

Self Efficacy and Mental Health in Teens who are Deaf or Hard of Hearing



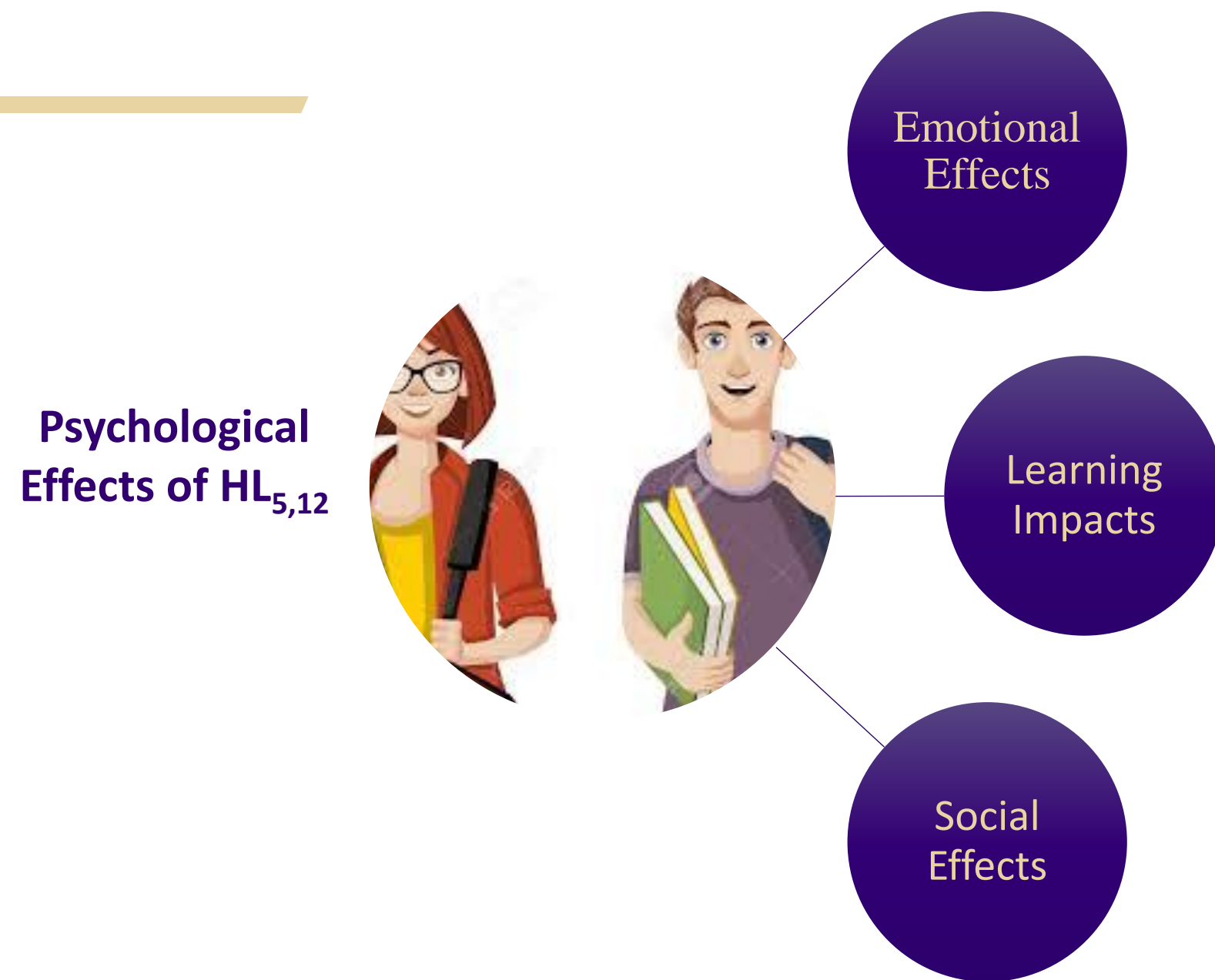
Jenna Sawafta, Au.D.

UW LEND Audiology Trainee

UW LEND Mentor: Lisa Mancl, MS, CCC-A

Acknowledgments: Lisa Mancl, M.S., CCC-A & Amy Melick, Ph.D.

What challenges do teens who are DHH encounter?

