

Mental Health in Adolescent aged Children



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What is **Mental Health in school?**

Good Mental Health refers to the maintenance of daily productive activities and maintaining fulfilling relationships with others

It also includes maintaining the abilities to adapt to change and to cope with stresses

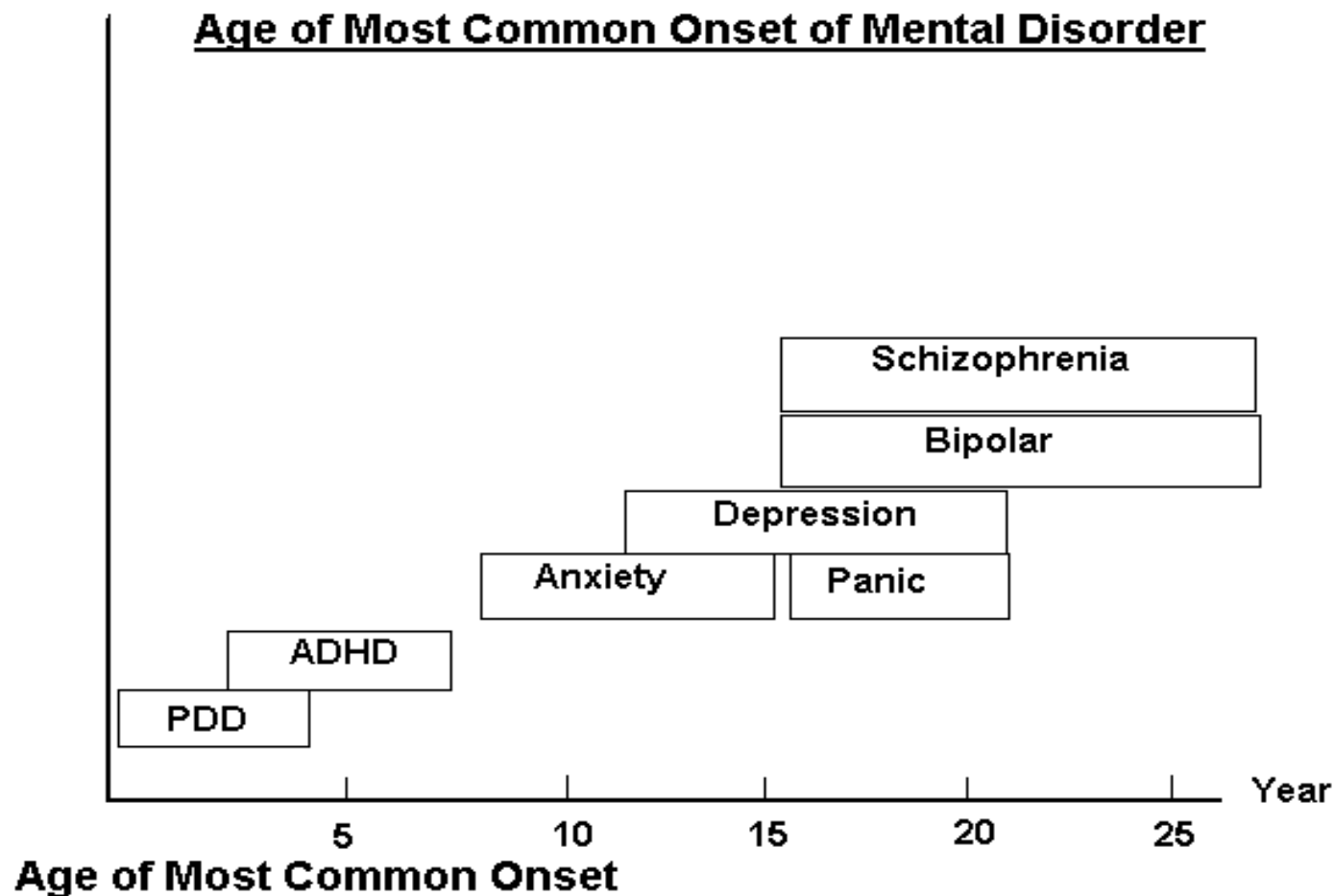
Good mental health associated with the successful school activity

Mental health problems may lead to:

- **School drop outs**
- **Difficulties in learning**
- **Behavioral difficulties**
- **More absent**
- **School failure**

So schools can be a great location for early identification of mental problems, promotion, and intervention.

**Many of the mental disorders begin at the
exact time that youth are in school age**



Prevalence of Mental Problems in Young People

Population Prevalence

- **Depression (6%)**
- **Psychosis (1%)**
- **Anxiety Disorders (3-8%)**
- **Developmental disabilities (10%)**
- **Intellectual disability(1%)**
- **Total (21 – 26%)**

Translation to the “average” Classroom

- **Depression (2)**
- **Psychosis (0.5)**
- **Anxiety Disorders (2-3)**
- **Developmental disability (4)**
- **Intellectual disability (0.5)**
- **Total (9-10)**

Are all mental disorders brain disturbances?

