

*Demystifying
Depression & Anxiety
in Our Kids*



**NEW DEVELOPMENTS
AND CREATIVE
INTERVENTIONS**

Myth #1



***MENTAL HEALTH
PROBLEMS ARE DECLINING
IN OUR SOCIETY***

America's Mental Health Crisis



- In 2020 alone, an estimated **1 in 5** people experienced some form of mental illness.
- The **Centers for Disease Control and Prevention** reported that between August 2020 and February 2021, the percentage of adults with symptoms of anxiety or a depression increased from **36%** to **42%**.
- Over **12 million** seriously contemplated suicide.

Causes of the Crisis in Mental Health



- **Spiritual Decline**

- Faith/Church Attendance
- Cynicism about Church
- Theological Ignorance
- Evil/Darkness
- Loss of Truth/Rise of Relativity

- **Psychological Decline**

- Loss of Meaning/Purpose
- Self-Absorption/Narcissism
- Attitude of Entitlement
- Sexual Turmoil/Traumas
 - ✦ “Toxic Masculinity”
 - ✦ Gender Confusion
 - ✦ Ubiquity of Pornography
- Social Isolation/Disconnect
- Rise of Addiction/”Idols”
- “Victim” Posture

- **Cultural Decline**

- Breakdown of Morals/Values
- Disintegration of Families
- Fears of Climate Change
- Escalating Violence
- Distrust of Institutions
 - ✦ Government/Voting
 - ✦ Police
 - ✦ Education
- Increasing Racial Strife
- Political Polarization
 - ✦ Disinformation/Online
 - ✦ Media Corruption
- Reality of War
- COVID/Pandemics
- Bullying/Abuse
- Negative Effects of Social Media

Some Startling Statistics



- Between 2009 and 2019, the percentage of teens who reported having “persistent feelings of sadness or hopelessness” rose from **26%** to **37%**.
- In 2021, the figure rose to **44%**.
- Childhood suicide rates are high and increasing, but they’re still much lower than adults.

CDC Warnings (Cont.)



- 1 in 5 said they have contemplated suicide, according to the results of a survey published in March of this year.
- Girls, too, reported faring worse than boys. They were **twice** as likely to report poor mental health. More than 1 in 4 girls reported that they had seriously contemplated attempting suicide during the pandemic, **twice the rate of boys.**

Myth #2



***FAITHFUL CHRISTIANS
ARE LARGELY IMMUNE
FROM EMOTIONAL
STRUGGLES***

Daniel G. Amen, M.D.



CHANGE YOUR
BRAiN
CHANGE YOUR
life

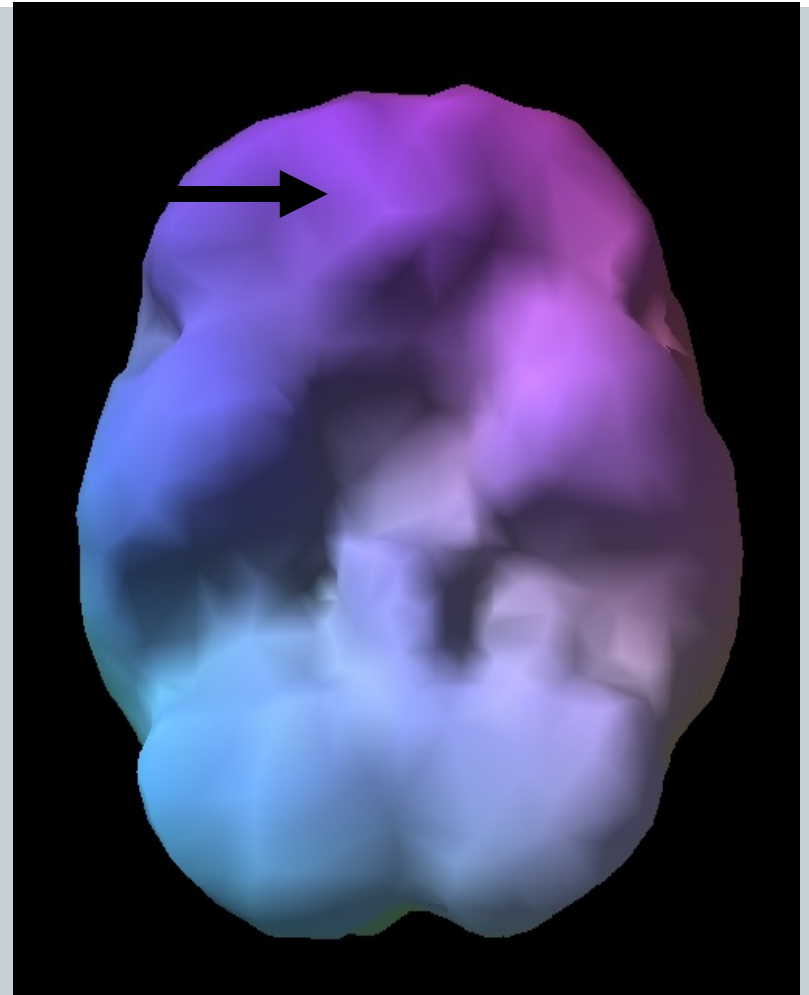
*The Breakthrough Program for
Conquering Anxiety, Depression,
Obsessiveness, Anger, and Impulsiveness*

Daniel G. Amen, M.D.

