

# Anxiety, Stress and Substance Use

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# Today's Agenda

- Welcome
- Introductions
- Presentation
- Q & A
- Resources



# Typical Child Brain Development

- Key word- DEVELOPMENT
- Children are born dependent on their parents for a reason
  - The problem solving capabilities of the brain are developing
  - Dependence vs. independence
- Changes in adolescent brain result in more intense emotional experiences

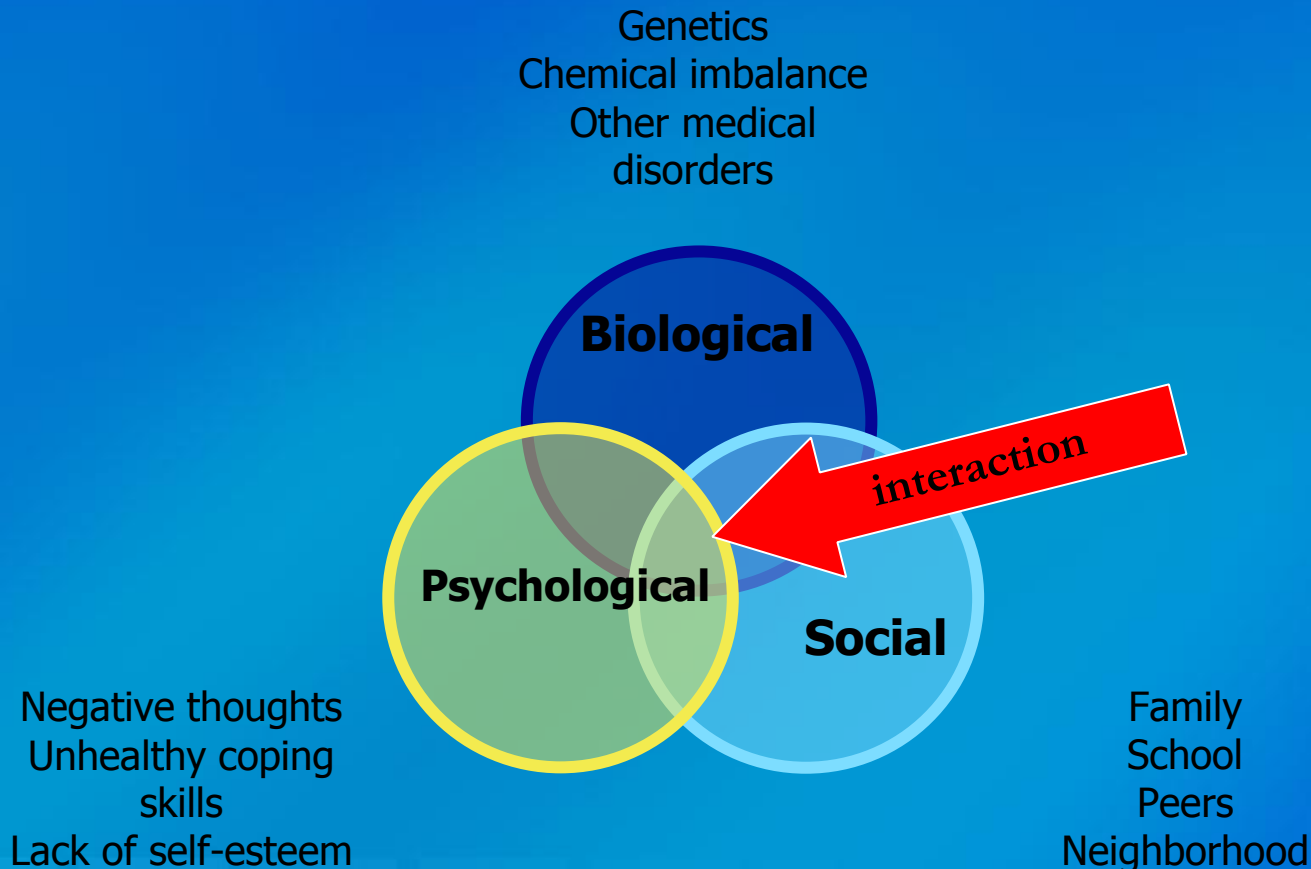
# Mental Health & Substance Abuse

- Why are we discussing childhood mental health today?
  - Mental health is a risk factor for substance use
  - Mental health challenges are easier to support than substance abuse challenges
  - Many of the strategies that support healthy emotional well-being are also the same strategies to prevent substance abuse

