

Adolescent Depression: Risk for Suicide

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Where It All Begins: Depression and Parenting

- ▶ Estimates are that at least 17 million children live in homes where parental depression is an ongoing factor.
- ▶ Impact on children includes negative outcomes in social, cognitive, and emotional development
- ▶ Recent studies demonstrate brain changes likely to increase risk for depression as adults. ABCD study at NIH

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Depression and Parenting

- ▶ Negative Impact on Childhood Development:
- ▶ Forming Positive Relationships
- ▶ Completing School Assignments
- ▶ Appropriate Behavior
- ▶ Managing Stress



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Depression and Parenting

Negative Impact on Childhood Development

Decreased Volume in Brain Structures

Right Putamen linked to movement, memory, motivation, and reward

2 to 3 times higher risk for depression as teens and adults



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Depression: Impact on Parenting

► What is Depression?

DEFINITION

• Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration.



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Depression: Impact on Parenting



If I had to define a major depression in a single sentence, I would describe it as a "genetic/neurochemical disorder requiring a strong environmental trigger whose characteristic manifestation is an inability to appreciate sunsets.

— Robert M. Sapolsky —

AZ QUOTES

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Impact of Depression

- ▶ What is Depression Helen Farrell
- ▶ <https://www.youtube.com/watch?v=z-IR48Mb3W0>
- ▶ I had a black dog, his name was depression
- ▶ <https://www.youtube.com/watch?v=XiCmiLQGYc>
- ▶ Day 14
- ▶ https://www.youtube.com/watch?time_continue=1&v=ATwPkrGfxA
- ▶ Check out The Blurt Foundation, and OC87 Recovery Diaries

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Depression: Impact on Parenting

- ▶ Parents who suffer from depression are:
- ▶ More likely to: engage in negative behaviors:
 - ▶ To be hostile, withdrawn, neglectful, and abusive
- ▶ Less likely to: be warm, sensitive, and responsive to their children's needs



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Seven Main Types of Depression

1. Major Depressive Disorder
2. Atypical Depression
3. Persistent Depressive Disorder
4. Bipolar Disorder
5. Peripartum (Postpartum) Depression
6. Premenstrual Dysphoric Disorder
7. Seasonal Affective Disorder



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Other Types of Depression

- ▶ Psychotic Depression
- ▶ Situational Depression
- ▶ Disruptive Mood Dysregulation Disorder



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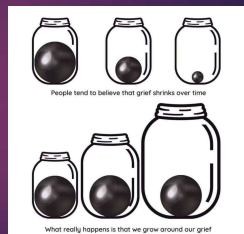
Seven Types

- ▶ How does this help us?
- ▶ Peripartum Depression - occurs after the birth of a child
- ▶ Premenstrual Dysphoric Disorder - occurs during every monthly cycle
- ▶ Seasonal Affective Disorder - occurs during Fall and Winter months
- ▶ Situational - occurs after serious loss of some kind

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Grief and Loss

- ▶ Two Helpful Inquiries
- ▶ Can the person identify the cause of the feeling?
- ▶ Is there an erosion of self esteem related to the cause?



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Gender and Age Differences

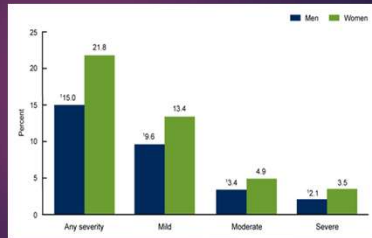
▶ CDC National Data

▶ Males

▶ Females

▶ Limitations

▶ LGBTQ+



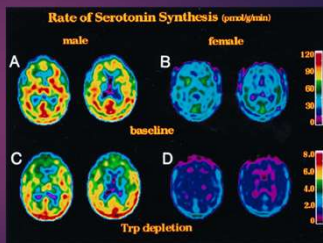
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Gender and Age Differences

▶ Depression

▶ Serotonin Synthesis

▶ Rx caution!



