

The Mental Health Crisis and what you can do to help

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Objectives

1. Tips on what to say to kids
2. Means Restriction
3. How to recognize depression

How to help kids

- Take care of you
- Be a listener
- Be informed
- Be an advocate

Put your own mask on first

- Take time to “do your thing” daily
 - Music?
 - Meditate?
 - Work out/walk/run?
- Self check for signs of burn out
 - Low energy
 - Feeling your actions are futile
 - Compassion fatigue

Be Switzerland



Be a listener

- Active listening
- Non-judgmental approach
- Check your agenda at the door
- Less advice, more listening

SOC it to me

- Situation
- Options
- Consequences

Be Informed

- Know how to recognize depression
- Know about means restriction for suicide prevention
- Know about community resources

Depression

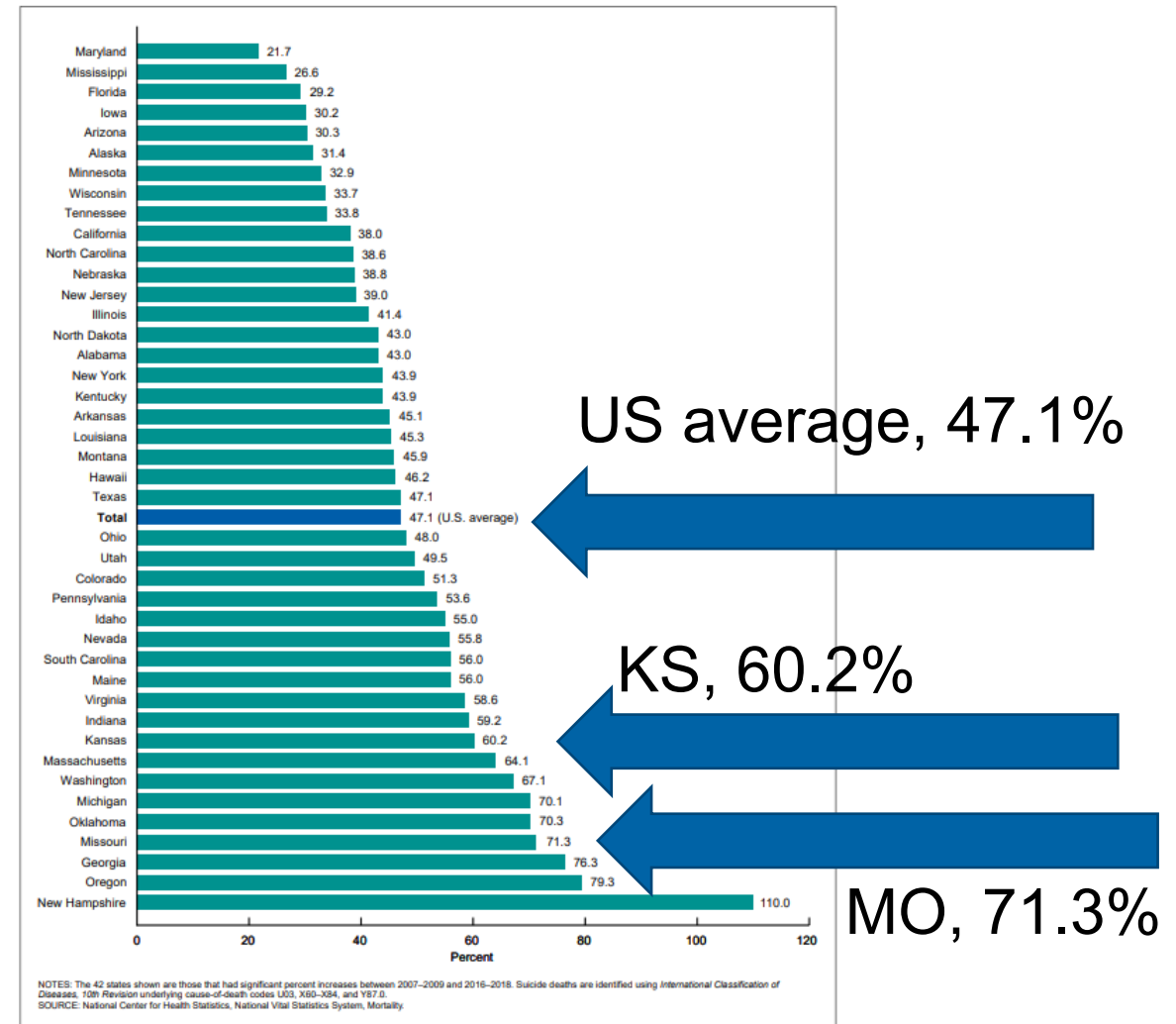
- Signs and symptoms: Changes in sleep and appetite, decreased interest in activities that used to be fun, inattentive and poor memory. Decreased energy, hopeless/helpless and pessimistic and feeling sad
- Present most every day and most parts of the day for 2 weeks, qualifies as
- Major Depressive Disorder vs Transient Depression