PREFRONTAL CORTEX FUNCTIONS

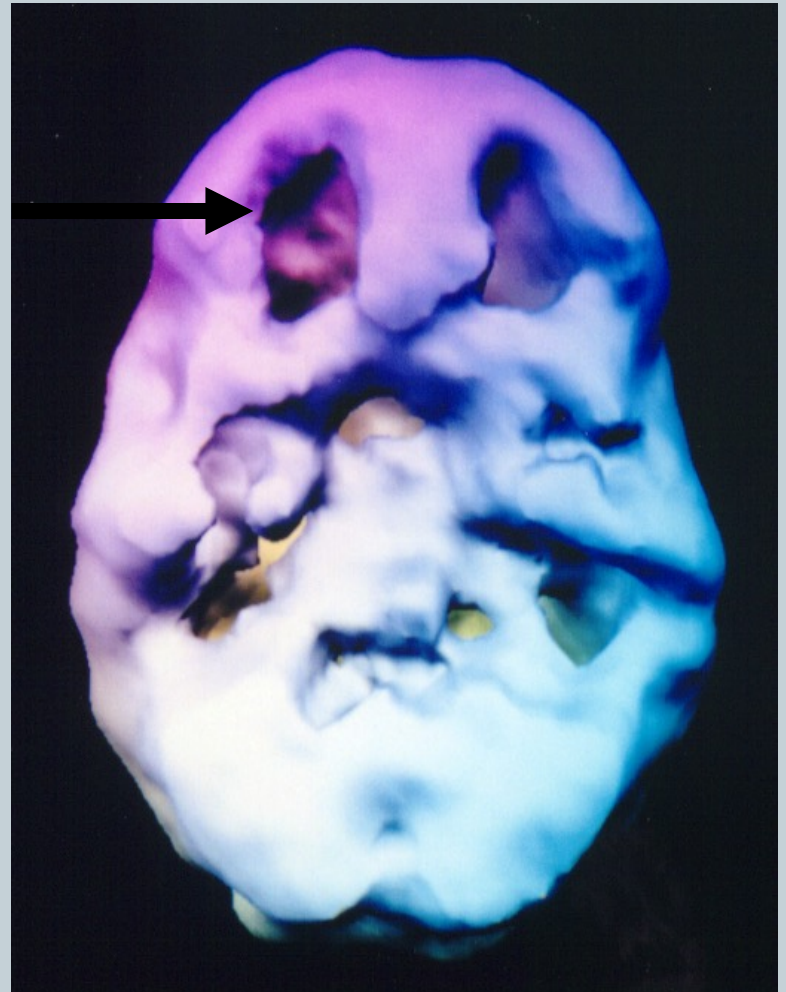


- Focus
- Forethought
- Impulse Control
- Organization
- Planning
- Judgment
- Empathy
- Insight



PREFRONTAL CORTEX PROBLEMS

- Short attn span
- Impulsivity
- Procrastination
- Disorganization
- Poor judgment
- Lack of empathy and insight