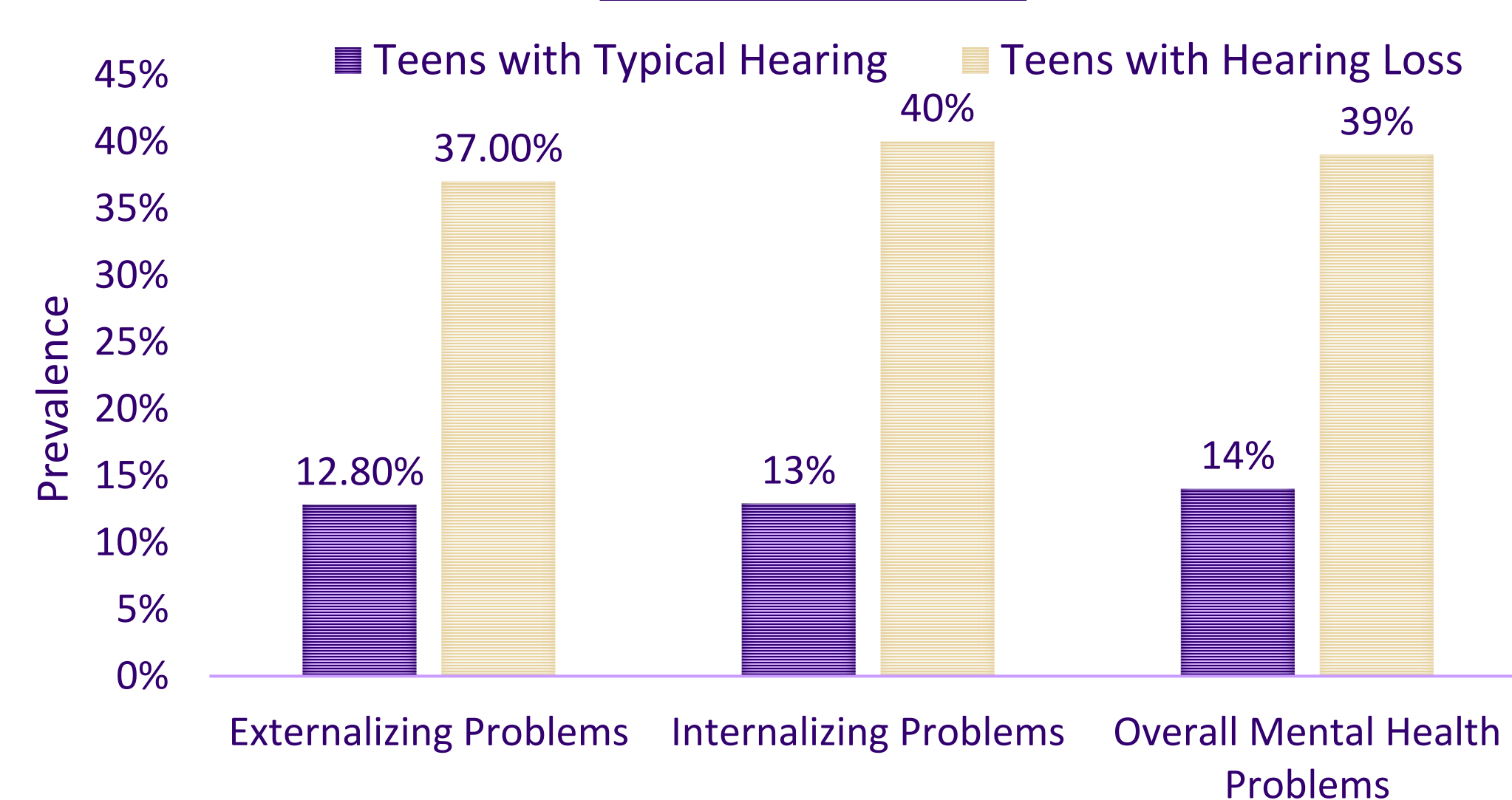


How can mental health challenges manifest?

- Internalizing Problems₈
 - Anxiety
 - Depression
 - Withdrawal
- Externalizing Problems₈
 - Aggression
 - Rule-breaking behavior
 - Social Problems
 - Attention Problems

How prevalent are mental health challenges in teens who are DHH?

