



On the lookout for depression and anxiety

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Objectives

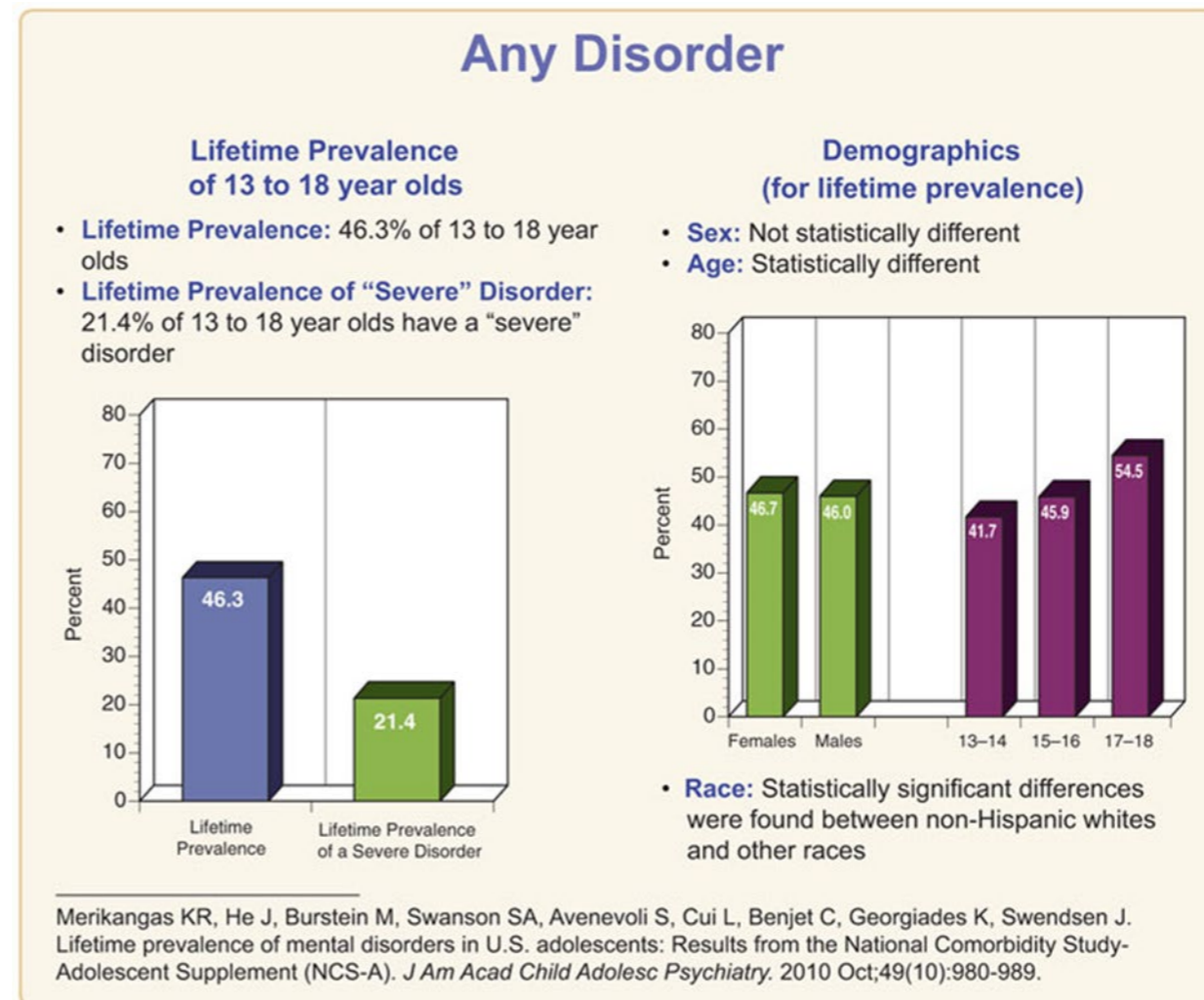
- Identify signs of depression & anxiety at different ages
- Discuss factors that can contribute to depression & anxiety
- Discuss suicidal ideation, and steps to help address thoughts of suicide and self-harm
- Review Treatment options available for depression & anxiety
- Identify when to seek help & review resources available in the community



