

Typical or Troubled?

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Test Your Mental Health Knowledge

1) Mental Illness is a serious condition.

True/False

2) Depression and bipolar disease are collectively
know as:

a) Anxiety disorders

b) Mood disorders

c) Personality disorders

Test Your Mental Health Knowledge

3) Clinical depression is:

- a) Sadness or disappointment
- b) Depression brought on by frequent trips to the hospital or clinic
- c) Feelings of worthlessness, sadness, and emptiness that last for several weeks and can interfere with school and social life

4) You should never mention suicide to a depressed person.

True/False

Test Your Mental Health Knowledge

5) Mental illnesses can in some cases be classified as a disability.

True/False

6) Self harm is just a phase.

True/False

7) Most people don't develop mental illness until they become adults.

True/False

Test Your Mental Health Knowledge

8) People with mental illness are generally violent and unpredictable.

True/False

9) How many young people experience a major period of depression?

a) 1 in 100

b) 1 in 10

c) 1 in 50

10) Mental illness cannot be prevented.

True/False

Today's Presentation

- State of the problem
- Treatment
- Steps to take
- Warning signs
- Normal teen development
- Types of mental health problems

Typical or Troubled?



**No help = pain
suffering
failing**

Typical or Troubled?



- At least 1 in 5 children and adolescents has a mental health disorder
- 1 in 10 has a serious disorder
- 90% of people who develop a mental disorder show warning signs during teen years

Typical or Troubled?



Help =

- Better academic achievement.
- Less substance abuse.
- Improved chances for the future.

Typical or Troubled?

Everyone can make a difference!



Parents



School Staff



Every adult

Typical or Troubled?

Steps to take



Notice



Talk



Act

Typical or Troubled?

Warning signs of
mental disorders



Warning Signs

Angry or aggressive behaviors



Warning Signs

Poor concentration



Warning Signs

Increased tardiness or
absences in school



Warning Signs

Withdrawn



Warning Signs

Anxious



Typical Teenagers



- Complex period of rapid change, transition.
- Challenges: fitting in, defining identity, competing demands (school, home)
- Sometimes- other home issues (divorce, violence, substance abuse)
- Bottom line: may display alterations of mood, distressing thoughts, anxiety, and impulsive behavior

Signs of Trouble



- Experiencing more than normal developmental challenges
- Without treatment, more likely to have serious problems:
 - Academic
 - Relationships
 - Employment

What Causes Mental Health Disorders?

Biology
+ Environment



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As you NOTICE signs, ask yourself are they:

- FREQUENT?
 - e.g. child is quiet or withdrawn over multiple days or weeks
- EXTREME?
 - e.g. violent outbursts
- If the answer to either question is yes:
 - TALK with child
 - ACT by connecting with the school, mental health professional, or a primary care physician

Typical or Troubled?

Teen mental health disorders

- Mood disorders
 - Depression and bipolar disorder
- Anxiety disorders
 - Post-traumatic stress disorder, obsessive compulsive disorder, social phobia
- Psychiatric disorders
 - Schizophrenia
- Behavioral/disruptive disorders
 - Oppositional defiant and conduct disorder

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Teen mental health disorders

- Clinical Depression
 - Deep despair, sadness, crying
- Bipolar Disorder
 - Extreme changes from happy to sad
 - 1 in 100 teens have it
 - Hard to diagnose, may look like depression

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Teen mental health disorders

- Anxiety Disorders
 - Overwhelming fear with no cause
 - Frequently runs in families
- Eating Disorders
 - Unrealistic thoughts about weight
 - 1 in 20 teens suffer, 90% female
 - Can result in death

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Teen mental health disorders

- Schizophrenia
 - Strange thoughts, unusual behaviors
 - High functioning, followed by decline
 - Distrustful, no longer social may hear voices
- Attention Deficit Hyperactivity Disorder (ADHD)
 - Problems paying attention
 - Can seriously impact ability to learn

Typical or Troubled?