Myth #3



***DEPRESSION AND
ANXIETY ARE SPIRITUAL
WEAKNESSES***

Depression & Anxiety is Biblical



- Elijah

- Job

- Jonah

- Habakkuk

- Jeremiah

- David

- Jesus

- Paul

DEPRESSION



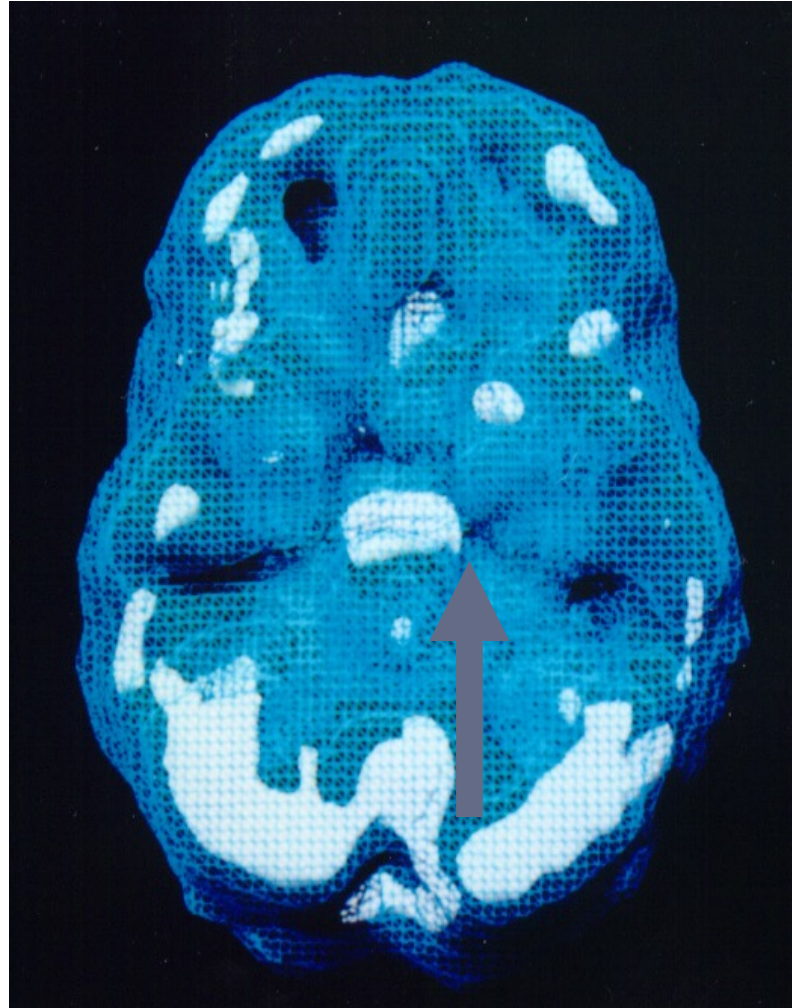
**75% OF THE TIME IT ALSO INCLUDES
FEELINGS OF DEBILITATING
ANXIETY**

Depression is Complex



- Sometimes it is **spiritual** or **moral**.
- Sometimes it is **situational** or **circumstantial**.
- Sometimes it can be caused by irrational or distorted **thinking**.
- Sometimes it is **neurological**.

Depression



DEPRESSION CHECKLIST

Five or more symptoms marked 3 or 4 indicate a high likelihood of deep limbic problems.



0 = never

1 = rarely

2 = occasionally

3 = frequently

4 = very frequently

- Feelings of sadness
- Moodiness
- Negativity
- Low energy
- Irritability
- Decreased interest in others
- Hopelessness
- Helplessness
- Feeling dissatisfied or bored
- Excessive guilt

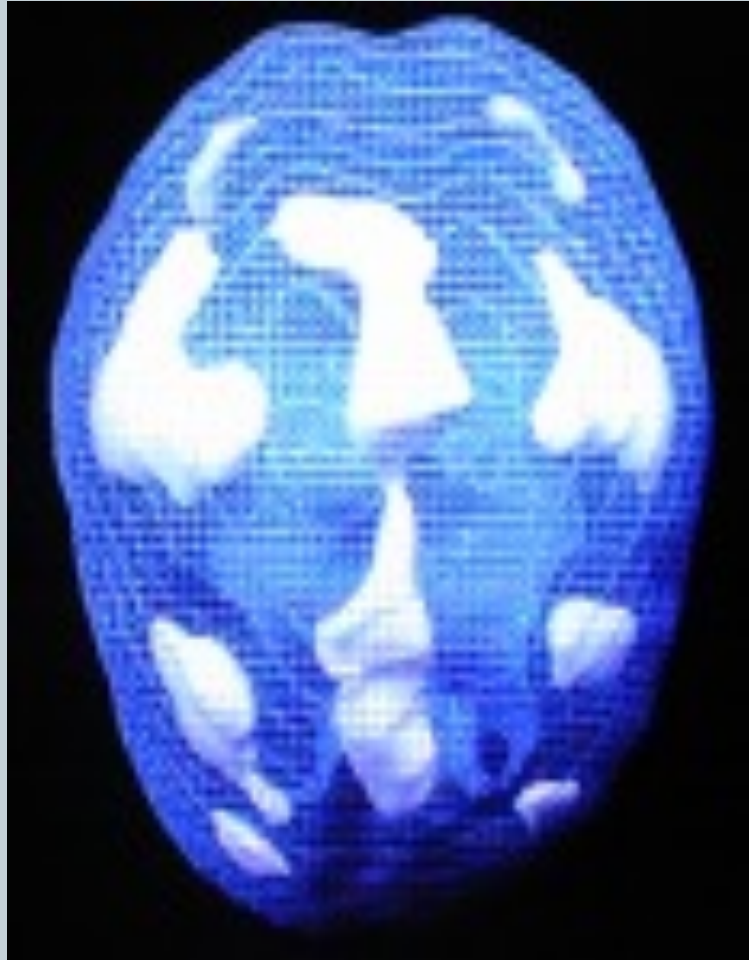
- Suicidal feelings/self-harm
- Crying spells
- Lack of interest in fun things
- Sleep (too much/little)
- Appetite (too much/little)
- Low self-esteem
- Decreased interest in sex
- Forgetfulness
- Poor concentration