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Depression and Teenage Girls

▶ 3x higher than Males

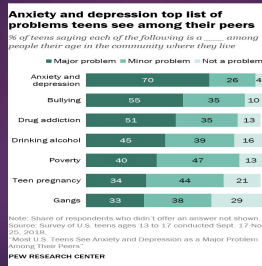
▶ Multi-variables

▶ Gender specific genetics



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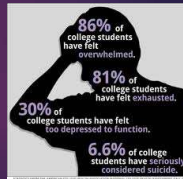
How Teens See Their World



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Depression at College

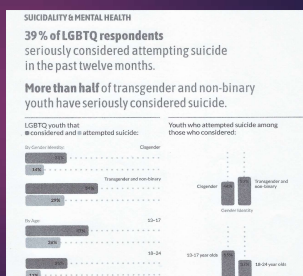
- ▶ The second leading cause of death on college campuses (after accidents) is suicide.
- ▶ 86% of college students have felt overwhelmed.
- ▶ 81% have felt exhausted.
- ▶ 30% have felt too depressed to function.
- ▶ 6.6% of college students have seriously considered suicide.



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LGBTQ Data

- ▶ **The Trevor Project**
- ▶ 71% of LGBTQ youth felt sad and/or hopeless for more than 2 weeks



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High Risk for Mental Health Issues

▶ LGBT

Younger age of coming out 14
Heightened gender and sexuality norms

Biased based bullying

Mental Health Impact

Depression-18%/8.2%, PTSD-11.3%/3.9%, Suicide-31%/4.1%

Major stressor for LGBT Youth Family Rejection

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Attachment Based Family Therapy

▶ Safe Place for Parents to Express Emotions

▶ Education re: Sexual Orientation, Gender Identity

▶ Reaffirm Bond with Child

▶ Recognize Undermining Behaviors

▶ Perceived burdensomeness



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Inside the Brain

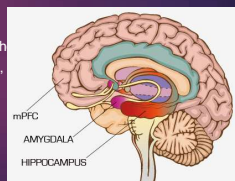
▶ These changes:

▶ Larger, more active amygdala results in sleep disturbances
negative mood, distress and excess cortisol B.

▶ Excess cortisol B creates cellular changes that shrink the
Hippocampus which is involved in Memory, Motivation,
Social Behaviors and Problem Solving

▶ Reduction in size in the Thalamus:
emotion, memory, and arousal

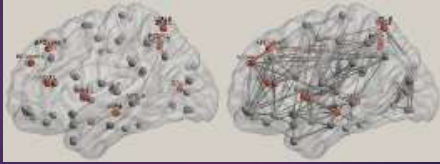
▶ Reduction in PFC, logic, and problem solving



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Inside the Brain

- ▶ Downturn of major Neurotransmitters: Serotonin, Dopamine, Norepinephrine, Glutamate, and GABA
- ▶ Diminished signaling between Hubs

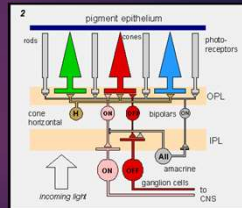


▶ How Your Brain Works When You're Depressed | Better | NBC News

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Impact of Depression on the 5 senses

- ▶ On Vision:
 - ▶ Downturn of activity in Rods-impaired contrast,
 - ▶ Downturn of activity of Cones and Amacrine cells = shades of gray
 - ▶ Upturn of activity in Melanopsin cells
bright light is painful



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Impact of Depression on the 5 senses

- ▶ On Sound:
 - ▶ Researchers are currently investigating a bidirectional link between stress/depression and hearing loss, noise sensitivity and Tinnitus.
- ▶ On Smell and Taste:
 - Reduction in Olfactory Bulb
 - COVID19
- ▶ On Touch:
 - Higher pain sensitivity
 - Lower CT-afferent response



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What Might We Observe?

