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| |  | | --- | | **Depression in Children & Youth** | | |  | | --- | | **https://www.mcssl.com/content/179059/B-list.png** The material on this page was original an e-mail sent to members of the BehaviorAdvisor.com B-list. To sign up, go to: <http://behavioradvisor.com/12001.html>  It’s noon, and I’m lying here in bed eating Fig Newton’s and listening to 1980’s Blues music.  As I glance over to my closet, I see my mono-tone wardrobe collection…. It’s blinding me, so I vow to wear black only until they create a darker color.  I’m really not motivated to write anything today, but I do want you to know about depression as it affects kids.  You can [click here](http://www.behavioradvisor.com/Depression.html) for an overview of Childhood Depression… a condition that often presents itself differently in youngsters than in adults.  The [web page](http://www.behavioradvisor.com/Depression.html)contains:  -A definition and description of the condition  -Symptoms  -Causes/Etiology  -A checklist of possible indicators for teachers to complete  -Suggestions for further assessment  -Treatments  -Teacher responsibilities  -Strategies for reaching and teaching youngsters who are depressed.   .  Additionally, one of the stellar graduate students in my Behavior Disorders program created a wonderfully informative [video](http://silo.hunter.cuny.edu/ccMwdpit) on Childhood Depression (Thanks, Julia!).  In it, we follow “[Megan](http://silo.hunter.cuny.edu/ccMwdpit)” and her family as they struggle to understand her changing mood.  Megan’s condition is then compared with the diagnostic criteria for the condition, and various interventions and treatment options are described.   .  **Turning that frown upside down**.  In addition to the strategies found on the childhood depression web page and video, here are a few more:   1. If you decide to offer a sympathy/empathy statement after a youngster complains of life circumstances, follow that acknowledgement with problem solving.  Ask “So what can we do to make this less of an ongoing issue in your life?  How can we address this concern in a way that is productive?”   While we can’t change some things like parental drug/alcohol abuse, absence of a parent, etc., we can help the youngster to cope with, and/or find distractions from the issue(s).  A step-by-step procedure for conducting a problem solving conference can be found at:[http://www.BehaviorAdvisor.com/ProblemSolving.html](http://www.behavioradvisor.com/ProblemSolving.html) 2. Promote and assess progress using the [Behavior Transformation Guide](http://behavioradvisor.com/ReadinessForChange.html). 3. Assess which areas of one’s internal character are in need of bolstering using the Circle of Courage model.    .  Gee… I’m starting to feel better already.  https://www.mcssl.com/content/179059/ZippityDoDah.pngThat old Disney song resounds in my head…. “Zippity do dah.  Zippity ay.  My oh my, what a wonderful day!  Plenty of sunshine headed my way.  Zippity do dah.  Zippity ay!”…  I’m going to skip over to the dresser and get my tie-die T-shirt and puppy dog undershorts out of the drawer.   Perhaps I’ll brighten things up by wearing dark grey pants today.  Gosh… I think I’ll cover the hole in the forehead of that smiley face sticker and pin it on my shirt.   .  **\*PLEASE NOTE:** As always, I take seriously the welfare and education of our youngsters with emotional and behavioural disabilities.  Depression is a severely debilitating mental health disorder.  Please do not interpret my irreverent humor as being unconcerned or disrespectful of individuals suffering from this condition.  My life’s mission, as with yours, is to improve the lives of kids who face psychological and behavioral challenges.  That’s no joke.  And yes, I know that many folks have concerns about the content of the Disney Movie depicted above, but the song from it is absolutely beautiful and inspiring.   .  **Next week** in our "Kids in our classroom" series:  Bi-Polar Disorder in children and youth    **Oh my!** I almost forgot the reason for sending out our weekly B-List Newsletter before the weekend.  (In addition to expecting a Friday snowstorm that might knock out our electrical power in the NorthEast USA yet again) I wanted to mention that the long-awaited 3rd installment of [**Rob Plevin’s “Take control of the noisy class”**](http://www.1shoppingcart.com/app/?Clk=4970497) is now available.  You can also watch the [1st two installments](http://www.1shoppingcart.com/app/?Clk=4970497) for quieting you students so that you can teach.  You might also be interested in taking advantage of his offer of a significant discount on some of his materials.  **https://www.mcssl.com/content/179059/ShipsWheelText.png**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | Thanks for being a member of our B-List... Working hard to reach and teach kids with behaviour challenges. | | [BehaviorAdvisor store](http://behavioradvisor.com/store.html) | [Dr.Mac's Positive Parenting App or Podcast](http://behavioradvisor.com/AppDescription.html" \t "_blank) | [The Behavior Survival Guide for Kids](http://freespirit.com/catalog/author_detail.cfm?AUTHOR_ID=121) | | |

Author: Tom McIntyre, Ph.D. DoctorMac@BehaviorAdvisor.com