3 Types of Depression



1. Clinical Depression
2. Dysthymia (“Persistent Depression”)
3. Bipolar Disorder

BIPOLAR DISORDER



ANXIETY



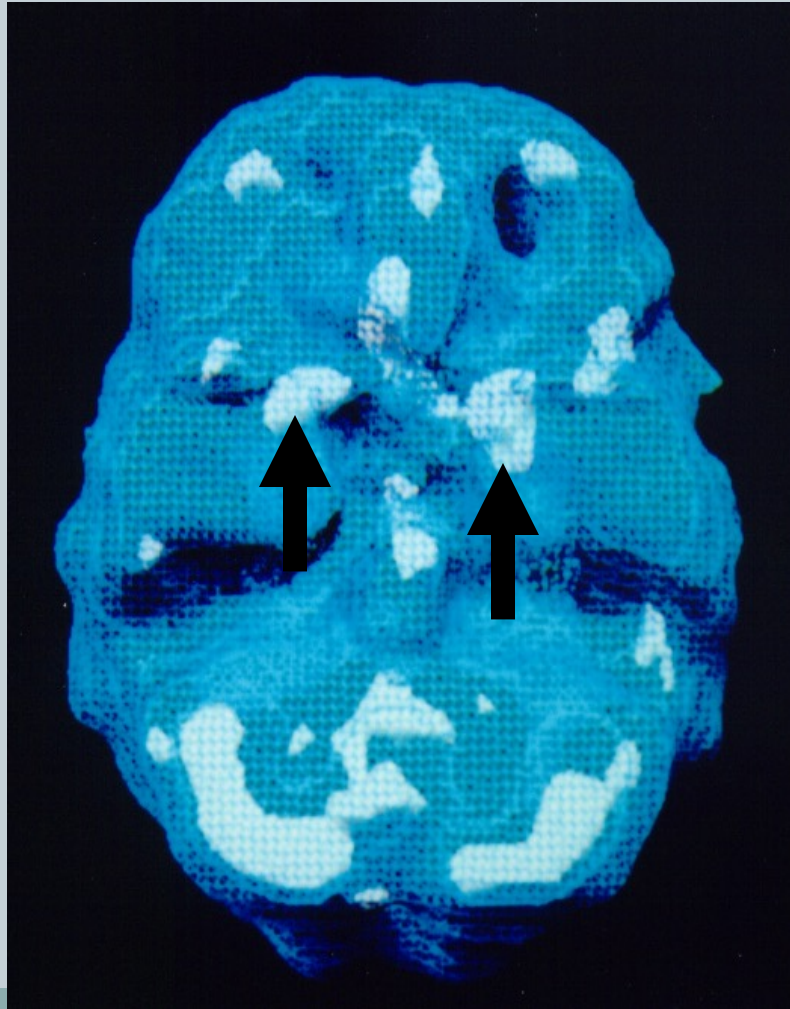
**AN ABNORMAL, EXAGGERATED, AND
INEFFECTIVE NEUROLOGICAL,
MENTAL, AND PHYSICAL RESPONSE
TO A PERCEIVED THREAT**

Four Types of Anxiety Disorders



- Generalized Anxiety Disorder (GAD)
- Obsessive Compulsive Disorder (OCD)
- Social Anxiety
- Post-traumatic Stress Disorder (PTSD)

ANXIETY



ANXIETY CHECKLIST

Five or more symptoms marked 3 or 4 indicate a high likelihood of deep limbic problems.