- ▶ Responsiveness:
 - ▶ Little or no response to peers, siblings, romantic partners, family
 - ▶ Low level reciprocity to family, friends, and teachers.
 - ▶ Slowed thought process, pauses between responses
 - ▶ General mood state, subdued, despairing, hopeless



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What might we observe?

- ▶ Know the signs/Male-Female
 - ▶ More females: persistent sadness, loss of interest, sleep disorders, lack of hygiene
 - ▶ More males: restless, irritable, reckless
- ▶ Compounding factors
 - ▶ Impulsive aggressive reactors
 - ▶ Presence of alcohol and guns



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3 Kinds of Empathy

- ▶ Cognitive Empathy
 - ▶ Example – reference facts, "I get why you feel this way"
- ▶ Emotional Empathy
 - ▶ Example – "I hear you, it is hard to deal with all of this"
- ▶ Compassionate Empathy
 - ▶ Example – "I hear the pain in your voice and I can see how much you are struggling. I want to help."

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Questions We Might Ask

The Patient Health Questionnaire-2 (PHQ-2)

Over the past 2 weeks, how often have you been bothered by any of the following problems?	Not At All	Several Days	More Than Half the Days	Nearly Every Day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3

- ▶ Score of 3 or more indicates depression, referral to Mental Health

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Questions Regarding Mental Health Evaluation

- ▶ Blood test to rule out
- ▶ Number of diseases
- ▶ Review of medications

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Medical Conditions and Depression

- ▶ Alzheimer's Disease
- ▶ Cancer
- ▶ Coronary Heart Disease
- ▶ Diabetes
- ▶ Epilepsy
- ▶ HIV-AIDS

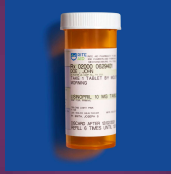


- ▶ Lupus
- ▶ MS
- ▶ Parkinson's Disease
- ▶ Rheumatoid Arthritis
- ▶ Stroke
- ▶ Thyroid Disease

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Rx and Depression

- ▶ Acne Drugs
- ▶ Anticonvulsants
- ▶ Accomplia (Anti-obesity Drug)
- ▶ Barbiturates
- ▶ Benzodiazepines
- ▶ Beta-blockers
- ▶ Calcium channel blockers
- ▶ Chantix (Smoking Cessation Drug)



- ▶ Corticosteroids
- ▶ Finasteride (BPH Drug)
- ▶ Interferon (Autoimmune Disease Drug)
- ▶ NuvaRing (Birth Control)
- ▶ Opioids
- ▶ Singulair (Asthma Drug)
- ▶ Statins
- ▶ Triptans
- ▶ Zovirax (Herpes Drug)

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Substances and Depression

- ▶ Cocaine
- ▶ Inhalants
- ▶ Ketamine
- ▶ Kratom
- ▶ LSD
- ▶ Methamphetamine
- ▶ PCP
- ▶ Steroids (PED)
- ▶ Substance abuse plus depression increase risk!
- ▶ Marijuana
- ▶ MDMA

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Non-Clinical Interventions

- ▶ Compassionate Empathy
- ▶ Overcome Obstacles/Problem Solving
 - ▶ How to keep appointments, child care, external resources
- ▶ Realistic Expectations
 - ▶ Many treatment options are available, most require a long period of time to be effective, some like Ketamine Therapy are fast acting
- ▶ Positive Feedback
 - ▶ Notice and comment on small behavioral changes

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Treatment Possibilities

- ▶ Two-Generational
 - ▶ Most successful treatment approaches include the children.
- ▶ Here are some family based programs with proven success
 - Family Talk, Family-Group CB, Preventive Intervention Program
- ▶ Medications may also be prescribed for the parent
 - There are many new targeted drug therapies now available

