



Whose Kids?...Our Kids! Pemi-Baker School District Teen Depression and Suicide

In December of 1999, the Teen Assessment Project (TAP) was conducted in the Pemi-Baker School District to learn more about the youth in the community. At that time approximately 85% of the high school students (659) participated. The Pemi-Baker School District granted permission for the Linwood/Newfound/Pemi-Baker Community Coalition to re-survey its youth in 2002 to determine what changes in perceptions, behaviors, and concerns had occurred. In November 2002 approximately 79% of the high school students (666) participated.

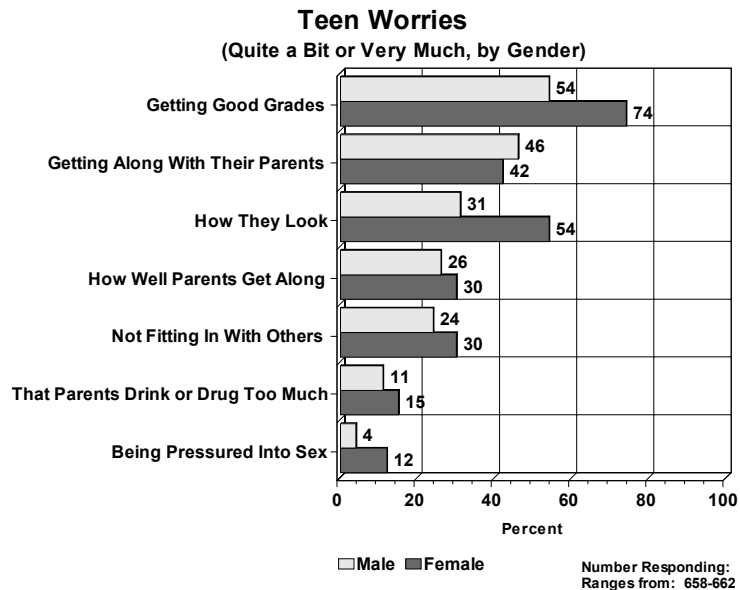
	Male	Female
183 9th graders	84	99
155 10th graders	75	80
175 11th graders	98	77
153 12th graders	72	81

"Whose Kids?...Our Kids!" is a parent newsletter series of the Teen Assessment Project (TAP), a program of the University of New Hampshire Cooperative Extension. This project was funded by the U.S. Department of Justice, Office of Juvenile Justice and Delinquency Prevention (OJJDP), through the Division for Children, Youth and Families, NH Department of Health and Human Services. The Teen Assessment Project (TAP) originated at the University of Wisconsin at Madison under the direction of Stephen A. Small, Ph.D. TAP in Grafton County is under the direction of Deborah Maes, UNH Cooperative Extension Family Development Educator in cooperation with Charlotte W. Cross, UNH Cooperative Extension, Youth Development Specialist. For more information about TAP call Charlotte W. Cross at (603) 862-2495 or e-mail at charlotte.cross@unh.edu.

This issue of WHOSE KIDS?...OUR KIDS! looks at the topic of depression and suicide. It provides tips on what parents and other adults can do to address these problems.

Teen Worries

What do most local youth worry about? What do teens have on their minds? These are the things teens want to talk about at home. Below are the topics students said they worried about either "quite a bit" or "very much". Females worried more than males about getting good grades, how they look, not fitting in and being pressured into having sex.



Teen Depression

Our survey of local teens asked about many areas of their lives. Some areas included how often they felt depressed and if they ever thought about suicide. Findings on teen depression and suicide are of concern. They show a large number of teens report feeling depressed or sad. At one time or another, many teens have thought about suicide.

