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Starship

KEEPING OUR TEENS SAFE





SAFE?

protected from or not exposed to danger or risk; not likely to be harmed or lost.

What is safe in 21st C health care – safe from what?

- From themselves?
- From others around them?
- From us?

SAFETY IN MENTAL HEALTH

Risk assessment

self harm

harm to others

Alcohol and other drugs

What's our ability to predict?

YOUNG PEOPLE IN HEALTH CARE

Comfortable surroundings and privacy

Cultural respect/safety,

Strength based conversations,

Connection



YOUNG MOTHERS (AND THEIR PARTNERS)

Rates are falling (also abortion rates)

Higher rates of social disadvantage and stressful environments

Trauma

Less likely to have confiding relationships

More likely to experience depression and anxiety

More likely to have a history of increased AOD use

STRESSFUL ENVIRONMENTS

Neither parent working (3.6% - much higher in some areas)

Moved home 2 or more times – 7.3% - higher for highest deprivation groups

Worry about not enough money for food 11.5% (rising between surveys)

50% feel they spend enough time w mum 38% enough time w dad (if dad is at home)

50% of 16 year olds will have experienced parental separation at least once

Bullying – weekly or more 6.2%

STRESSFUL ENVIRONMENTS

19.5% touched/made to do unwanted sexual things

Witnessed adults yelling/swearing 50%

Witnessed hurting/hitting 7.2-14%

Been hurt or hit in last 12 months— 33%



HOW CAN WE BE MOST HELPFUL?





HOW DO WE CONDUCT OURSELVES TO HELP?

Shame and anxiety and its effects

Life experiences to date and how these affect healthcare discussions

- And who comes too

Health literacy

Implicit Bias/Racism

HAVING A USEFUL HEALTH CONVERSATION

- Pronouncing their name properly
- Finding out who is with them (and if alone, why)
- Start with something other than the big issue
- Jargon (No! No!)
- Finding out what they know first,
- Explain in detail what you need to cover/do before you do it
- Open-ended question style -less instruction
- Use of joining words “we” rather than “you”,
- Acknowledging any strong feelings



IMPLICIT BIAS

It is easier to interact with people who are like us

Recognition of this in ourselves

What to do about it:

- Accept we all do this
- Get knowledgeable
- Ask for feedback (peers, clients, patients)

ASSESSING DEPRESSION AND ANXIETY

At some point: HEADSSS assessment

- <https://www.goodfellowunit.org/courses/introduction-headsss-assessment>
- Home, Education/Employment, Activities, Drugs and Alcohol, Sex/sexuality, Suicide, Safety

Depression Screening 2 questions (validated for adults)

Feeling down, depressed or hopeless?

Having little interest or pleasure in doing things?

General questions about emotions:

How are you feeling about all of this?

Do you need some more support or someone to help you talk things through?

ALCOHOL AND OTHER DRUGS

Youth 2012:

- 11% tobacco
 - 45% alcohol (8.3 at least once per week)
 - 1.1% P
 - 1% glue/inhalants
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- So- asking about these issues is important
 - (good questions in the HEADSS assessment)

SELF-HARM

33% of NZ teenagers report some self-harm- usually not suicidal in nature

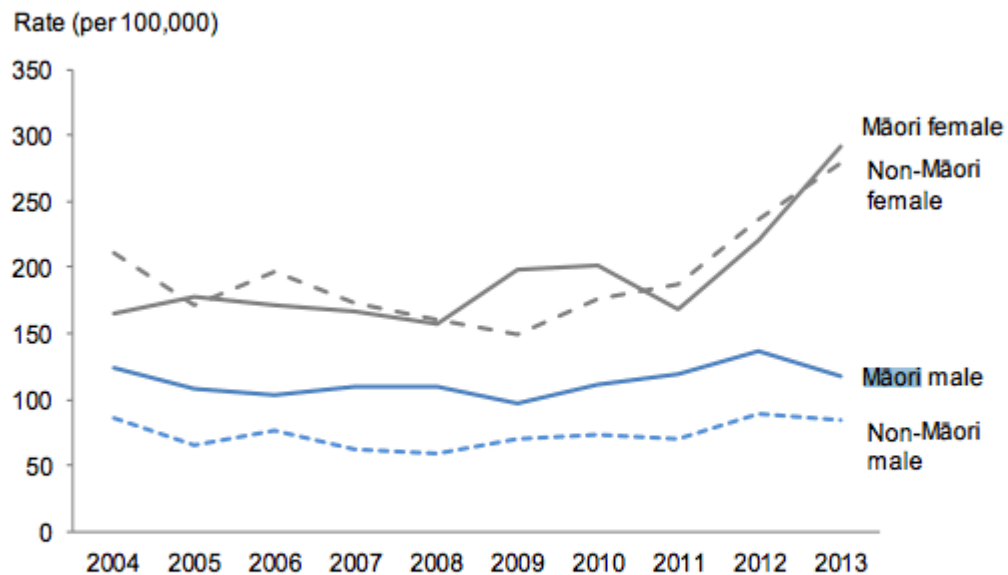
More likely and worse if:

- Trauma
- Stressful environments
- In peer group who are also self-harm/bullying

Easier to manage if

- Good relationships and supportive family/whanau
- Staff can be kind, calm and help the young person discuss it (and what to do about it.)
- May not need referrals if well-supported

Figure 44: Age-specific rates of youth (15–24 years) intentional self-harm hospitalisations, Māori and non-Māori, by sex, 2004–2013



Notes:

Intentional self-harm hospitalisations do not include short-stay ED events.

Rates are expressed per 100,000 population.

Source: New Zealand National Minimum Dataset

SUICIDAL BEHAVIOUR AND ACTIONS

16% “serious thoughts of suicide”

Young women usually self-harm by taking OTC medications

Self harm actions with suicidal intent needs referral

ADHB=Kari Centre

If urgent and in the hospital – ACH Consult Liaison Team

CONNECTION AND BELONGING?

At least 1 parent cares about me – 93%

I like school a lot 29% - OK or some bits ok 61%

Adults at school care a lot or most of the time 79%

50% belong to a sports team

30% have spiritual beliefs that are important to them

For Maori – 73% proud or v proud of being Maori (32% can speak well/fairly well)

Pasifika – 80% - Chinese 50%

