



Capuchino High School Adolescent Wellness

12/6/16

Presented by the Wellness Team:

Alexis Becerra, Lucero Govea

Wellness Counselors

&

Rebecca Bucher

Wellness Coordinator

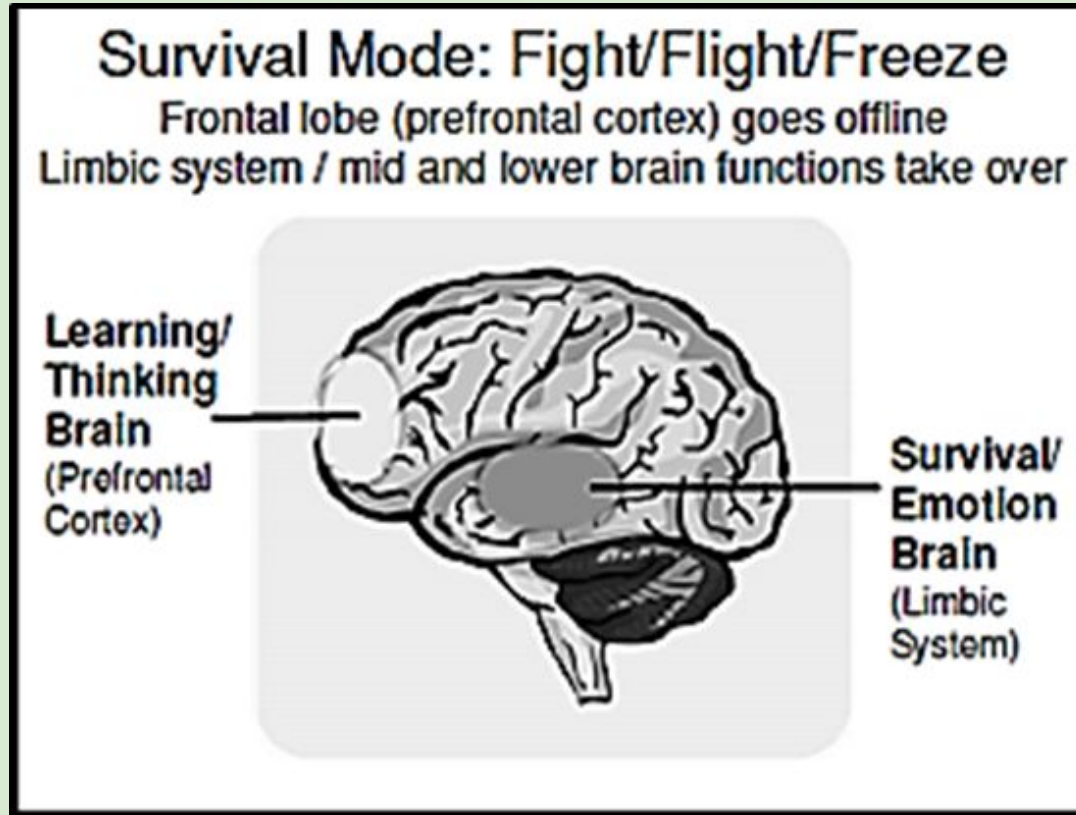
Soda Bottle Shake-up



The Brain Under Stress

Frontal lobe
(prefrontal
cortex) goes
offline

Limbic system /
mid and lower
brain functions
take over



In other words...



<https://www.youtube.com/watch?v=gm9CIJ74Oxw>

Teens brains are different

- **The brain is not fully developed until age 25!**
 - The prefrontal cortex, where logic and reasoning occurs, is the last to fully develop
- **They don't have peripheral awareness**
 - they can't see/hear past their immediacy (sometimes literally)
- **Their emotional brains (limbic system) are very sensitive and their rational brain is less developed.**
 - This is why they are more sensitive and emotional in their pre-teen and teen years.
 - Actually less to do with hormones and more with brain development.
- **Teens need to sleep more (9.25 hours/night)**
 - Sleep deprivation can lead to irritability, depression and impulsivity



Data of adolescent mental health trends

From the CDC

Children aged 3–17 years were identified as having a current diagnosis of

- Attention-deficit/hyperactivity disorder (ADHD) (6.8%)
- Behavioral or conduct problems (3.5%)
- Anxiety (3.0%)
- Depression (2.1%)
- Autism spectrum disorder (1.1%)
- Tourette syndrome (0.2%) (among children aged 6–17 years)

*Suicide was the second leading cause of death among adolescents aged 15–19 years in 2014.