# Half of most lifetime mental disorders start by the mid teens

<i><u>Disorder</u></i>	<i><u>Median age of onset</u></i>
Anxiety Disorder	6
Behavior Disorder	11
Mood Disorder	13
Substance Abuse Disorder	15
Psychotic Disorder	22

# Biopsychosocial Model of Anxiety, Depression and Mental Illness



# ANXIETY

- Can be a normal reaction to temporary stress.
- **DEFINITION:** excessive, irrational fear or dread of everyday situations to the point of impacting daily functioning
- What are the symptoms? frequent worries and fears, racing heart, sweaty palms, nervousness, nightmares, panic attacks

# Stress and the “paper tiger”





# Common Child/Teen Anxieties

- Separation Anxiety
- Social anxiety
- Generalized Anxiety
- Panic Disorder
- Obsessive Compulsive Disorder



Anxiety



Working  
Memory

# Depression

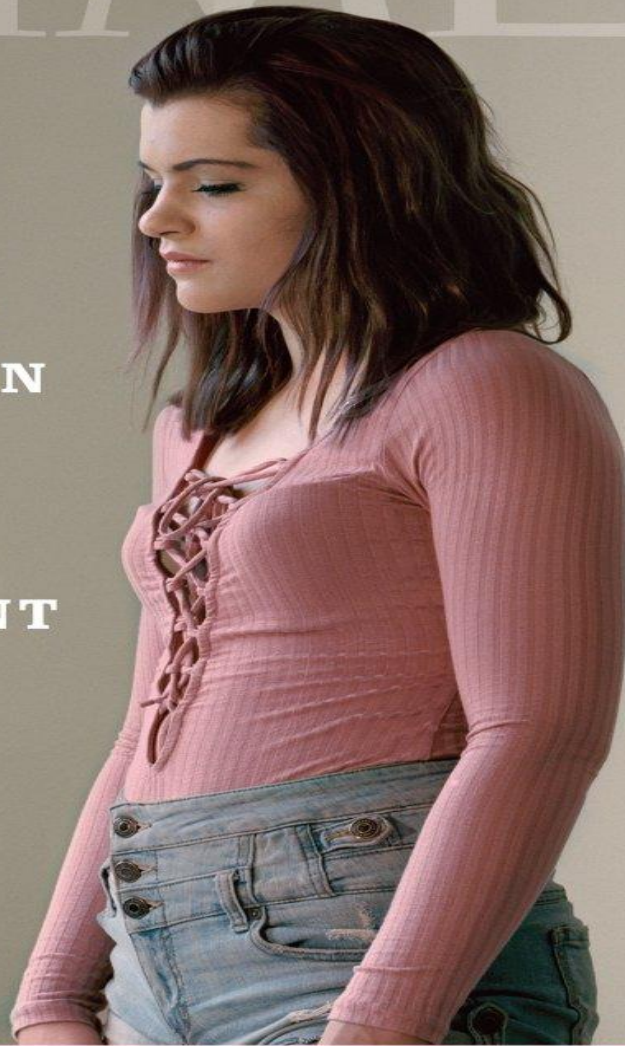
- Depressed feelings and related symptoms that occur almost every day for at least two weeks
  - Persistent sad, anxious, or “empty” mood
  - Feelings of hopelessness, or pessimism
  - Irritability
  - Feelings of guilt, worthlessness, or helplessness
  - Loss of interest or pleasure in hobbies and activities
  - Decreased energy or fatigue
  - Moving or talking more slowly
  - Feeling restless or having trouble sitting still
  - Difficulty concentrating, remembering, or making decisions
  - Difficulty sleeping, early-morning awakening, or oversleeping
  - Appetite and/or weight changes
  - Thoughts of death or suicide, or suicide attempts
  - Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease even with treatment

NOVEMBER 7, 2016

TIME

**ANXIETY,  
DEPRESSION  
AND THE  
MODERN  
ADOLESCENT**

By Susanna Schrobsdorff



time.com

# A Snap Shot of Scituate

- Strengths and Difficulties Questionnaire (Dr. Jennifer Green)
  - 63% of males and 80% of females in grades 4-12 report they “worry alot”
  - 42% of students in grades 4-12 report “having many fears” and “being easily scared”
  - 10% of students in grades 4-12 report that they would almost always “rather be alone, than with people of my age”

# Temporary vs. CLINICAL DIAGNOSIS?

- **Duration of Symptoms**
- **Number/Intensity of Symptoms**
- **Impact on Functioning**

Dan Harris, ABC World News Anchor,  
experiences panic attack on live tv.

