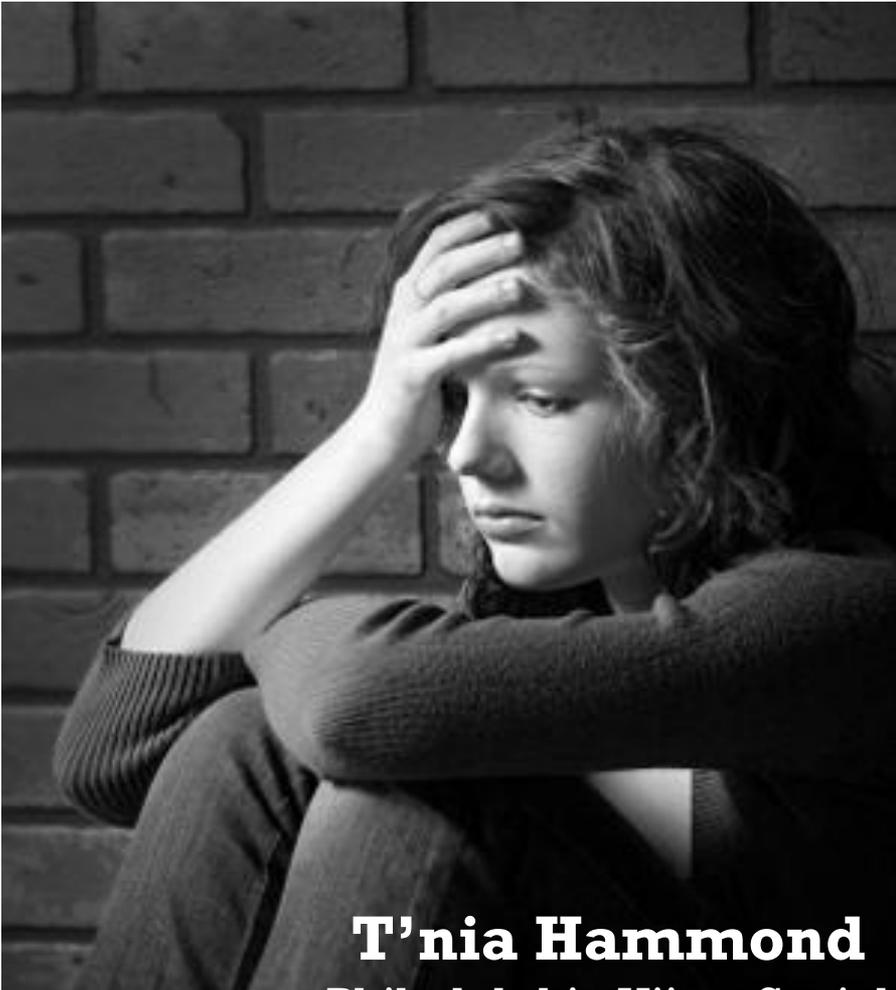


Mental Health



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What is going on *inside* our
teens ?





What is Mental Health?



Though there is really no general definition of what mental health is, according to the Surgeon General's report on mental health, mental health is considered as successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and cope with adversity.

Mental Health: A Report of the Surgeon General (1999)





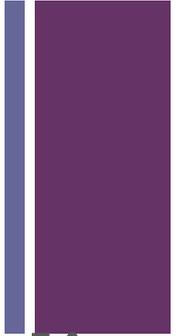
What does it mean to be mentally healthy?



- You are content with how you are living your life
- You are optimistic about your future
- You feel that you are an asset to this world
- You feel that there are good people in the world
- You are able to cope with everyday issues and normal misfortunes
- You are able to perform everyday tasks without a hassle



What is Mental Illness?



According to the Stanford Encyclopedia of Philosophy, a mental illness or disorder is classified as a medical condition that interrupts a persons feeling, thinking, mood, and ability to relate to others and daily functioning.

Stanford Encyclopedia of Philosophy: Mental Illness



DSM IV



The DSM IV is The Diagnostic Statistical Manual of Mental Disorders, Fourth Edition. This manual uses a series of categories to properly diagnose a mental disorder. The five dimensions are listed below:

- I. Clinical Syndromes (i.e. Depression or Schizophrenia)
- II. Developmental Disorders (i.e. Autism) and Personality Disorders (Bipolar Disorder)
- III. Physical Disorders (i.e. Brain Injuries)
- IV. Severity of Psychosocial Stressors
- V. Highest Level of Functioning



Does mental illness affect teens?



- About 20% of the youth in the United States will be effected by some type of mental disorder in their lifetime
- The U.S. Surgeon General reports that 10 percent of children and adolescents in the United States suffer from serious emotional and mental disorders that cause significant functional impairment in their day-to-day lives at home, in school and with peers.