Suicide risk factors

- Major Depressive Disorder
- Other psychiatric disorders
- LGBT status—especially gender non-conforming people
- Cutting or other self-injurious behaviors
- Past suicide attempts
- Multi-racial adolescents at higher risk during pandemic

Percent increase in suicide death rates for youth 10-24 years old, by state (Curtin, 2020)

Figure 1. Percent increase in suicide death rates among persons aged 10–24 years: United States and selected states, 2007–2009 to 2016–2018



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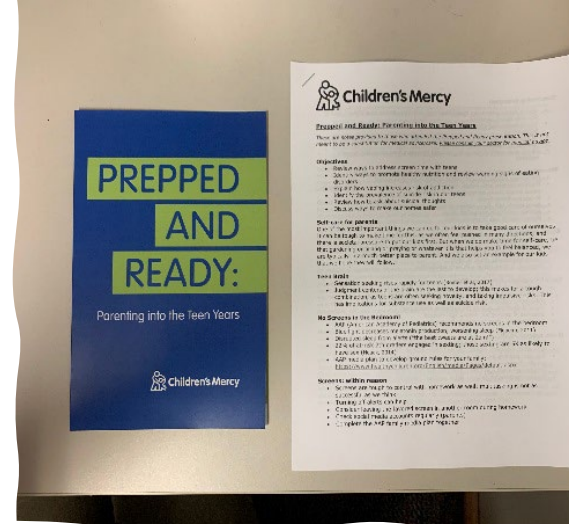
- Addressing vaping
- Preventing eating disorders
- Handling tough questions
- Suicide prevention
- Understanding how teens think



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Safety Toolkit

- Lockable med storage box
- Four weekly med organizers
- Bag to dispose of old medications, dish soap
- And for firearm owners:
 - Cable gun lock
 - Locked gun box





22-DEV-0373

Video series available at
cmkc.link/PreppedAndReady

*One caregiver per household raising children under 18 years old is eligible to participate in this research study with a safety toolkit for the first 1,000 participants.

Community resources

- Community Mental health Centers
- Insurance Company case managers
- ReDiscover Urgent Care for adolescents and adults
- Hospital Emergency Departments

Be an advocate

- With parents
- With school administration
- With state and federal legislatures

Parent advocacy

- Demystify mental health care
- Encourage use of mental health resources
- Offer hope

Political Advocacy

- Mental illness has no political party
- Mental health spending can be perceived to be expensive and futile

Additional thoughts

The Mental Health Crisis in youth

- Rates of mental illness has been on the rise for decades
- Improvements in diagnostic acumen and changes in societal understanding of behavior are part of this increase
- Stresses on children and families at all SES levels also contribute
- Not one specific reason stands out as an obvious cause as this is complex and multifactorial

The Pandemic

- SARS COV 2 appears in China in late 2019
- First case in USA in January 2020
- School closings and lockdowns begin in March 2020 and depending on district and area continued until mid 2021
- Key issue with lockdown was isolation
 - Key activity of adolescence is connection to peers with separation and individuation from parents.
- Depression and suicidal ideation spiked in the pandemic

Questions?