<https://www.youtube.com/watch?v=qo4uPxxhUzU>

# Anxiety & Depression

## Trip-Ups....

- Overreactions-panic, rage, perfectionism
- Thought distortions
  - All or Nothing/Black or White thinking
  - Catastrophizing
  - Disqualifying the positives
  - Notice only the negatives
- Avoidance brings temporary relief
- Why can they do things some days and not others?



# Strategies that don't work:

- Using Substances to cope with symptoms
- “Just stop thinking/worrying about it”
- Incentives can be tricky-don't teach skills
- Allowing avoidance
- Invalidating their feelings
- Threatening behavior
- Demanding change

# Strategies that work with children/teens:

- Teach self regulation! outside of anxious moments
- Negative thought stopping/realistic thinking techniques
- Body calming strategies
- Help them develop strategies to endure anxiety producing situations (and not avoid)!
- Anticipate difficult situations and strategies

# Strategies that work with children/teens:

- Routines, predictability
- Model effective management/ coping skills/self care
- Focus on healthy living
- Get off the internet!
- Stay involved in preferred activities
- Ensure times for positivity that are non-contingent on behavior

# Q & A

# REFERENCES

Josephs, Sheila. (2016). Helping Your Anxious Teen: Positive Parenting Strategies to Help Your Teen Beat Anxiety, Stress and Worry. New Harbinger Publications Inc.

Minahan, Jessica. (2012). The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students. Harvard Education Press.

Reilly, N. (2012). Break Free from Depression: A 4-module Depression Prevention Curriculum for students in grades 9-12 designed by the Swensrud Depression Prevention Initiative (SDPI), a part of the Department of Psychiatry at Children's Hospital Boston.

# RESOURCES

<https://www.anxietybc.com/>

The Epidemic of Student Anxiety

[http://neatoday.org/2018/03/28/the-epidemic-of-student-anxiety/?fbclid=IwAR21oh8lednbE5ZTITY\\_EhGOj\\_yhq2WLKtyUAPpf585R5AUWW4Ossk-pPN8#.WsluL9JO1XA.twitter](http://neatoday.org/2018/03/28/the-epidemic-of-student-anxiety/?fbclid=IwAR21oh8lednbE5ZTITY_EhGOj_yhq2WLKtyUAPpf585R5AUWW4Ossk-pPN8#.WsluL9JO1XA.twitter)

How to find Balance When Too Much Self-Doubt Gets in the Way

<https://www.kqed.org/mindshift/50014/how-to-find-balance-when-too-much-self-doubt-gets-in-the-way>

Prozac Nation is now the United States of Xanax

<https://www.nytimes.com/2017/06/10/style/anxiety-is-the-new-depression-xanax.html?mc=adglobal&mcid=facebook&subid1=sectiondiversitytest&adkeywords=auddevgate&mccr=lifeopinion&referrer=https://m.facebook.com/>

Teen Depression and Anxiety: Why the Kids Are Not Alright

<http://time.com/4547322/american-teens-anxious-depressed-overwhelmed/>

Understanding Anxiety in Children and Teens

[https://childmind.org/our-impact/childrens-mental-health-report/2018report/?utm\\_source=newsletter&utm\\_medium=email&utm\\_content=2018%20Children%27s%20Mental%20Health%20Report&utm\\_campaign=Weekly-9-25-18](https://childmind.org/our-impact/childrens-mental-health-report/2018report/?utm_source=newsletter&utm_medium=email&utm_content=2018%20Children%27s%20Mental%20Health%20Report&utm_campaign=Weekly-9-25-18)

What to Say to Calm an Anxious Child

<https://lemonlimeadventures.com/what-to-say-to-calm-an-anxious-child/>

Why are More American Teenagers than Ever Suffering from Severe Anxiety?

<https://www.nytimes.com/2017/10/11/magazine/why-are-more-american-teenagers-than-ever-suffering-from-severe-anxiety.html>

# RESOURCES- Link to the handout:

<http://www.scituatefacts.org/wp-content/uploads/2018/11/MentalHealth.SSResources.11.18.pdf>