

Lucile Packard
Children's Hospital
AT STANFORD



Five Steps to Healing and Resilience

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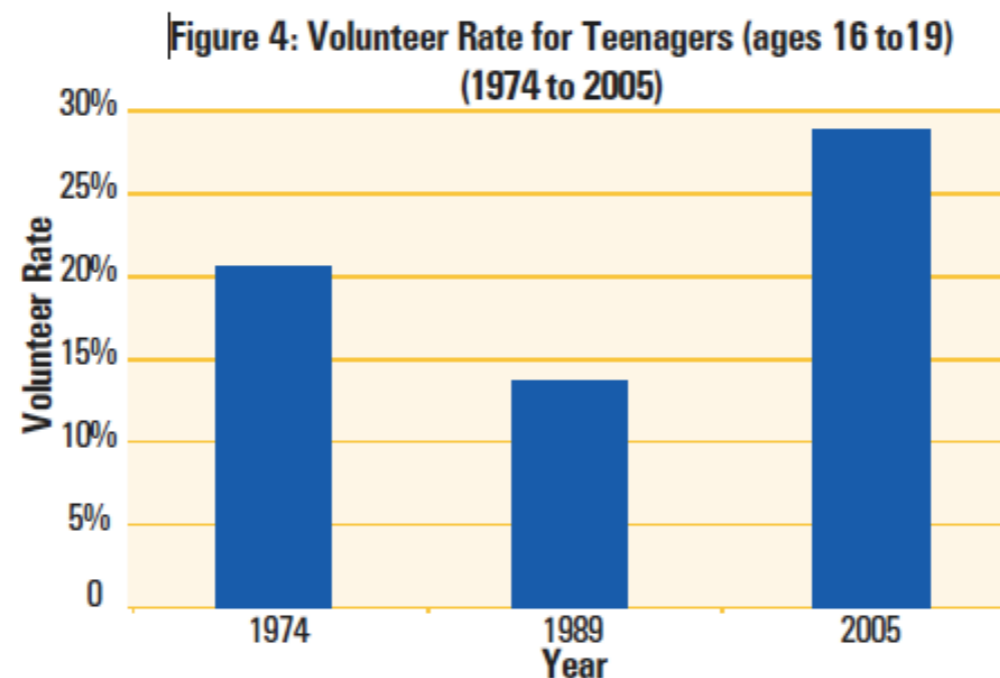
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Behavior Sciences

Five steps to healing and resilience

1. Acknowledge what has happened, ask what we can do better from here
 -BUT Remember to also celebrate what is right about our young people and our community

Good News

- This generation of young people has the highest level of social responsibility since the 70s
 - ✓ More likely than any other generation in a quarter of a century to believe that it's very important to help others who are in difficulty
 - ✓ Significantly more likely than kids of 10-15 years ago to be thoughtful and responsible about sexual behavior and the use of drugs and alcohol
 - ✓ More likely to volunteer for social good & to help others



Five steps to healing and resilience

1. Acknowledge what has happened and ask what we can do better....BUT remember to also celebrate what is right about our kids and our community
2. Strengthen our own and our kids flexibility and resilience

Protective factors:

Active coping style

Positive emotions: *optimism, joy, humor*

Flexible thinking

Sense of meaning & value

Social support



Protective Skills:

Managing negative feelings

Problem-solving

Making & keeping relationships

Recognizing & valuing own talents, skills, achievements

Finding opportunities for fun & joy



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2. Strengthen our kids flexibility and resilience
3. Learn, practice and teach coping skills

