

The Kids Aren't All Right CVC Parent Talk on Mental Health

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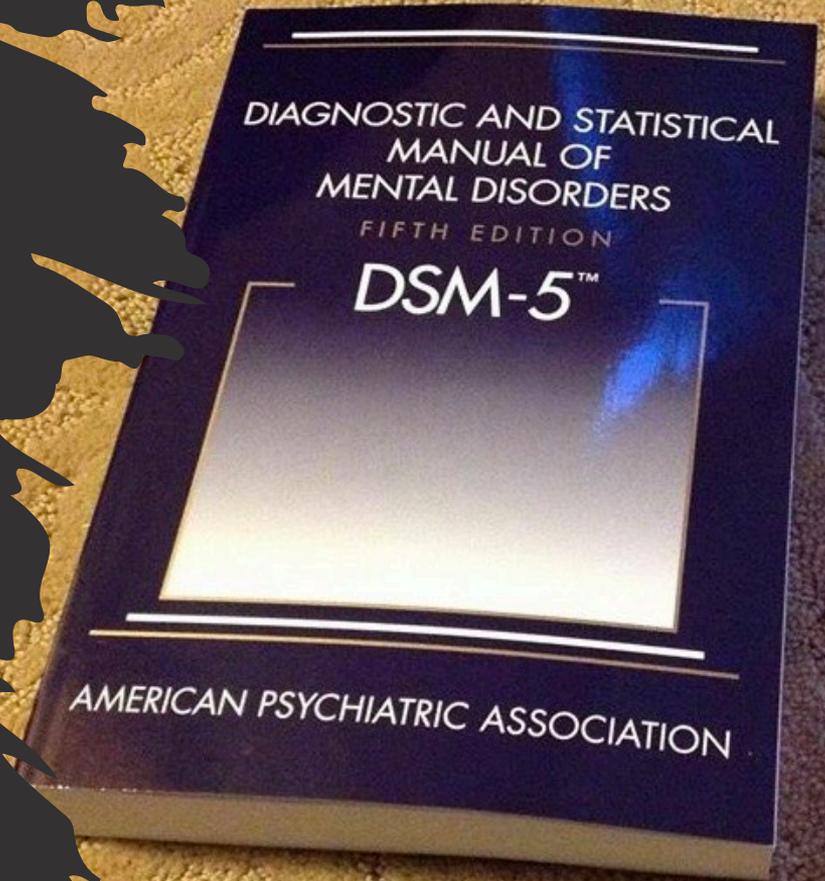


**Key
Ministry**

Defining mental illness

- A syndrome characterized by clinically significant disturbance in an individual's cognition, emotion regulation, or behavior that reflects a dysfunction in the psychological, biological, or developmental processes underlying mental functioning.
 - usually associated with “significant distress or disability in social, occupational, or other important activities.”

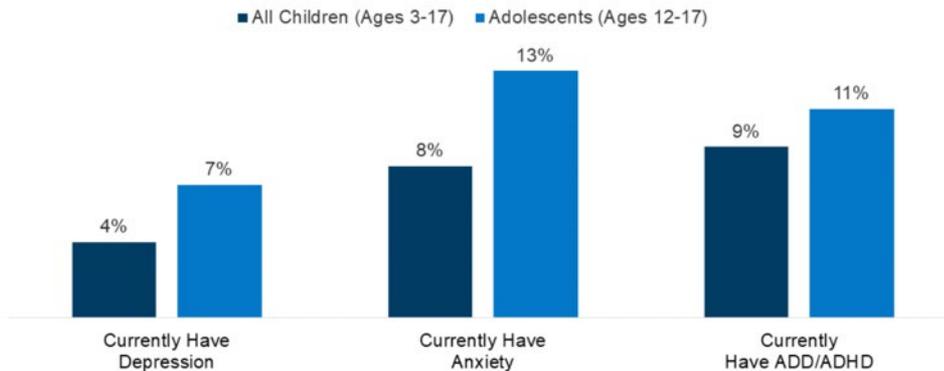
Source: DSM-5, American Psychiatric Association



One in five
kids had a
mental
health
disorder
BEFORE
the
pandemic

Figure 1

Percent of Children with Anxiety, Depression, and ADD/ADHD, 2018 and 2019



NOTES: ADD/ADHD refers to Attention Deficit Disorder or Attention Deficit/Hyperactivity Disorder.
SOURCE: KFF analysis of National Survey of Children's Health, 2018 and 2019.

