



Children's Hospital Colorado



Dealing with Depression? Spot the Signs and Find Help

March 24, 6-7 p.m. 30-minute presentation and 30-minute Q&A



Children's Hospital Colorado Presenter:
Dr. Jenna Glover, PhD, MS, BS, Director of Psychology
Training, Children's Hospital Colorado



Dealing with Depression? Spot the Signs and Find Help

Advanced Pediatric Associates Panelists:



Dr. Elizabeth Hemphill, MD, FAAP



Dr. Meredith Merkley, DO, FAAP



Pediatric Mental Health Institute

The Pediatric Mental Health Institute provides the highest quality services to children and teens who are experiencing a mental health crisis.

Our care team includes various pediatric specialists including psychiatrists, psychologists, licensed clinical social workers, licensed professional counselors, nurses and creative art therapists.

We are specially trained to address the unique treatment needs of our young patients, and we use evidence-based, youth-centered and family-focused methods.



Pediatric Mental Health Institute

Our comprehensive care



Inpatient

24-hour care for patients experiencing a mental health crisis who require inpatient treatment for stabilization and safety



Partial Hospitalization

Structured and intensive daily programing for patients experiencing serious emotional and behavioral challenges



Outpatient Services

Medication management as well as individual, family and group therapies with a specific focus on evidence-based treatments to address behavioral, emotional and social concerns

Pediatric Mental Health Institute

Dedicated to helping every child. We offer care for children facing challenges such as:

- Worry or anxiety that interferes with daily activities or relationships
- Hyperactivity or fidgeting that interferes with daily activities or relationships
- Significant difficulty following rules
- Concerns about eating behavior and body image
- Developmental delays, repetitive behaviors or social communication problems
- Frequent nightmares or other sleep disturbance
- Withdrawal from activities or relationships
- Depression, irritability or mood swings
- Aggressive, impulsive or risky behaviors
- Difficulty coping with medical illness
- Struggles with issues related to sexuality or gender
- Suicidal thoughts or behaviors
- Prenatal and postnatal mood and anxiety issues



Pediatric Mental Health Institute

Program locations:

Anschutz Medical Campus, Aurora

Therapy Care, Highlands Ranch

North Campus, Broomfield

Contact Us: 720-777-6200 or childrenscolorado.org/MentalHealth



Goals for Today

Learn ways to better understand and support you kid(s)

- Signs of depression in children/youth
- How to talk to your kids when you are concerned about their mental health
- What to do if you think your child needs help

Depression is Common and Associated with Morbidity



3.1 million youth ages 12 -17 have experienced MDE

Missed or misdiagnosed in almost 75% of adolescents

Associated Risk

Educational underachievement

Impaired interpersonal relationships

Substance abuse

Exacerbated severity in physical conditions





Impact of the Pandemic

55% of teens say they've experienced anxiety, 45% excessive stress, and 43% depression

71% of those surveyed say school work makes them feel anxious or depressed

65% of those surveyed say uncertainty about the future makes them feel anxious or depressed

Teens report feeling more pressured to hide their feelings rather than do drugs

If coronavirus was a person



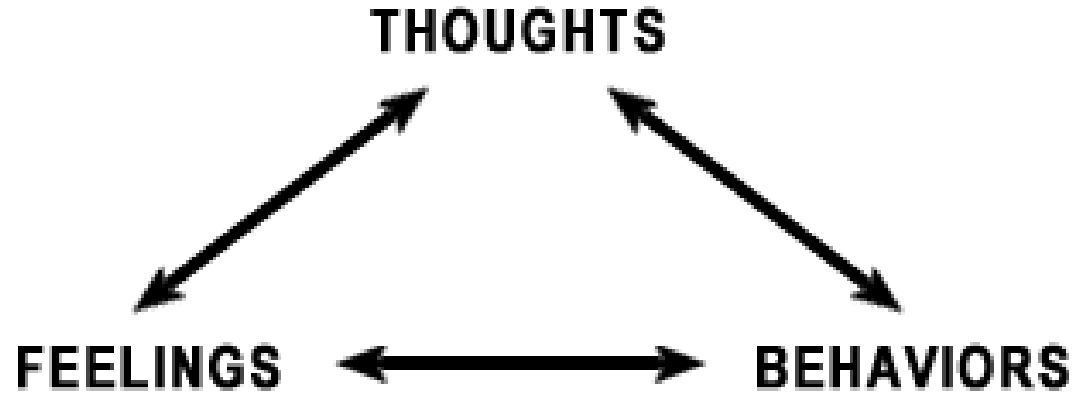
"All Student Organisations, Societies, Teams, Groups, and Clubs are henceforth disbanded. All Quidditch matches are hereby cancelled. Boys and girls are not permitted to be within 8 inches of each other."