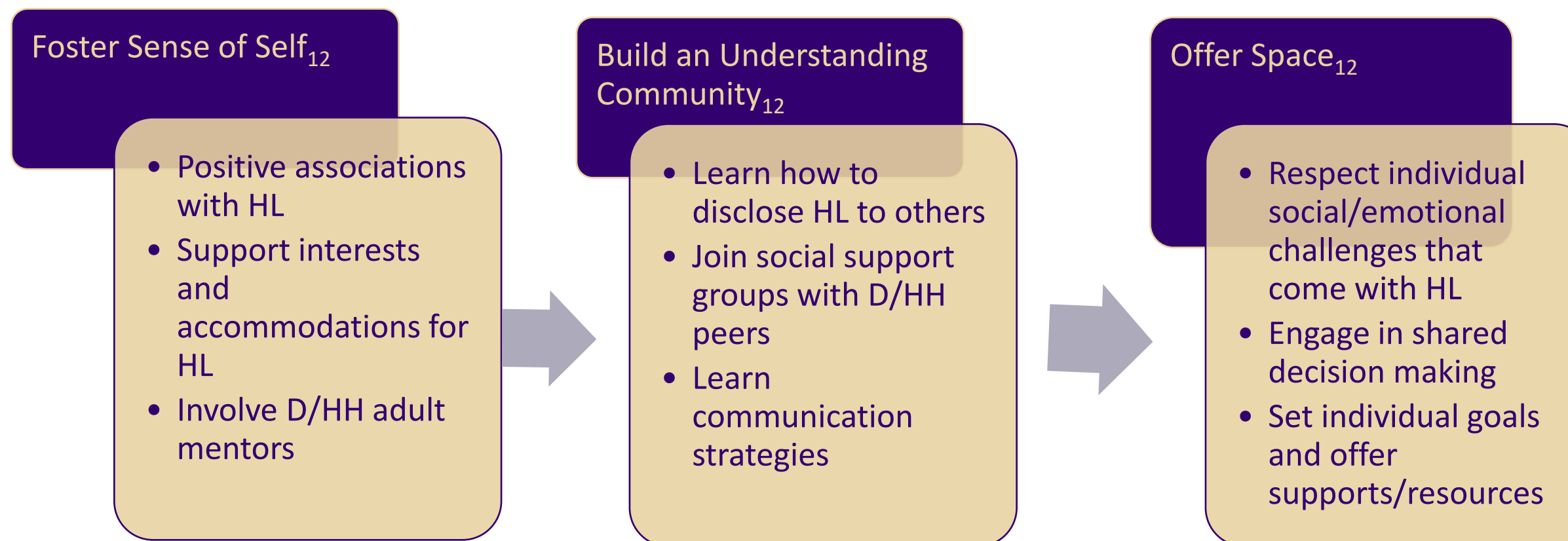
Brown, et al (2015)



How can we understand the teen perspective?

- Who am I?₆
 - Am I Deaf or hard of hearing...or “typical hearing”?
- Where do I fit in?₆
 - I have communication challenges with friends
 - My hearing technology is visible
 - I may need some supports in an academic setting
- How can I foster independence from parents and other adults?₁₂
 - I can make decisions regarding hearing technology
 - I can participate in audiology appointments

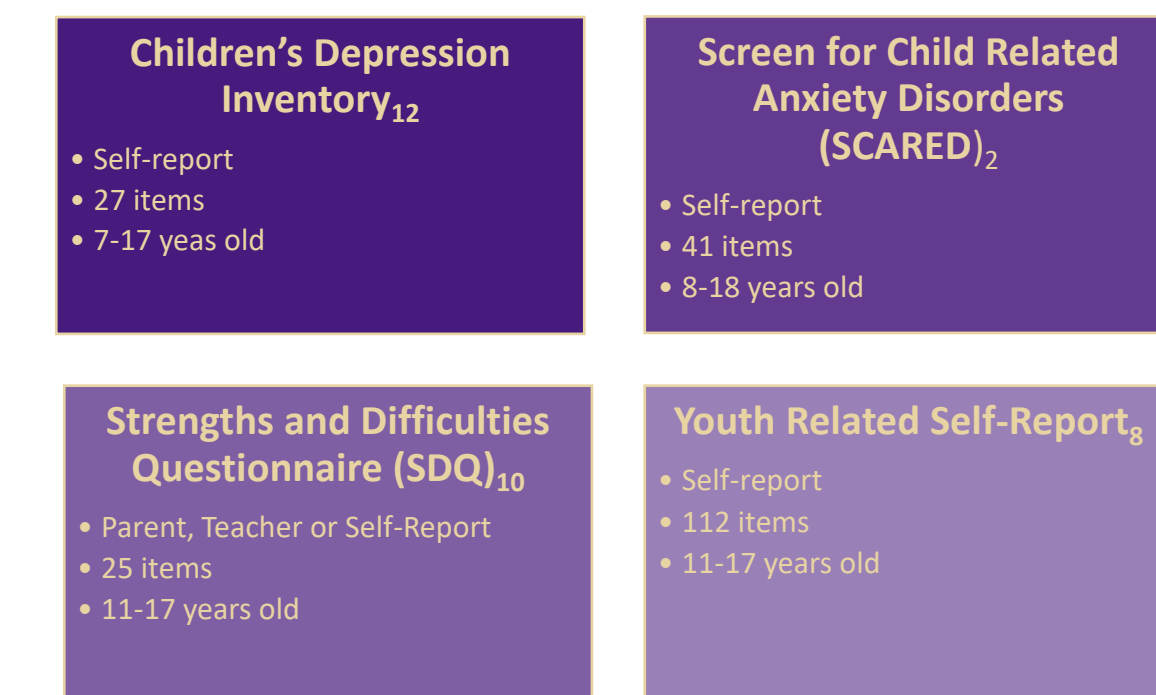
How can we support building resiliency and self-efficacy in teens who are DHH?