Prevalence of Mental Health Concerns

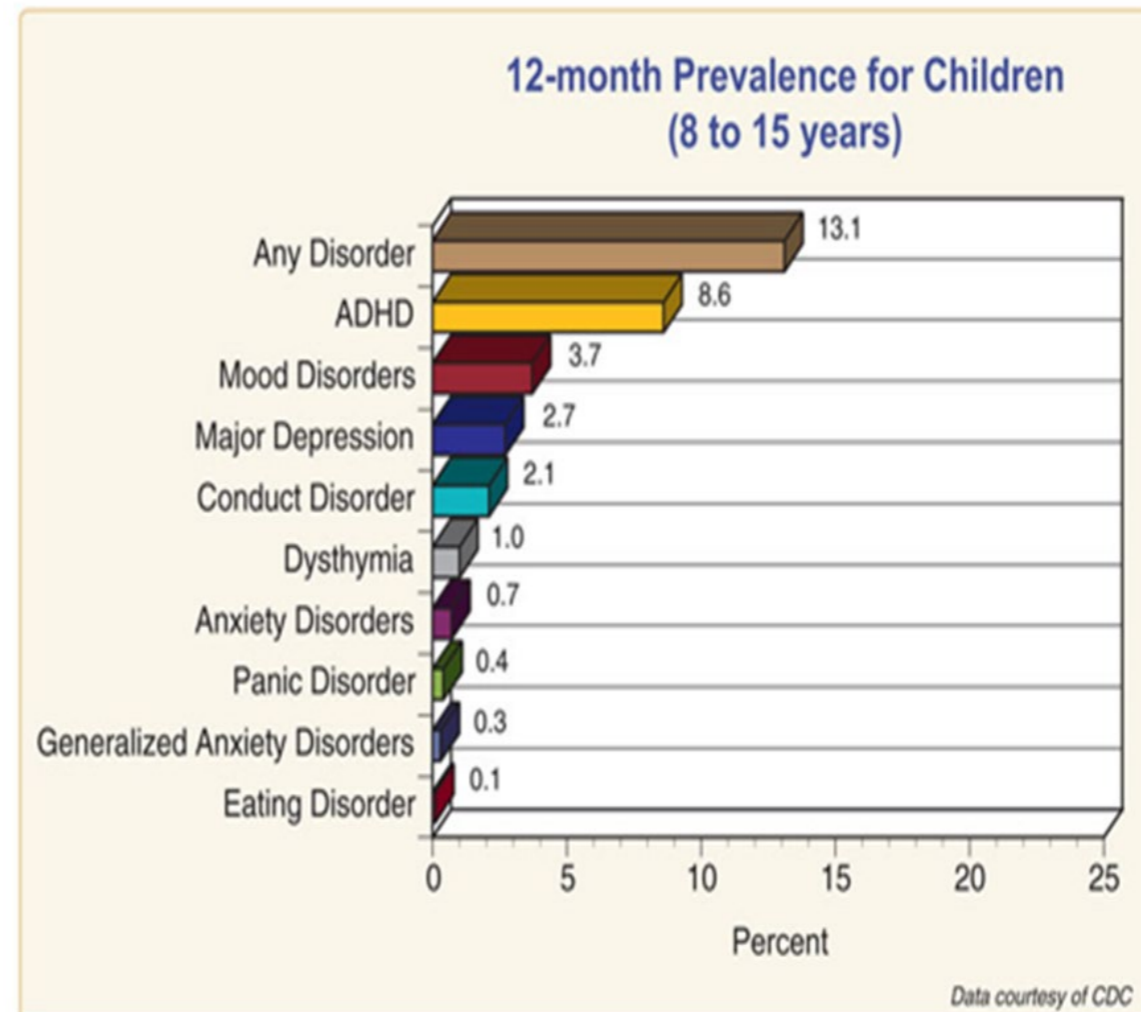
Lifetime Prevalence

- 20% are estimated to experience a severe mental disorder during their life.
- 50% will experience some type of emotional disturbance, such as adjustment disorders.