KFF

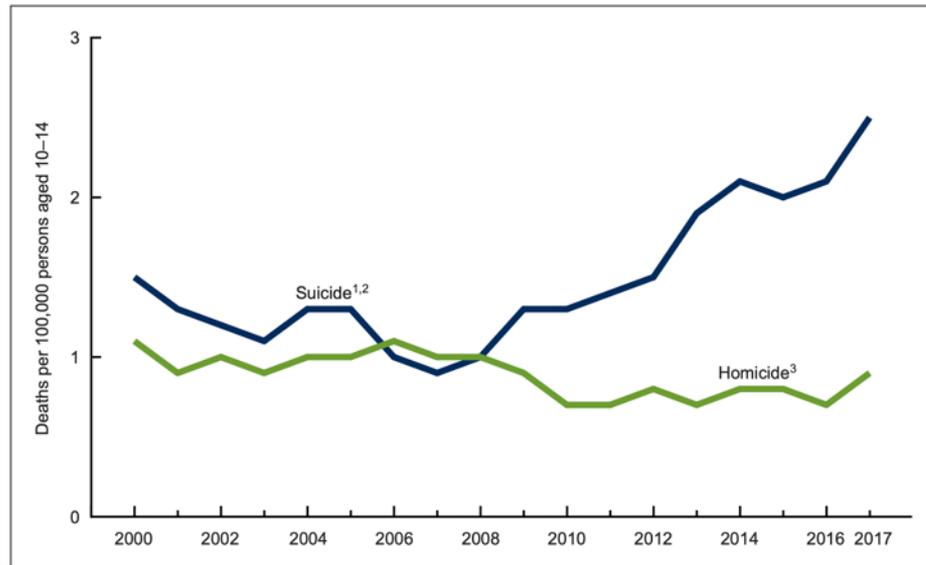
Figure 1: Percent of Children with Anxiety, Depression, and ADD/ADHD, 2018 and 2019

Source: Kaiser Family Foundation

A Suicide Epidemic?

- Suicide rates for persons aged 10–14 declined from 2000 (1.5) to 2007 (0.9), and then nearly tripled from 2007 to 2017
- The suicide rate for persons aged 15–19 was stable from 2000 to 2007, and then increased 76% from 2007 (6.7) to 2017 (11.8)

Figure 2. Suicide and homicide death rates among children and adolescents aged 10–14: United States, 2000–2017