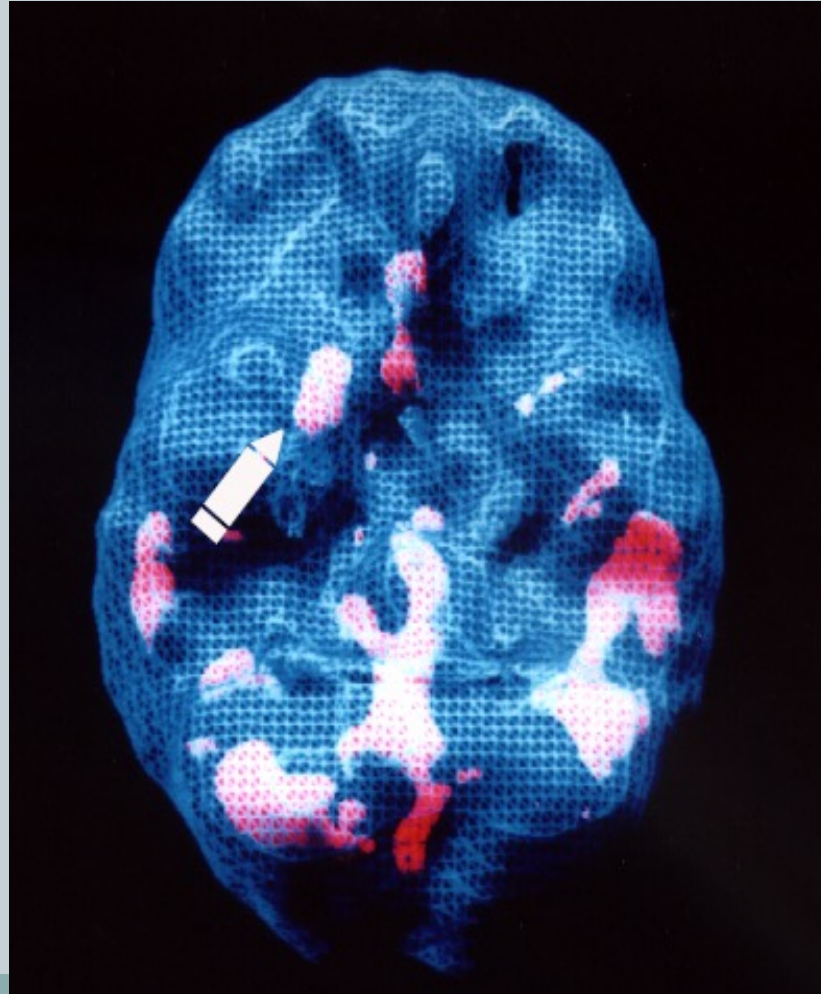


0 = never **1 = rarely**
3 = frequently

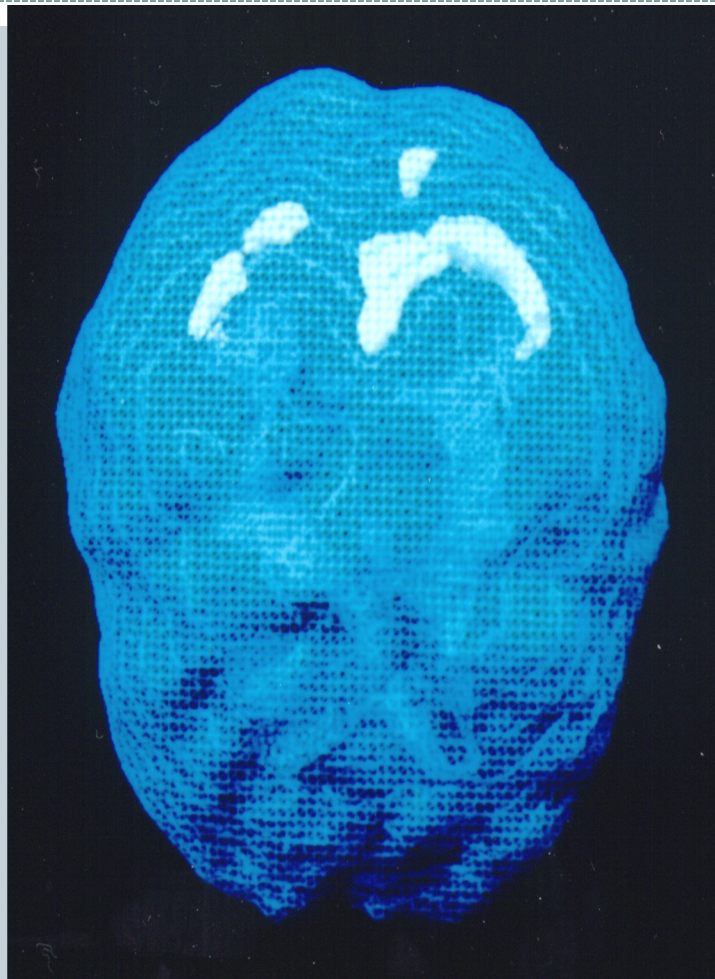
2 = occasionally
4 = very frequently

- ___ Feeling nervous/fearful
- ___ Panic attacks
- ___ Heart palpitations
- ___ Muscle tension
- ___ Nausea/stomach upset
- ___ Sweating, hot/cold flashes
- ___ Predicting the worst
- ___ Irrational fears
- ___ Extreme avoidance
- ___ Fear of being judged
- ___ Persistent phobias
- ___ Low/excessive motivation
- ___ Avoiding Conflict
- ___ Quick startle reaction
- ___ Freezing when anxious
- ___ Worry what others think
- ___ Shyness or timidity
- ___ Fear of embarrassment

