



YouthCrisisCenter

WHY ARE THEY SO STRESSED?

UNDERSTANDING AND HELPING TODAY'S YOUTH

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INTRODUCTION

WHO ARE YOU?

WHO AM I?

WHY THIS TOPIC?

STATISTICS

- See Time Magazine Article dated 11/16/19 taken from a report by the Official Journal of the American Academy of Pediatrics
- <https://www.youtube.com/watch?v=BLKuqdAoGvg&feature=youtu.be>



PROGRESS AT-A-GLANCE FOR MENTAL HEALTH AND SUICIDE VARIABLES*

Poor mental health can result in serious negative outcomes for the health and development of adolescents. It can lead to risky sexual behavior, illicit substance use, adolescent pregnancy, school absences/dropout, and other delinquent behaviors.

Mental health is measured in the YRBS with one question addressing persistent feelings of sadness or hopelessness and four questions on suicide ideation or action. Persistent feelings of sadness or hopelessness is defined in the survey as feeling sad or hopeless almost every day for two weeks or more in a row in the past year. Suicide ideation or action questions assess consideration of and planning for suicide, attempting suicide, and being medically treated for suicide attempts.

THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO:	2007 Total	2009 Total	2011 Total	2013 Total	2015 Total	2017 Total	Trend
Experienced persistent feelings of sadness or hopelessness	26.5	26.1	26.5	29.9	29.9	31.5	●
Seriously considered attempting suicide	14.5	13.8	15.0	17.0	17.7	17.2	●
Made a suicide plan	11.3	10.3	12.0	13.8	14.6	13.8	●
Attempted suicide	8.9	8.3	7.8	8.0	8.8	7.4	◆
Were injured in a suicide attempt	2.8	1.9	2.4	2.7	2.8	2.4	●

*For the complete wording of YRBS questions, refer to Appendix. Source: National Youth Risk Behavior Survey, 2007-2017

- In wrong direction
- ◆ No change
- In right direction



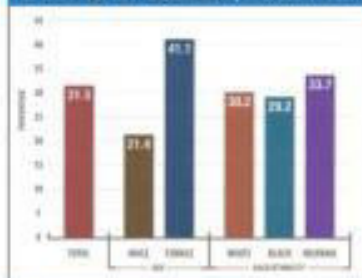
FOCUS AREA MENTAL HEALTH & SUICIDE

(VARIABLE)

PERSISTENT FEELINGS OF SADNESS OR HOPELESSNESS

In 2017, 31.5% of high school students had experienced periods of persistent feelings of sadness or hopelessness (i.e., almost every day for two weeks or more in a row so that the student stopped doing some usual activities) in the past year. The percentage of students who experienced persistent feelings of sadness or hopelessness in the past year increased significantly from 2007 through 2017.

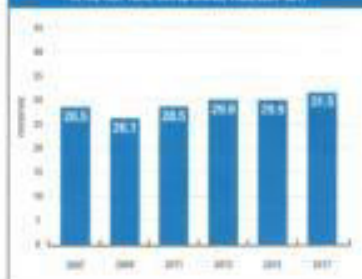
PERCENTAGE OF HIGH SCHOOL STUDENTS WHO EXPERIENCED PERIODS OF PERSISTENT FEELINGS OF SADNESS OR HOPELESSNESS IN THE PAST YEAR, BY SEX AND BY RACE/ETHNICITY, UNITED STATES, 1980-2017



2017 Demographic Description

In 2017, 31.5% of students had experienced persistent feelings of sadness or hopelessness in the past year. A significantly higher percentage of female students (31.1%) experienced persistent feelings of sadness or hopelessness than male students (21.4%). A significantly higher percentage of Hispanic students (33.7%) experienced persistent feelings of sadness or hopelessness than white students (20.2%) or black students (29.2%). There was no significant difference between the percentages of white students and black students who experienced persistent feelings of sadness or hopelessness.

PERCENTAGE OF HIGH SCHOOL STUDENTS WHO EXPERIENCED PERIODS OF PERSISTENT FEELINGS OF SADNESS OR HOPELESSNESS IN THE PAST YEAR, UNITED STATES, 1980-2017



10-Year Trend Description

The percentage of high school students who experienced persistent feelings of sadness or hopelessness increased significantly from 2007 (26.5%) through 2017 (31.5%).