Symptoms of Depression

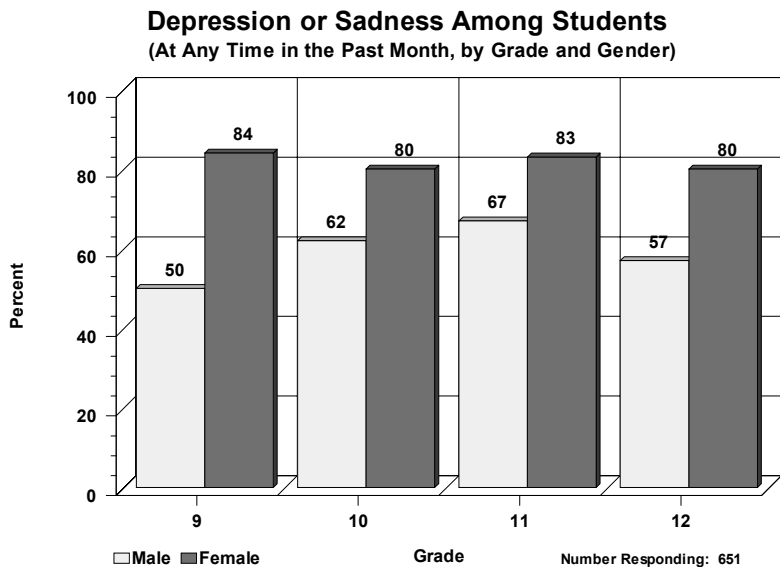
Severe depression is often linked to suicidal behavior. Warning signs for depression and suicide, therefore, may overlap. However, not all teens who commit suicide are seriously depressed. On the other hand, not all who are seriously depressed attempt suicide. Severe depression exists when at least five of the following nine symptoms have been seen nearly every day for at least two weeks. Further, the teen has not had these symptoms previously. In addition, at least one of these five symptoms must be either 1) depressed mood, or 2) loss of interest or pleasure.

- Depressed or irritable mood most of the day, nearly every day
- Loss of enjoyment or interest in normally pleasurable activities
- Change in weight, appetite, or eating habits
- Problems with sleeping (insomnia or hyperinsomnia)
- Looking either “slowed down” or “speeded up” and restless
- Loss of energy or feelings of tiredness
- Feelings of worthlessness or strong and inappropriate feelings of guilt
- Difficulty thinking, concentrating, or making decisions
- Constant thoughts of death or suicide

Source: *DSM-IV of the American Psychiatric Association, 1994.*

Teen Depression...(cont.)

The chart below shows the percentage of local teenagers who reported that they felt depressed or very sad at some time during the past month. Girls are more likely to report being depressed than boys. This trend is found in most studies of depression in both teens and adults. Overall, 82% of the girls and 59% of the boys reported feeling depressed or sad at some time during the past month.



Warning Signs of Depression

Depression is usually connected to sadness. But, sadness isn't always depression. Some signs of depression are listed below.

1. **Academic Signs:** Student doesn't do as well in school and you can't explain why. Loses interest in school subjects. Doesn't try as hard or gives up more easily. Turns in unfinished or messy work. May complain of being too tired to finish work.
2. **Social/Behavioral Signs:** Teen may be very disruptive or show anti-social behavior, such as lying or stealing. Avoids people in general or withdraws from other teens. Behaves in ways that make it difficult to make friends or keep them. Afraid of certain things for no obvious or good reason. Either tired and constantly falling asleep. Takes inappropriate risks.
3. **Cognitive Signs:** Youth may have trouble concentrating, remembering things, or making decisions. Has very little or no confidence. Talks about suicidal thoughts or wanting to attempt suicide. Has constant thoughts about death.
4. **Emotional Signs:** Teen may have low self-esteem, feel guilty, or just be unhappy in general. Is very irritable and grouchy, or complains a lot. Feels hopeless and helpless.

Warning Signs of Depression...(cont.)

5. Physical Signs: Teen may show change in usual sleeping patterns. Complains about feeling sick, in pain, or tired. Suddenly gains or loses weight or doesn't have the same appetite as before. Looks or acts "slowed down" or "speeded up".
6. Motivational Signs: Teen doesn't care about anything. Can't pay attention to things. Teen feels bored.

Source: Adapted from *Depression and Suicide*, Eleanor C. Guetzloe

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It's often hard to know if teenagers are depressed. Many people believe all teens are moody.

