## Depression – a hidden cause of teens' mood, behavior problems

This is the first in a series of four articles related to teenege depression. A longer, more compechanistic version of this series, including some ideas for primary prevention, is available by e-mail (firidgecomm@aol.com), as a public service.

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The series was reviewed by J.P. Leleszi, D.O., Director of Consultation and Pediatrie Hospice in the Department of Psychiatry and Behavioral Neuroscience of Wayne State University, and by Helene Mills, Ed.D. former principal at Schoolm High School, Birmingham and currently assistant professor in the Education Leadership Department at Oakland University, Rochester,



Sam is described as one of the 20 percent of adolescents who feel "emotionally empty" and will have a long series of problems, in cluding depression.

Sam hates

ALICE Sam hates school. If he can rouse himself in time for morning classes, he attends until noon and skips out attends until noon and skips out for the day. He would rather hang around with his friends, because they like to listen to music and at times smoke pot. He seems not to care about homework, but his mother does and is always on his "back." He sneaks in the house late after mom has gone to bed so he can avoid another fight. It seems like Sam's mom is always furious these days, either because the school called about his cutting

classes or because she noticed money missing from her wallet.

Dr. Gail B. Sharp, Director of Adolescent Medicine for Children's Hospital of Philadelphia, says Sam is clinically depressed. He is not showing normal teen behavior. While Dr. Sharp states that adolescence is not a period of upheaval, stress and emotional turmoil, professionals clarify further by indicating that the intensity of the emotions shown and the mood manifested, determines whether the behavior is normal or shows signs of depression.

sommer is show a signs of clinical depression, as opposed to the normal mood swings of adolescence, is hard. Often times, adults see the signs of depression as a phaso teens are to go through. Some people mistukenly believe that dealing with depression is a matter of character or will, something a person could "snap out of" if they "just wanted to." Depression is a family illness. Depression is a community illness. Many teens see depression as

ly silness. Depression is a community illness.

Many teens are depression as a weakness and therefore something to hide. Most teens will have trouble, especially if they are depressed, connecting their mentional state to their behavior. Therefore, a change to poor school performance is often the first indicator of a more serious problem such as depression. In general, teens are better at saying how they feel if they feel secure to those they talk, Adults behavior rather than elliciting the teen's feelings.

Secondary school principals

Secondary school principals know that 80 percent of the teens are not typically involved

in rebelliousnoss, irritability, anger and high-risk behavior. School is the teen's profession. In the other 20 percent of teens, however, if this type of behavior is allowed to continue, serious consequences for the adolescent, his family, and his community can result. If unchecked by their caregivers, these include addiction to alcohol and other drugs, pregnancy, school violence, poor grades and dropping out of school. These behaviors frequently reflect the teen's response to depression or contribute to it and must not be dismissed or overlooked.

Principals and assistant principals where are in the serious of the serious contributes are in the serious contributes.

missed or our-looked.

Principals and assistant principals who are in charge of attendance and discipline should have a clear understanding of depression disorders so that they can refer students appropriately. A reduction in punitive measures will occur once that understanding occurs. Additionally, all teachers of adolescents need to be aware of the signs of depression. In-service training is a very desirable methodology. Future articles provide information and resources to develop the in-service training.

Birmingham resident Alice McCarthy, Ph.D., is a nationally known parent educator, writer and editor. Her Healthy Teens may be ordered for 59.20 including shipping & handling and tax by calling (248) 646-1020, 9 a.m. 4 p.m. Monday - Friday. She is the mother of five children and grandmother to eight young children. To leave a message for McCarthy, from a touch-tone phone, call (313) 953-2047, mailtox 1894, or write her at The Eccentric, 805 E. Maple, Birmingham 48009.

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## WEDDINGS AND ENGAGEMENTS



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**Bull-Scott** 

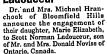
Buil-Scott
Sandra Scott became the bride
of William Bull during a June 2
ceremeny at Lake Tahee, Calif.
The bride is the daughter of
Mr. and Mrs. Richard Scott of
Mrs. Bid Bringham.
The groom is the son of Mr.
and Mrs. Fred Bull of Oahwa,
Ontario. He is a graduate of
Queens University, Kingsten,
Ontario and is employed by
Chrysler Corp., Auburn Hills.
A reception was held at the
Marriott Hotel, Troy, on July 25.
Mr. and Mrs. Eull are making
their home in Rochester Hills.



and the State of California Police Academy. He is a detective with the University of California Polica Department

Police Department.
The newlyweds will honeymoon in Hawaii this fall, and
they are making their home in
Walnut Creek, Calif.

#### Hranchook-Ladouceur



of Mr. and Mrs. Donald Noviss of Ontario, Canada. The bride-to-be is a graduate of Lahser High School and Oak-land Community College. She is employed at Rite Aid Pharmacy. Her fiance is a graduate of Groves High School. He is employed as a commercial roofer. A September wedding is planned at Holy Name Church.

## On submitting announcements

Local engagement, wedding, analyersary and birth announcements run in the Thursday and Sunday editions of The Observer & Eccentric.

Residents of the Birmingham-Bloomfield, West Bloomfield and Southfield areas should send their announcement, with or without photograph, to: Attn Brides, The Eccentric, 806 E. Magle, Birmingham 48009.

Residents of the Troy and Rochester areas should send information to The Eccentric, 1814 S. Rochester Road, Rochester Hills 48307.

Residents of the Farmington 48336.
For a recorded message, call (248) 901-4730 for The Eccentric and (313) 953-2065 for The Observer.

#### BIRTHS



### Annemarie Patricia **Trotta**

Len and Cindy Trotta of Beverly Hills announce the birth of their daughter, Annemarie Patricia, on June 1 at Beaument Hospital in Rayal Oak.

Annomarie has a brother, Lenny and grandparents, Len and John Cholewa of Indianapolis, Ind.

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