

"Youth, Depression and Suicide"

A CRC Webinar Presented by

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Faith and Hope Ministries

Who are we?
What is Faith and Hope Ministries?



Winnie Visser & June Zwier



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Youth, Depression and Suicide

1. Awareness
2. Acknowledgement
3. Action



Awareness

What's Normal Teen Development?

- a. Thinking changes
- b. Emotional changes
- c. Behavioural and Social changes



Awareness Teen Needs:

- a. Need for attachment
- b. Need for competence and understanding
- c. Need for identity and belonging

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The Adolescent Brain

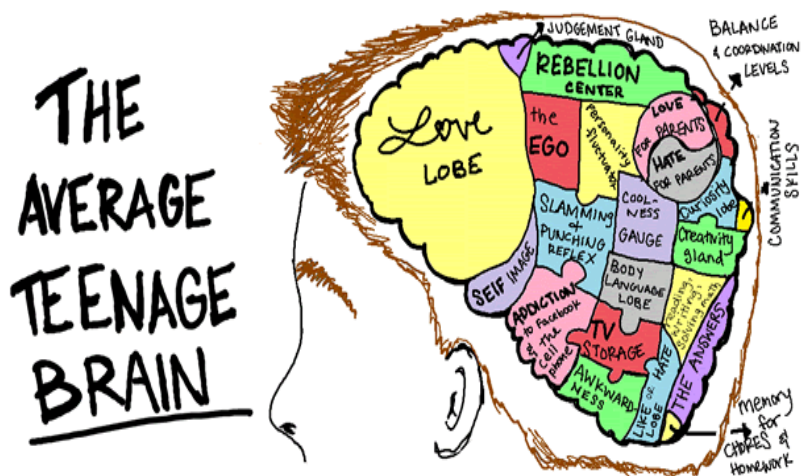


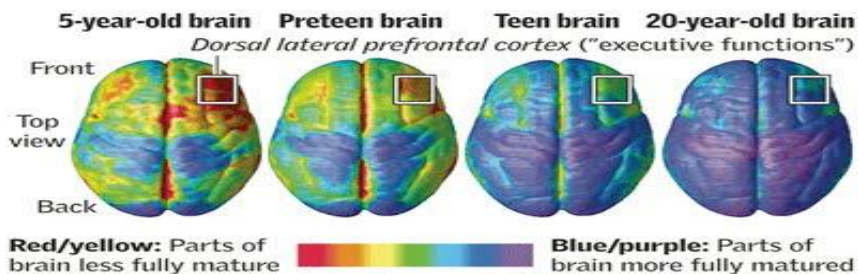
photo courtesy of theDiagonal - <http://thediagonal.com/2012/01/31/inside-the-weird-teenage-brain/>

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It's normal.....

Judgment last to develop

The area of the brain that controls "executive functions" — including weighing long-term consequences and controlling impulses — is among the last to fully mature. Brain development from childhood to adulthood:



Sources: National Institute of Mental Health; Paul Thompson, Ph.D., UCLA Laboratory of Neuro Imaging

Thomas McKay | The Denver Post

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Acknowledge Mental Health Conditions: The Facts

- ▶ One in five teens lives with a mental health conditions
- ▶ 50% of mental health conditions emerge by age 14 and 75% by age 24
- ▶ a high percentage of high school students living with mental health conditions drop out of school
- ▶ Suicide is the third leading cause of death for youth and young adults
- ▶ Less than half of youth with mental health conditions receive treatment

NAMI National Alliance on Mental Illness

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Acknowledge Depression is not a respecter of anyone...

It affects everyone...

Children and Teens

- ▶ 1% preschoolers
- ▶ 2% school age
- ▶ 5% adolescents
- ▶ 5 to 1 ratio for boys to girls (children)
- ▶ 2 to 1 ratio for girls to boys (adolescent)



Statistics

Depressed children

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photo courtesy of Ardin - <https://www.flickr.com/photos/ardinhasaphotography/8355838762/>

Youth and Depression

- ▶ Young women have a higher rate than young men
- ▶ About 15 to 20% of teen will experience depression at some time during adolescence
- ▶ Adolescence depression is often undiagnosed and regarded as “normal” during adolescence



Statistics

Depressed youth

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photo courtesy of Emma O'Brien - <https://www.flickr.com/photos/emmalois-photography/5709824616/>

Acknowledge Signs and Symptoms

- | | |
|-------------------------------|--|
| ➤ Periodic moodiness | ➤ Constant moodiness |
| ➤ Boredom | ➤ Not seeing the point of trying |
| ➤ Decreased motivation | ➤ Apathy all the time |
| ➤ Low self esteem | ➤ Feeling worthless or wrong |
| ➤ Some lack of focus | ➤ Inability to concentrate |
| ➤ Sleeping and eating changes | ➤ Sleeping all the time or eating uncontrollably or not at all |
| ➤ Processing mortality | ➤ Wanting to die |
| ➤ Feeling down at times | ➤ Feeling hopeless and helpless most of the time |

Normal

vs

Warning Signs

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Psychosis in Youth

➤ What is psychosis?

