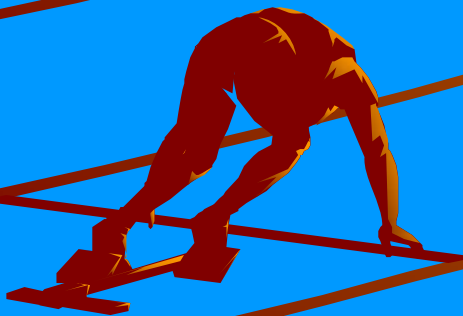


Adolescent Mental Wealth



An intensive skills workshop
around Adolescent mental
health issues
2008





The Stress-Vulnerability Model

- Biological Vulnerability
- Stress
- Protective Factors



Biological Vulnerability:

- In order for a person to develop a psychiatric disorder, he or she must have some biological or tendency to that disorder.
- The actual amount of vulnerability varies from one person to the next, as does the severity of the disorder.
- An individual's vulnerability is thought to be determined from *genetic factors* and *early biological factors*.



Stress

- Stress has an impact on vulnerability that can either trigger the onset of the disorder or worsen its course.
- Stress can be thought of as a response to life situations that require the individual to adapt or change.
- If the person is not capable of adapting to the stress, psychiatric symptoms will develop or worsen.



Examples of stressors

- Some examples of stressors include:
 - life events (such as the death of a loved one, birth of a child, a major move), i.e.- both positive and negative,
 - tense relationships (such as frequent arguments, strong feelings of anger and resentment among family members),
 - lack of useful, productive activity (such as sitting around the house all day),
 - use of drugs and alcohol.



Where is the Wealth?

Protective Factors:

- Good ***coping skills*** (such as communication and problem-solving skills)
- A ***supportive environment*** can prevent stress from increasing symptoms.
- Providing meaningful but not overly-demanding ***structure*** (such as volunteer work, daily activities, household chores)
- Personal ***health and personality*** - including biological and physical factors.
- Another important protective factor is ***medication*** , which can lessen symptoms and lower the risk of relapses.



Snapshot of Adolescent Mental Health

- **27%** of 18-24 year olds have experienced a mental disorder
- **14%** of children and adolescents aged 4-17 have mental health problems.
- ***Most common mental health issues:***
 - Depression
 - Anxiety disorders
 - Self-injury & suicide
 - Challenging and disruptive behaviours
- ***Less common mental health issues***
 - Psychosis, eating disorders, personality disorders



Depressive disorders

- Up to 25% of young people by the time they are 18 years old
- ***Types of depression:***
 - Major depression- episodic- builds over weeks
 - Dysthymia- more enduring over a year or more
 - Bipolar- highs (mania) and lows (depressed)- occurs late in adolescence



Anxiety disorders

- Around 10% of young people under 18
- ***Types of anxiety:***
 - Generalised anxiety- fear of everything.
 - Post traumatic stress- fear of repetition of initial trauma
 - Panic disorder- fear of collapse, sudden death.
 - Social phobia- fear of others.
 - Obsessive Compulsive- fear of contamination or harm to others.
 - Many other types that are less common.



Self-injury & Suicide

- ***Self-injury***

- Between 5-15% - 10% of hospitalisations
- Includes cutting, overdoses, burning.

- ***Suicide***

- Less than 10% for males 15-19
(of those with a mental illness)
- Less than 4% females 15-19



Challenging & disruptive behaviour

- Around 5% of young people under 18
- **Types of 'disorders':**
 - Attention Deficit Hyperactivity Disorder (ADHD)- inattention, hyperactive, and impulsive.
 - Oppositional Defiant Disorder (ODD)- consistently hostile, negative, & defiant over 6 months or more.
 - Conduct Disorder- ignores rights of others and societal norms.
 - Post traumatic stress- fear of repetition of initial trauma



Less common mental health issues

- Psychosis- 3% of young people under 18
 - Mostly episodic
 - Includes drug-induced, brief reactive, schizophrenia, and other types.
- Eating disorders- 1-2% of women
 - Anorexia- under weight-fear of getting fat-refuse food, exercise a lot.
 - Bulimia Nervosa- usually healthy weight-binge eating then compensate
- Personality disorders- Less than 1%

Mental health as burden of disease

Table 2.6: Leading causes of burden of disease and injury (DALYs) for 15–24 year olds, by sex, 2003

Rank	Males	DALYs ('000)	Per cent of DALYs	Females	DALYs ('000)	Per cent of DALYs
1	Anxiety and depression	17,868	17.4	Anxiety and depression	29,946	31.8
2	Road traffic accidents	10,380	10.1	Asthma	6,641	7.1
3	Schizophrenia	9,795	9.6	Migraine	6,217	6.6
4	Suicide and self-inflicted injuries	7,320	7.1	Other genitourinary diseases	5,676	6.0
5	Heroin or polydrug dependence and harmful use	5,657	5.5	Schizophrenia	3,754	4.0
6	Alcohol dependence and harmful use	4,848	4.7	Road traffic accidents	3,572	3.8
7	Migraine	3,539	3.5	Personality disorders	2,622	2.8
8	Cannabis dependence and harmful use	3,520	3.4	Bulimia nervosa	2,576	2.7
9	Personality disorders	3,130	3.1	Bipolar disorder	2,450	2.6
10	Bipolar disorder	2,672	2.6	Anorexia nervosa	2,063	2.2
	All causes	102,476	100.0	All causes	93,985	100.0

Source: Begg et al. 2007.



Mental State Examination 1

- **Appearance** (posture, grooming, clothing, nutritional status, evidence of drug or alcohol misuse)
- **Behaviour** (motor activity, abnormal movements, bizarre, unpredictable actions, how is the person reacting to the situation, hostility, anger, hyper-vigilance)
- **Speech** (how is the person talking? rate-tone-quality)
- **Affect** (what do you observe about the person's emotional state)



Mental State Examination 2

- **Mood** (how does the person describe their emotional state?)
- **Form of thoughts** (How does the person express himself/herself?)
- **Content of thoughts** (What is the person thinking about? Bizarre, paranoid, depressed, anxious, suicidal, homicidal)
- **Perception** (is the person experiencing any misinterpretations of sensory stimuli? reported and observed)



Mental State Examination 3

- **Cognition**

- is the person oriented?
- can the person concentrate on questions ask and focus on the overall interaction?
- Is the person able to recall recent events?
- is the person able to make judgments about the situation?



Mental Health System

How do you work the system to make sure the young person gets the help they need?

Where does your responsibility end?



Medication

What are some of the issues around medication?

How useful is medication?



Your role

What do you do when you get stuck?

What support do you need to keep going?



Mental Health Resources

Mental Health Information Service-9816 5688

Internet sites- lots of fact sheets and resource lists here:

- Ausienet- info and resource lists/ fact sheets- <http://www.auseinet.com/>
- MH Consumers network- inks and resources- <http://www.amhcn.org.au>
- Andrew Fuller site - <http://www.andrewfuller.com.au>
- <http://www.headroom.net.au/>
- <http://www.orygen.org.au/>
- <http://www.sane.org/>
- <http://www.itsallright.org/index.html>
- <http://www.somazone.com.au>
- <http://www.burstingthebubble.com>
- <http://www.makingchanges.com.au/resources.asp>
- <http://www.headspace.org.au>
- http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=38
- <http://www.mydr.com.au/> (medications info.)
- <http://www.itsabrainthing.com/>
- <http://www.aihw.gov.au/> Australian Institute of Health and Welfare 2007. Young Australians: their health and wellbeing 2007.- Cat. no. PHE 87. Canberra: AIHW.