

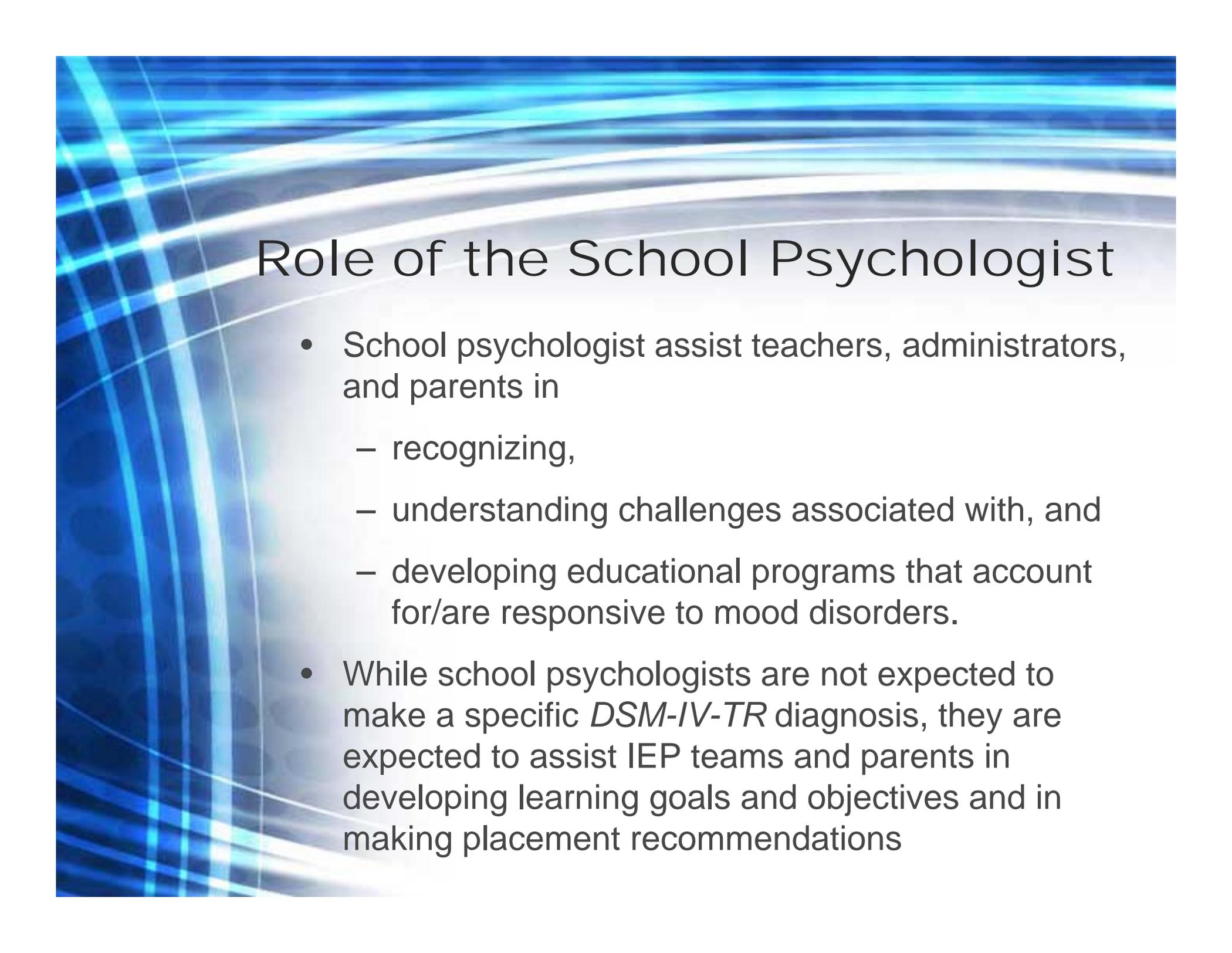
# Understanding Adolescent Depression: Consulting with Parents



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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.



