

The Adolescent Brain and Anxiety

- ▶ Brian Kuhn, M.A., L.P.C
- ▶ Director and Co-Creator of the Student Wellness Program/ Therapist
- ▶ bkuhn@studentwellnessstl.org

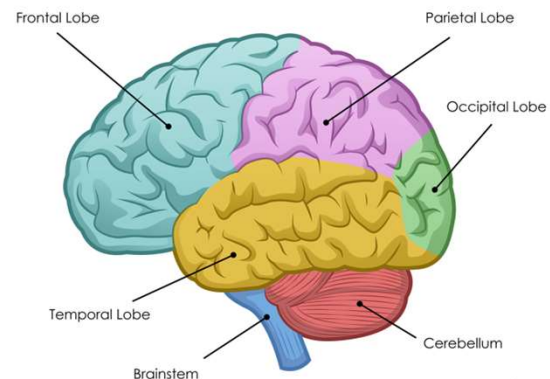


STUDENT WELLNESS PROGRAM

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The Teenage Brain

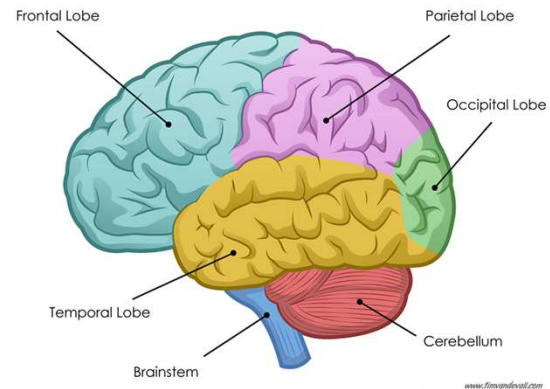
- ▶ A work in progress. The pre-frontal cortex (frontal lobes) where executive functions happen (impulse control, judgment, organization, predictive thinking, logic, reasoning) is still working on connections while the emotional center (amygdala) is more fully developed.
- ▶ This causes the brain to become overloaded by adult sized, and first-time emotions without the reasoning to make sense of them.



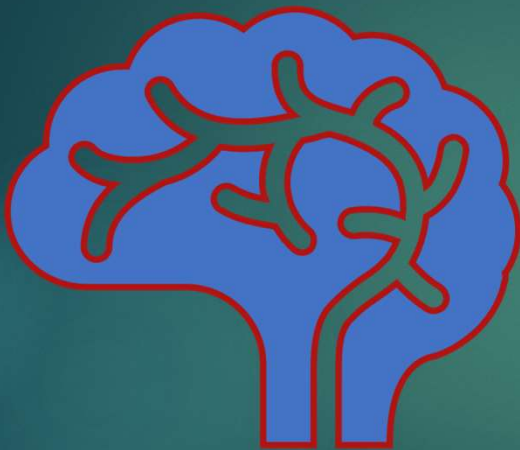
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The Teenage Brain

- ▶ Is out of balance. Therefore a 10-year-old may seem more logical and sounder in their decision making
- ▶ May not be completely developed until mid 20s.



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Outcomes of Adolescent Brain Development

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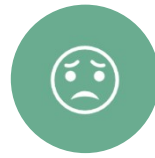
Outcomes of Adolescent Brain Development



TAKING RISKS



ASSUMPTIONS OF
POSITIVE OUTCOMES



STRESS



ADDICTIVE
BEHAVIORS

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Outcomes of Adolescent Brain Development



PASSION FOR LIFE



DRIVE FOR SOCIAL
CONNECTION



LEADING WITH
EMOTIONS



CREATIVITY

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Outcomes of Adolescent Brain Development

Need for quality,
loving, and faithful
relationships with
adults.



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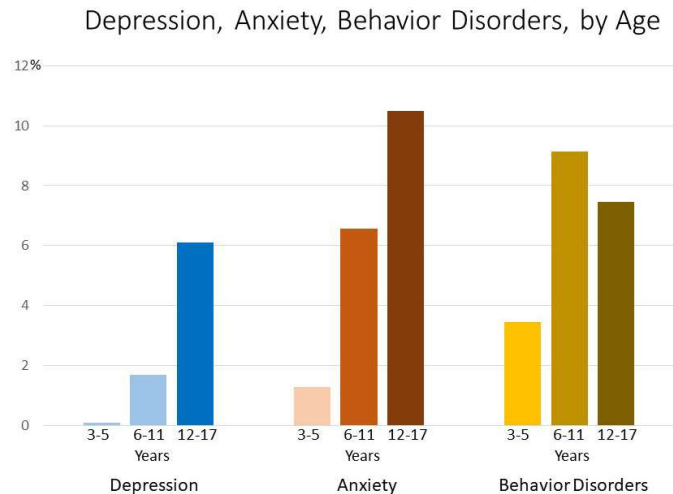
Teenage Anxiety