Sometimes teachers and parents ignore problems that show up. For example, teens may put themselves down. They say that everything is "boring," and complain about everything you do or say. They're not interested in eating. These behaviors could just be signs of typical teenage moodiness. They could also be signs of depression and a real problem.

Being bored and moody doesn't always mean your child is depressed. Still, talk to your doctor or health care provider if:

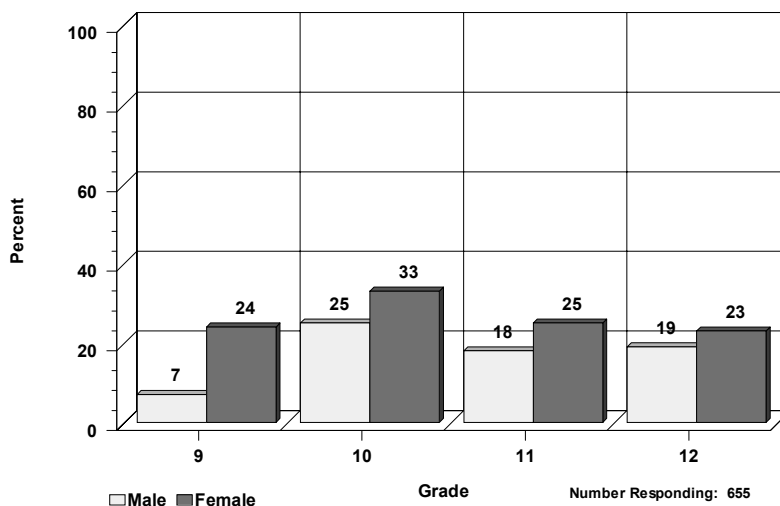
- your teen has three or more signs of depression,
- the signs last for 2 weeks or more.

Teen Suicide

Again, not all teens who commit suicide are depressed. But, depression is a leading cause of suicide in young people. Thinking about suicide is fairly common during the teen years. Girls are usually more likely than boys to have these thoughts.

Fortunately, not many teens carry out their thoughts and commit suicide. Thoughts of suicide may be a sign your teen is feeling disappointed or frustrated, depressed, or cut off from others. He or she may have unrealistic ideas about suicide and death. Overall, about 1 out of 4 local teens (26% girls; 17% boys) had serious thoughts of killing themselves at some time during the past month.

Serious Thoughts About Killing Themselves
(At Any Time in the Past Month, by Grade and Gender)



Warning Signs of a Suicide Attempt

The following is a list of possible warning signs of a suicide attempt. No one of these signs, alone, necessarily means a teen will attempt suicide. When these signs occur in combination, however, a suicide attempt may occur.

- A previous suicide attempt
- Writing poems or notes about death
- Speaking about suicide, even jokingly, or making comments like "I can't take it anymore." Verbal threats of self-destruction precede four out of five suicide deaths
- Giving away or selling prized possessions and otherwise getting affairs in order
- A radical personality change or signs of severe depression
- Abuse of drugs or alcohol
- Running away from home

Warning Signs of a Suicide Attempt...(cont.)

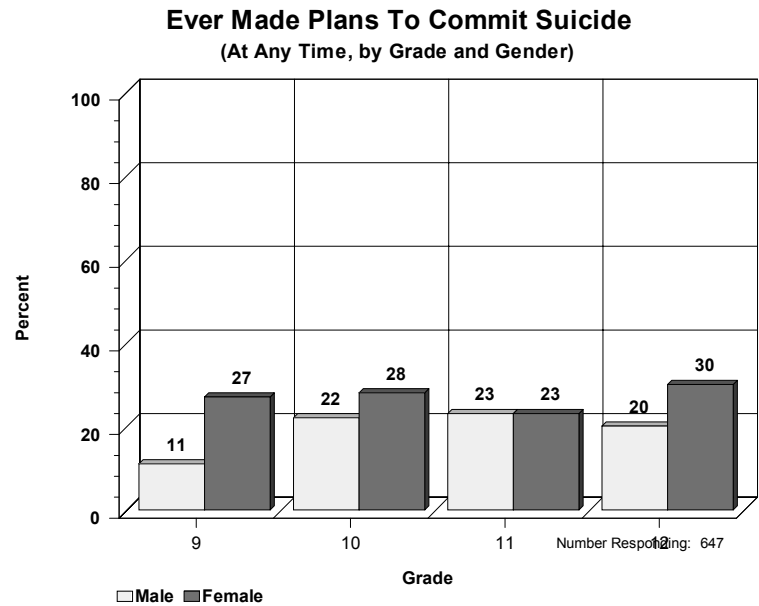
- Exhibiting rebellious behavior that is sudden or severe
- Conflict with a girlfriend or boyfriend, or trouble getting along with previously close peers or parents
- Bored, trouble concentrating, complaining of psychosomatic disorders like headaches and stomachaches
- A change in eating or sleeping habits
- An unusual increase in time spent alone in his or her room

