



Needs for School-Based Mental Health

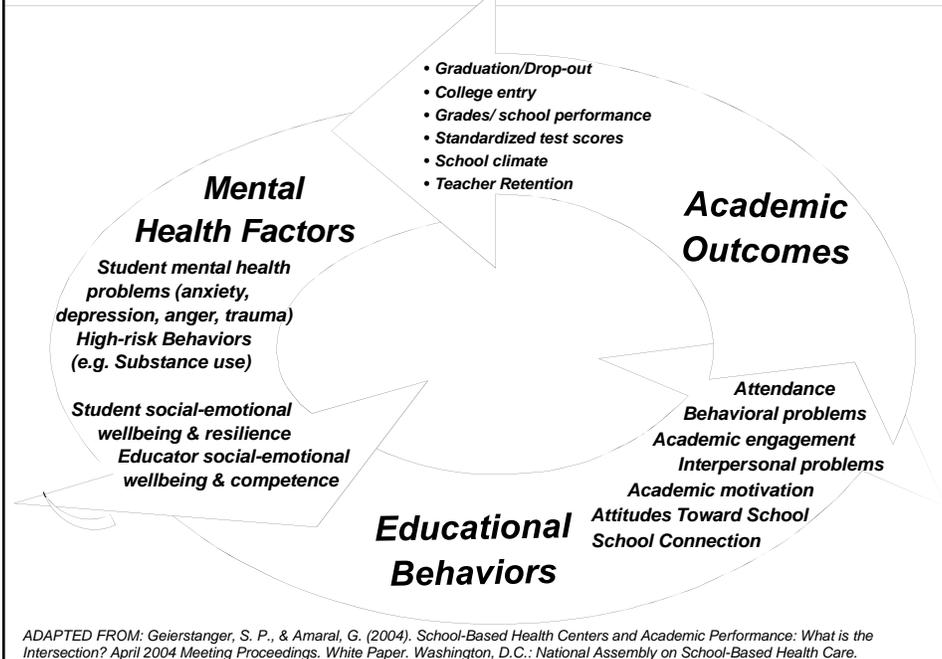
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PENT FORUM

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Mental Health and Academic Outcomes



What proportion of students face one or more of these issues:

- ❑ Anxiety about school performance
- ❑ Problems dealing with parents & teachers
- ❑ Unhealthy peer pressure
- ❑ Managing frustration in response to boring work
- ❑ Bullying
- ❑ Common developmental, adjustment problems
- ❑ Fears about starting school
- ❑ School phobia
- ❑ Drug or alcohol use
- ❑ Suicidal ideation
- ❑ Worrying about sexuality
- ❑ Facing tough decisions
- ❑ Considering dropping out of school
- ❑ Traumatic experiences outside of school
- ❑ Perfectionism
- ❑ School refusal
- ❑ Selective mutism
- ❑ Dealing with death or divorce
- ❑ Feeling depressed or overwhelmed

Adverse Childhood Experiences



- ❑ ACEs are experiences in childhood that are **unhappy, unpleasant, hurtful.**



- ❑ Sometimes referred to as **toxic stress or childhood trauma.**

What are Adverse Childhood Experiences (ACEs)?

- ❑ Growing up (prior to age 18) in a household with:
 - ❑ Recurrent physical abuse.
 - ❑ Recurrent emotional abuse.
 - ❑ Sexual abuse.
 - ❑ Emotional or physical neglect.