From the California Healthy Kids Survey 2013–15 (all California)

<i>Chronic Sad or Hopeless Feelings, Past 12 Months</i>	Grade 9 31.7%	Grade 11 33.8%
<i>Seriously Considered Attempting Suicide, Past 12 Months</i>	Grade 9 19.3%	Grade 11 18.7%

From the California Healthy Kids Survey 2013–15 (CHS)

<i>Chronic Sad or Hopeless Feelings, Past 12 Months</i>	Grade 9 26 %	Grade 11 31%
<i>Seriously Considered Attempting Suicide, Past 12 Months</i>	Grade 9 14%	Grade 11 12%

What we're observing at CHS



Adolescent Behaviors

Developmentally appropriate teen behaviors	Teen behaviors that cause concern
Wanting to spend more time with peers and less time with family	Not wanting to spend time with either family or friends, i.e. shunning all social activity
Reluctance to get up early for school	Absolute refusal to attend school—especially if this behavior happens suddenly and accompanies other signs of distress or depression
Needing more sleep or developing a larger appetite during growth spurts	Sudden changes in energy levels, i.e. sleeping abnormally long or not being able to sleep at all; sudden changes in appetite, i.e. consistent overeating or undereating accompanied by quick fluctuations in weight
Sadness and anxiety following fights with friends or a romantic breakup	Sadness and anxiety that doesn't correct itself or decrease in intensity after a few days to a couple weeks.

Adolescent Behaviors

Developmentally appropriate teen behaviors	Teen behaviors that cause concern
Some light risk-taking or experimenting with sex, alcohol, drugs, or self-harming behaviors such as cutting	Extremely risky behavior and/or delinquent behavior, including disregard for house rules, parents' concerns, or laws of society; turning to cutting as a form of emotional and physical release
Turning to a beloved pet for comfort instead of a parent or friend	Deliberately harming family pets or torturing or killing any animal
Worrying about physical appearance and trying to fit in	Sudden and significant changes in eating behaviors, over-exercising, and other indications of eating disorders
Moodiness, sensitive, emotional	Extreme highs and lows, or prolonged sadness or irritability

What can you do?



Talk to your teen!

Encourage your teen to talk:

- ★ Allow your teen to share his/her point of view
- ★ Show respect
- ★ Acknowledge and validate teen's feelings
- ★ Summarize to make sure that you understand what he/she said
- ★ Give your teen your full attention
- ★ Stop what you were doing or set-up a time to talk
- ★ Remain quiet
- ★ Listen to what your teen has to say
- ★ Refrain from jumping in to fix the problem
- ★ Use encouraging non-verbal behaviors
- ★ If you are concerned about their safety, do not be afraid to ask them



Ask for on-campus assistance.

Trusted faculty or staff member

School Counselors

SPED Case Managers

Wellness Counselors

Family Engagement Coordinator: Dulce Hatch

School Resource Officer (SRO): Scott Rogge

Administration & Dean



Access Community Resources

CONFIDENTIAL SUPPORT

- ★ Crisis Text Line: Text “Start” to 741-741
- ★ Starvista 24/7 Crisis Hotline: (650) 579-0350
- ★ Parent 24/7 Support Line (call/text)- Star Vista: (650) 579-0358 (English, Spanish, Mandarin)

FOR ONGOING MENTAL HEALTH SERVICES

- ★ Referral from pediatrician for mental health provider
- ★ Behavioral Health & Recovery Services (BHRS) Access Call Center 800/686-0101; TDD 800/943-2833
- ★ Visit www.psychologytoday.com for local providers
- ★ Community agencies

Mental Health Emergencies (danger to self or others)

Call 9-1-1 or go to your nearest hospital emergency room if you can safely get there.

Psychiatric Emergency Services (PES) are available at:

Mills-Peninsula Medical Center

1501 Trousdale Drive, Burlingame, CA 94010

Phone: (650) 696-5915

San Mateo Medical Center

222 West 39th Ave., San Mateo, CA, 94403

Phone: (650) 573-2662

Get Immediate Help

If you or someone you know is experiencing a mental health emergency or is in a life threatening situation, call 9-1-1 and say: “I’m calling about a mental health emergency and request a CIT (Crisis Intervention Trained) Officer.”

We all want to protect the people we love, but sometimes we cannot do it on our own. If a family member or friend is in a mental health crisis and at risk of harming themselves or others, call the police – even though you or your family member may be upset or afraid – to help ensure everyone’s safety.

References

California Health Kids Survey, 15th Biennial Statewide Survey 2013–2015,
http://surveydata.wested.org/resources/Biennial_State_1315.pdf

Centers for Disease Control & Prevention, <http://www.cdc.gov/childrensmentalhealth/data.html>,
http://www.cdc.gov/nchs/data/nvsr/nvsr65/nvsr65_05.pdf,
<https://www.cdc.gov/violenceprevention/pdf/suicide-datasheet-a.pdf>

County of San Mateo Health System, <http://www.smchealth.org/mh911>

Georgetown Behavioral Health Institute, <http://www.georgetownbehavioral.com/node/1166>

Dr. Erica Reischer “What Great Parents Do”

National Institute of Mental Health, www.nimh.nih.gov