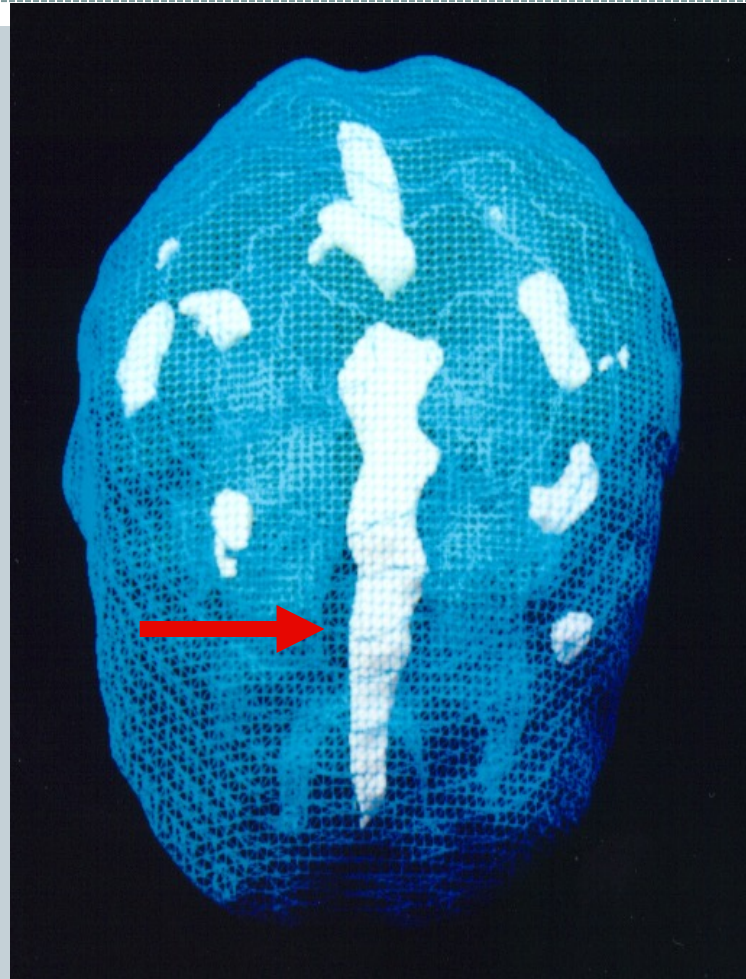
PANIC



Obsessive Compulsive Disorder



Normal



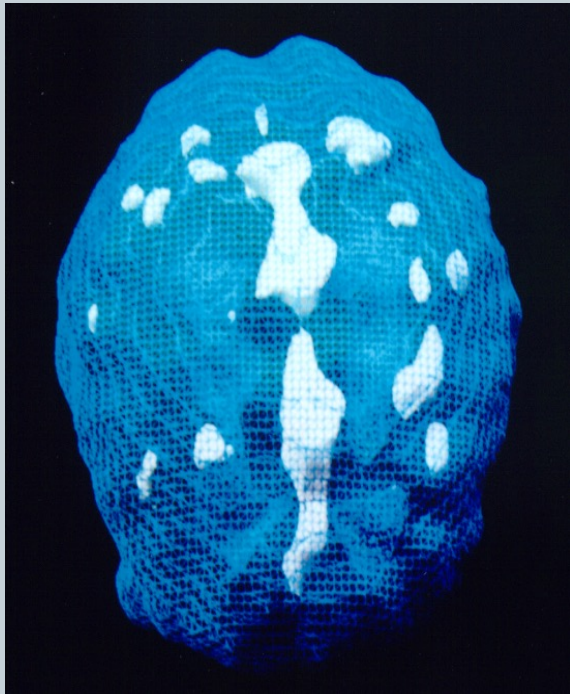
OCD

OCD Symptoms

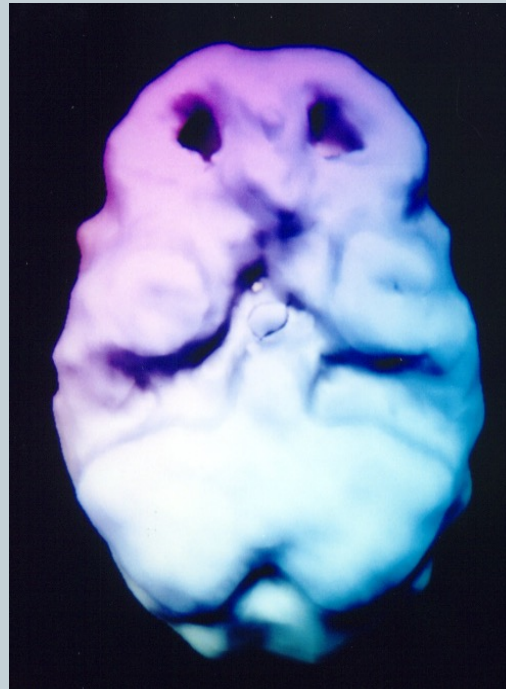


- Phobias (stuck in fear)
- Eating Disorders (stuck on negative behavior)
- Post-traumatic Stress (stuck on past trauma)
- Excessive or Senseless Worrying
- Upset When Things are Out of Place
- Tendency to be Oppositional or Argumentative
- Repetitive Anxious Thoughts
- Compulsive/Addictive Behaviors
- Intense Dislike for Change
- Holding Grudges and Being Opinionated
- Needing Things to Be Done a Certain Way
- Checking Excessively

Difficult Couple



Wife
Over-Focused



Husband
ADD

Myth #4



***ALL YOU NEED FOR GOOD
MENTAL HEALTHCARE IS
YOUR BIBLE!***

How to Help



- **Do's**

- Be interested
- Listen
- Be honest & direct
- Provide hope
- Be accepting
- Empathize
- Ask questions
- Give permission to vent
- Enlist family support
- Refer to a professional

- **Don'ts**

- Dismiss the problem
- Moralize or preach
- Avoid suicidal feelings
- Chastise
- Get angry or defensive
- Be aloof or unfeeling
- Believe everything
- Protect privacy
- Leave

DON'T SAY



- *“Cheer up!”*
- *“This too shall pass.”*
- *“What do you have to be depressed about?”*
- *”You’re being so dramatic.”*
- *“It’s all in your head.”*
- *”You don’t look depressed/anxious.”*
- *“Snap out of it.”*
- *“It could be worse.”*
- *“Don’t be selfish.”*
- *“You think YOU have it bad.”*

