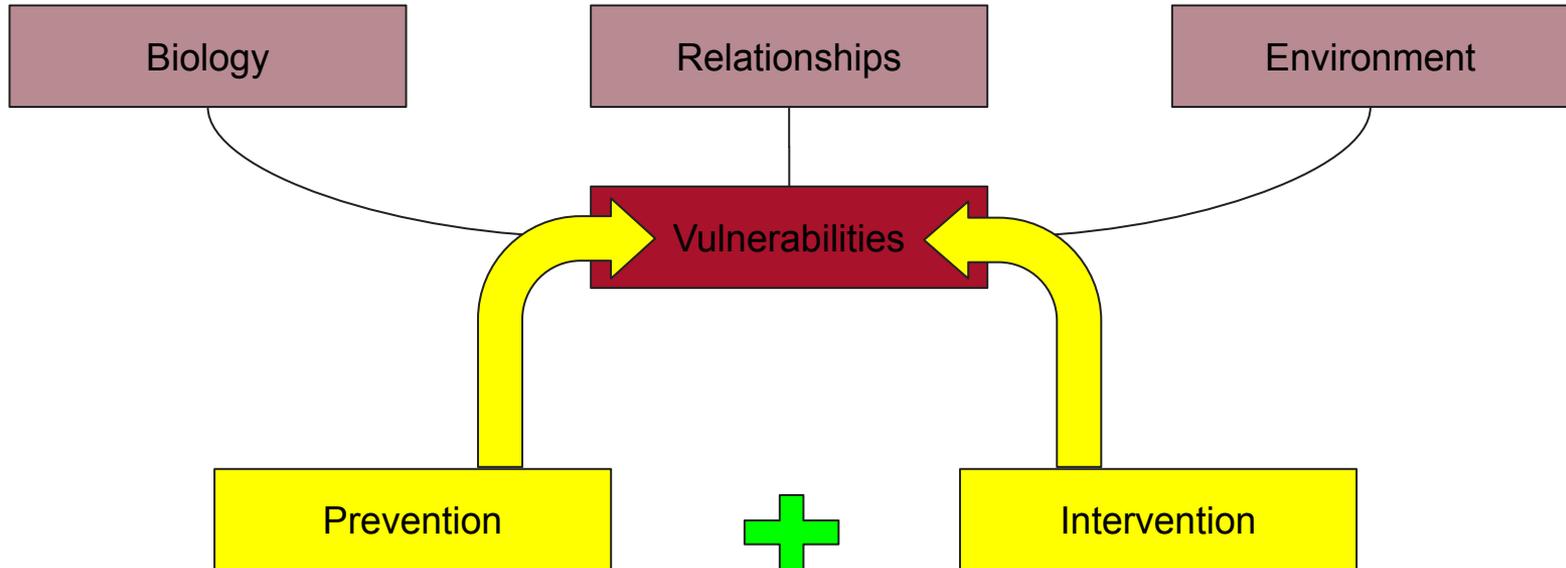


Depression in Adolescence: Risk Factors, Prevention, and Intervention

An argument for trauma-informed care in communities

Beauty Davis

A glance into Adolescence



Characteristics of Adolescence

Ages 10-15

Transitional Development

- Physical
- Emotional
- Social
- Cognitive



Potential Influences

- Relationship with caregiver(s) & peers
- Home & community environment
- Access to resources

Depression

1. Depressed or irritable mood
2. Diminished interest or loss of pleasure in almost all activities (anhedonia)
3. Significant weight change or appetite disturbance
4. Sleep disturbance (insomnia or hypersomnia)
5. Psychomotor agitation or retardation
6. Fatigue or loss of energy
7. Feelings of worthlessness
8. Diminished ability to think or concentrate; indecisiveness
9. Recurrent thoughts of death, recurrent suicidal ideation without a specific plan, or a suicide attempt or specific plan for committing suicide

(Truschel 2019)

