

Mental Health Issues in Adolescents

Borderline IQ / Intellectual Disabilities	Autism/ Asperger's Syndrome	Attention Deficit / Hyperactivity Disorder (ADHD)	Depression/Anxiety
Cognitive/thinking limitations. Higher gullibility	“Social Learning Disability”	Deficit in attentional control	Sadness / fear / nervousness
Appear as having a harder time learning or understanding. May tend to use excuses to cover limitations or be a “yes man”	Likely to be more 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	Can become bored easily and then present as disruptive to the group or activity. May have a harder time disengaging from a task that they are enjoying.	Tend to avoid activities, become withdrawn, may show tearfulness or express fear, but also may be expressed as irritability.
Go slow, break things down into small steps, lots of demonstration, modeling, feedback and praise. Using a mentor can be helpful	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	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.	Help counter negative self talk. Keep active and engaged. Encouragement, support and prodding without forcing will help move them to action. Thoughts/Feelings/ Behaviors

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