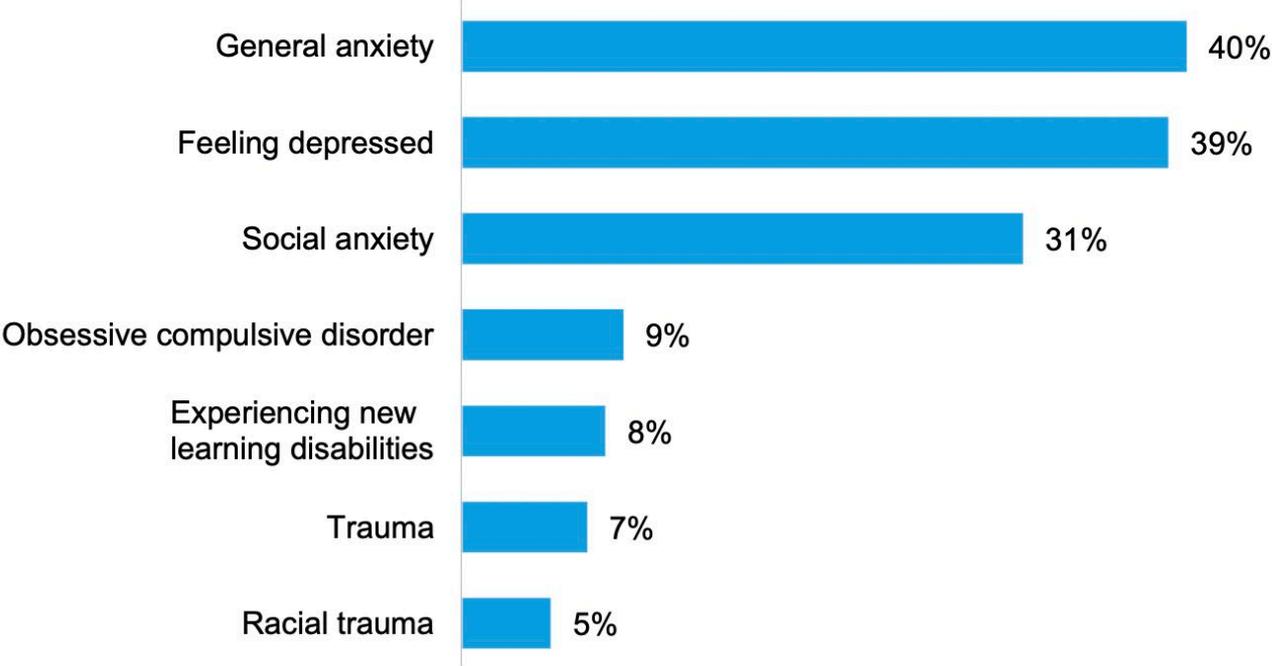


Source: National Children's Health Survey Data Brief, October 2019)

Four in 10 teens self-report that they have experienced general anxiety and feeling depressed since March 2020. Girls (46%) are more likely to self-report feeling depressed than boys (33%).

FIGURE 2

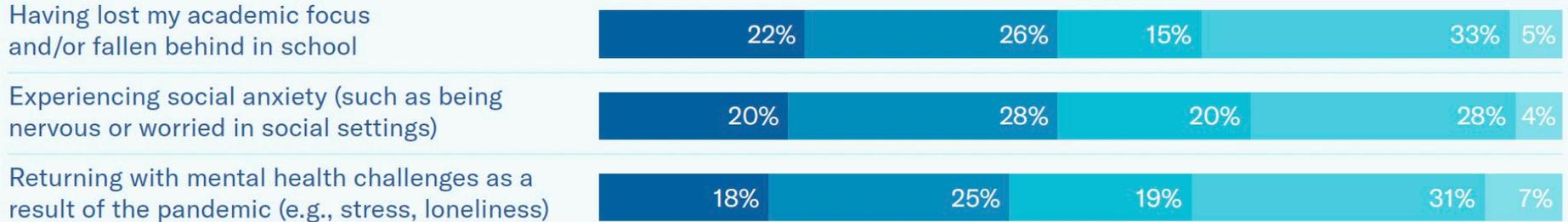
Which, if any, of the following mental health challenges have you experienced since the beginning of the pandemic in March 2020? Please select all that apply.



Source: Morgan Stanley Alliance for Children’s Mental Health (2021)

Teen Concerns Post-Pandemic

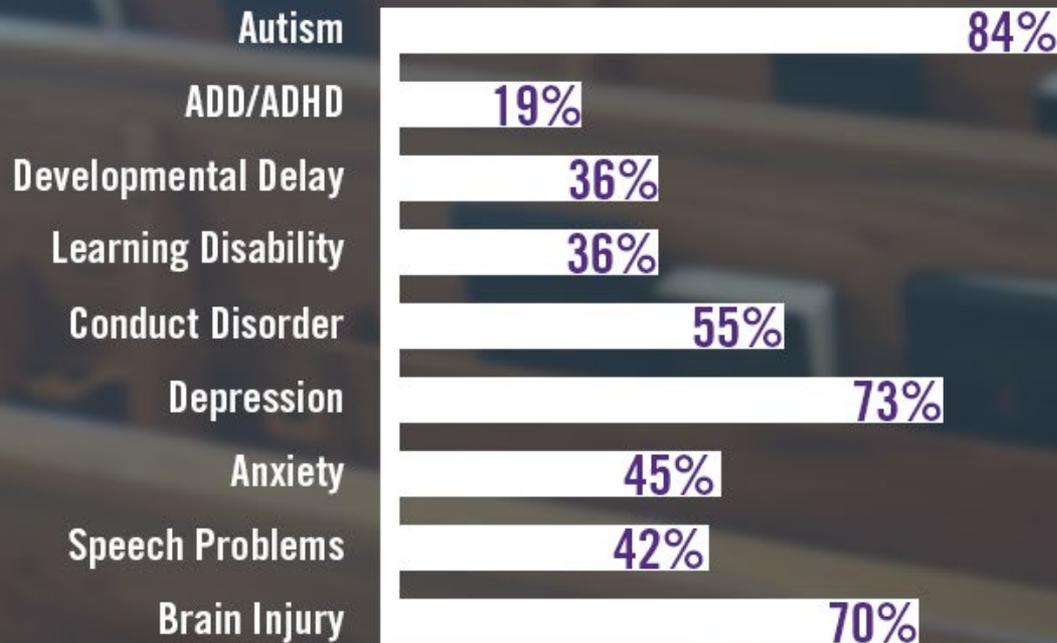
Having lost academic focus and/or falling behind in school was top on the list of concerns among teens regarding returning to their regular activities post-pandemic. Additionally, teens are about as concerned with mental health challenges as a result of the pandemic (43%) as they are with COVID-19-related health concerns (40%).