Growing up (prior to age 18) in a household with (*cont.*):

- ❑ An alcohol or drug abuser
- ❑ An incarcerated household member
- ❑ Someone who is chronically depressed, suicidal, institutionalized or mentally ill
- ❑ Mother being treated violently
- ❑ One or no parents

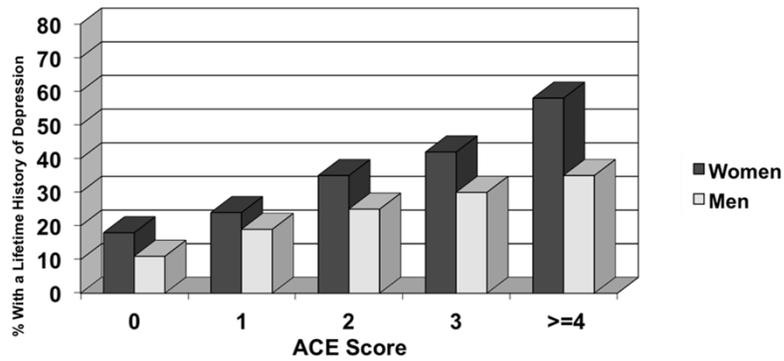
ACE Scores

- ❑ 1/3 of adults have an ACE score of 0.
- ❑ The majority of adults with an ACE score of 0 have few, if any, risk factors for diseases that are common causes of death in the US.

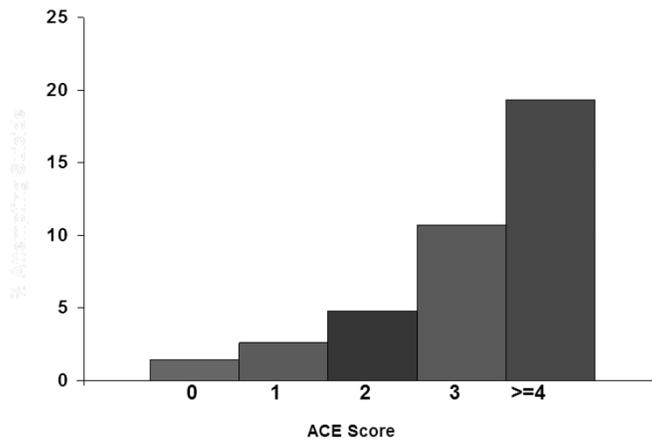
- ❑ An ACE Score of 4 or more results in having multiple risk factors for these diseases or the disease themselves.
- ❑ An ACE score of 6 or more results in a 20 year decrease in life expectancy.



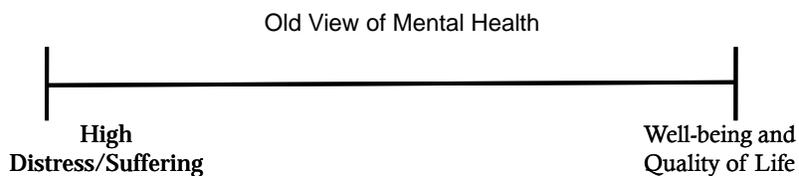
Childhood Experiences Underlie Chronic Depression



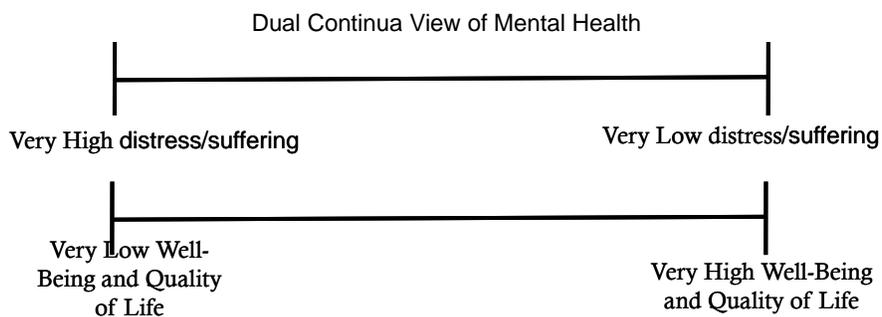
Childhood Experiences Underlie Later Suicide