Comprehensive Care



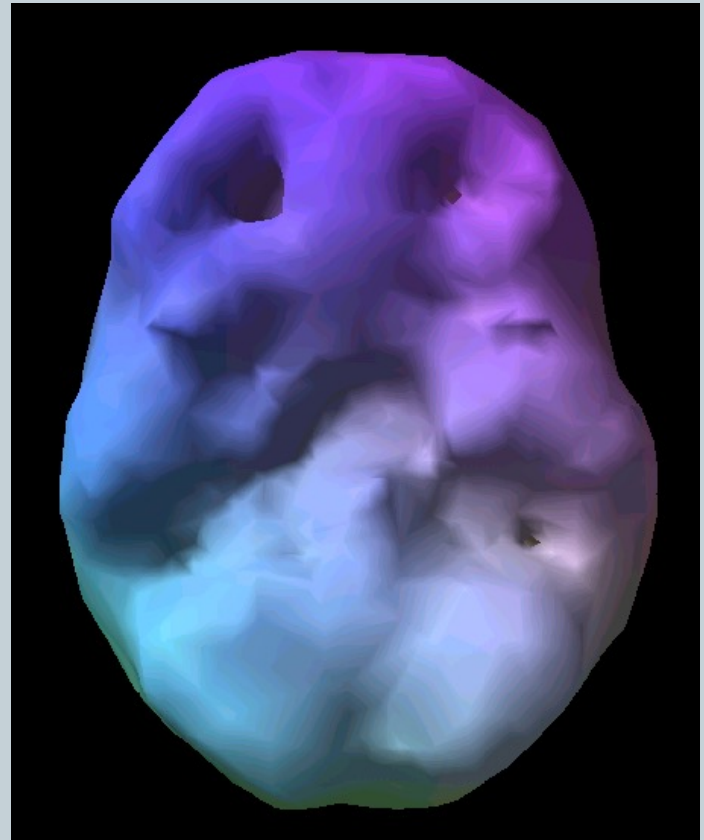
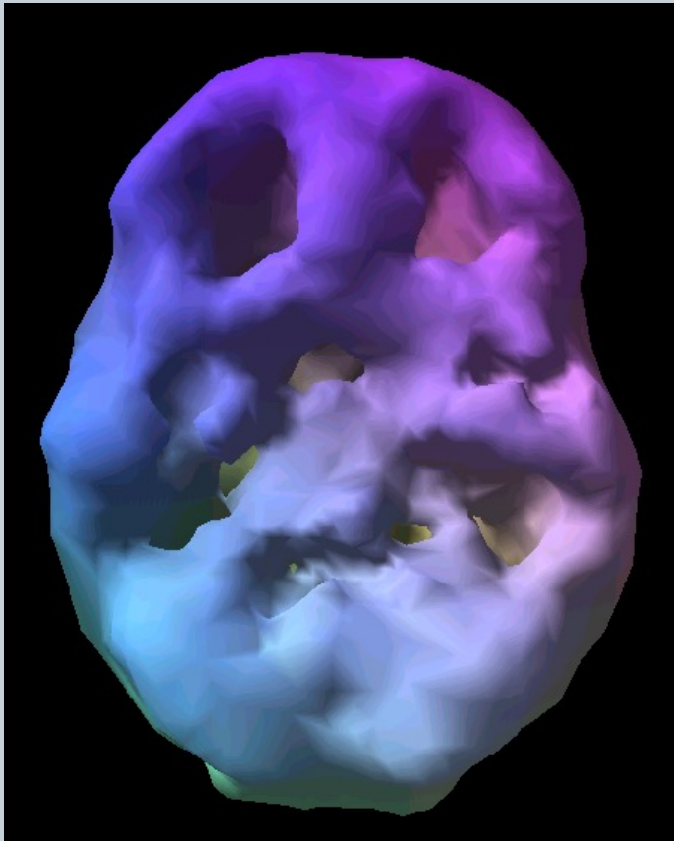
- **SPIRITUAL:** Identity in Christ, community, spiritual disciplines, spiritual formation, prayer, intimacy with God, good theology, etc.
- **RELATIONAL:** Healthy relationships, handling conflict, boundaries, emotional intimacy, etc.
- **MENTAL:** Counseling, personal growth, biblical core beliefs, healthy thinking, positive emotions, productive behaviors, etc.
- **PHYSICAL:** Sleep hygiene, relaxation, nutrition, exercise, physical intimacy, medication, etc.