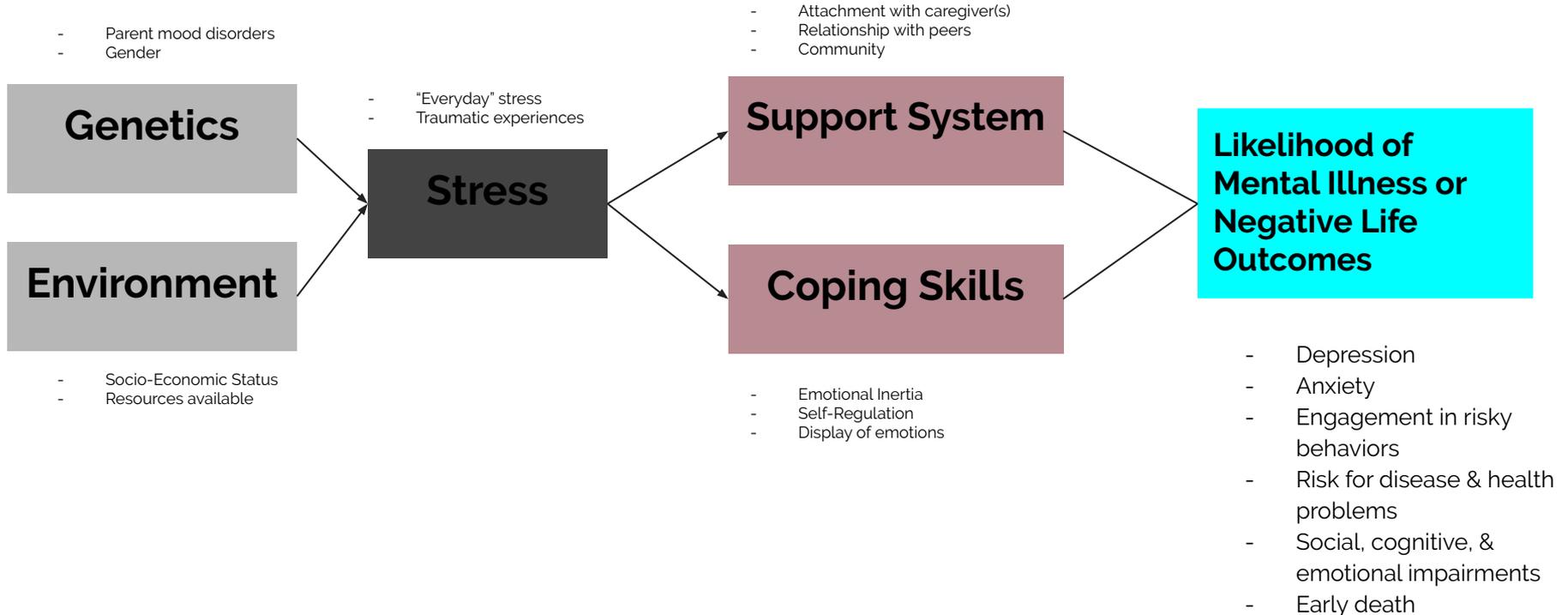
DSM - 5 Criteria

- Lower quality of life
- Potential challenges navigating life throughout adulthood
- Suicide completion & ideation
- Negative impacts on health

Potential Impacts



Stress-Diathesis Model



Cognition

Cognitive
Control



Goals & Plans → Behavior

Cognitive
Distortions

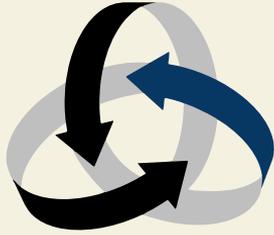


Negative Patterns of Thinking

Emotional
Inertia



Predictability of Emotional State



Repetitive Negative Thinking (RNT)