- Very concerned
- Somewhat concerned
- Not very concerned
- Not at all concerned
- Don't know

Source: Children's Mental Health Report, Child Mind Institute (2021)

**CLEMSON
RESEARCH
EXAMINES HOW
CHRONIC HEALTH
CONDITIONS
AFFECT CHURCH
ATTENDANCE
AMONG YOUNG
PEOPLE**



The percent increase in odds of children with chronic health conditions never attending church compared to children with no health conditions



**Why is the
problem
getting
worse?**

Pounding square pegs into round holes?

Traits associated with common mental health conditions often clash with functional expectations in school, at home, with friends and extracurricular activities.



What's changed in the last decade to impact these trends?

- Percentage of U.S. teens with access to smartphones increased from 41% in 2012 to 89% in 2018.
- Kids spending > 3 hours/day on devices are 60% more likely to develop depression vs. kids who using them for an hour or less.
- Cyberbullying victims are twice as likely to exhibit self-harm, suicidal behavior.



the facebook files 

Facebook Knows Instagram Is Toxic for Teen Girls, Company Documents Show

Its own in-depth research shows a significant teen mental-health issue that Facebook plays down in public



The impact of social media... especially upon girls

- Among teens who reported suicidal thoughts, 13% of British users and 6% of American users traced the desire to kill themselves to Instagram
- “More than 40% of Instagram users who reported feeling “unattractive” said the feeling began on the app.”