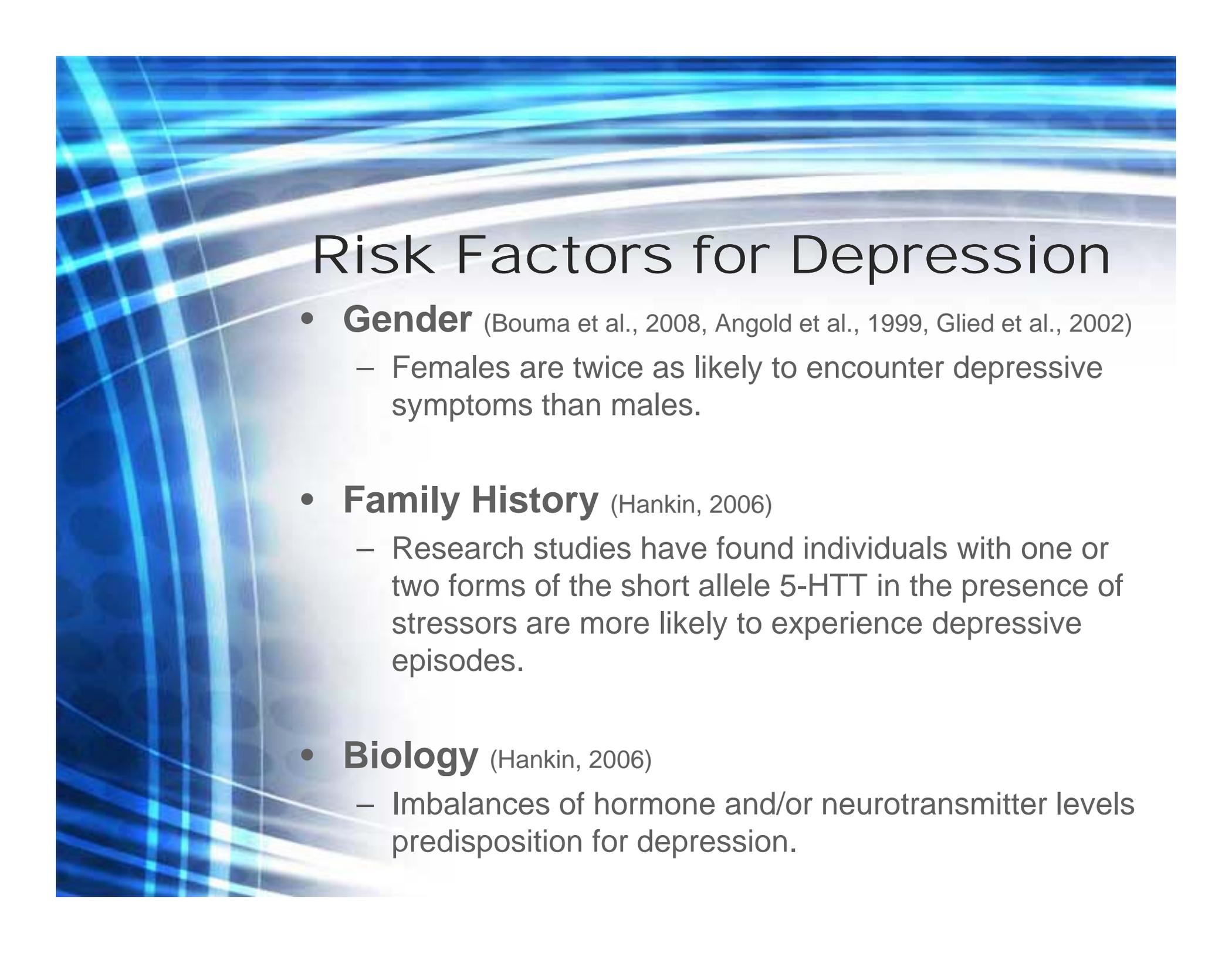
# Role of the School Psychologist

- 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

# 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%)

Costello et al, 2003.