Why the Pandemic is causing a mental health crisis



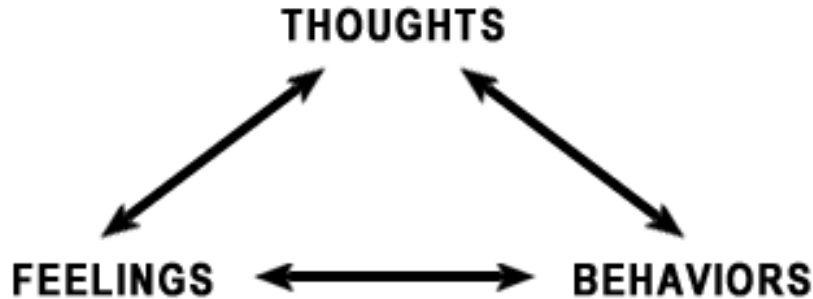


Warning Signs of Depression in Youth





Warning Signs of Depression in Youth



Feelings

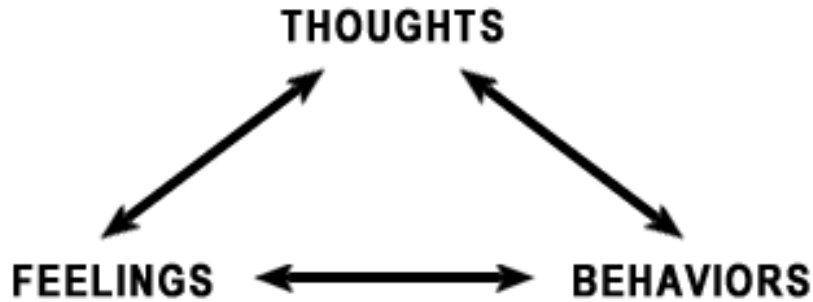
- Prolonged sadness (1 week)
- Empty/hopeless
- Irritability/Frustration (doesn't fit the situation)
- Fatigue/exhaustion
- Worthlessness

Behaviors

- Withdraw from social relationships
- Changes in diet and/or sleep
- Little or no motivation
- Loss of interest in things they used to love
- Self-harm

