



## Tyler

Tyler is a 16-year-old male living independently in a youth accommodation operated by a non-government organisation that provides youth worker support. He no longer resides at home due to a longstanding conflict with his parents. He has no contact with his parents or other family members. He is in year 11, working part-time at McDonalds and receives his own Centrelink payment.

This was Tyler's first presentation to mental health services. He attended the emergency department of the local hospital accompanied by his youth worker with whom he has a close and trusting relationship.

Tyler was cooperative with the assessment but did not wish for his parents to be part of the assessment process as they were not currently in contact or providing support.

The youth worker did not sit in for the assessment but provided information prior indicating Tyler's mood has been irritable and he was not attending to his self-care. He was barely eating and not sleeping and had lost a significant amount of weight. He noted Tyler seemed paranoid, believing people were out to get him. Tyler had confided in his youth worker earlier in the day that "the voices in my head" kept him up all night and told him he had to protect himself by carrying a knife. He reported that to stay safe, he was going to have to "get out of the state tonight, so they can't find me". The youth worker expressed concerns that if Tyler were to go home at this time his current supports would not be able to help him stay safe or mitigate further risk of deterioration.

When Tyler was asked why he had come to the emergency department, he identified that "he (the youth worker) said it would be a good idea. I trust him, he's not one of the bad guys." On further investigation, it was revealed Tyler had not been to school in over a fortnight and was taking a break from working at Mcdonald's. He reported not hanging out with his friends now as "it's not safe for them to be seen with me."

The clinician explained to Tyler that they were concerned about him and his safety and believed he may be experiencing symptoms of psychosis. The clinician provided information about mental health and psychosis and recommended treatment options. The first treatment recommended was the commencement of a small dose of antipsychotic medication. The clinician gave information about the medication proposed and the possible side effects.

The clinician explained to Tyler what a safety plan was and worked with Tyler to explore whether it was possible for Tyler to stay safe and commence medication in the community. Tyler then stated, “Don’t bother going on, I’m not doing this plan because there’s nothing wrong with me. And I’m not going to be taking any medication.’

The clinician went on to explain, as well as medication, a hospital admission to a child and youth mental health inpatient unit would be beneficial to support and contain current and increasing risk in numerous domains.

The clinician explained the possible consequences of not receiving the proposed treatments, such as further deterioration in mental state and function and safety risk to self and others. He then asked Tyler what he thought about the proposed plan and asked him if he could explain, in his own words, what he understood of their conversation so far. Tyler became anxious and agitated and said “you want to lock me up like a bad guy and I don’t even have that psychosis thing. I’m not mental, so I won’t take any medicine. I’m not staying here.”