What resources can be provided to teens who are DHH to promote resiliency and self-efficacy?

- Websites
 - IDA Institute₉
 - HLAA Young Adults₁₃
 - Hearing Like Me₂
 - Hearing our Way₇
 - AG Bell Association for D/HH₁
- Teen Programs/Camps
 - Marion Down’s Teen Program₁₄
 - Camp Chat at UT-Dallas₄
- King County Resources
 - Seattle Children’s Hospital Social Support Groups for Teens who are DHH

How can providers screen for mental health in teens who are DHH?



How can tools be interpreted?

- SDQ:** 5 subscales (emotional problems, conduct problems, hyperactivity, peer problems, and prosocial)₁₀
- Internalizing Problems= emotional + peer Problems
 - Externalizing Problems= conduct + hyperactivity
 - Total Difficulties= sum of all 5 subscales
 - Impact supplement can be used to measure distress and impairment

What referrals are appropriate?

- Mental Health Providers₁₁
 - General providers who work with teens
 - Providers who specialize with working with teens who are DHH
- Resources
 - WA State hotline referral service: 1-833-303-5437

Future Directions

- Implement screening with teen patients
- Develop clinical protocol for urgent mental health concerns
- Develop professional collaboration with local mental health providers

References

- AG Bell (n.d.). Retrieved May 15, 2020, from <https://www.agbell.org/>
- Birmaher, et al. (1997). The screen for child anxiety related emotional disorders (SCARED): Scale construction and psychometric characteristics. *Journal of the American Academy of Child & Adolescent Psychiatry*, 36(4), 545-553.
- Brinkmann, M. (2020, May 15). Hearing Loss Community - Hearing Like Me. Retrieved May 15, 2020, from <https://www.hearinglikeme.com>
- Dallas, U. (n.d.). Camp CHAT - Hearing Health Lab - The University of Texas at Dallas. Retrieved May 15, 2020, from <https://www.utdallas.edu/hhlab/rehabilitation-programs/camp-chat/>
- Depositphotos, Inc. (n.d.). Cute Cartoon Children Books Teenager Students. Retrieved from <https://depositphotos.com/194274862/stock-illustration-cute-cartoon-children-books-teenager.html>
- English, K. (2002). Counseling Strategies for Teens and Tweens with Hearing Impairment.
- Hearing Our Way Magazine. (n.d.). Retrieved May 15, 2020, from <https://www.hearingourway.com>
- Margaret Brown, et al. (2015). Mental health of deaf and hard-of-hearing adolescents: What the students say. *Journal of deaf studies and deaf education*, 20(1), 75-81.
- Idainstitute.com. (n.d.). Ida Institute. Retrieved May 15, 2020, from <https://idainstitute.com>
- Niclasen, J., et al. (2016). Psychometric properties of the strengths and difficulties questionnaire and mental health problems among children with hearing loss. *Journal of deaf studies and deaf education*, 21(2), 129-140.
- PAJEVIC, E., et al. (2014). Teens as health-care consumers: Planned transition & empowerment. *Audiology Today*, 26(6), 14-18.
- Steele, A. Psychological Affects on Hearing Loss in Teens. *Masters in Psychology Guide*, 1-20
- Students / Young Adults - Hearing Loss Association of America. (n.d.). Retrieved May 15, 2020, from https://www.hearingloss.org/hearing-help/communities/students_youngadults/
- Teen Program - Marion Downs Center. (n.d.). Retrieved May 15, 2020, from <https://www.mariondowns.com/our-programs/teen-program>