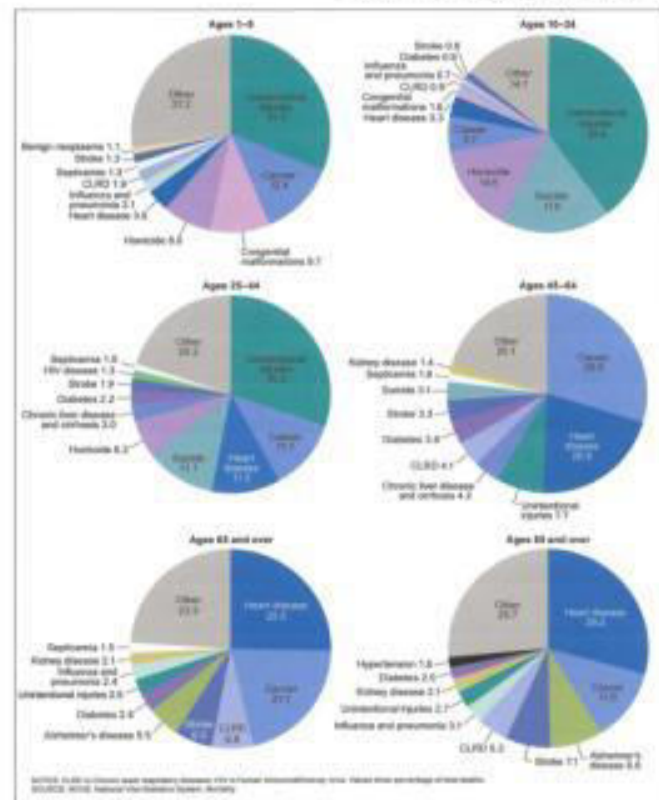


Figure 2. Percent distribution of the 10 leading causes of death, by age group: United States, 2015

MORE STATS

- From CDC Youth Risk Behavior Survey: Comparison between 2007 and 2017:
 - Significant Decreases in: drug use, threatened or injured with a weapon, physical and sexual dating violence, no change in bullying or forced sex
 - Significant Increases in Persistent Feelings of Sadness and Hopelessness
- From National Vital Statistics
 - Suicide moved from the #3 cause of death in ages 10-19 to #2 cause of death in that age group in 2015.
- American Psychological Association: 2014 survey shows teens are reporting more stress than adults.
- University of Virginia: Kids tracked from 1998 to present: 127 Charlottesville Middle Schoolers. Those who were in chronic high conflict in middle school had higher levels of interleukin-6 a protein associated with developing cancerous tumors, arthritis & osteoporosis in bloodstream at age 28.

STRESS AND COPING



What is the relationship between
“stress,” “MDE” and suicide?



What do kids say about stress?

TEEN STRESSORS

Online/social media

High workload

Helicopter/Disengaged
parenting

Educational
philosophies

College

The Adolescent Brain

Current events

Cultural
Considerations

WHAT TEENS THINK ABOUT

- Mass shootings
- Social media comparisons
- Global warming
- Death
- Gender identity/sexual orientation
- Worried about parents' well being
- Friends/social skills
- Relationships
- Body image
- Aggressive kids
- Grades/college/failure
- <https://youtu.be/27Z-mfzgSyA>

MALADAPTIVE COPING

- False cheerfulness
- Isolation
- Cutting/Self-Harm
- Drugs
- Dysfunctional Relationships
- Lying/secretiveness
- Taking care of everyone else

HOW CAN WE HELP?

Schools

Parents

Teen-designed de-stressors

Mental Health Professionals



STRATEGIES/SUCCESSSES



CBT/MINDFULNESS AND
TEENS



ART THERAPY



CREATING BALANCE



WORKING WITH
FAMILIES



ANECDOTES FROM
JACKSONVILLE TEENS:
WHAT IS MOST HELPFUL
TO YOU?

DISCUSSION