Teen mental health disorders

- Oppositional Defiant Disorder
 - Stubborn, argumentative, hostile
 - Major distraction in the classroom
- Conduct Disorder
 - Verbal/physical aggression
 - Juvenile hall

Typical or Troubled?



Teen mental
health and
substance
abuse

Typical or Troubled?

Teen use and abuse of alcohol and drugs can be common

- Why?
 - Curiosity, feels good, reduces stress, to fit in, feel “grown up”
 - Sometimes used to compensate for anxiety, depression, lack of positive social skills

Teen Mental Health and Substance Abuse

Facts

- Mental health disorders often coexist with substance abuse problems
- Repeated and regular recreational use can sometimes lead to anxiety and depression
- Teen risk factors for developing serious alcohol/drug problems: depressed, low self esteem, feel out of mainstream, family history of substance abuse, lack of positive social skills

Teen Mental Health and Substance Abuse

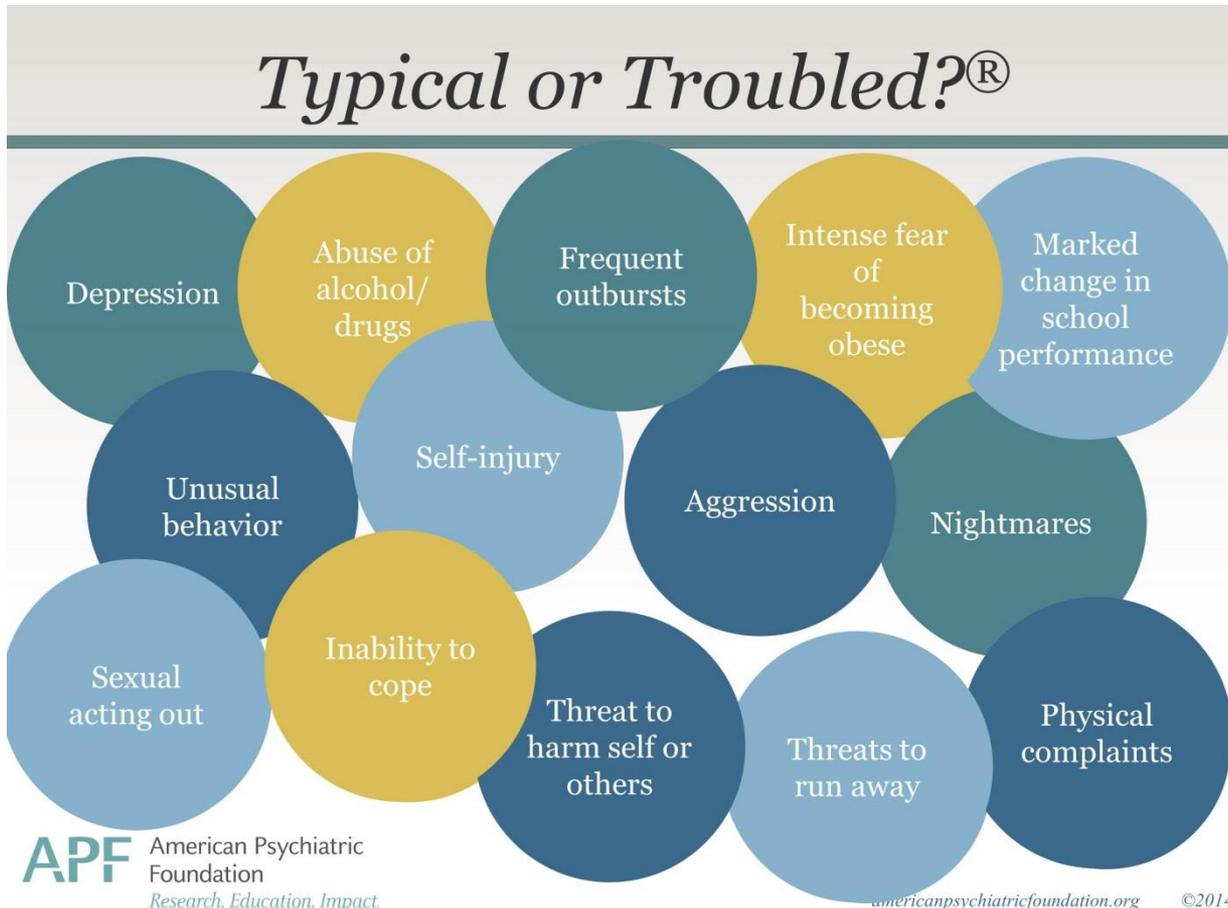
Emotional Warning Signs

- Personality change
- Irritable, negative attitude
- Depression
- Irresponsible or delinquent behavior
- Drop in school performance
- Change in groups of friends

Physical Warning Signs

- Fatigue
- Repeated health complaints
- Red or glazed eyes
- Lasting cough
- Changes in eating or sleeping habits

Warning signs



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Who does what?



Psychiatrist



Psychologist



Mental health
counselors



School mental health
professionals

Typical or Troubled?

Effective Treatment

- Therapy and/or medication
 - Sometimes a combination works best
- No “silver bullet” or quick fix. Timeframe depends on:
 - Severity of disorder
 - Temperament of child
 - Family and school support

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Medication

- Used to:
 - Improve daily functioning
 - Prevent serious symptoms
 - Enable therapy to be more effective
- Must be used appropriately and only under the care of a psychiatrist or other physician

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Therapy

- Psychotherapy
- Cognitive Behavior Therapy
- Family Therapy
- Group Therapy



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Effective Treatment for Substance Use

- Adolescent psychiatrist consultation to help with assessing for co-existing mental health diagnoses and treatment decisions
