Understanding Adolescent Depression:
Consulting with Parents

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Presentation Outline

1. Understanding the role of a school psychologist.
2. Recognition of the risk factors/warning signs associated with depression.
3. Consulting with diverse populations.
4. Recommendations for the home.
Role of the School Psychologist

• School psychologist assist teachers, administrators, and parents in
  – recognizing,
  – understanding challenges associated with, and
  – developing educational programs that account for/are responsive to mood disorders.

• While school psychologists are not expected to make a specific *DSM-IV-TR* diagnosis, they are expected to assist IEP teams and parents in developing learning goals and objectives and in making placement recommendations.
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DEPRESSION IN THE ADOLESCENTS
Risk Factors for Depression

• **Gender** (Bouma et al., 2008, Angold et al., 1999, Glied et al., 2002)
  – Females are twice as likely to encounter depressive symptoms than males.

• **Family History** (Hankin, 2006)
  – Research studies have found individuals with one or two forms of the short allele 5-HTT in the presence of stressors are more likely to experience depressive episodes.

• **Biology** (Hankin, 2006)
  – Imbalances of hormone and/or neurotransmitter levels predisposition for depression.
Risk Factors for Depression

- **Life Stressors** (Bhatia et al., 2007, Glied et al., 2002, Kaltiala-Heino et al., 2001)
  - Low SES, Sexual/physical abuse, violence in the home, traumatic life events.

- **Social Support** (Hankin 2006, Kaltiala-Heino et al., 2001, Sheeber et al., 2007)
  - Reassurance seeking even when supports are there, adverse relationship with parents, perceived lack of a social support.
Warning Signs of Depression

- Decrease interests in friends/activities (social withdraw)
- Difficulty maintaining concentration
- Absences or a sudden drop in grades
- Complaining of aches and pain
- Obscure sleep schedule
- Alcohol and/or substance abuse
- Hypersensitivity
- Self-injurious behavior, suicide ideation/attempt
- Reckless Behavior

Evans et al, 2005.
Comorbidity

Depression are found to be associated with other mental disorders, most commonly:

- Anxiety Disorder  (Females 29%, Males 28%)
- Oppositional Defiant Disorder  (Females 7%, Males 17%)
- Substance Use Disorders  (Females 3%, Males 10%)
- ADHD  (Females 0.1%, Males 2%)
- Conduct Disorder  (Females 11%, Males 0.7%)

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MULTICULTURAL VIEW
## Working with Diversity

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Enrollment</th>
<th>% of total</th>
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<tbody>
<tr>
<td>American Indian</td>
<td>47543</td>
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<tr>
<td>Asian</td>
<td>516253</td>
<td>8.2%</td>
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<td>Multiple/No Response</td>
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<tr>
<td>Totals</td>
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California Department of Education: California Basic Educational Data Systems (CBEDS), 2007-08
Addressing Cultural Diversity: Recommendations for Effective Consultation with Parents

- Identify Stereotypes
- Learn about the culture
- Learn about the language
- Establish rapport
- Promote clear communication
- Identify family needs
- Identify attitudes toward health and illness
- Recognize the extent of acculturation
- Accept different perspectives

Addressing Cultural Diversity

• Identify Stereotypes
  – Examine own beliefs, prejudices, and stereotypes regarding cultural groups and recognize that they may not be accurate

• Learn about the culture
  – Ethnic identification
  – Traditional practices and customs
  – Attitudes toward childrearing and education
Addressing Cultural Diversity

• Learn about the language
  – Interpreter services

• Establish rapport
  – Encourage participation, interest, and cooperation
  – Use diplomacy and tact
  – Be respectful
Addressing Cultural Diversity

• Promote clear communication
  – Avoid use of jargon, slang, technical language, double-meaning statements
  – Use courtesy and respect

• Identify family needs
  – Determine material, physical, and psychosocial needs
Addressing Cultural Diversity

• Identify attitudes toward health and illness
  – What are beliefs regarding illness, healing, traditional rituals, and religious customs?
  – What drugs and folk remedies are used?

• Refer to *Culture & Clinical Care: A Pocket Guide*
Addressing Cultural Diversity

• Recognize the extent of acculturation
  – Determine level of acculturation

• Accept different perspectives
Addressing Cultural Diversity: Concluding Comments

Because there is a finite number of facts and information one can learn about a specific culture, generalizing is an important strategy that psychologists can use to help recognize unique characteristics of each culture… However, when these generalizations become a rigid set of rules that are applied to every individual from that specific culture, they can develop into prejudicial stereotypes.

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CONSULTATION
The Effect of Adolescent Depression on Parent/Child Relationships

- Less sharing of thoughts and feelings
- Less communication
- Greater tension
- More corporal punishment
- Less warmth
- Greater antagonism

Specific Consultation Targets

- Parental perceptions of teen behaviors
- Parent/Teen communication
- Home environment stability and structure
- Consistent parenting
- Responses to out of control behaviors
- Parenting with a partner
- Sibling issues

Change the way parents look at behaviors
Communicate with the teen
Stability and structure in the home
Consistent parenting
Out of Control Behaviors
Parenting with a Partner
Dealing with Sibling Issues
Other Resources for Parents

The following individuals or organizations can often provide treatment services and/or make referrals for service:

- Family doctors and other physicians
- Mental health professionals
- Insurance providers
- Community mental health centers
- Hospital psychiatry departments and outpatient clinics
- Hospital emergency rooms in times of crisis
- University or medical school affiliated programs
- State hospital outpatient clinics
- Family service/social agencies
- Private clinics and facilities
- Employee assistance programs
- Local medical and/or psychiatric societies
Questions
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References

Journal Articles


Print Resources


References

Web Resources


Thank you for coming!
You’ve been a great audience!