Childhood Prevalence

- 13% of the 8 to 15 age group had a diagnosable mental disorder
- Most common- ADHD at 8.6%
- Mood Disorders- 3.7%
- MDD- 2.7%
- 8% of youth ages 8 – 17 (2 million) experience MDD





Depression & Anxiety





Anxiety

- Separation anxiety disorder
- Generalized anxiety disorder
- Social phobia (social anxiety disorder)
- Panic disorder

- Post-traumatic stress disorder
- Obsessive compulsive disorder



Anxiety

- Anxiety can be a warning sign keeping us safe in dangerous situations, but left unchecked it can become debilitating for some.
- Symptoms:
 - Distress over being separate from family
 - Panic (heart racing, shaking, short of breath, chest pain, choking, intense fear)
 - Excessive worry leading to fatigue, irritability, poor sleep, poor concentration

Anxiety & Age

- Two peaks in childhood
 - Beginning of grade school
 - Teenage years
- Selective mutism & separation anxiety are more common in younger children



Treatment

- Lifestyle
 - Minimize stress, diet, exercise, caffeine, sleep
- Talk therapies- cognitive behavioral therapy
 - Breathing
 - Mindfulness
 - Meditation
- Medication management- antidepressants
 - Avoid benzodiazepines in kids



Mood Disorders

- Major depressive disorder
- Dysthymia
- Bipolar disorder
- Disruptive mood dysregulation disorder



Depression

- Sadness is a universal feeling, and everyone will experience some intense periods of sadness with grief. Not everyone, however, will experience a clinical depression
- Symptoms:
 - Sadness or irritability
 - Loss of interest
 - Appetite changes
 - Sleep changes
 - Fatigue
 - Worthlessness
 - Hopelessness
 - Thoughts of death or suicide

Depression & Age

- Depression is relatively uncommon before puberty
- Younger kids have difficulty describing their mood
- Often irritability is seen instead of depression
- Younger children are more likely to report hallucinations



Depression- Treatment

- Talk therapies- cognitive behavioral therapy, interpersonal therapy
- Medication management- antidepressants
- Lifestyle modifications- sleep, exercise, limit stress, improve social support



Suicide



Risk Factors- Fixed Risks

- Family history of suicide
- Male
- Adopted
- LGBTQ
- Parental mental illness
- Abuse history

Risk Factors- Treatable

- Mental Illness- particularly psychosis
- Substance use
- Agitation
- Life stressors

Risk Factors- Social

- Contagion effect- media coverage/notoriety
- Conflict in the home
- Placement outside the home
- Difficulties in school/out of school
- Social isolation

Risk Factors- Bullying

- 23% of girls & 15% of boys are bullied on school property
- 21% of girls & 8% of boys are cyberbullied
- Youth who are bullied & bully others have the highest rates of poor mental health outcomes, including suicide attempts
- Youth who bully also have higher risk of suicide attempts
- Youth who are bullied also have increased risk



Risk Factors- Internet Use

- Increased internet use (>5 hrs) associated with increased thoughts of suicide
 - “Internet addiction”
- Normalization: Pro-suicide/self-harm websites
- Contagion: Exposure to suicides online
 - particularly in anonymous forums
- Triggering: Stressors/cyberbullying

Risk Factors in Children (<12)

- Rate: 0.17 per 100,000
- Impulsive response to stressors
 - Higher rates of ADHD
 - Higher rates of family conflict
- More commonly African American & male
- Means: hanging/suffocation

Suicidal Thoughts

Of 9th-12th graders

- 17% consider suicide
- 14% made a plan
- 8% attempted
- 3% received medical care
- Georgia rates are higher than national average-
- 4.6% compared to 2.8%



Trends in the Prevalence of Suicide-Related Behavior National YRBS: 1991—2015

The national Youth Risk Behavior Survey (YRBS) monitors priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States. The national YRBS is conducted every two years during the spring semester and provides data representative of 9th through 12th grade students in public and private schools throughout the United States.