Not all mental disorders are disturbances of brain functioning.

Some can be a normal or expected response to the environment – for example: grief when somebody dies or acute worry, sleep problems and emotional tension when faced with a natural disaster.



What is Normal Anxiety?

Situation or Trigger:

First date
Preparing for an exam
Performing at a concert
Giving a speech
Climbing a tall ladder



Anxiety:

Sweating
Trembling
Heart rate ↑
Ventilation ↑
Restlessness

- **Transient**
- **Does not significantly interfere with a person's well-being**
- **Does not prevent a person from achieving their goals**

What is Pathologic Anxiety?

Situation or Trigger:

Trigger is same with normal anxiety but not appropriate.



ANXIETY

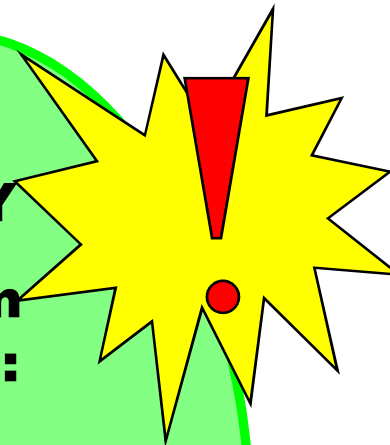
Symptom Domains:

**Sweating
Trembling**

Heart rate ↑

Ventilation ↑

Restlessness



- **Persistent**
- **Excessive & Inappropriate**
- **Intensive**
- **Causes Impairment**
- **Leads to dysfunctional coping:**
 - Avoidance**
 - Withdrawal**

ANXIETY DISORDER

WHAT TO DO?

- **Arrangement of the circumstance which cause anxiety is important and useful.**
- **Anxiety disorder is treatable with medication or psychological interventions. Referral to an expert is suggested.**
- **Providing simple and practical suggestions about specific anxiety items (such as: student is worrying about his/her test because of shortage of time, it's good to say “you have a chance to study for at least one hour tonight”) is useful.**

What is Psychosis?

“Psychosis” is a disturbance in thinking and perception that is characterized by a loss of contact with reality and that is caused by abnormal brain functioning.

What is Schizophrenia?

Schizophrenia is the most common psychosis. It is a chronic, severe, and disabling brain disorder characterized by the presence of delusions, hallucinations, disorganized thinking, disorganized behavior, disturbances in affect, disturbances in initiation and motivation, and functional impairment.

Affects 1% - 1.5% of individuals

Men and Women are equally affected

Usually begins between ages 14 and 25 years

PSYCHOSIS: HOW TO LOOK FOR?

- **Is the person acting differently and in an unusual manner?**
- **Does the person show signs of hallucinations?**
- **Does the person show a thought form disorder – does his or her speech make sense?**
- **Is the person isolating from others?**
- **Is the person espousing bizarre and unusual ideas?**

PSYCHOSIS: WHAT TO DO?

- **Discuss concerns with other teachers and student support staff.**
- **Investigate the family situation and discuss concerns with appropriate family members.**
- **Support suggestions to seek mental health assessment.**

Developmental Disabilities

Developmental disability refers to a variety of conditions that interfere with a person's ability to function in daily activities that begins before an individual reaches adulthood:

- **Autism (PDD)**
- **High functioning autism (Asperger syn.)**
- **Attention deficit hyperactivity disorder(AD/HD)**
- **Others**

For Developmental Disabilities

Some goals for the care and education of children with developmental disabilities are as follows:

- Expanding language skills**
- Increasing attention span**
- Learning self-help skills**
- Mastering basic concepts**

SPECIAL SCHOOLS OR INCLUSIVE SETTING?

- **In general, Special schools for deaf and blind are prepared in many countries, but in very limited area.**
- **Special schools for Intellectual disability are more limited.**
- **Almost of children with developmental disability are supported in inclusive setting. But not payed attention for them in many case.**

Special Needs Education in Japan

Special education school

- Visual disability 86 (class)
- Audio disability 118
- Intellectual disability 673
- Physical handicapped 314
- Serious handicapped 138
- Total 188,211 (kids)

*Some schools have multiple class

Special class for handicapped children in regular school

- Visual disability 385 (kids)
- Audio disability 1,282
- Intellectual disability 83,771
- Physical handicapped 4,300
- Serious handicapped 2,270
- Language disability 1,491
- Emotional disturbance 61,756
- Total 155,255

Inclusive education school

Only 50 schools

What is Stigma?



In the context of mental health, stigma is the use of negative labels to identify a person living with mental problem.

Stigma is a barrier and discourages individuals and their families from getting the help they need. It closes minds and fuels discrimination. Many say that living with the stigma is worse than living with the mental problem itself. Acceptance mentally handicapped students in schools may help destigmatize people with mental problem.

**Education and Mental Health
are part of the **basic human
rights** of children and youth**

And “Education for All**”
requires attention to mental
health as a learning enabler**

Thank you for listening !