- Leads to a significant loss of touch with reality
- It's a medical condition that can happen to anyone however those in the teen to young adult age are more susceptible

➤ What causes psychosis?

- Biological risk, genetics, biological factors, substance abuse and stress can bring on the psychosis.


➤ What are the symptoms of psychosis?

- **Positive Symptoms:** are new behaviours that are not usually seen in healthy people such as hearing or seeing things not there, being guarded, or feeling watched.
- **Negative Symptoms:** are the loss of usual behaviours or skills such as lack of interest in doing things that were normally considered important, lack of energy, absorbed in one's own thoughts, being less responsive to others.

From the Brochure "Head's Up" www.headsupprogram.com Hotel Dieu Hospital

10 Common Warning Signs of a Mental Health Condition

1. Feeling very sad or withdrawn for more than 2 weeks
2. Seriously trying to harm or kill oneself or making plans to do so
3. Severe or out-of-control, risk taking behaviours that can cause harm to self or others
4. Sudden overwhelming fear for no reason
5. Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain.



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10 Common Warning Signs cont'd

6. Severe mood swings that cause problems in relationships
7. Repeated use of drugs or alcohol
8. Drastic changes in behaviour, personality or sleeping habits
9. Extreme difficulty in concentrating or staying still
10. Intense worries or fears that get in the way of daily activities



NAMI National Alliance on Mental Illness

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“Say It Out Loud”

Video is courtesy of National Alliance on Mental Illness (NAMI)

<https://vimeo.com/121071189>

1.25minutes



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Suicide and Youth Canadian Statistics

- ▶ Suicide is the second leading cause of death for youth aged 10–24years
- ▶ Males complete suicide 3 to 5 times more often than females
- ▶ Adolescent females are 4 to 7 times more likely to attempt suicide than adolescent males.



CMHA Canadian Mental Health Association



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Suicide

American Statistics

- ▶ 10th leading cause of death
- ▶ 3rd leading cause of death for those aged 15–24 years
- ▶ Approximately 4600 lives lost each year
- ▶ 157,000 youth receive medical care for self inflicted injuries

Centers for Disease Control and Prevention

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Warning signs of Suicide

- ▶ Previous attempts
- ▶ Verbal threats of suicide
- ▶ Recent suicide of someone else
- ▶ Preoccupation with death
- ▶ Marked changes in personality
- ▶ Sudden change in sleeping or eating habits
- ▶ Significant drop in school or work responsibilities
- ▶ Loss of interest in usual activities
- ▶ Social withdrawal
- ▶ No concern for appearance



Center for Disease Control and Prevention

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photo courtesy of Emma O'Brien - <https://www.flickr.com/photos/emmalois-photography/5709824552/>

Acknowledge

- ▶ Lapses of attention and concentration
- ▶ Dangerous or illegal activities (running away, drug or alcohol abuse)
- ▶ Recent rejection
- ▶ Giving or throwing away prized possessions
- ▶ Explosive outbursts
- ▶ Possession of dangerous weapons
- ▶ Unexplained cheerfulness after depression

CMHA- Canadian Mental Health Assoc.

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Action Actively Respond

- ▶ Is it normal teen development?
 - ▶ Is it depression?
 - ▶ Is it suicide?
 - ▶ How do I know?
 - ▶ What do I do?

Basic Action

- ▶ **ASK!**
- ▶ **Know** that asking does not increase risk
- ▶ **Listen** without judging, challenging or becoming angry or shocked. (LEAP: listen, empathize, agree, partner)

I Am Not Sick; I Don't Need Help! (Xavier Amador, Vida Press, 2011)

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Action What to do? Refuse to do Nothing!

If Depressed:

1. Remind youth that you are there for them and happy to help
2. Find the help available in your area – resources
3. Help the youth reach out to appropriate resources
4. Follow up – Stay involved and connected

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Action What to do? Refuse to do Nothing!

If Suicidal:

1. Take it seriously and reassure that you are there for them
2. Find out appropriate help/resources in your area
3. Contact the resource with the youth if possible
4. Contact the resource on your own if the youth is not able to do it with you – you don't need their permission to call 911 if necessary
5. Follow up – stay involved and connected

NAMI- #sayitoutloud program

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Do's and Don'ts of Suicide

- a. Do take all threats seriously
- b. Do notice signs of depression
- c. Do be concerned if there is a loss of a loved one, even a pet, or a loss of self-esteem
- d. Do trust your own judgment
- e. Do tell appropriate people
- f. Don't ignore or explain away suicidal comments
- g. Don't explain away sudden behavior changes
- h. Don't think that a youth will get over it
- i. Don't be misled
- j. Don't keep a confidence or worry that you might be overreacting or look silly

CMHA-Canadian Mental Health Association

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Do's and Don'ts of Suicide cont'd

- k. Do express your concerns to the youth
- l. Do, if safety permits, remove the means of suicide
- m. Do seek professional help
- n. Do become involved in therapy
- o. Don't assume that the youth will be all right alone
- p. Don't leave the means of suicide available to the youth
- q. Don't handle the situation yourself
- r. Don't assume that just because the youth is seeing someone for help, your support isn't necessary

CMHA- Canadian Mental Health Association

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Action Be Proactive

Prevention: What can we do to prevent teens from getting to this point?