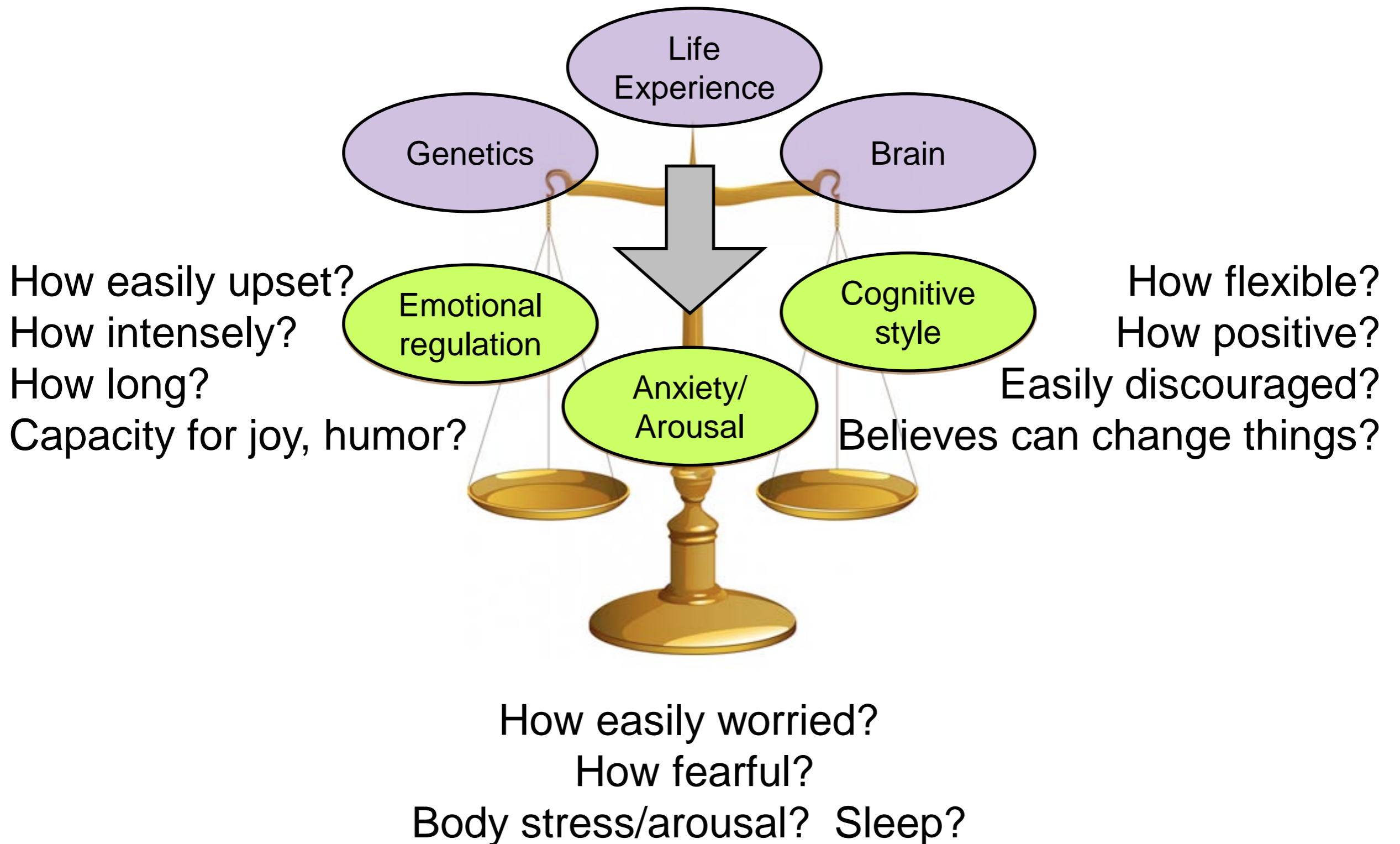


Risks &
Vulnerabilities



Assets &
Protective Factors

Pathways to adolescent depression



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3. Learn, practice and teach coping skills
4. Recognize when help is needed



Withdrawal from activities

Emotions:

Sad
Bored
Joyless
Anxious
Easily upset

Loss of relationships

Thoughts:
Hopeless
Self-critical
Glass half-full
Brooding
Pessimistic

Hard to start, finish, learn



Less fun

Body:
Disturbed sleep
Disturbed appetite
Poor concentration
Low energy

Fewer successes

Relationships:
Withdrawn
Irritable
Less interested
More easily hurt

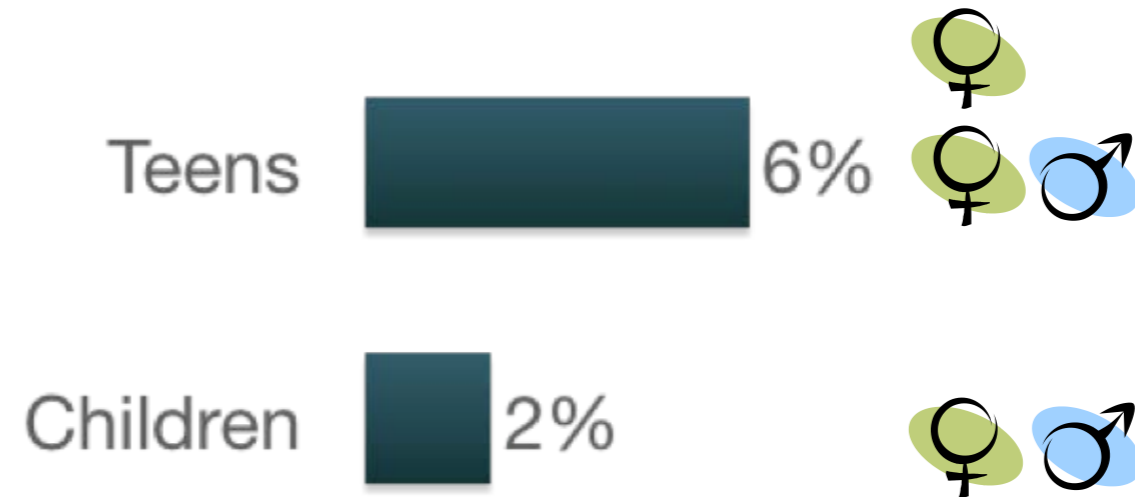
Less social support

Missed opportunities

Major Depression in Teenagers



*Average age of onset
15 years*



*By the age of 18 years, how many
have had an episode?*

10-14% Major Depression
20-25% Depression of some type



*And how many depressed
teenagers have a parent
with depression?*

20-50%

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2. Strengthen our own and our kids flexibility and resilience
3. Learn, practice and teach coping skills
4. Recognize when help is needed
5. Challenge the negative myths about mental health treatment that prevent our selves and our kids getting needed, effective help.

Common myths about mental health treatment

- There is a mental healthcare system
- Only people with very serious mental health problems benefit from professional help
- If you tell a mental health professional that you have thoughts of suicide you will go to hospital
- If a mental health professional thinks I have a clinical depression I will have to take medication
- The fact that I have been in mental health treatment will make it harder to get into college or get a job
- Treatment with anti depressant medication is dangerous for teenagers

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