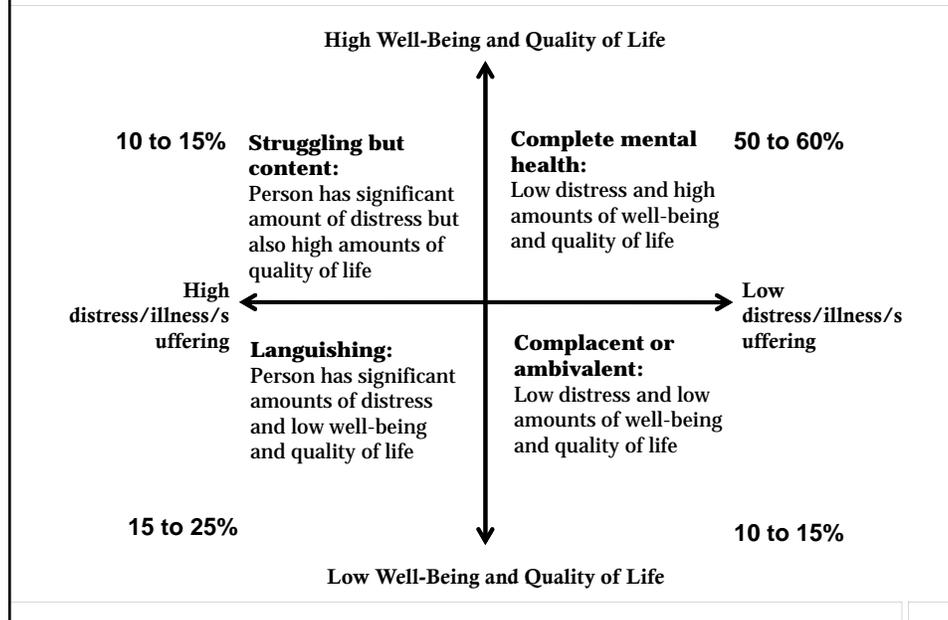
Old View of Mental Health



Modern View of Mental Health Dual Continua of Mental Health



Breakdown of the Dual Continua of Mental Health



Resilience Defined

- ❑ Resilience: the ability to survive and thrive in the face of life's daily ups and downs, curve balls, and stressors.
- ❑ Survive:
 - ❑ Navigate stressful situations successfully
 - ❑ Bounce back after a challenging, adverse situation
 - ❑ Minimize life suffering
- ❑ Thrive:
 - ❑ Ability to flourish in life
 - ❑ Optimize well-being and life satisfaction
 - ❑ Be as effective as possible in everything you do

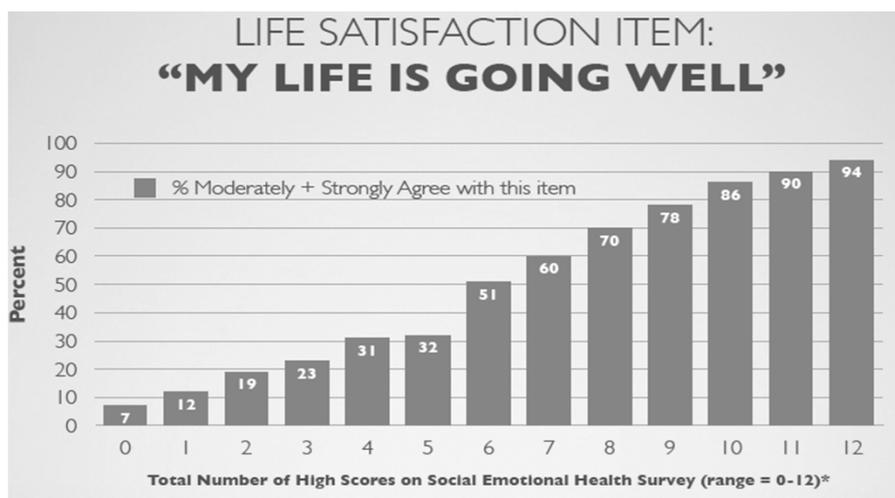
We All Can Become Resilient

- ▣ Resilience does not require something rare or special—it's ordinary magic.

