

ANXIETY & DEPRESSION IN ADOLESCENTS: ASSESSING & RESPONDING

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Psychotherapist

Anxiety – varied type

Traumas – commission/omission

Depressions

Developmental Adjustment

Anger – Internal/External

Couples Work

Addictions – Behavioral/Chemical

Teens/Family

*Innumerable Resources

ADOLESCENT

Mental Health



ERIKSON'S STAGES

Stage Theory

Psychosocial Stage 5 - Identity vs. Confusion, age 12-19. Main Question: Who am I and where am I going? During adolescence, children are exploring their independence and developing a sense of self. Identity formation can take a long time and can lead to an "Identity Crisis." BYAEP focus: Identity.

Psychosocial Stage 6 - Intimacy vs. Isolation, age 20-35. Main Questions: Am I loved and wanted? Should I share my life with someone or live alone? This stage covers the period of early adulthood when people are exploring personal relationships.



NEUROLOGIC BIOLOGIC SHIFTS

Tremendous Opportunity / Memory

Dramatic hormonal changes

Dopamine Influence

Pre frontal cortex development



ADOLESCENCE: A CRISIS

- *MUCH longer period in modern era*
 - Ages: 13-18? Now : 11-24?
 - crucial or decisive point
 - unstable condition
 - emotionally stressful event or change in a persons life
 - a point in a story or drama where a conflict reaches its highest tension and *must* be resolved
 - shifting from family to peer influence
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ADOLESCENCE: AN OPPORTUNITY

a favorable time or occasion

a situation or circumstance favorable for the attainment of a goal

a good position, chance or prospect, as for advancement or success



PRIMARY PARENT CONCERNS (FEARS)

Academics

Drugs & Alcohol

Sexual Activity

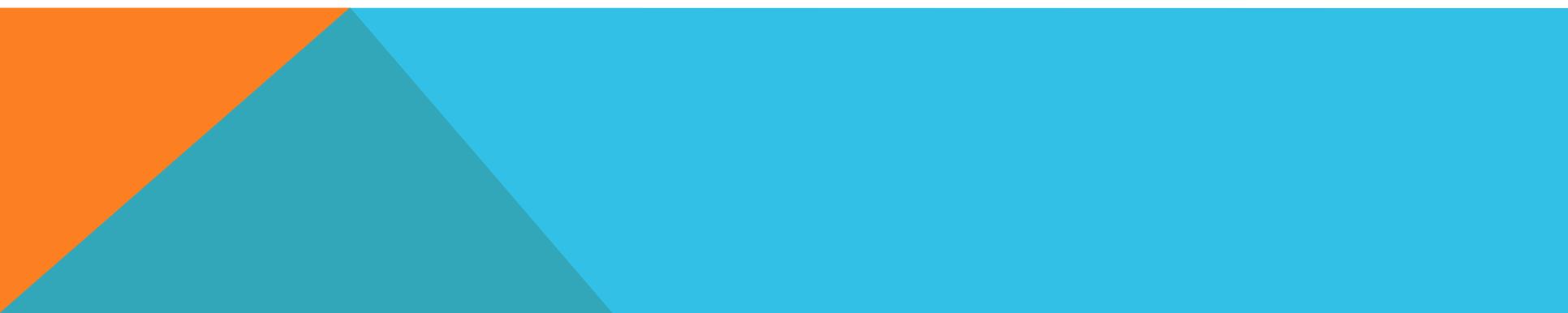
Social Group/Influences

Self Esteem

Self Development

Personal Morality & Ethics

Risk Taking



DEPRESSION

ANXIETY

FEELINGS



EMOTION

“Movere” – Latin Derivative – “To Move”



Primary Emotions Action Tendencies

Anger

Fear

Lust

Excitement

Joy

Sadness

****REGULATION****

General Diagnostics

General Anxiety

OCD

Phobias

Panic Attacks

ADHD/ADD

Tourettes

Tic Syndromes



ANXIETY EPIDEMIC

Anxiety is the most common mental-health disorder in the United States, affecting nearly one-third of both adolescents and adults, according to the National Institute of Mental Health. But unlike depression, with which it routinely occurs, anxiety is often seen as a less serious problem. (NY Times, 10/11/17)

“Anxiety is easy to dismiss or overlook, partially because everyone has it to some degree,” explained Philip Kendall, director of the Child and Adolescent Anxiety Disorders Clinic at Temple University in Philadelphia. It has an evolutionary purpose, after all: it helps us detect and avoid potentially dangerous situations. Highly anxious people, though, have an overactive fight-or-flight response that perceives threats where there often are none. (NY Times, 10/11.17)

Technology

2007 to 2009 had a starker effect on Millennials trying to find a place in a sputtering economy. But it was exactly the moment when the proportion of Americans who owned a smartphone surpassed 50 percent (The Atlantic Sept 2017)



Loneliness

Teens who visit social-networking sites every day but see their friends in person less frequently are the most likely to agree with the statements “A lot of times I feel lonely,” “I often feel left out of things,” and “I often wish I had more good friends.” Teens’ feelings of loneliness spiked in 2013 and have remained high since.

