

Behavioral Awareness Presentation

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Mental Health Issues in Adolescents

- Borderline IQ / Intellectual Disabilities
- Autism / Asperger's Syndrome
- Attention Deficit / Hyperactivity Disorder (ADHD)
- Depression / Anxiety

Borderline IQ / Intellectual Disabilities

Classified as:

- Cognitive / thinking limitations
- Higher gullibility

Behaviors

- Appear as having a harder time learning or understanding.
- May tend to use excuses to cover limitations or be a “yes man”

Borderline IQ / Intellectual Disabilities

Recommendations:

- Go slow, break things down into small steps
- Lots of demonstration, modeling, feedback and praise
- Using a mentor can be helpful as well

Autism / Asperger's Syndrome

Classified as:

- Social Learning Disability

Behaviors:

- Likely to be rigid and rule focused
- Misses social cues so may seem abrupt or rude
- Harder time empathizing with the feelings of others.
- Often seem precocious – may converse well with adults and have surprisingly high knowledge on various topics

Autism / Asperger's Syndrome

Recommendations:

- Keep rules consistent and work to help them understand how the request “fits” into a logical system
- Likely will need mentoring for the boy leaders and peers

Attention Deficit / Hyperactivity Disorder (ADHD)

Classified as:

- Deficit in attentional control

Behaviors:

- Can become bored easily and then present as disruptive to the group or activity
- May have a harder time disengaging from a task they are enjoying

Attention Deficit / Hyperactivity Disorder (ADHD)

Recommendations:

- Keeping tasks active and engaging is key
- Giving them a job or engaging them into the tasks actively is often helpful
- Organization will not be their natural forte but if externally produced can be quite helpful

Depression / Anxiety

Classified as:

- Sadness / Fear / Nervousness

Behaviors:

- Tend to avoid activities, become withdrawn
- May show tearfulness or express fear
- But also may be expressed as irritability

Depression / Anxiety

Recommendations:

- Help counter negative self talk
- Keep active and engaged
- Encouragement, support and prodding without forcing will help move them to action
- Thoughts / Feelings / Behaviors

Thank you