

DEPRESSION IN CHILDREN AND ADOLESCENTS: GUIDELINES FOR SCHOOL PRACTICE

By John E. Desrochers & Gail Houck

TABLE OF CONTENTS

FRONT MATTER

Acknowledgments	1
Dedication	3
About the Authors	5
About This Book	7

SECTION 1: THE SCHOOL AS A SETTING FOR PREVENTING DEPRESSION

1. Depression in Childhood and Adolescence: A Quiet Crisis	11
2. School Mental Health Professionals as Front-Line Service Providers	23

SECTION 2: STRATEGIES FOR PREVENTION AND INTERVENTION

3. School-Wide Interventions for Preventing Depression	35
4. Evidence-Based Interventions for Students at Risk for Depression	45
5. Intensive Interventions for Students With Depression	61
6. Depression Can Be Prevented: Effectiveness of Prevention Programs	77

SECTION 3: PROTECTIVE AND RISK FACTORS FOR DEPRESSION

7. Protective Factors	91
8. Vulnerabilities and Risk Factors	101

SECTION 4: RECOGNIZING, SCREENING, AND ASSESSING STUDENTS WITH DEPRESSION

- | | |
|---|-----|
| 9. Recognizing Students With Depression: Screening for Prevention | 119 |
| 10. Assessment of Depression in Children and Adolescents | 135 |

SECTION 5: SYSTEMS, COLLABORATION, AND ADMINISTRATIVE STRUCTURES

- | | |
|---|-----|
| 11. It Takes a Village: Collaborative and Integrated Service Delivery | 155 |
| 12. Depression Within a Response-to-Intervention Framework | 175 |

SECTION 6: SPECIAL TOPICS

- | | |
|---|-----|
| 13. Suicide Prevention and Intervention | 185 |
| 14. Bullying: Peer Victimization and Depression | 203 |
| 15. Pharmacotherapy for Depression | 223 |
| 16. Advocating for Comprehensive and Coordinated School
Mental Health Services | 231 |

(By Kelly Vaillancourt, PhD, NCSP, Katherine C. Cowan, & Anastasia Kalamaros Skalski, PhD)