Source: N.H. Division of Public Health

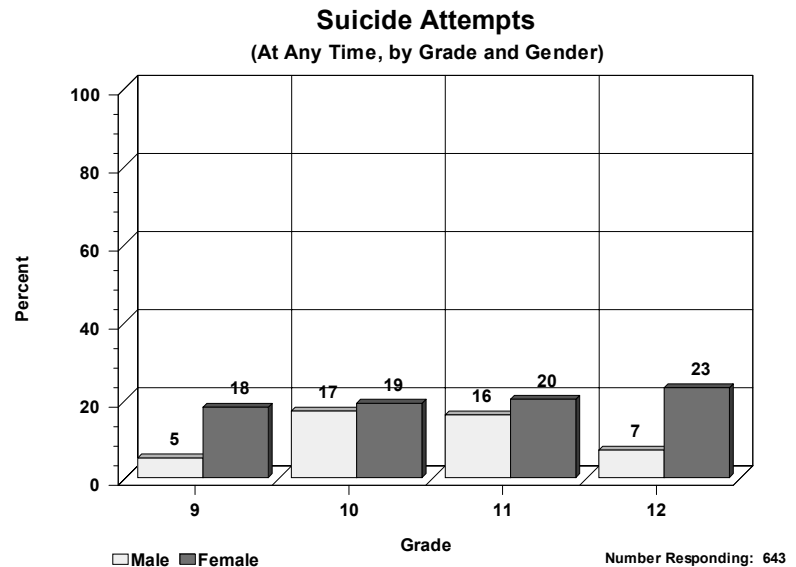
What To Do If You Think Your Child Needs Professional Help

- Listen carefully to what your teen has to say. Don't interrupt. Be supportive and accepting. Don't criticize, judge, or downplay his or her feelings or concerns.
- Ask questions about your teenager's feelings. Ask if he or she has thoughts about suicide.
- Try to offer your help without suggesting your teen is emotionally or mentally disturbed.
- Tell your child that asking for help is not being weak. Stress that asking for help with a problem is a sign of maturity, mental health, and good judgment.
- Try to make your teenager feel comfortable about asking for help. It is best if your teen asks for help on his or her own. He or she could talk to a counselor or doctor for help. Also, your teen could call a crisis hotline. See the helpful resources listed in this newsletter.

The chart below shows the percentages of local teens who reported they had made plans to kill themselves at some time or another. Overall, about 1 out of 4 local youth (27% girls, 19% boys) reported they *had made plans* at some time in the past to kill themselves.



Overall, about 1 out of 6 local youth (20% girls, 11% boys) reported they had attempted suicide at some point in their lives. It's hard to know how life-threatening these attempts were. However, take very seriously all talk of suicide attempts.



If you believe your child is suicidal, do not leave him or her alone. Right away, call a counselor, doctor, religious leader, or police for help. Your child's life may be at stake. One source of help is the Help Line at 1-800-852-3388.



Whose Kids?...Our Kids!