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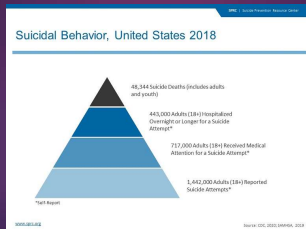
Treatment Outcomes

- ▶ 65 to 75% of patients respond positively to treatment
- ▶ Outcomes are similar for both Talk Therapies and for Medication, often combined
- ▶ Patients see a reduction in symptoms, a reengagement in relationships, more involved parenting, and a return to work as positive outcomes



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Comes the Darkening Sky



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People who feel suicidal face multiple problems.
COVID19 has exacerbated several of these, including:

Recent Loss or Setback

Increase of Drug and Alcohol Abuse

Higher Levels of Stress, Anxiety, and Depression

Feelings of Hopelessness and Powerlessness

Access to Lethal Means

Other Factors Include:

Impulsiveness and Aggressiveness

Family History of Suicide

Parental Psychopathology

Previous Attempts



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Adolescent Risk Factors for Depression/Suicide

► Powerful Emotions

► High Level Stressors

► Parental Rejection

► Victim of Targeting (Bullying)

► Cyber-bullying

► Social Disconnect

► Physical appearance, Sexual orientation, Gender identity



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Suicide as Cause of Death

Rank	<5	5-9	10-14	15-19	20-24	25-34	35-44	45-54	55-64	65-74	75+	Total
1	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury
2	Heart Disease	Heart Disease	Heart Disease	Heart Disease	Heart Disease	Heart Disease	Heart Disease	Heart Disease	Heart Disease	Heart Disease	Heart Disease	Heart Disease
3	Stroke	Stroke	Stroke	Stroke	Stroke	Stroke	Stroke	Stroke	Stroke	Stroke	Stroke	Stroke
4	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury
5	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury
6	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury
7	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury
8	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury
9	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury
10	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury

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[illegible]

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- ▶ **Serious Risk**
- ▶ Especially if the behavior is new; has increased; and/or seems related to a painful event, loss, or change.
- ▶ Talking about feeling trapped or in unbearable pain
- ▶ Talking about being a burden to others
- ▶ Increasing the use of alcohol or drugs
- ▶ Acting anxious or agitated; behaving recklessly
- ▶ Showing rage or talking about seeking or harming others
- ▶ Displaying extreme mood swings



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- ▶ Male Depression
 - ▶ Anger, Agitation, Resentment
 - ▶ Impulsive, Aggressive Reactors



- ▶ Negative response to bad events
 - ▶ Potential high risk for suicide with co-factors alcohol and firearms

Signs of Imminent Risk

- ▶ The Living Will
- ▶ Sudden Lifting of Mood
- ▶ Online Searches of Lethal Methods
- ▶ Social Media Posts
- ▶ Significant Statement



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Effective Responses

- ▶ Interact with the person
 - ▶ State "here is what I'm seeing or hearing"
 - Give examples
- ▶ Ask the Question:
 - ▶ Are you having thoughts about suicide
 - ▶ Are you thinking of killing yourself

If the answer is yes, ask if they have a plan
 No plan, help with referral to Mental Health

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Effective Responses

If the person has a plan:

Are there specifics, for example, method, means, a time frame

- ▶ If there are specifics, will they talk to someone on a Helpline
- ▶ National Suicide Prevention Lifeline at 1-800-273-8255
- ▶ TRANS LIFE LINE US (877) 565-8860
- ▶ **Hand Over** Do not leave this person alone until help comes

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Impulsiveness as a Risk Factor

▶ Short time period between decision and action:

- ▶ 24% said within 5 minutes
- ▶ 24% said between 5 and 19 minutes
- ▶ 23% said between 20 and 60 minutes
- ▶ 16% said 2 to 8 hours
- ▶ 13% said 1 or more days



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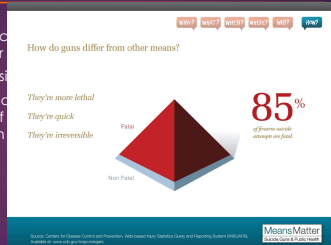
Why Does Gun Availability Matter?