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# MULTICULTURAL VIEW

# Working with Diversity

Ethnicity	Enrollment	% of total
American Indian	47543	0.8%
Asian	516253	8.2%
Pacific Islander	39693	0.6%
Filipino	167385	2.7%
Hispanic	3056616	48.7%
African American	466141	7.4%
White	1790513	28.5%
Multiple/No Response	191325	3.0%
Totals	6275469	100.0%

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

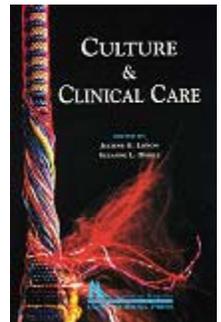


# Addressing Cultural Diversity

- 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

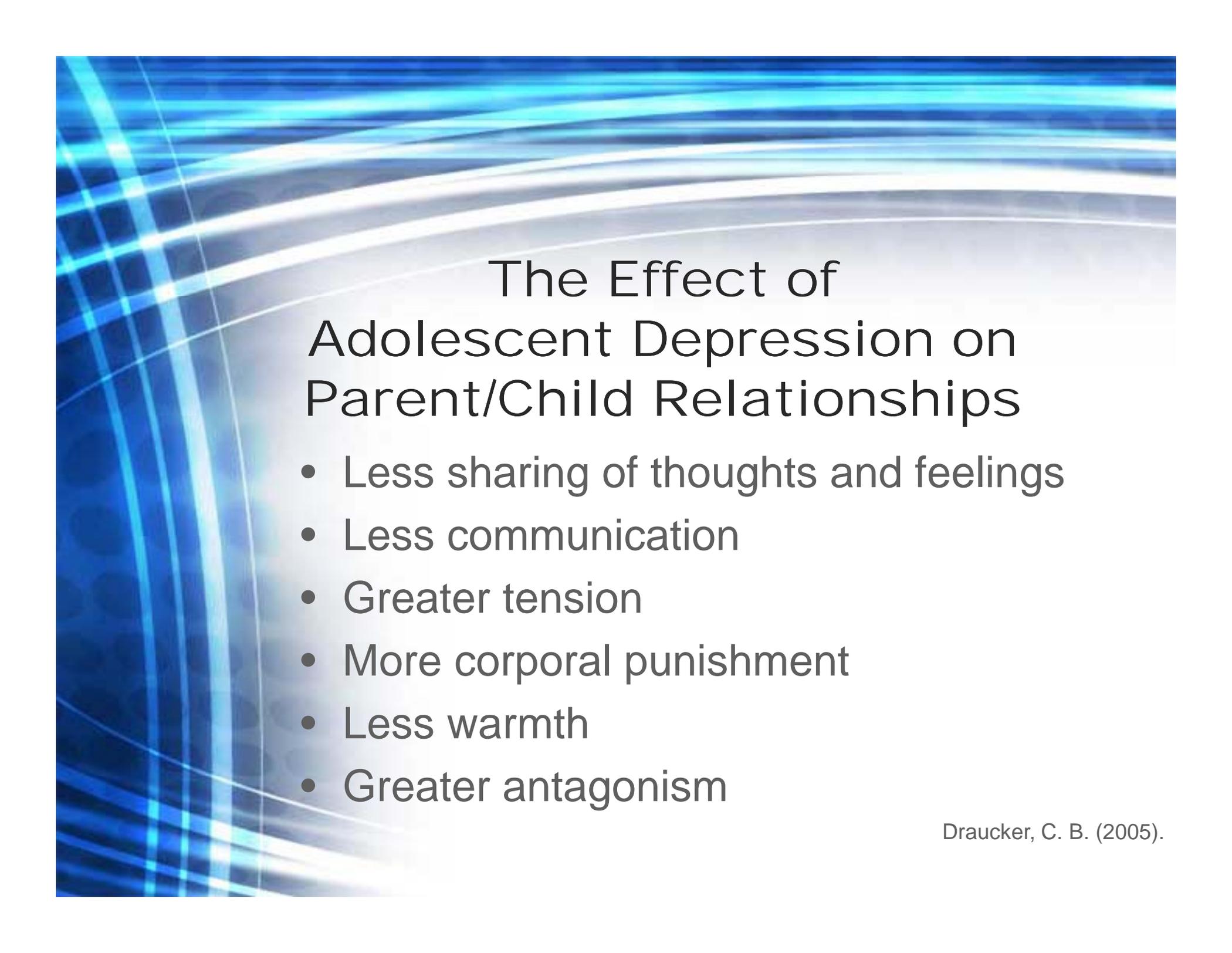
*Because there is a finite number of facts and information one can learn about a specific culture, generalizing is an important strategy that psychologists can use to help recognize unique characteristics of each culture...*

*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

Draucker, C. B. (2005).

## 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

Draucker, C. B. (2005)



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

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# Questions

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