1. Be a safe person/provide a safe place
2. Keep communication open
3. Maintain a healthy relationship
4. Learn more together
5. Don't buy into the stigma but respect confidentiality
6. Broaden the support network


NAMI- National Alliance for Mental Illness

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How Adults Can Help?

1. Careful listening
2. Seeking to understand
3. Validating feelings
4. Helping with overwhelming emotions
5. Giving opportunities to ask questions
6. Giving opportunities to tell their story
7. Teach coping skills
8. Find existing strengths in the teens
9. Integrating the Word and prayer into the process.

Our goal is to help them cope well and build resilience and strength and growth therefore helping them make more sense of their world.



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How Can We/Church/Families be Helpful ?

1. Support your youth programs and youth workers
– be interested
2. Know your community resources
3. Educate about mental health awareness
4. Keep talking – use “I” statements and direct, clear, simple language
5. More importantly keep listening – remember listen, empathize, agree and partner (LEAP)



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Action

How Can We/Church/Families be Helpful ?

6. Help them through their confused thinking
encourage and support their treatment
7. Work as a team– don't go it alone
8. Set limits and boundaries – self care

NAMI– National Alliance on Mental Illness



Action

Continue to be involved...



Extend Hope.....



- ▶ When people have lost hope, be hopeful for them
- ▶ Believe deeply in the power of Christ's healing for the person
- ▶ Pray for the person
- ▶ Be the hands and feet and mouth of Jesus

photo courtesy of Salem-News.com - http://www.salem-news.com/articles/march202009/senate_bills_3-20-09.php

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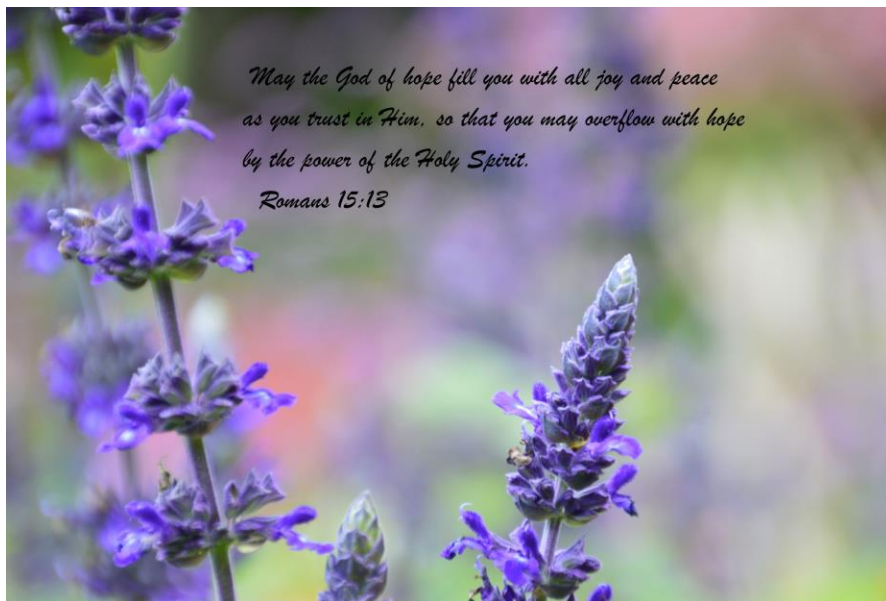


photo courtesy of Sapphire Dream Photography - <https://www.flickr.com/photos/worshipbackgrounds/15232881650/>

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Resources:

- ▶ NAMI – National Alliance for Mental Illness
- ▶ CMHA – Canadian Mental Health Association
- ▶ Center for Disease Control and Prevention
- ▶ *I'm Not Sick; I Don't Need Help* (Xavier Amador, Vida Press, 2011)
- ▶ Mental Health Grace Alliance – Baylor University – Dr. Michael Stanford
- ▶ Holy Bible – NIV translation
- ▶ Google.ca
- ▶ *Troubled Minds* – Amy Simpson
- ▶ Time Magazine May 2009
- ▶ Dr Helen Noh – Family Systems and their ability to cope with death and grief
- ▶ www.brettullman.com
- ▶ *The Teenage Brain*, Frances E. Jensen MD, with Amy Ellis Nutt
- ▶ *Time Magazine, Inside the Adolescent Brain*, May 10, 2004 Alice Park, New York
- ▶ www.headsupprogram.com
- ▶ “A New Approach to Mental Illness in the Church”
<http://www.christianitytoday.com/edstetzer/2015/april/new-approach-to-mental-illness-in-church.html?paging=off>

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Questions & Answers

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