



Teen and Depression

Risk and Resilience

Risk factors for depression include depression in the family, psycho-social stressors. Ten significant environmental stressors identified by the CDC-Kaiser Adverse Childhood Experiences Study (ACES) are physical, sexual, emotional abuse, physical or emotional neglect, mental illness, mother treated violently, incarceration in the family, substance abuse and divorce.

Building Resilience:

1. **Competence** – Building their understanding of their skills.
2. **Confidence** – Helping kids grow a true belief in their own abilities.
3. **Connection** – Connecting children with other people, schools and communities to further build their support system.
4. **Character** – Helping them comprehend a clear sense of right and wrong, and teaching them moral values.
5. **Contribution** – Offering children a chance to contribute to the well-being of others. They learn that giving service feels good and then feel more confident to ask others for help as well.
6. **Coping** – Discovering a variety of healthy coping strategies to prevent children from dangerous “quick fixes” to stress.
7. **Control** – Teaching children to make decisions on their own so they can experience a sense of control