Independence

The allure of independence, so powerful to previous generations, holds less sway over today's teens, who are less likely to leave the house without their parents. The shift is stunning: 12th-graders in 2015 were going out less often than *eighth-graders* did as recently as 2009.



Work & Money

Teens aren't working (or managing their own money) as much. In the late 1970s, 77 percent of high-school seniors worked for pay during the school year; by the mid-2010s, only 55 percent did. The number of eighth-graders who work for pay has been cut in half. These declines accelerated during the Great Recession, but teen employment has not bounced back, even though job availability has.

Home & Indoors

Teens, in turn, seem to be content with this homebody arrangement—not because they're so studious, but because their social life is lived on their phone. They don't need to leave home to spend time with their friends.



Culture & Class

Teenagers raised in more affluent communities might seemingly have less to feel anxious about. But Suniya Luthar, a professor of psychology at Arizona State University who has studied distress and resilience in both well-off and disadvantaged teenagers, has found that privileged youths are among the most emotionally distressed young people in America. “These kids are incredibly anxious and perfectionistic,” she says, but there’s “contempt and scorn for the idea that kids who have it all might be hurting.”

While smartphones can provoke anxiety, they can also serve as a handy avoidance strategy. At the height of his struggles, Jake spent hours at a time on his phone at home or at school. “It was a way for me not to think about classes and college, not to have to talk to people,” he said. Jake’s parents became so alarmed that they spoke to his psychiatrist about it and took his phone away a few hours each night.

In the last few years, the counselor said, she has watched in astonishment as more students struggle with anxiety – and as more of those “stop coming to school, because they just can’t.”



Screen Misery

The results could not be clearer: Teens who spend more time than average on screen activities are more likely to be unhappy, and those who spend more time than average on non screen activities are more likely to be happy.

There's not a single exception. All screen activities are linked to less happiness, and all non-screen activities are linked to more happiness. Eighth-graders who spend 10 or more hours a week on social media are 56 percent more likely to say they're unhappy than those who devote less time to social media.

The more time teens spend looking at screens, the more likely they are to report symptoms of depression.



Online Romance



ANXIOUS CULTURE

“It is harder than ever for parents to accept teenagers because it feels as if there’s no more room for the trial and error of adolescence – for childishness, clumsiness, or bad attitudes. The steady thrum of anxiety causes parents to focus on the appearance of success and stability: grades, popularity, sports skills, and looks. One 15 year old girl said “I feel like every minute of every day my future is on the line”(Mogul, Blessings of a B minus 2010).



My Phone Friend

I asked my undergraduate students at San Diego State University what they do with their phone while they sleep. Their answers were a profile in obsession. Nearly all slept with their phone, putting it under their pillow, on the mattress, or at the very least within arm's reach of the bed. They checked social media right before they went to sleep, and reached for their phone as soon as they woke up in the morning (they had to—all of them used it as their alarm clock). Their phone was the last thing they saw before they went to sleep and the first thing they saw when they woke up. If they woke in the middle of the night, they often ended up looking at their phone. Some used the language of addiction. “I know I shouldn’t, but I just can’t help it,” one said about looking at her phone while in bed. Others saw their phone as an extension of their body—or even like a lover: “Having my phone closer to me while I’m sleeping is a comfort.” (J. Twenge, Sept 2017)

Warning Signs

Perfectionism

Agitation

Physical Dysregulation

Negative Dialogue

Anger

Panic Attacks



SLEEP FOOD BODY

Electronic devices and social media seem to have an especially strong ability to disrupt sleep. Teens who read books and magazines more often than the average are actually slightly less likely to be sleep deprived—either reading lulls them to sleep, or they can put the book down at bedtime. Watching TV for several hours a day is only weakly linked to sleeping less. But the allure of the smartphone is often too much to resist.

ANXIETY MANAGEMENT

GENERAL MANAGEMENT

THINKING STYLES

Nature

Pharmacology



ARE YOU PRESSURE? OR RELIEF?

Future goals, colleges, dating, dances, sports, friends and peer struggles. Not good if YOU become just another thing/person to be avoided or managed.

Ask your teen(s) are you a source of pressure or relief?

Consultant vs. Manager



Cognitive Distortions

Lot's of thinking.....going nowhere.....



Calm

If the house is not on fire.....