Myth #5



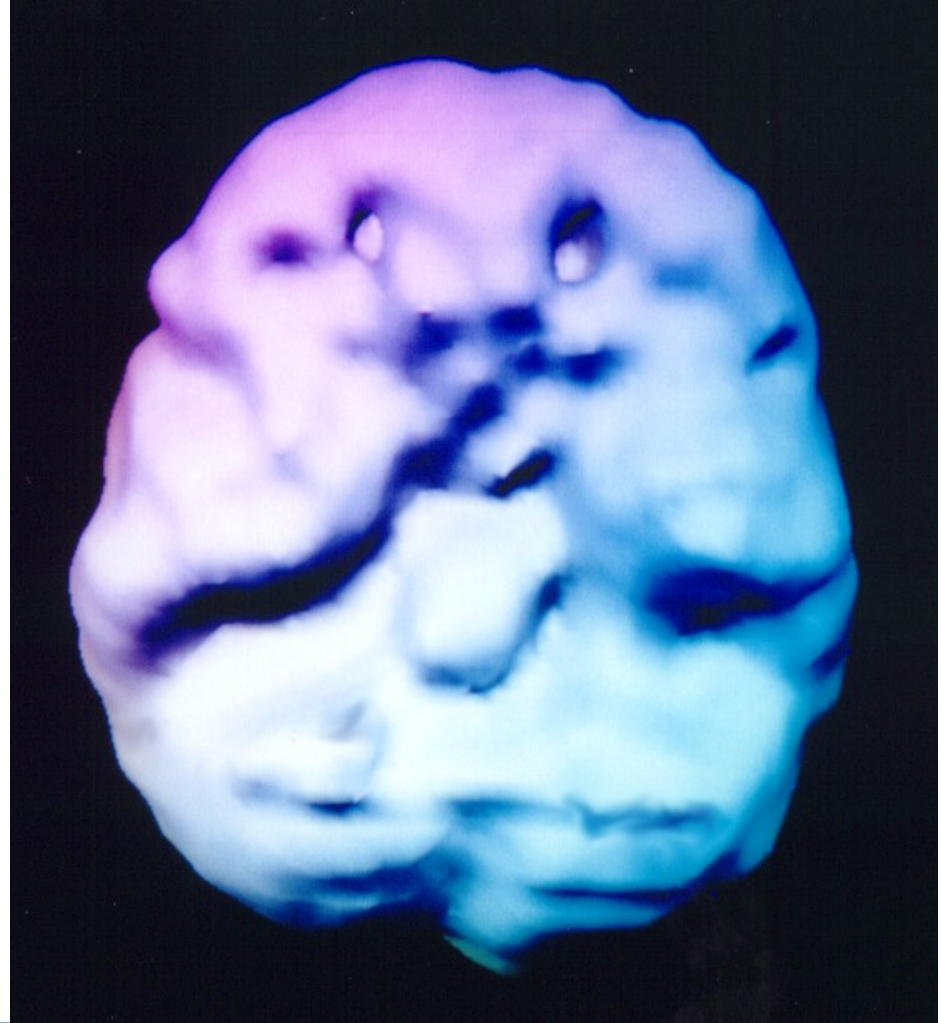
***USING MEDICATION
IS WRONG***

The Brain Can Change

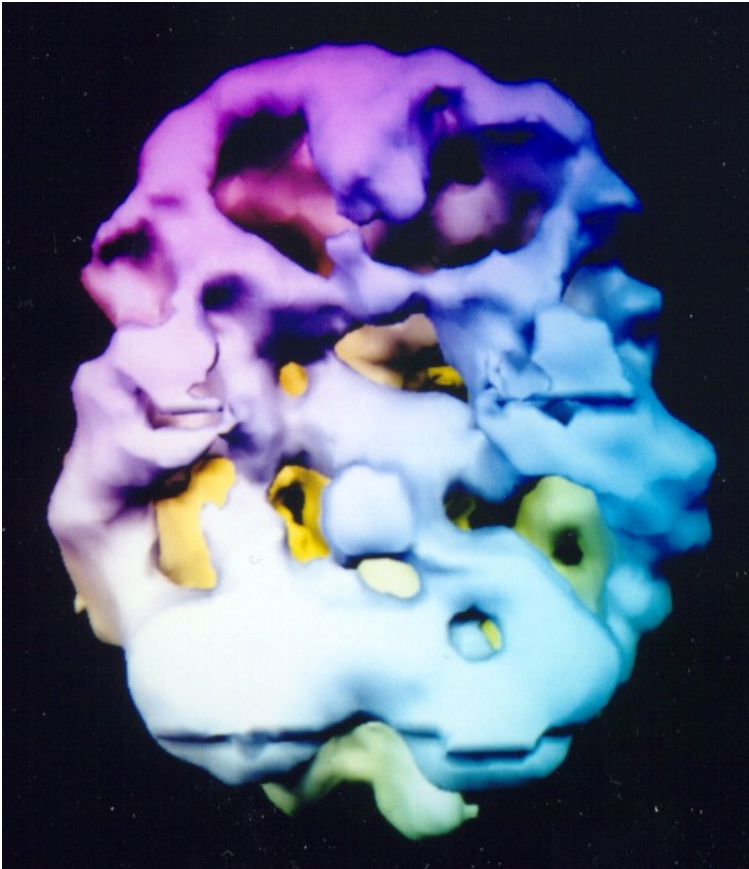




ADD Concentration with Adderall



SCHIZOPHRENIA

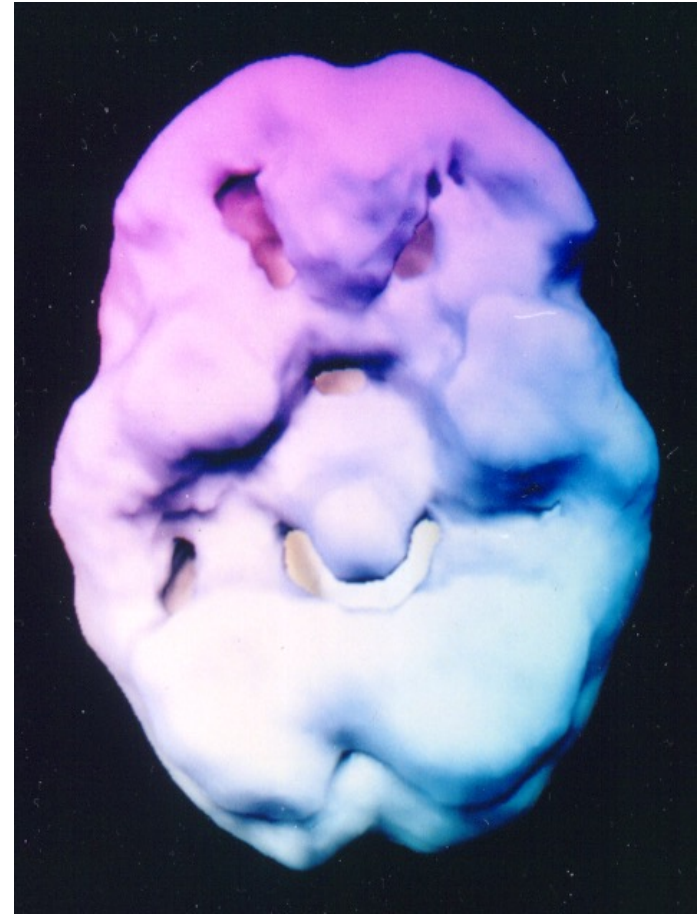


No Medicine



1 Month on Risperdal

ANGER, MARITAL PROBLEMS



Before & After Treatment

Where Do We Go from Here?



- Struggle is real.
- Struggle is common.
- Struggle is normal.
- Struggle is complicated.
- Struggle is understandable.
- Struggle is treatable.