Percentages													Change from 1991—2015 ¹	Change from 2013—2015 ²
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015		
Seriously considered attempting suicide (during the 12 months before the survey)														
29.0	24.1	24.1	20.5	19.3	19.0	16.9	16.9	14.5	13.8	15.8	17.0	17.7	Decreased 1991—2015 Decreased 1991—2009 Increased 2009—2015	No change
Made a plan about how they would attempt suicide (during the 12 months before the survey)														
18.6	19.0	17.7	15.7	14.5	14.8	16.5	13.0	11.3	10.9	12.8	13.6	14.6	Decreased 1991—2015 Decreased 1991—2009 Increased 2009—2015	No change
Attempted suicide (one or more times during the 12 months before the survey)														
7.3	8.6	8.7	7.7	8.3	8.8	8.5	8.4	6.9	6.3	7.8	8.0	8.6	Decreased 1991—2015	No change
Attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)														
1.7	2.7	2.8	2.6	2.6	2.6	2.9	2.3	2.0	1.9	2.4	2.7	2.8	No change 1991—2015	No change

¹ Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade, p < 0.05. Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).

² Based on t-test analysis, p < 0.05.

Where can I get more information? Visit www.cdc.gov/yrbss or call 800-CDC-INFO (800-232-4636).

National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention
Division of Adolescent and School Health