Major Mental Disorders Affecting Teens

- ADHD (Attention Deficit Hyperactivity Disorder)
- Anorexia Nervosa
- Bulimia Nervosa
- Depression
- PTSD (Post Traumatic Stress Disorder)

Mental Health: A Report of The Surgeon General
(1999)

NAMI: National Alliance on Mental Illnesses



Depression

Depression in Teen Males

- Teen males are more likely than teen females to show symptoms of depression such as rage, substance abuse and sexual behavior
- Adolescent males have a greater chance at committing suicide because they use dangerous methods in order to cope with their depression
- Male depression often goes unnoticed because it is not socially acceptable to discuss their feelings
- A common misconception of depression when it comes to males is that teen females are more likely to experience depression but as time progresses male depression rates are soaring

Depression in Teen Females

- Girls are more likely to experience depression than boys
- Biological and Hormone changes that begin during puberty are likely to contribute to depression among girls
- Girls are more likely to experience more hardships in their adolescent years i.e. poverty, sexual abuse
- 70 percent of adolescent girls who have experienced a depressive episode have experienced a stressful even before hand



ADHD (Attention Deficit/Hyperactivity Disorder)



ADHD in Teenage Males

- ADHD is 9 times more likely in boys than girls
 - Symptoms in boys are detected earlier than they are in girls
- Boys are less cooperative with their teachers in school

ADHD in Teenage Females

- Symptoms of ADHD are different in girls. While boys are hyperactive and impulsive girls show symptoms of detachment and distraction
- Girls with ADHD are more likely to become tomboys
- Girls with ADHD appear to be messy and unorganized
- Girls with ADHD tend to have more mood disorders, anxiety, and self-esteem problems than non-ADHD girls



Anorexia/Bulimia Nervosa

Anorexia/Bulimia in Teen Males

- A million teen men suffer from eating disorders each year
- Boys who have not been great in sports and physical fitness or were never muscular and super competitive are more likely to have an eating disorder
- Only 1 in 10 men get treated for an eating disorder because they feel it is a “woman’s disease”
- One-third of teenage boys use unhealthy weight control behaviors such as fasting, smoking cigarettes and taking laxatives

Anorexia/Bulimia in Teen Females

- Women are much more likely to develop eating disorders
- 50 percent of teen women who have anorexia develop patterns of bulimia
- 20 percent of teen women will die prematurely from complications due to their eating disorder (starvation, suicide and heart complications)
- Female athletes (gymnastics, ballet and figure skating) are found to be one of the highest risk groups for eating disorders



PTSD (Post Traumatic Stress Disorder)

PTSD in Teen Males

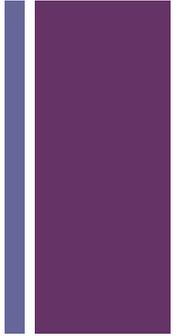
- 14-43% of teen boys witness a traumatic experience. From that trauma at least 1-6% of boys develop PTSD
- One-third of boys who have witnessed a shooting, stabbing or another type of assault will suffer from PTSD
- Boys who have PTSD will appear more shy and withdrawn than boys without PTSD

PTSD in Teen Females

- 15-43 % of teen girls witness a traumatic experience. From that trauma at least 3-15% of teen girls develop PTSD
- 100% of girls who have seen their parent killed will have PTSD
- Higher rates of PTSD are found in African American and Native American teen females



Treatments



When treating a Mental Disorder there are some factors that must be considered:

- The particular mental illness one has
- How severe the mental disorder is
- The individual's life situations

Some Common Medications used to treat Mental Illnesses are listed below:

- Psychotherapy
- Anti-depressants
- Mood Stabilizers
- Anti-Anxiety Medications
- Antipsychotics

Other treatments:

- Hospitalization and Treatment Programs



How to Get Involved: What You Can Do to Help



- **As An Individual Living with a Mental Illness:** Be active in your treatment. Work with the doctors so they can help YOU. Be COMPLETELY HONEST with your mental health provider so the best type of medication can be provided for your lifestyle.
- **As A Parent:** See to it that your child is in good hands. Support your child, and ensure them that the doctors will do everything they can to help. Have conversations with your child on their condition and ask their feelings about their illness.
- **As A Peer/Friend:** Moral Support is extremely important. In many cases a person living with a Mental Disorder feels alone. Sometimes all the individual needs to know is that there are people who understand them and their illness. Being that ear and shoulder to cry on will make individuals living with a disorder more at ease.



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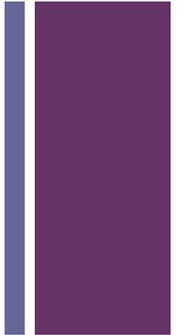


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