STRUGGLING TEENS

WHAT'S NORMAL AND WHAT'S NOT
STAGES OF ADOLESCENT DEVELOPMENT:

Early Adolescence: Approximately 11 – 13 years of age

PHYSICAL DEVELOPMENT:
- Puberty: grow body hair, increase perspiration and oil production in hair and skin,
  - Girls – breast and hip development, onset of menstruation
  - Boys – growth in testicles and penis, wet dreams, deepening of voice
- Tremendous physical growth: gain height and weight
- Greater sexual interest

COGNITIVE DEVELOPMENT:
- Growing capacity for abstract thought
- Mostly interested in present with limited thought to the future
- Intellectual interests expand and become more important
- Deeper moral thinking
STAGES OF ADOLESCENT DEVELOPMENT:

SOCIAL-EMOTIONAL DEVELOPMENT

Struggle with sense of identity
Feel awkward about one’s self and one’s body; worry about being normal
Realize that parents are not perfect; increased conflict with parents
Increased influence of peer group
Desire for independence
Tendency to return to “childish” behavior, particularly when stressed
Moodiness
Rule- and limit-testing
Greater interest in privacy
STAGES OF ADOLESCENT DEVELOPMENT:

Middle Adolescence: Approximately 14 – 18 years of age

PHYSICAL DEVELOPMENT:
- Puberty is completed
- Physical growth slows for girls, continues for boys

COGNITIVE DEVELOPMENT:
- Continued growth of capacity for abstract thought
- Greater capacity for setting goals
- Interest in moral reasoning
- Thinking about the meaning of life
STAGES OF ADOLESCENT DEVELOPMENT:

SOCIAL-EMOTIONAL DEVELOPMENT:

Intense self-involvement, changing between high expectations and poor self-concept

Continued adjustment to changing body, worries about being normal

Tendency to distance selves from parents, continued drive for independence

Driven to make friends and greater reliance on them, popularity can be an important issue

Feelings of love and passion
STAGES OF ADOLESCENT DEVELOPMENT:

Late Adolescence: Approximately 19 – 21 years of age

PHYSICAL DEVELOPMENT:
- Young women, typically, are fully developed
- Young men continue to gain height, weight, muscle mass, and body hair

COGNITIVE DEVELOPMENT:
- Ability to think ideas through
- Ability to delay gratification
- Examination of inner experiences
- Increased concern for future
- Continued interest in moral reasoning
STAGES OF ADOLESCENT DEVELOPMENT:

SOCIAL-EMOTIONAL DEVELOPMENT:
- Firmer sense of identity
- Increased emotional stability
- Increased concern for others
- Increased independence and self-reliance
- Peer relationships remain important
- Development of more serious relationships
- Social and cultural traditions regain some of their importance
ADOLESCENT MENTAL HEALTH ISSUES

- ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)
- OPPOSITIONAL DEFIANCE DISORDER (ODD)
- CONDUCT DISORDER (CD)
- ANXIETY DISORDERS
- DEPRESSION
- BIPOLAR
- ADDICTION
- EARLY ONSET SCHIZOPHRENIA
ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

There are three different types of ADHD, including:

- combined ADHD (the most common type), which involves all of the symptoms
- inattentive ADHD (previously known as ADD), which is marked by impaired attention and concentration
- hyperactive-impulsive ADHD, which is marked by hyperactivity without inattentiveness
## ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

<table>
<thead>
<tr>
<th>Difficulty paying attention to details and tendency to make careless mistakes in school or other activities; producing work that is often messy and careless</th>
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<tbody>
<tr>
<td>Easily distracted by irrelevant stimuli and frequently interrupting ongoing tasks to attend to trivial noises or events that are usually ignored by others</td>
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<tr>
<td>Inability to sustain attention on tasks or activities</td>
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<td>Difficulty finishing schoolwork or paperwork or performing tasks that require concentration</td>
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<td>Frequent shifts from one uncompleted activity to another</td>
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<td>Procrastination</td>
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<td>Disorganized work habits</td>
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<td>Forgetfulness in daily activities (for example, missing appointments, forgetting to bring lunch)</td>
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<td>Failure to complete tasks such as homework or chores</td>
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<tr>
<td>Frequent shifts in conversation, not listening to others, not keeping one’s mind on conversations, and not following details or rules of activities in social situations</td>
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### HYPERACTIVITY SYMPTOMS

- Fidgeting, squirming when seated
- Getting up frequently to walk or run around
- Running or climbing excessively when it’s inappropriate (in teens this may appear as restlessness)
- Having difficulty playing quietly or engaging in quiet leisure activities
- Being always on the go
- Often talking excessively

Hyperactivity may vary with age and developmental stage.
# Oppositional Defiance Disorder (ODD)

**The following are behaviors associated with ODD**

- Negativity
- Defiance
- Disobedience
- Hostility directed toward authority figures