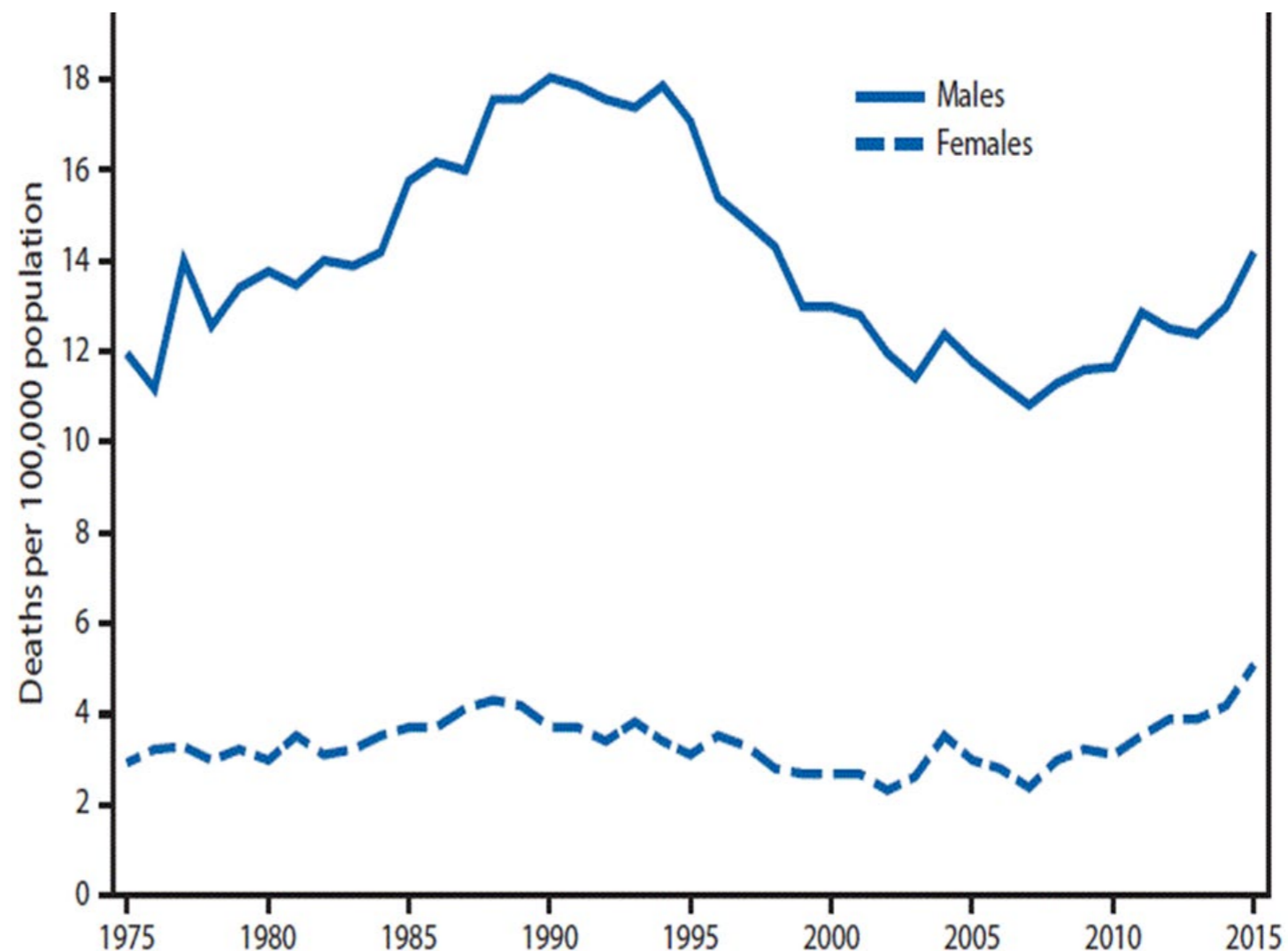
Suicide Rates Over the Decades

1975- 1,289 suicides among males and 305 suicides among females

2015- 1,537 suicides among males and 524 among females

Male rates increased 31% from 2007 to 2015

Female rates doubled from 2007 to 2015



Teens Aged 15–19 Years, by Sex — United States, 1975–2015

Suicide

10 Leading Causes of Death by Age Group, United States – 2016

Rank	Age Groups										Total
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	
1	Congenital Anomalies 4,816	Unintentional Injury 1,261	Unintentional Injury 787	Unintentional Injury 847	Unintentional Injury 13,895	Unintentional Injury 23,984	Unintentional Injury 20,975	Malignant Neoplasms 41,291	Malignant Neoplasms 116,364	Heart Disease 507,118	Heart Disease 635,260
2	Short Gestation 3,927	Congenital Anomalies 433	Malignant Neoplasms 449	Suicide 436	Suicide 5,723	Suicide 7,366	Malignant Neoplasms 10,903	Heart Disease 34,027	Heart Disease 78,610	Malignant Neoplasms 422,927	Malignant Neoplasms 598,038
3	SIDS 1,500	Malignant Neoplasms 377	Congenital Anomalies 203	Malignant Neoplasms 431	Homicide 5,172	Homicide 5,376	Heart Disease 10,477	Unintentional Injury 23,377	Unintentional Injury 21,860	Chronic Low Respiratory Disease 131,002	Unintentional Injury 161,374
4	Maternal Pregnancy Comp. 1,402	Homicide 339	Homicide 139	Homicide 147	Malignant Neoplasms 1,431	Malignant Neoplasms 3,791	Suicide 7,030	Suicide 8,437	Chronic Low Respiratory Disease 17,810	Cerebrovascular 121,630	Chronic Low Respiratory Disease 154,596
