honest with the doctor/psychiatrist/ or therapist.

5. What do I do if my teen is having suicidal ideations or reports a friend is having suicidal ideations?

- If your teen is having suicidal thoughts or has shared that a friend is having suicidal thoughts, you can call the McHenry County Crisis Line, take your teen to an emergency room for an assessment, call the McHenry Sheriff's department and request a child welfare check be done for the teen's friend that may be having suicidal thoughts.

6. What can I say to my teen if they share with me that they are feeling depressed?

- If your teen states they are depressed, let them know that you are there for them to listen and support. Ask them what they need. Suggest seeking out a therapist.

7. What is the difference between being sad and being depressed?

- If your teen is depressed, you will see the symptoms last longer than two weeks. These symptoms will impact their routine, school, or activities they are involved in. Sadness is for a moment or a day. If you notice your teen feels sad after a difficult situation and it lasts longer than two weeks, they can still be depressed.

8. Do genetics impact mental health, such as depression?

- Genetics do play a role in mental health and can be passed down. Be honest about your family history of mental illness with your teen's doctor, therapist, or psychiatrist.

9. What are some negative coping skills that teens may use when feeling depressed and how do I respond?

- Teens may turn to alcohol or drugs when feeling depressed. You may also notice that they sleep more or may use harm themselves to cope with their emotions. When you notice these signs, be firm with them about getting help. Look into counseling and reach out to your resources.

10. Are there any strategies I can implement in the home to help my teen manage their depression?

- Besides seeking out the help for your teen, help and encourage them to keep a routine. Encourage them to spend time outside of their room, encourage healthy eating and sleeping habits, and encourage them to exercise.

11. Is depression treatable?

- Yes, with the right support anyone can learn how to manage their symptoms.

12. Can my teen have comorbid disorders, such as depression and anxiety?

- Yes, an individual can have comorbid disorders, which means that someone with depression may also experience anxiety, personality disorders, or substance use or abuse disorders. This is not everyone, but make sure you seek out the appropriate support early.

13. Are there different types of depression?

- There are multiple types of depression.
 - Major Depressive Disorder: When people talk about depression, this is often what most are referring to and
 - Persistent Depressive Disorder (Dysthymia): This is when depression lasts longer than two years.
 - Substance/Medication-Induced Depressive Disorder: Symptoms of depression that develop soon after exposure to medication or substances.
 - And a couple more, but your teen's therapist or doctor will talk you through their diagnosis

14. What are some important numbers my teen should know if they are depressed?

- McHenry County Crisis Line: **800-892-8900**
- National Suicide Prevention Helpline: **800-273-8255**
- CARES Line: **800-345-9049**

15. What should I do if my teen's depression is impacting their education?

- If your teen is struggling with depression and it is impacting their education, reach out to your teen's counselor, psychologist, or social worker in the building and they can work with you to help your teen.

16. If you have any further questions, reach out to a member of your student services team.

- Refer to slides 6 and 7