

DVD 2: The Assessment and Management of Mental Health Problems in Children and Adolescence

Presenter: Dr James Scott

DVD Overview

This DVD highlights the objectives of a clinical interview and provides detailed information about the components of an initial assessment. More specifically, it illustrates how to conduct a contextual assessment, discusses the elements of a Mental State Examination, introduces the use of the Bio-Psycho-Social Model and the 6 P's as a framework for gathering and organising assessment information into a comprehensive formulation, and provides guidance in completing goal directed treatment plans. The DVD includes a role-play that demonstrates how to conduct an initial assessment with an adolescent and parent.

The DVD contains 2 parts:

- An overview and introduction to Initial Assessments, Mental State Examinations, Formulations and Treatment Planning
- A brief role-play demonstrating how to conduct an Assessment with an adolescent and parent

Presenters:

- Dr James Scott, Medical Director CFTU, Consultant Child and Adolescent Psychiatrist E-CYMHS and ETS, RCH CYMHS
- Adult actor used in fictional case study – Judith Piccone, Statewide Principal Project Officer CYMHS
- Child Actor used in fictional case study - Jarryd

Case Study Notes:

This case study was based solely on fictional characters. Similarities to persons or real events are purely co-incidental.



Associated Learning Materials

DVD 2 - Semi-Structured Assessment with Children and Adolescents Power Point Notes

Objectives of the Clinical Interview

- Establish a rapport
- Understand the Symptom Pattern
- Understand how the symptoms affect the child and those around them
- Develop a Diagnostic Formulation
- Develop a Treatment Plan

Clinical Interviews

- For young children, parents are interviewed first.

Parent Interview and History Taking

- In the case of young children, parents are interviewed first.
- Where possible for adolescents, the clinician should see the adolescent first whilst having some background information.
- Both parents should be encouraged to attend.

Predisposing factors to mental health problems

- Biological Factors
- Psychological Factors
- Social Factors
- There are always multiple factors that cause mental health problems in children and adolescents

Predisposing factors to mental health problems

- Pre conception
- Ante natal
- Infancy
- Pre School
- Primary School
- Adolescent Years

Aetiology of mental health problems

Consider

- Child
- Parents
- The extended family
- School
- Peers

Summary

As children grow, the possible aetiological factors become more complicated

- Development, temperament and attachment influence mental health throughout life
- Family environment is influenced by previous generations
- Linear causality is almost never seen in mental health

Case Formulation

- Patterns of symptoms
- Precipitation
- Predisposition
- Perpetuating factors
- Protective Factors
- Prognosis

	Symptom Pattern	Precipitating Factors	Predisposing Factor	Perpetuating Factors	Protective Factors
Physical (Biological)					
Psychological					
Familial/Social					

Goal Directed Treatment Planning

- What are the Goals?
- How and when are these Achieved?
- Review the Goals as new information comes to light

Tasks

- Watch the DVD of the clinical interview
- Use the Formulation grid to consider symptom pattern, precipitating, predisposing perpetuating and protective factors
- Develop a hypothetical treatment plan