5	Unintentional Injury 1,219	Heart Disease 118	Heart Disease 77	Congenital Anomalies 146	Heart Disease 949	Heart Disease 3,445	Homicide 3,369	Liver Disease 8,364	Diabetes Mellitus 14,251	Alzheimer's Disease 114,883	Cerebrovascular 142,142
6	Placenta Cord Membranes 841	Influenza & Pneumonia 103	Chronic Low Respiratory Disease 68	Heart Disease 111	Congenital Anomalies 388	Liver Disease 925	Liver Disease 2,851	Diabetes Mellitus 6,267	Liver Disease 13,448	Diabetes Mellitus 56,452	Alzheimer's Disease 116,103
7	Bacterial Sepsis 583	Septicemia 70	Influenza & Pneumonia 48	Chronic Low Respiratory Disease 75	Diabetes Mellitus 211	Diabetes Mellitus 792	Diabetes Mellitus 2,049	Cerebrovascular 5,353	Cerebrovascular 12,310	Unintentional Injury 53,141	Diabetes Mellitus 80,058
8	Respiratory Distress 488	Perinatal Period 60	Septicemia 40	Cerebrovascular 50	Chronic Low Respiratory Disease 206	Cerebrovascular 575	Cerebrovascular 1,851	Chronic Low Respiratory Disease 4,307	Suicide 7,759	Influenza & Pneumonia 42,479	Influenza & Pneumonia 51,537
9	Circulatory System Disease 460	Cerebrovascular 55	Cerebrovascular 38	Influenza & Pneumonia 39	Influenza & Pneumonia 189	HIV 546	HIV 971	Septicemia 2,472	Septicemia 5,941	Nephritis 41,095	Nephritis 50,046
10	Neonatal Hemorrhage 398	Chronic Low Respiratory Disease 51	Benign Neoplasms 31	Septicemia 31	Complicated Pregnancy 184	Complicated Pregnancy 472	Septicemia 897	Homicide 2,152	Nephritis 5,650	Septicemia 30,405	Suicide 44,965