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ordinarymagicmusic.com

Number of Resilience Factors and Life Satisfaction



Ingredients to Becoming Healthy, Happy and Resilient Person

- ❑ Developing helpful and optimistic thinking
- ❑ Seeking “good” social support
- ❑ Good sleep
- ❑ Clarifying values and doing what matters most
- ❑ Management of intense negative emotions
- ❑ Regular exercise
- ❑ Role models
- ❑ Mindfulness-based practices
- ❑ Problem-solving skills
- ❑ Purposefully practicing gratitude
- ❑ Grit and perseverance
- ❑ Scheduling time for recreation and relaxation
- ❑ Receiving mentoring
- ❑ Cultivating positive emotions
- ❑ Healthy, balanced diet



Mental Health Problems: The Numbers

- ❑ **20 to 30% of students have a diagnosable mental health disorder**
- ❑ **When referred to agencies outside of the school, only 10 to 15% of the children who need MH services get them**
 - ❑ **Versus, when MH services are provided to the school, over 90% of referred student receive them**

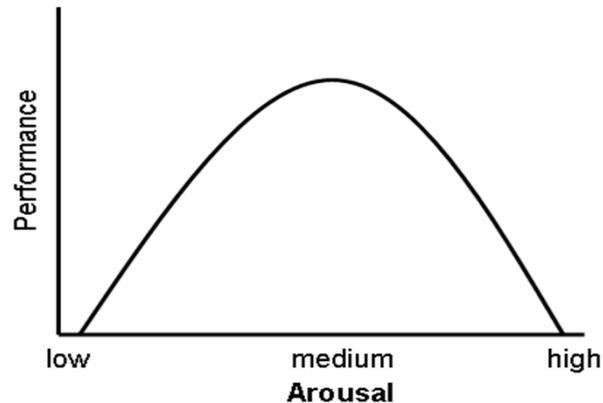
The Problems: Anxiety-Related Disorders

- ▣ Prevalence
 - ▣ 6-15% for children and adolescents
 - 2.0-12.9% Separation anxiety
 - 5.0-10.0% GAD
 - 3.0-10.0% Specific phobia
 - 0.5-2.8% Social phobia
 - 1.0-2.0% OCD

What is anxiety?

- ▣ Fear = reasonable response to a threat
- ▣ Anxiety = unjustified or unreasonable fear
 - ▣ All about paying attention to potential threat/harm
- ▣ Activation of the sympathetic nervous system
 - ▣ Fight,
 - ▣ Flight,
 - ▣ or Freeze
- ▣ Results in two batches of behavior that allow the anxious person to control her environment
 - ▣ Avoidance behaviors
 - ▣ Oppositional behaviors

Yerkes-Dotson Curve Anxiety and Performance



Disordered Anxiety as a False Alarm

- Real fire
 - Fire alarm goes off when there is a fire
 - Presence and/or severity of anxiety is justified by the situation (credible danger)
- False fire alarm
 - Fire alarm goes off BUT no fire
 - Presence and/or severity of anxiety is not warranted by the situation (no real danger)



Evolutionary Perspective



Oh crap!!!
I better get
out of here!



Look at the
furry kitty!!
I want to
play.



ks121601 www.fotosearch.com

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The Problems: Depressive Disorders

- ▣ **Prevalence of Major Depression:**
 - ▣ 3% in preadolescents
 - ▣ 15-20% in adolescents
 - ▣ Girls > Boys in adolescence

- ▣ **Prevalence of Dysthymic Disorder:**
 - ▣ ~3% of children and adolescents
 - ▣ Equal in males & females during childhood/adolescence

Beck's Cognitive Triad of Depression

- ▣ **Negative view of the self (e.g., I'm unlovable, ineffective, nothing I do is right)**

- ▣ **Negative view of the future (e.g., nothing will work out, the future looks bleak)**

- ▣ **Negative view of the world (e.g., world is hostile, others are out to get me)**

Beck, 1978

Lack of Response-Contingent Reinforcement

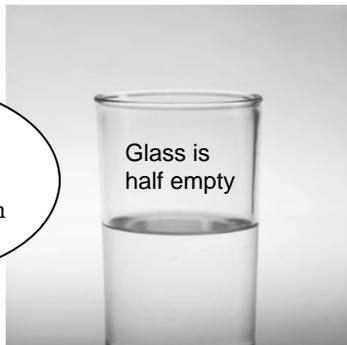
- ❑ Withdrawal from pleasurable activities in life
- ❑ Less contact with reinforcing experiences

What is depression?