- Types of treatment may include
 - Inpatient or outpatient programs
 - Support groups
 - Twelve-step programs

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Managing Disorders in the Classroom

- Good classroom management
- Communicate with others
- Take care of yourself

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Talking with Parents

- Start Early
- Be positive and have perspective
- Stick together

Typical or Troubled?



Notice



Talk



Act

[Video](#)

Answers: Test Your Mental Health Knowledge

- 1) Mental illness is a serious condition. **TRUE**
- 2) Depression and bipolar disease are collectively known as: **B**
- 3) Clinical depression is: **C**
- 4) You should never mention suicide to a depressed person. **FALSE**
- 5) Mental illnesses can in some cases be classified as a disability. **TRUE**
- 6) Self harm is just a phase. **FALSE**
- 7) Most people don't develop mental illness until they become adults. **FALSE**
- 8) People with mental illness are generally violent and unpredictable. **FALSE**
- 9) How many young people experience a major period of depression? **B**
- 10) Mental illness cannot be prevented. **FALSE**

Typical or Troubled?

You CAN make a difference



Typical or Troubled?

Resources-National

- American Psychiatric Association
 - healthyminds.org
- American Academy of Child and Adolescent Psychiatry
 - aacap.org
- Transition Year Initiative
 - A joint program of the American Psychiatric Foundation and the Jed Foundation providing a roadmap for a healthy transition between high school and college
 - transitionyear.org
- Substance Abuse and Mental Health Services Administration
 - A government agency, known as SAMHSA
 - store.samhsa.gov/home

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Resources-Pima County

- The Crisis Response Center
 - 520-622-6000
- COPE Community Services
 - 520-792-3293
- CODAC Behavioral Health Services
 - 520-327-4505
- La Frontera
 - 520-838-3804
- Marana Health Services
 - 520-682-1091
- Pathways of Arizona
 - 520-748-7108
- Pantano Behavioral Health Services
 - 520-318-6946

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Thank you!



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For more information on Typical or Troubled?

Please visit

www.americanpsychiatricfoundation.org