Data Source: National Vital Statistics System, National Center for Health Statistics, CDC.
Produced by: National Center for Injury Prevention and Control, CDC using WISQARS™.



Youth Suicide Trends for Georgia

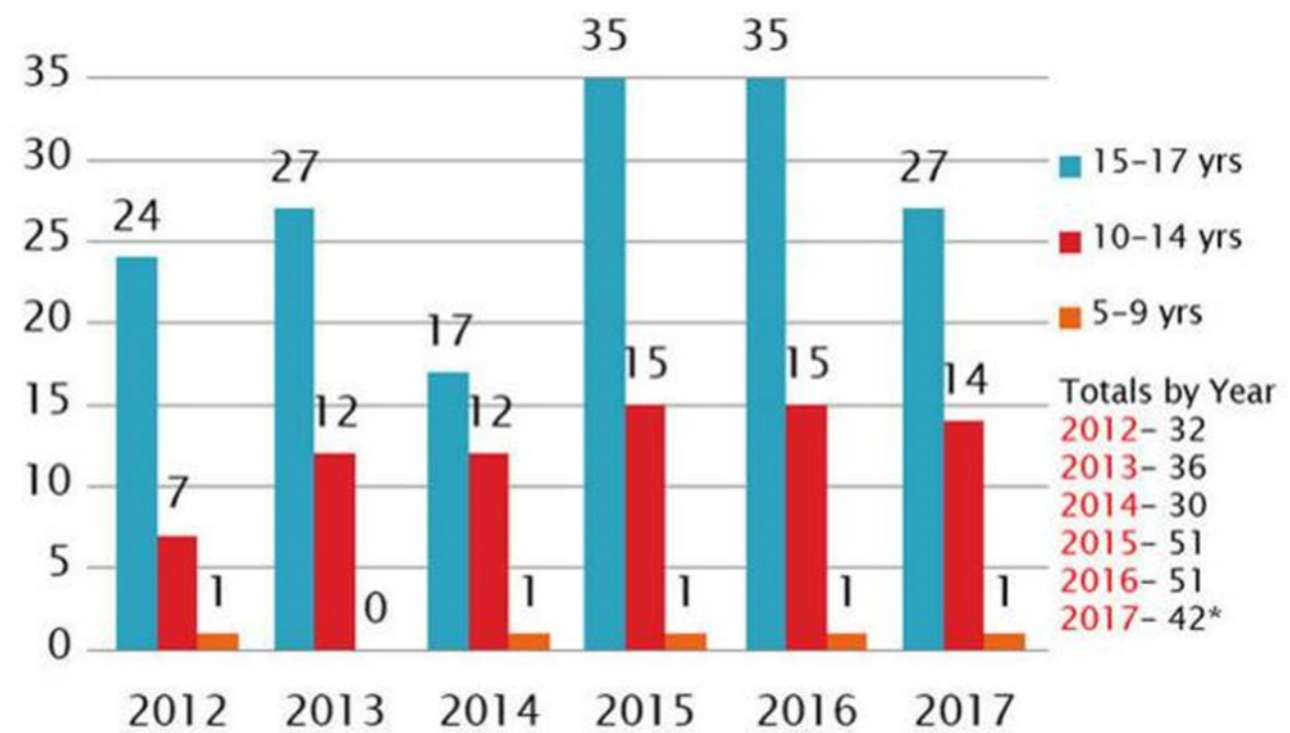
Uncommon before
age of 10

Risk increases with
age

45% Firearms

40% Hanging

15% Poisoning,
Falling, other





Seeking Help





Signs of Distress

- Younger Children
 - Marked fall in school performance
 - Poor grades in school despite trying
 - Severe worry-school refusal, or sleep refusal
 - Hyperactivity- fidgeting, constant movement
 - Persistent disobedience or aggression (> 6 months)
 - Provocative opposition to authority
 - Frequent temper tantrums



Signs of Distress

- Adolescence
 - Marked change in school performance
 - Loss of interest in activities
 - Increase in physical complaints
 - Alcohol or substance abuse
 - Intense fear of becoming obese unrelated to actual body weight, restricting intake, purging
 - Self harm threats or threats to harm others
 - Self destructive behavior (cutting)
 - Frequent anger outburst
 - Incidents leading to police involvement
 - Strange thoughts, beliefs, or unusual behaviors



Asking About Suicide

- Do you feel unhappy and helpless?
- Do you feel desperate?
- Do you feel unable to face each day?
- Do you feel life is a burden?
- Do you feel life is not worth living?
- Do you feel like committing suicide?



Steps To Take





Steps To Take- School

- Help kids feel connected to their school/community
 - Afterschool programs
 - Family involvement at school
- Teach problem solving & coping skills
- Intervene in bullying & work with all children involved not just the victim
- Move social norms away from bullying
- Educate students about signs of depression & ID resources for them to use or share with friends

Steps To Take- Home

- Secure & lock firearms & ammunition separately
- Limit access to drugs & alcohol
- Reduce conflict in the home & strengthen parent/child relationships
- Engage the child with the community
 - Religious/spiritual engagement



Community Resources



Community
Resources

GCAL is the 24/7
hotline for accessing
mental health
services in Georgia



**Georgia Crisis
& Access Line**
1-800-715-4225
mygcal.com

National Suicide
Prevention Lifeline

Crisistextline.org



NATIONAL
SUICIDE
PREVENTION
LIFELINETM
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Text HOME
to 741741

for free, 24/7 crisis
support in the US.

Community Resources

- National Alliance on Mental Illness (NAMI)- <https://namiga.org/>
- Georgia Department of Behavioral Health & Developmental Disabilities- <https://dbhdd.georgia.gov/>
- Serenity CMH- <http://www.serenitybhs.com/>
- AU Department of Psychiatry & Health Behavior- <https://www.augusta.edu/mcg/psychiatry/> 706-721-6597
- Department of Juvenile Justice Community Reentry Services: <https://djj.georgia.gov/office-reentry-services>
- Transitional Family Services- <https://tfsga.org/>
- Still Waters- <http://www.stillcorp.com>
- Lighthouse Care Center of Augusta- <https://www.lighthousecarecenters.com/>