- ▶ Some suicide attempts are impulsive
- ▶ Some occur during a crisis (most often interpersonal)
- ▶ If a gun is not available, nearly every other method substituted is less lethal
- ▶ A new study from Stanford found that: men who owned handguns were 8 times more likely to die of self-inflicted gunshot wounds, and women who owned handguns were more than 35 times more likely to kill themselves with a gun.

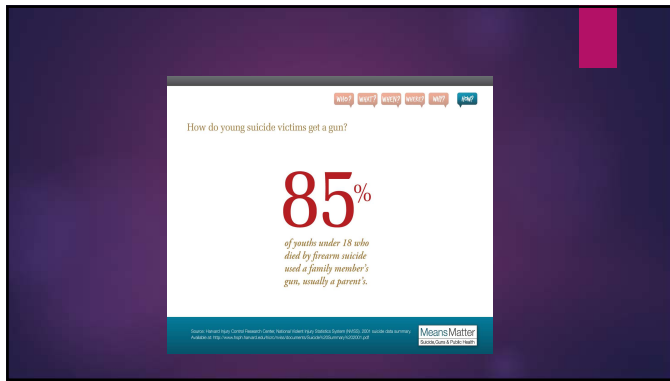
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What is it about guns?

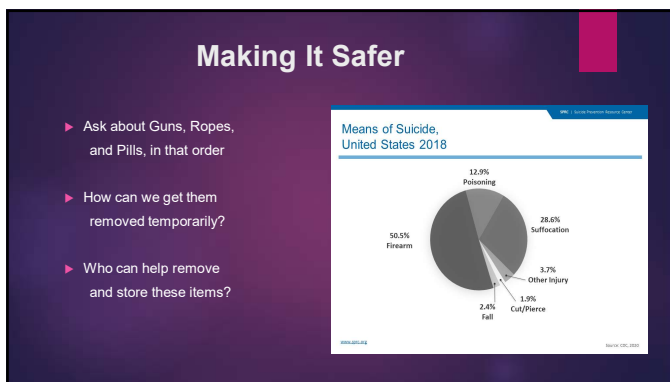
- ▶ Lethality (85-90% ED for poisoning, 70-80% for
- ▶ Immediacy & irreversibility
- ▶ Most other methods of hangings. About half (Gunnell 2005) which



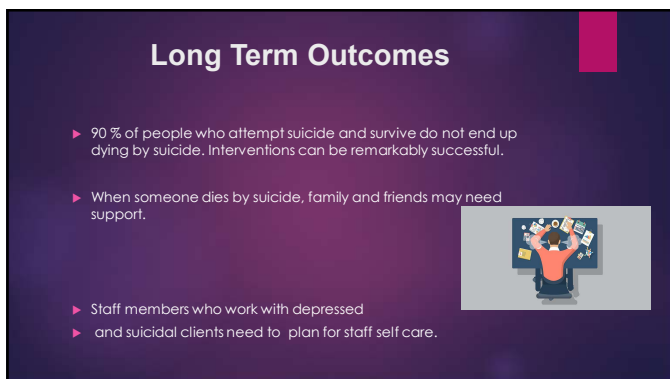
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Resources

- ▶ Regarding Depression:
- ▶ National Institute of Mental Health
- ▶ www.nimh.nih.gov/depression

- ▶ Regarding Suicide:
- ▶ Suicide Prevention Resource Center
- ▶ www.sprc.org

- ▶ National Alliance on Mental Illness
- ▶ National Suicide Prevention Hotline
- ▶ 1-800-273-8255
- ▶ Trans Lifeline
- ▶ 877-565-8860

- ▶ The Trevor Project
- ▶ www.thetrevorproject.org