Source: Wall Street Journal, September 14, 2021

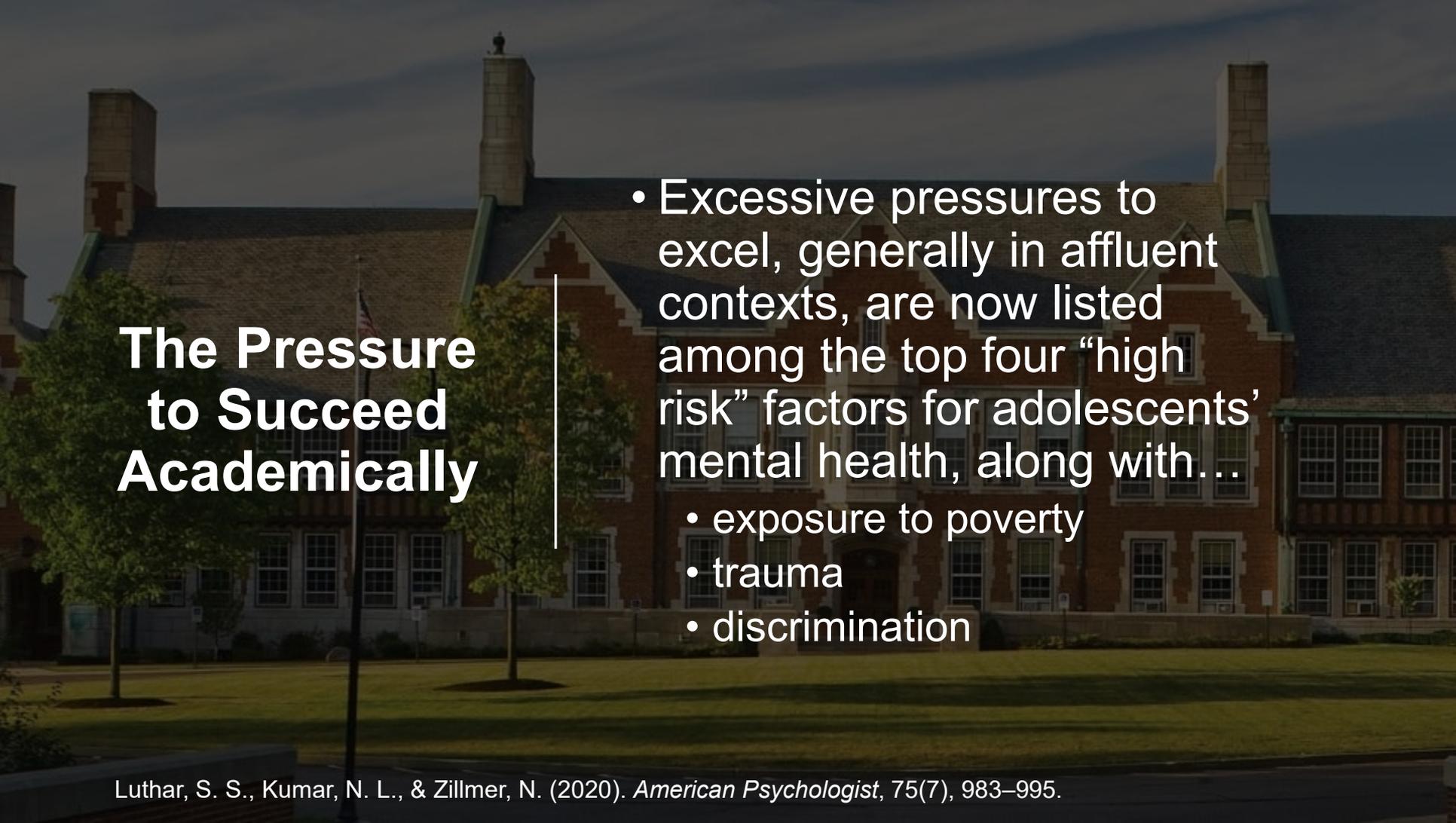


Key
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Is the political climate having an effect?

- Female liberal adolescents experiencing the largest increases in depressive symptoms, especially in the context of demographic risk factors including parental education
- “The ideological lenses through which adolescents view the political climate differentially affect their mental wellbeing”



The Pressure to Succeed Academically

- Excessive pressures to excel, generally in affluent contexts, are now listed among the top four “high risk” factors for adolescents’ mental health, along with...
 - exposure to poverty
 - trauma
 - discrimination

Has the sexual revolution been unkind to our kids?

Compared with students with no sexual contact:

- Students who experienced sexual contact with the same or both sexes were 12X more likely to need medical attention following a suicide attempt
- Boys with heterosexual contact only were 7X more likely to need medical attention following a suicide attempt.
- Girls with heterosexual contact only were over 3X more likely to need medical attention following a suicide attempt.



Anxiety, ADHD & Depression



How kids with anxiety disorders differ from their peers

- They misinterpret threat, danger
- They think too much...to the point that academic performance, family functioning, friendships, extracurricular activities are compromised...rumination, perseveration, indecisiveness, perfectionism

We treat when anxiety interferes with daily functioning



Warning signs of significant anxiety in children and teens:

- “What if” questions
- Avoidance
- Excessive need for reassurance
- Somatic complaints
- Sleep disturbances
- Inattention, poor concentration
- Perfectionism
- Excessive school absence
- Easily distressed
- Lying



DSM-5 Diagnostic Criteria for ADHD

- Either/And:
 - 6 or more symptoms of inattention or
 - 6 or more symptoms of hyperactivity-impulsivity
- Persisting for at least 6 months in a way that is maladaptive, inconsistent with developmental level
- Some symptoms causing impairment before age 12
- Impairment present in 2 or more settings—at school (or work) and at home
- Requires “clear evidence” of clinically significant impairment in social, academic, or occupational functioning





Executive functioning- the fundamental difference in persons with ADHD?

- Cognitive abilities involved in controlling and regulating other abilities and behaviors
- Necessary in initiating goal-directed behavior, regulating emotions, delaying gratification, planning future behavior
- Children with weaknesses in executive functioning have more difficulty foreseeing outcomes of behavior, adapting to new situations.

