



Depression and ADHD in Adolescents: A Parent's Guide to Understanding and Support

Featuring

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Discussion Questions

Depression and ADHD in Adolescents: A
Parent's Guide to Understanding and Support
Part of the Teen Mental Health Webinar Series



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The Families for Depression Awareness Teen Mental Health Webinar Series equips caring adults to provide constructive support to teens and young adults, so they get the help they need and deserve. Visit our Teen Mental Health webinars page at familyaware.org/teenwebinars to access our library of free webinars and recorded livestreams on topics related to youth and young adult mental health, such as

- trauma
- mental health crisis
- suicide prevention
- social media and technology
- communicating with teens
- depression and substance use
- self-injury
- anxiety.

Also explore our website for more information about caregiving, mental health, and self-care.

Thank you.

About Us

Families for Depression Awareness is a national nonprofit organization helping families recognize and cope with depression and bipolar disorder to get people well and prevent suicides. Our website at www.familyaware.org has tools, information, and educational resources to help you and your loved ones address depression and bipolar disorder, and manage their impact on your family.

Group Discussion Materials Introduction

The **Depression and ADHD in Adolescents: A Parent's Guide to Understanding and Support** webinar offers information about how to recognize symptoms of depression and ADHD, assess effective treatment strategies, and implement practical support. Before watching, we recommend that you provide participants with a link to watch the Understanding Teen Depression webinar or consider hosting a group viewing (learn more at <http://familyaware.org/teenwebinars/>).

Please use the discussion questions provided here to supplement the Understanding Teen Depression Group Viewing Guide (<http://bit.ly/TDGuide2020>). In the Group Viewing Guide, we provide suggestions for equipment, creating a safe space, facilitating, and role-play scenarios for communicating with teens and young adults.

Download the webinar slides, https://bit.ly/FFDAFall24_PresentationHandout

Discussion Questions

1. What new or interesting information did you learn about ADHD and depression in adolescence?
2. Without effective coping strategies, teens are more likely to engage in unhealthy or risky behaviors that potentially lead to serious consequences (e.g., substance misuse, depression). What are some examples of ineffective coping strategies that you've observed among teens? What are examples of effective coping strategies that have worked for teens?
3. The acronym 'ACES' (Attend and focus attention on the positive, Collaborate, Encourage positive experiences, Support building mastery) was introduced as a way to help teens reduce stress and increase rewarding experiences. What are ways you can implement ACES with teens?
4. Ensuring teens' safety is a very important first step when it comes to supporting youth with depression and ADHD. What are some ways you can act on safety concerns about a teen?
5. What types of treatment has your teen tried for managing ADHD symptoms? What specific challenges have you encountered in implementing these treatments? How effective have they been in managing your teen's ADHD symptoms?
6. A lot of teens struggle with getting the right amount of sleep. What strategies have helped your teen improve their sleep? What strategies from this webinar do you want your teen to try?
7. Which practical strategies do you want to try to work on with the teen(s) in your life? *Remind participants about the Family Action Plan available at <https://www.familyaware.org/actionplan>.
8. How will you follow up on this webinar? What steps are you committing to take? (They might write this down for themselves rather than saying out loud.)

Thank you

We extend our grateful thanks to our generous funders for their support of the Youth and Young Adult Mental Wellness Program. Our current funders are listed on the Teen Mental Health Webinar page on our website at www.familyaware.org/trainings. And thank you for engaging in this discussion and learning how you can help a teen!