AT AN ALL TIME HIGH

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TEENAGE ANXIETY AND OTHER MENTAL HEALTH CONCERNS

- Anxiety is the number one mental health concern in young people 12-18.
- Rate of anxiety in teenagers has been increasing steadily since 2007. And has nearly doubled in the last decade
- These are all pre-COVID numbers. School mental health screenings are reporting a 5-8% increase in positive screening in the fall of 2020



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TEENAGE SUICIDE STATISTICS

- After a decline in 2019-2020 suicide deaths increased in 2021.
- Rate of suicidal ideation and making a plan have increased in teenage females by 60% over the last decade. Attempts increased by 30%.
- Nearly 6 in 10 students (58%) in 2021 who had any same-sex partners considered suicide, compared with 26% of students who only had opposite-sex partners. Those who had any same-sex partners were also more likely to make suicide plans and attempts than those who only had opposite-sex partners.

CDC Youth Risk Behavior Survey 2011-2021

22% of high school students report seriously considering suicide in the past year

18% of high school students report making a plan to die by suicide

30% of females report seriously considering suicide and 24% made a plan

Black students were more likely to attempt suicide than their Asian, Hispanic, or White peers

LGBTQ+ teens 3 times more likely to consider suicide than their heterosexual peers

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Why Anxiety Is Increasing Among Teenagers?

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Why Anxiety Is Increasing Among Teenagers?

Adolescence is Anxiety

Access to Information

Increased Achievement Expectation

Social Media

Adults Are More Anxious

Awareness does not mean understanding

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What Are The Signs?

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What Are The Signs?

Recurring fears and worries about routine parts of life

Changes in behavior, such as irritability

Avoiding activities, School, or Social Interactions

Dropping grades, School Avoidance, or Fixation

Trouble sleeping or concentrating

Substance use or other risky behaviors

Chronic physical complaints, such as fatigue, headaches, or stomachaches.

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What Do We Do?

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What Do We Do?

Emotions	<p>Meet them where they are and see the world as they see it</p> <ul style="list-style-type: none"> Emotionally Driven Brain v. Logic Driven Brain The difference between typical "feeling/ emotions" and psychological disorders
Expectations	<p>Be Mindful of the expectations set on the young person</p> <ul style="list-style-type: none"> Real and Perceived
Social Media	<p>Talk about Social Media</p> <ul style="list-style-type: none"> How they use it and how others use it
Talk	<p>Talk about suicide and other difficult topics</p> <ul style="list-style-type: none"> When teenagers know that you can talk about it, they will talk to you about it.

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What Do We Do?

Seek Help

Know when you can't do it on your own
• Professional help

Faith

The adolescent brain is looking for a connection with the Holy
• Greater resilience

Parent/ Adult Support

Take care of yourself
• Our mental health affects their mental health

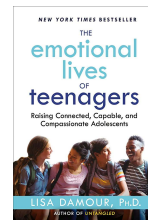
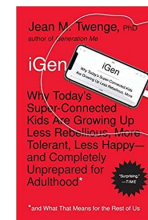
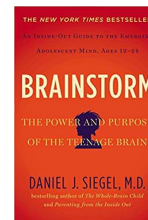
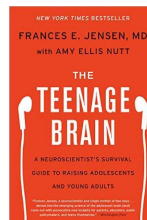
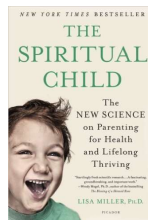
Forgive

Forgive yourself for the mistakes you have and will make
• The teenage brain is resilient

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Resources

- ▶ The Spiritual Child: The New Science on Parenting for Health and Lifelong Living, Lisa Miller, Ph.D
- ▶ The Teenage Brain: A Neuroscientist Guide to Raising Adolescents and Young Adults, Frances E. Jensen, MD
- ▶ Brainstorm: The Power and Purpose of the Teenage Brain, Daniel J. Siegel
- ▶ iGen: Why Today's Super-Connected Kids Are Growing up Less Rebellious, More Tolerant, Less Happy—and Completely Unprepared for Adulthood, Jean M. Twenge, PhD
- ▶ The Emotional Lives of Teenagers: Raising Connected, Capable, and Compassionate Adolescents



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