Pemi-Baker School District

Teen Depression and Suicide

Fact Sheet

State Statistics

- Suicide was the cause of death for 40 young people between the ages of 15-24 in New Hampshire in 2000 and 2001. Nationally, suicide is the third leading cause of death for 15-24 year olds.

- No suicides for youth between the ages of 15-24 in Grafton County were reported in 2000 or in 2001.

A Cry For Help

- Many more teens try to kill themselves than actually succeed. Suicide attempts are often a cry for help. Teens want to change a hard situation, rather than wanting to die. To prevent suicides, adults must pay close attention to teens.

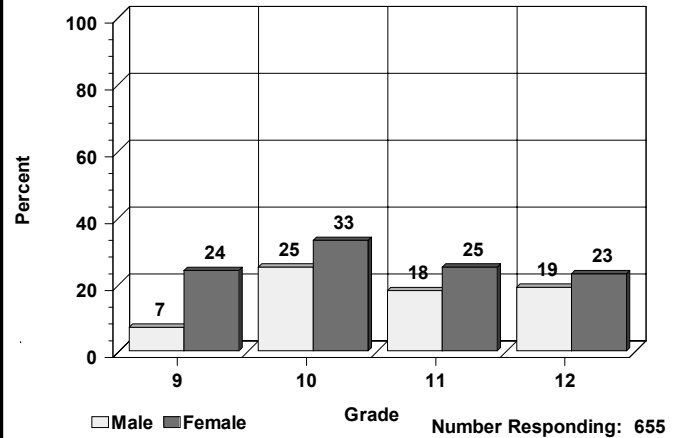
- Adults need to be alert to the signs of suicide. They need to listen carefully to the teens who talk about it.

- The first suicide attempt by a teen usually comes as a surprise to both parents and peers. Adults are often blind to the signals leading to suicide. A teen probably won't attempt suicide the second time if parents and friends show sympathy and concern. It's important to help a teen solve the problems that might have led to a suicide attempt. If important people in the teen's life aren't sincere, supportive, and concerned, the teen will probably try to commit suicide again.

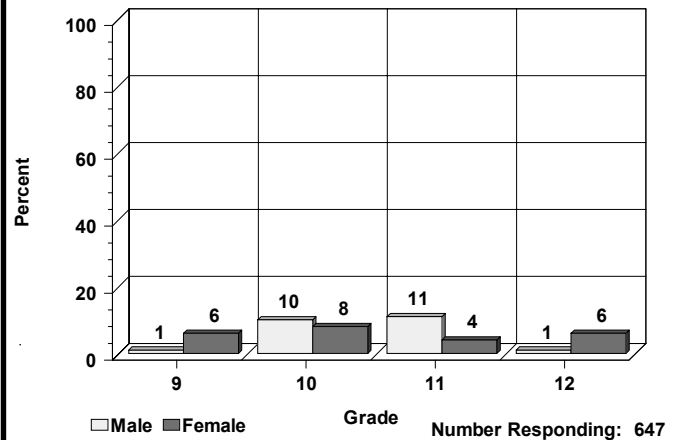
- If you know of a child other than your own who is showing signs of suicide, the same suggestions apply. If your child has confided in you concerning another child, it is important that you make it clear you will not keep the secret and will inform or help the child inform the parents or guardians, school counselors or other appropriate people. It is also helpful to encourage the teen to talk to a trusted family member, clergy or other caring adult.

Read the full Pemi-Baker School District Report at www.ceinfo.unh. Click on 4-H Youth Development, TAP.

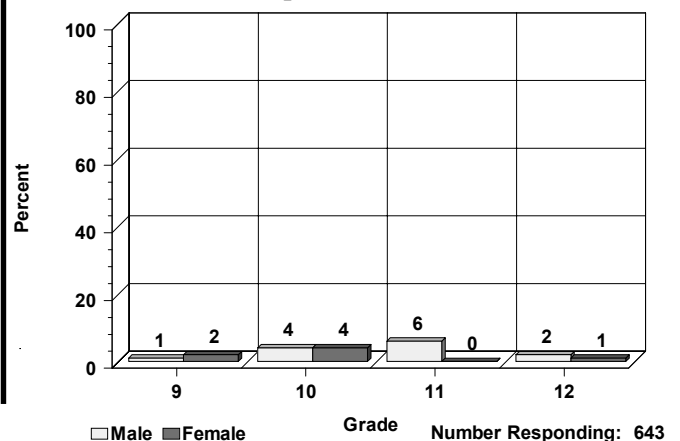
2002 Serious Suicidal Thoughts in Past Month



2002 Made Suicide Plan in Past Month



2002 Suicide Attempts in Past Month



Would You Like To Get Involved?

