

Breaking the Stigma of Depression:

Opportunities and Challenges for School Nurses

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NASN 2019


Climbing Toward Our Peak
Gaylord Rockies, Denver, Colorado
June 28 – July 1, 2019

Disclaimer

Planner, Presenter, Author Disclosures

(Jennifer Beckwith and Vickie Beckwith)

We disclose the absence of personal financial relationships with commercial interests relevant to this educational activity within the past 12 months.



WHO ARE YOU?



Every child deserves a school nurse

Learning Objectives



Describe

Describe best practices to reduce the stigma of mental health illnesses.



Recognize

Recognize symptoms and behaviors related to depression and suicidal thought in school age children



Apply

Apply person first language along with best practices to improve support of students with mental health concerns.

Reflection Exercise:

Reflect on the people in your life

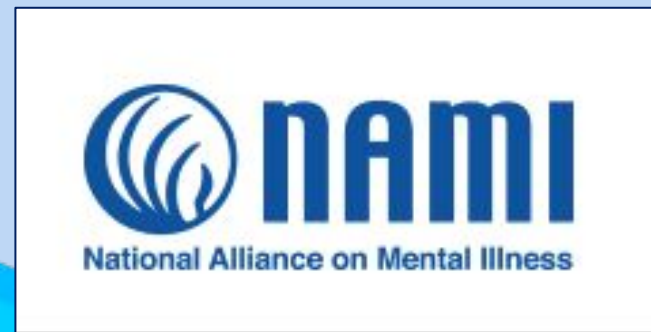
Someone who has had
a big impact on you

Someone you would
call for advice

Someone you look
up to/admire

The person you
feel closest to

Let's
STOP
Stigma and
Discrimination



Let others know that there is hope and understanding. You can change the way the world sees mental health.

stigmafree

True or False

1. Everyone has thoughts and feelings that are hard to deal with.
2. Stigma prevents 30 – 40% of people with a mental health illness from seeking help.
3. Substance abuse is usually associated with mental illness
4. Prevention doesn't work
5. I can't do anything to help.



What Does Mental Health Mean?

Mental health problems result in changes in mood, behavior, and thinking that result in impaired functioning/distress over time

Mental Health Disorders

Many forms: depression, anxiety, ADHD, adjustment problems, oppositional behavior (need to recognize what is normal development and actual problem)

Affects how student acts (not everyone the same)

Feel about self

Handle stress

Relate to others

Deal with change

*Coping skills vary by experiences

Why School Nurses?

50% may suffer problem but, 2/3's of students go undiagnosed

It's already part of your job

- 40-60% of your time
- Frequent “visitors”
Sx of depression

Schools nurses are ideally positioned

- Trust
- Less stigmatizing to see School Nurse



Depression

Challenges we are facing

Depression is under-diagnosed and untreated because of...

- A lack of knowledge, training, time and/or resources
- Stigma and denial
- Depression is hard to talk about
- Signs/symptoms may be difficult to recognize



Hurtful words create more than stigma

He's
cuckoo

You use
You lose

It's a WAR
on drugs

What a
lunatic

Person-First Language

Use nice words & person-first language

- Addict...junkie → He has an Addictive Disorder
- Dumb...mute → She is unable to speak
- Crazy boy → He is diagnosed with depression
- Anorexic lady → She is living with an eating disorder