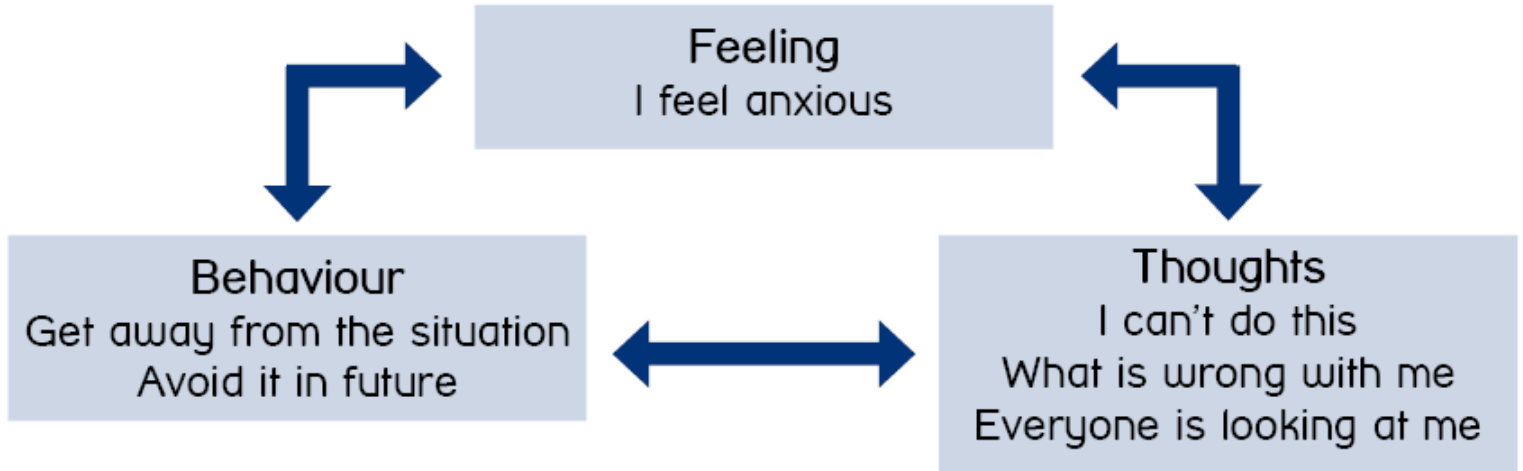
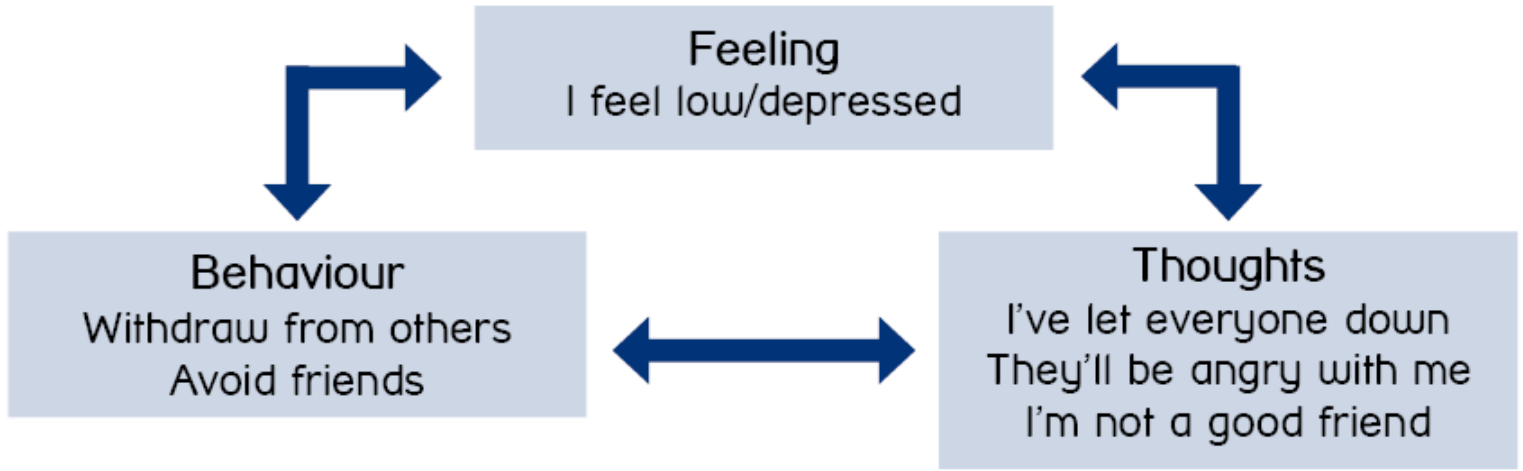


Warning Signs of Depression in Youth



Thoughts

- Fixation on past failures
- Exaggerated self-blame/self-criticism
- Extreme sensitivity to rejection/failure
- Difficulty concentrating
- Future feels hopeless
- Suicidal thoughts





Talking to Kids about Your Mental Health

“We take our kids for physical vaccinations, dental exams, eye checkups. When do we think to take our son or daughter for a mental health checkup?”

-Gordon Smith

What I'm learning about you is....

How can I support you?

What I hear you saying is....

On a scale from 0 - 10 (with 0 being the worst and 10 being the best) how well did I summarize what you are thinking and feeling?


It's not about the nail!

Questions to start the conversation

- What did you do today? What made you happy or feel stressed today?
- I have noticed that you might be overwhelmed. What makes you feel overwhelmed
- I have noticed that you are _____. Tell me what you are thinking or feeling?
- What do you need to get off your chest
- You seem really distracted lately. What's going on with you?
- What does it feel like to you to feel hopeless or depressed?



What to do if your kid needs help

- Signs and symptoms are persistent and life interfering
 - Depression is on a spectrum
 - Work with your PCP to determine what needs to happen
 - Suicide is often associated with depression
 - Have crisis numbers available
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COLORADO CRISIS SERVICES

1-844-493-8255

OR TEXT **'TALK'** TO **38255**

COLORADOCRISIS SERVICES.ORG

NATIONAL SUICIDE PREVENTION LINE

1-800-273-8255

Next
by Kyle Clark



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Questions?



Comments?



Concerns?