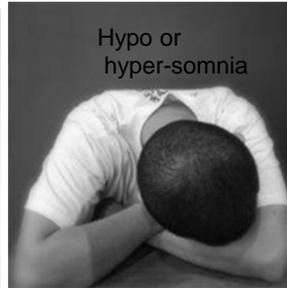
I suck...
My future
sucks....
The world I live in
sucks....



Glass is
half empty



Hypo or
hyper-somnia

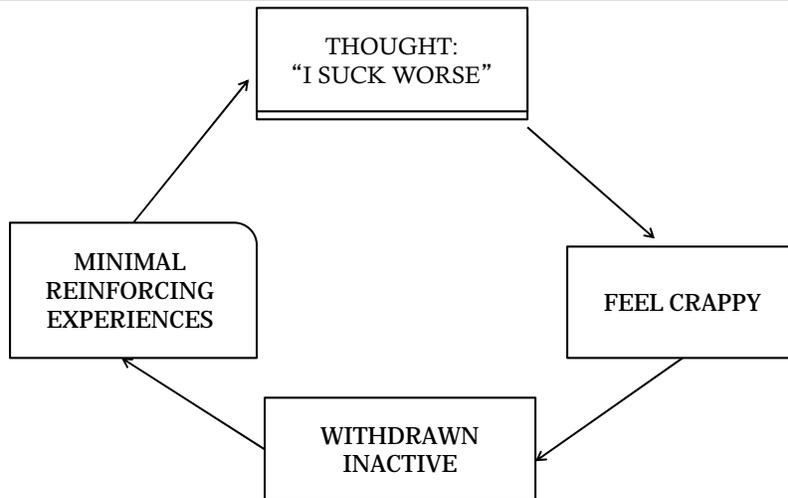


Behavioral inactivity
– loss of interest

Irritability



Negative Feedback Loop



The Problems: Trauma-Related Disorders

- Prevalence of PTSD
 - 2-5% of children and adolescents
 - Fewer than 20% of children with a history of exposure to a traumatic event develop a disorder (Costello, Erkanli, Fairbank, & Angold, in press)
- Sex differences
 - Girls 2-3 times more likely than boys

What is trauma?

- ❑ Sudden or unexpected events
- ❑ Shocking nature of events
- ❑ Actual or perceived threat to life/bodily/personal integrity
- ❑ Subjective feelings of intense terror, horror, or helplessness

Which experiences are traumatic?

- ❑ Man-made
 - ❑ Child physical or sexual abuse
 - ❑ Witnessing or victim of domestic, community, or school violence
 - ❑ Severe accidents
 - ❑ Potentially life-threatening illnesses
 - ❑ Exposure to war, terrorism, or refugee conditions
- ❑ Natural disasters
 - ❑ Hurricanes
 - Katrina
 - ❑ Tsunami
 - Thailand
 - ❑ Earthquake
 - Haiti
 - ❑ Fires
 - ❑ Mudslides



The Problems: Disruptive Disorders

- ❑ Prevalence of Oppositional Defiance
 - ❑ 2 – 16 %
 - ❑ Characterized by defiant, oppositional attitude to authority figures
 - ❑ Gender differences
 - Significantly more males than females
- ❑ Prevalence of Conduct Disorder
 - ❑ 3 – 10%
 - ❑ Characterized by aggressive behavior and general violation of rules and social norms
 - ❑ Gender differences
 - Males outnumber females 4/5:1