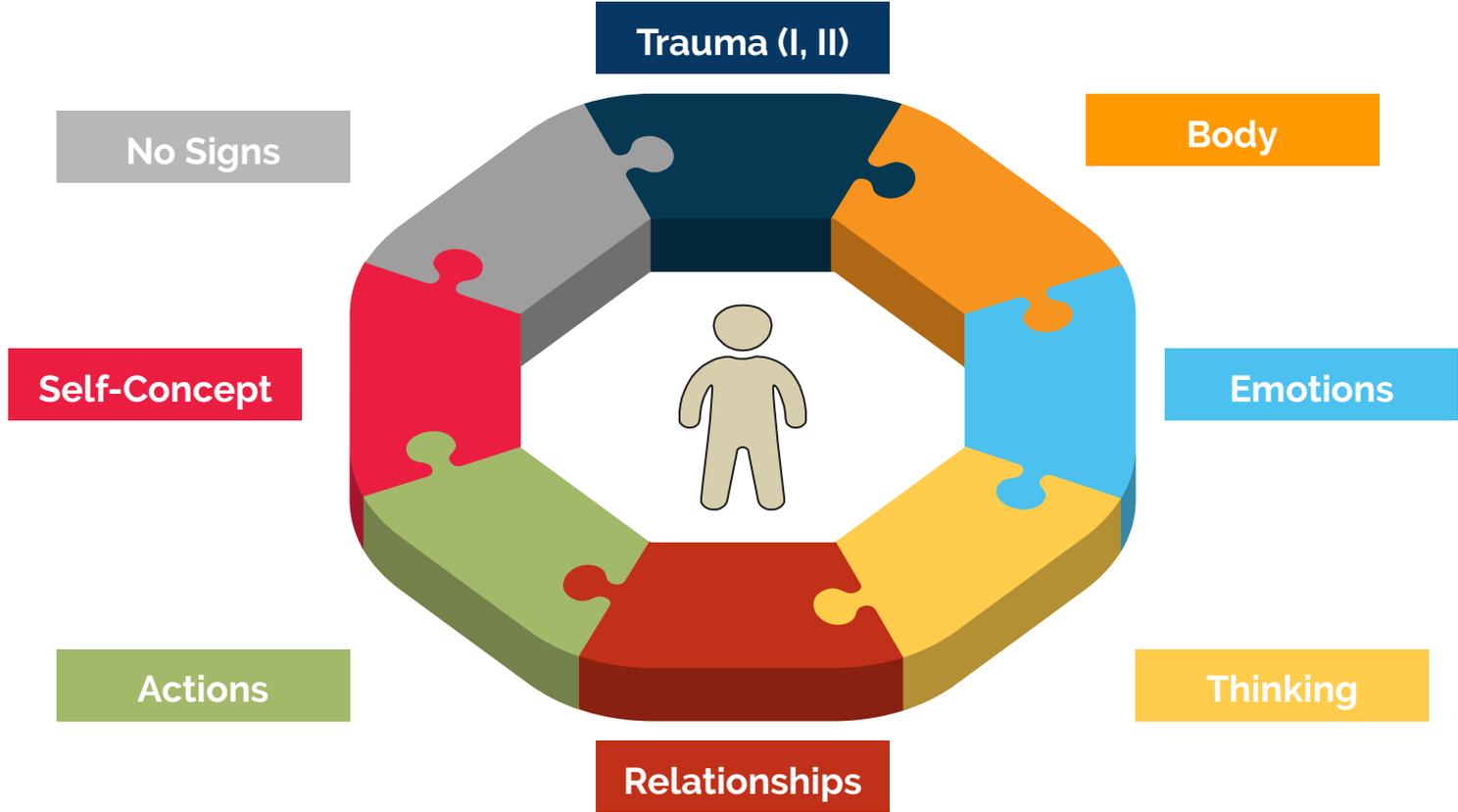


Self Efficacy

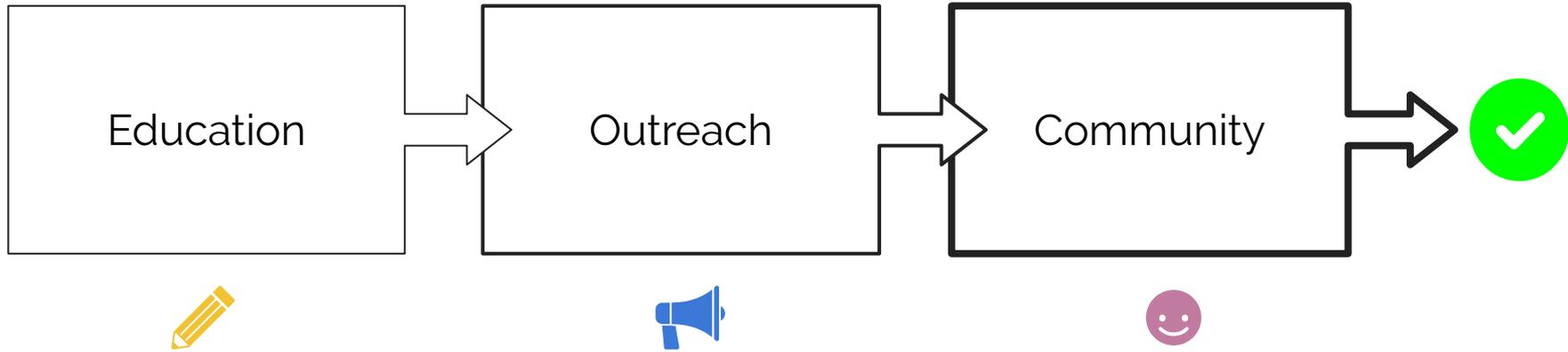


Hopelessness

Trauma Exposure



Prevention



Intervention Methods



**Cognitive Behavioral
Therapy (CBT)**



Medication



Mindfulness



**Psychoeducational
Interventions**



**Trauma Informed Care
(TIC)**

Recommendation: *Trauma-Informed Approach*

Education

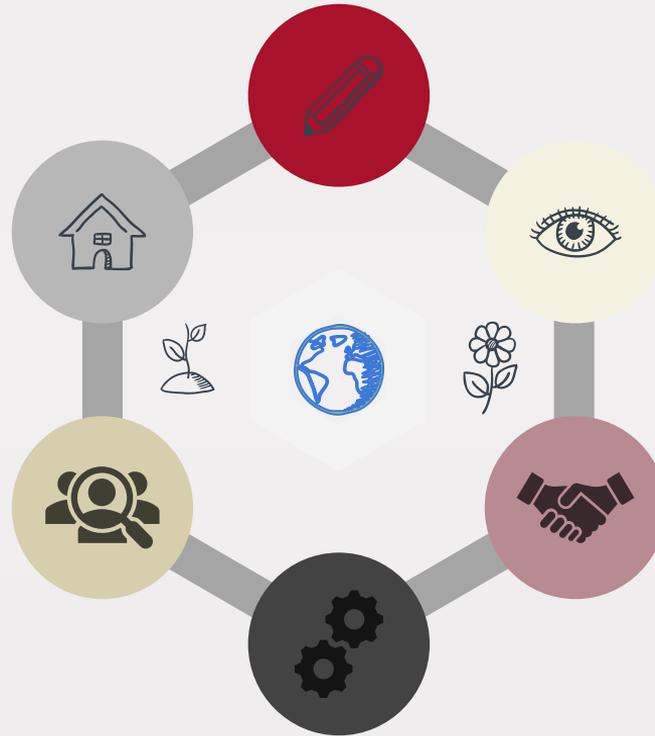
Attain a better understanding of the negative impacts mood disorders and experiences have on children.

Safety

Help children to feel safe and secure physically, emotionally, socially, and academically.

Holistic

Keep in mind children's relationships, emotional well-being, self-regulation, and performance.



Accountability

Gain a sense of shared responsibility for all children.

Community

Connect children to community activities or help create an engaging and productive environment

Adaptability

Anticipate and adapt to the needs of children and make necessary accommodations.

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