**These behaviors might cause your child to regularly and consistently show these signs and symptoms**

- Temper tantrums
- Argumentativeness with adults
- Refusal to comply with adult requests or rules
- Deliberate annoyance of other people
- Blaming others for mistakes or misbehavior
- Acting touchy and easily annoyed
- Anger and resentment
- spiteful or vindictive behavior
- Aggressiveness toward peers
- Difficulty maintaining friendships
- Academic problems
CONDUCT DISORDER (CD)

**Aggression to people and animals**
- bullies, threatens or intimidates others
- often initiates physical fights
- has used a weapon that could cause serious physical harm to others (e.g. a bat, brick, broken bottle, knife or gun)
- is physically cruel to people or animals
- steals from a victim while confronting them (e.g. assault)
- forces someone into sexual activity

**Destruction of property**
- deliberately engaged in fire setting with the intention to cause damage
- deliberately destroys other's property

**Deceitfulness, lying, or stealing**
- has broken into someone else's building, house, or car
- lies to obtain goods, or favors or to avoid obligations
- steals items without confronting a victim (e.g. shoplifting, but without breaking and entering)
Serious violations of rules
often stays out at night despite parental objections
runs away from home
often truant from school

The behavioral disturbances can cause deficits in social, academic or occupational functioning. The behavior usually occurs in a variety of settings, such as home, school and community.

Co-occurring disorders
Many children with a conduct disorder may have coexisting conditions such as depression, anxiety, PTSD, substance abuse, ADHD, learning problems, or thought disorders.
## ANXIETY DISORDERS

**Symptoms in children and adolescents**

In addition to the symptoms above, children and adolescents may have excessive worries about:

- Performance at school or sporting events
- Being on time (punctuality)
- Earthquakes, nuclear war or other catastrophic events

**A child with the disorder may also:**

- Feel overly anxious to fit in
- Be a perfectionist
- Lack confidence
- Redo tasks because they aren't perfect the first time
- Strive for approval
- Require a lot of reassurance about performance
These symptoms may indicate depression, particularly when they last for more than two weeks:

- Poor performance in school
- Withdrawal from friends and activities
- Sadness and hopelessness
- Lack of enthusiasm, energy or motivation
- Anger and rage
- Overreaction to criticism

Feelings of being unable to satisfy ideals
- Poor self-esteem or guilt
- Indecision, lack of concentration or forgetfulness
- Restlessness and agitation
- Changes in eating or sleeping patterns
- Substance abuse
- Problems with authority
- Suicidal thoughts or actions
BIPOLAR

Manic symptoms include:
Severe changes in mood—either extremely irritable or overly silly and elated
Overly-inflated self-esteem; grandiosity
Increased energy
Decreased need for sleep—ability to go with very little or no sleep for days without tiring
Increased talking—talks too much, too fast; changes topics too quickly; cannot be interrupted
Distractibility—attention moves constantly from one thing to the next
Hypersexuality—increased sexual thoughts, feelings, or behaviors; use of explicit sexual language
Increased goal-directed activity or physical agitation
Disregard of risk—excessive involvement in risky behaviors or activities

Depressive symptoms include:
Persistent sad or irritable mood
Loss of interest in activities once enjoyed
Significant change in appetite or body weight
Difficulty sleeping or oversleeping
Physical agitation or slowing
Loss of energy
Feelings of worthlessness or inappropriate guilt
Difficulty concentrating
Recurrent thoughts of death or suicide
## ADDICTION

### ALCOHOL

### DRUGS
- over the counter
- prescription
- marijuana etc...

### GAMING

### PORNOGRAPHY

- Extreme mood changes – happy, sad, excited, anxious, etc
- Sleeping a lot more or less than usual, or at different times of day or night
- Changes in energy – unexpectedly and extremely tired or energetic
- Weight loss or weight gain
- Unexpected and persistent coughs or sniffles
- Seeming unwell at certain times, and better at other times
- Pupils of the eyes seeming smaller or larger than usual
- Secretiveness
- Lying
- Stealing
- Financially unpredictable, perhaps having large amounts of cash at times but no money at all at other times
- Changes in social groups, new and unusual friends, odd cell-phone conversations
- Repeated unexplained outings, often with a sense of urgency
- Drug paraphernalia such as unusual pipes, cigarette papers, small weighing scales,
Positive symptoms include

- Hallucinations, usually voices which are critical or threatening;
- Delusions, which are firm beliefs that are out of touch with reality and which commonly include the fear that people are watching, harassing or plotting against the individual;
- Disorganized speech, which is often seen as an inability to maintain a conversation, usually as a result of difficulty staying on topic and disorganized or catatonic behavior, which can include behavior that is unusual and bizarre, or can be demonstrated by difficulty planning and completing activities in an organized fashion.

Negative symptoms include

- Reduction in emotional expression;
- Lack of motivation and energy and loss of enjoyment and interest in activities, including social interaction.