Major Depression Criteria: DSM-5

- At least 2 weeks of pervasive change in mood manifest by either depressed or irritable mood and/or loss of interest and pleasure.
- Other symptoms: changes in appetite, weight, sleep, activity, concentration or indecisiveness, energy, self-esteem (worthless, excessive guilt), motivation, recurrent suicidal ideation or acts.
- Symptoms produce clinically significant distress or impairment
- Symptoms not attributable to substance abuse, medications, other psychiatric illness, medical illness

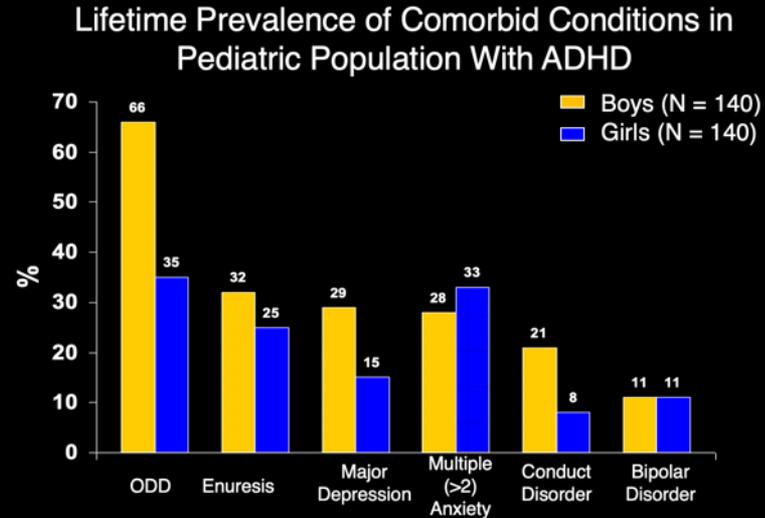


Comorbidity

- About 3 in 4 children aged 3-17 years with depression also have anxiety (73.8%) and almost 1 in 2 have behavior problems (47.2%)
- For children aged 3-17 years with anxiety, more than 1 in 3 also have behavior problems (37.9%) and about 1 in 3 also have depression (32.3%)
- For children aged 3-17 years with behavior problems, more than 1 in 3 also have anxiety (36.6%) and about 1 in 5 also have depression (20.3%).

Source: Centers for Disease Control

Comorbidity in Pediatric ADHD



Biederman J. J Clin Psychiatry. 2004;65(suppl 3):3-7.

Mental illness in Scripture

- Psalm 102 (depression)
- Jeremiah 20:7-18 (depression)
- 2 Corinthians 1:3-9 (Paul)
- 1 Samuel 16:14-23 (Saul)
- Psalm 38 (David)

Jeremiah Lamenting the Destruction of Jerusalem,
Rembrandt (1630)





Mental illness or a “sin” problem?

- Oppositional Defiant Disorder, Conduct Disorder involve sinful behavior
- Teens may experience mental health crises as consequence of crossing sexual boundaries
- We need to be VERY careful in attributing mental health struggles to a lack of faith

Can they or can't they “control it?”

A false dichotomy...

- They possess **some** ability to manage their actions and emotions.
- Capable of self- control, but need to devote more cognitive resources and mental effort to maintaining control than peers
- “Structure” simplifies the cognitive demands to which a child is exposed to maximize capacity to make good choices



Eleven Simple Signs of Kids Experiencing Mental Health Struggles

1. Feeling very sad or withdrawn for two or more weeks
2. Seriously trying to harm or kill themselves, or making plans to do so
3. Sudden overwhelming fear for no reason, sometimes with a racing heart or fast breathing



Eleven Simple Signs of Kids Experiencing Mental Health Struggles

4. Involved in multiple fights, using a weapon, or wanting badly to hurt others
5. Severe, out-of-control behavior that can hurt themselves or others
6. Not eating, throwing up or using laxatives to make themselves lose weight



Eleven Simple Signs of Kids Experiencing Mental Health Struggles

7. Intensive worries or fears that get in the way of daily activities
8. Extreme difficulty in concentrating or staying still that puts them in physical danger or causes school failure



Eleven Simple Signs of Kids Experiencing Mental Health Struggles

9. Repeated use of drugs or alcohol
10. Severe mood swings that cause problems in relationships
11. Drastic changes in their behavior or personality



How do I find help if my child needs it?

- Start with your pediatrician, primary care physician
- Local pediatric hospital
- Your child's school
- Your health insurance company
- Church
- Community mental health board
- Friends & neighbors





**Do I need to take my child to a
Christian?**

Contact information

- drgrcevich@fcbtf.com
- Twitter: @drgrcevich
- Practice website: www.fcbtf.com
- www.keyministry.org

LinkedIn:<https://www.linkedin.com/in/stephen-grcevich-md/>