If you are interested in getting involved with others in the community to address teen issues, please call Deborah Maes at 787-6944, Grafton County Cooperative Extension, or Lisa Mure at 536-3720 x108, Lin-Wood/Newfound/Pemi-Baker Community Coalition.

For Further Reading

- Robinson, R. (1992). **Survivors of Suicide**. Santa Monica, CA: IBS Press.
- Wroblewski, A. (1995). **Suicide: Why? 85 Questions & Answers About Suicide**. Minneapolis, MN: Afterwords.
- Rosellini, G. & Worden, M. (1987). **Here Comes the Sun - Dealing With Depression**. Minneapolis, MN: Hazelden.
- Shapiro, P.G. (1994). **A Parent's Guide to Childhood and Adolescent Depression**. New York: Dell Publishing.

UNH Cooperative Extension Resources:

- **Publication Series:**
Living with your Teenager
- **Workshop Series:**
Family Focus: Parenting the Young Teen

Helpful Resources

Abuse

NH Division for Children, Youth and Families (DCYF) 1-800-894-5533
(To report child abuse or neglect)
Sexual Assault Support Services 1-888-747-7070

Alcohol and Drug Abuse

Alcoholics Anonymous (AA) 1-800-593-3330
Division of Alcohol and Drug Abuse Prevention
and Recovery 1-800-804-0909
Treatment Hotline of U.S. Dept. Health & Human Services 1-800-662-4357

Counseling Services

HELPLINE 1-800-852-3388
Parent to Parent of NH Family Support Network 1-800-698-5465
NH Legal Assistance 1-800-334-3135

Crisis Hot Lines

Access Crisis Line 1-800-987-6562
Boys Town Hotline 1-800-448-3000
TeenLine (confidential, for any problem) "Head Rest" 1-800-639-6095
Youth Crisis Hotline 1-800-448-4663

Family Planning/Health Services

Plymouth Family Planning 536-3584
Franklin Family Planning 934-4905
Mt. Mooselauke Health Clinic 764-5704

Information and Referral

Help Line (also crisis intervention) 1-800-852-3388
Info Link 1-888-499-2525
Poison Information Center 1-800-222-1222
Lin-Wood/Newfound/Pemi-Baker Community Coalition
(youth alcohol, tobacco and other drug prevention) 536-3720 x 108

Runaway

Child & Family Services of NH Group Home 224-9313
National Runaway Switchboard 1-800-621-4000

Sexually Transmitted Diseases

Plymouth Family Planning (testing, info) 536-3584
Franklin Family Planning (testing, info) 934-4905
Lakes Regional General Hospital 524-3211
NH AIDS Hotline 1-800-752-2437

Suicide and Depression

Speare Memorial Hospital 536-1120
Franklin Regional Hospital 934-2060
Lakes Regional General Hospital 524-3211
TeenLine (confidential, for any problem) "Head Rest" 1-800-639-6095

UNH Cooperative Extension

Grafton County, Family and 4-H Youth Development 787-6944

Also see the "Self-Help Guide to Human Services in N.H." at the front of your telephone book

This newsletter was based on a publication by Stephen A. Small, University of Wisconsin at Madison. The UNH Cooperative Extension newsletter "Whose Kids?...Our Kids!" was edited by Charlotte W. Cross, Extension Specialist, Youth Development and Mary W. Temke, Ph.D., Extension Specialist, Human Development, with assistance from Fran Chickering, Program Coordinator, UNH Cooperative Extension.

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