

Resurrection from Depression

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SC PTA's 94th Annual
Convention Leadership Training

What is depression?



Depression is...

- ▶ More than feeling sad or going through a rough patch
- ▶ It's a serious mental health condition
- ▶ With early detection, diagnosis and treatment - you can get better
- ▶ Left untreated, depression can be devastating
- ▶ People with severe depression can become a risk for suicide
- ▶ An estimated 16 million American adults had at least 1 major depressive episode last year - that's 7% of the population!

Who is at risk?

- ▶ People of all ages
- ▶ People of all racial, ethnic and socioeconomic background
- ▶ **Women** are 70% more likely than men to experience depression
- ▶ **Young adults** aged 18-25 are more likely to experience depression



See more at: <https://www.nami.org/Learn-More/Mental-Health-Conditions/Depression#sthash.PiVIXfMh.dpuf>

Symptoms of Depression...

- ▶ **Changes in sleep.** Many people have trouble falling asleep, staying asleep or sleeping much longer than they used to. Waking up early in the morning is common for people with major depression.
- ▶ **Changes in appetite.** Depression can lead to serious weight loss or gain when a person stops eating or uses food as a coping mechanism.
- ▶ **Lack of concentration.** A person may be unable to focus during severe depression. Even reading the newspaper or following the plot of a TV show can be difficult. It becomes harder to make decisions, big or small.
- ▶ **Loss of energy.** People with depression may feel profound fatigue, think slowly or be unable to perform normal daily routines.
- ▶ **Lack of interest.** People may lose interest in their usual activities or lose the capacity to experience pleasure. A person may have no desire to eat.

Symptoms of Depression...

- ▶ **Low self esteem.** During periods of depression, people dwell on losses or failures and feel excessive guilt and helplessness. Thoughts like “I am a loser” or “the world is a terrible place” or “I don’t want to be alive” can take over.
- ▶ **Hopelessness.** Depression can make a person feel that nothing good will ever happen. Suicidal thoughts often follow these kinds of negative thoughts—and need to be taken seriously.
- ▶ **Changes in movement.** People with depression may look physically depleted or they may be agitated. For example, a person may wake early in the morning and pace the floor for hours.
- ▶ **Physical aches and pains.** Instead of talking about their emotions or sadness, some people may complain about a headache or an upset stomach.

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Who gets depression?

In one word - EVERYONE!



Who gets depression?

- ▶ **Men.** For cultural reasons, men may feel more shame about their depression and simply try to tough it out or use alcohol or drugs to self-medicate. Untreated depression in men can have devastating consequences, as men are about four times more likely to die by suicide than women.
- ▶ **Women.** Many factors unique to women's lives play a role in whether they develop depression, including genetics, biology, reproduction, hormonal changes and interpersonal relationships.
- ▶ **Seniors.** Depression in elderly people often goes untreated because many people think that depression is a normal part of aging and a natural reaction to chronic illness, loss and social transition.

Who gets depression?

- ▶ **LGBTQ.** Lesbian, gay, bisexual, transgender and questioning (LGBTQ) people are at higher risk for depression because they regularly face discrimination from society at large and sometimes from family, co-workers or classmates.
- ▶ **Children and teens.** All children experience ups and downs while growing up, but for some, the downs aren't commonplace—they are symptoms of depression. *Children and teens at higher risk for depression include those who have attention deficit/hyperactivity disorder, learning or anxiety disorders and oppositional defiance disorder.*

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Economic Impact of Depression

- ▶ Major depressive disorder is the leading cause of **disability** in the U.S. for ages 15-44. (World Health Organization, 2004)
- ▶ Major depression is the leading cause of disability worldwide among persons five and older. (World Health Organization, "Global Burden of Disease," 1996)
- ▶ Depression ranks among the top three workplace issues, following only family crisis and stress. (Employee Assistance Professionals Association Survey, 1996)

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Economic Impact of Depression

- ▶ Depression's annual toll on U.S. businesses amounts to about **\$70 billion** in medical expenditures, lost productivity and other costs. Depression accounts for close to \$12 billion in lost workdays each year. Additionally, more than \$11 billion in other costs accrue from decreased productivity due to symptoms that sap energy, affect work habits, cause problems with concentration, memory, and decision-making. (The Wall Street Journal, 2001, National Institute of Mental Health, 1999)



Depression and Suicide

- ▶ Depression is the cause of over two-thirds of the 30,000 reported suicides in the U.S. each year. (White House Conference on Mental Health, 1999)
- ▶ For every two homicides committed in the United States, there are three suicides. Up to two-thirds of older adult suicides are attributed to untreated or misdiagnosed depression. (American Society on Aging, 1998)

Facts about Teens

- ▶ 11% of the teen population over 4 million students may suffer from major mental health disorder.
- ▶ **Suicide** as the third leading cause of death amongst people ages 10 to 24, and as many as 15% of students within this age group have considered taking their own lives.
- ▶ 21% of females have experienced major depressive episode.
10% of boys

How to recognize signs of depression in children...

- ▶ Physical/somatic complaints
- ▶ Irritability
- ▶ Difficulty concentrating
- ▶ Short-term memory impairments
- ▶ Difficulty with planning, organizing and executing tasks
- ▶ Hypersensitivity
- ▶ Poor performance and follow-through
- ▶ Inattention



How to recognize signs of depression in children...

- ▶ Forgetfulness
- ▶ Separation anxiety from parents or caregiver
- ▶ Facial expressions or body language indicating sadness
- ▶ Frequent absences from school; refusal to go to school
- ▶ Working slowly

How can you help?

Strategies to help students with depression.

- ▶ Give frequent feedback on academic, social, and behavioral performance.
- ▶ Teach the student how to set goals and self-monitor.
- ▶ Teach problem-solving skills.
- ▶ Coach the student in ways to organize, plan, and execute tasks demanded daily or weekly in school.

How can you help?

Strategies to help students with depression.

- ▶ Develop modifications and accommodations to respond to the student's fluctuations in mood, ability to concentrate, or side effects of medication. Assign one individual to serve as a primary contact and coordinate interventions.
- ▶ Give the student opportunities to engage in social interactions
- ▶ Frequently monitor whether the student has suicidal thoughts.

How can you help?

Strategies to help students with depression.

- ▶ Develop a home-school communication system to share information on the student's academic, social, and emotional behavior and any developments concerning medication or side effects.

What are additional ways that you as a parent or that the school staff can help?

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Thank you for attending this
workshop!

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