Acknowledgement of Country
Acknowledgements

Respect everyone's journey, create a safe space

We acknowledge the difference in personal experience
Tonight’s Presentation

• Adolescent Development Overview
• Issues affecting young people
• Tips for parents
• Helpful vs. problematic coping strategies
• How to identify and support when a young person is not coping
• Where to get help!!
headspace Services

Metro headspace Centres:
- Armadale
- Midland
- Fremantle
- Osborne Park
- Joondalup
- Rockingham
- Mandurah
Your Thoughts…

What challenges do you think young people face?
What coping strategies do they use?
What challenges do you face as a parent?
Life as a young person: Issues, Stress and Coping
Defining ‘Stress’ and ‘Coping’

Stress is a vital element to everyday living, it is the energy needed or stimulus to get up each day to attend work/school and generally function. Too little stress leads to underperformance and being overly stressed leads to not being able to perform at all.

Coping can be defined as thoughts or actions as efforts to managed specific demands either internally or externally and can be either ‘problem based’ or ‘emotion based’ (Lazurus and Folkman 1984)
# Adolescent Development

## Physical Changes
- Body shape, strength
- Acne, hair, sexual organs
- Fatigue (need more sleep)
- Concentration
- Appetite changes
- Sexual drive/desires
- Brain development (frontal lob)

## Emotional Changes
- Mood swings
- Difficulty regulating
- New feelings to content with and intensity
- Romantic, family & friends
- Fears, anxiety, worry
- Adrenal rush, risk taking
- Loss/grief

## Cognitive Changes
- Review self in the world ‘where do I fit’
- Sense of identity shift
- More abstract, philosophical, creative thinking
- Becomes inward thinking
- Egocentric
- Making life choices

## Moral/Spiritual
- Dissecting of values and beliefs instilled by parents and society to decide what theirs will be

*Swing between being a child and adult, can feel chaotic for them and you!*

*Changes can be rapid, others slow.*

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Issues affecting young people

- Anxiety and Depression
- Bullying
- Stress and Coping
- Mental Health and Wellbeing
- Drugs and Alcohol
- Family Domestic Violence
- Trauma
- Body Image
- Relationships and non-respectful relationships
- Sexuality

Information supplied from Headspace centres Perth Metro, Albany, and Bunbury
Influences on coping

- Family
- Teachers
- Friends
- Culture
- Physical health
- Temperament
- Development
- Control over situation
- Mental Health
# Helpful vs. Problematic Coping

**Helpful**
- Mastery and balanced world
- Creative - music, journal, art, movies, reading
- Physical - exercise or movement, sleep, nutrition
- Stress management techniques (slow the breath) mindfulness/yoga
- Positive self talk and focus on one step at a time.
- Social - belonging to club or group, catching up with friends, family, having someone trusted to talk to
- Connecting – spiritual
- Self reflection
- Problem solving and time management

**Problematic**
- Drugs and Alcohol
- Avoidance
- Isolation
- Non-respectful relationships
- Negative self talk, self beliefs
- Poor eating or sleeping habits
- Self harm and or suicide
- Risk taking
Some keys that assist young people

- Understanding
- Flexibility & Routine
- Positive Connections
- Problem Solving skills
- Good physical health
Not Coping
Limits to Coping

Too much over too long, or
All at once!
Features of mental health problems

<table>
<thead>
<tr>
<th>Feature</th>
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<tbody>
<tr>
<td>Persistent low mood</td>
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<tr>
<td>Persistent or severe difficulties with sleep</td>
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<tr>
<td>Irritability</td>
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<td>Withdrawing from friends, teachers, family</td>
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<td>Anxiety which impacts on functioning</td>
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<tr>
<td>Self neglect (poor hygiene, appearing dishevelled, etc.)</td>
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<tr>
<td>Persistent physical complaints</td>
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<td>Changes in appetite</td>
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Important:

ANY persistent change that is out of the norm for your child could indicate something is not okay.
Worried about a friend?

It is quite common for peers to support one another during difficult times. This can become complicated when a young person feels they are holding responsibility for a friend's mental health issues.

- Educate your child to let an adult know if they are concerned about the wellbeing of a friend.
- Reassure your child they will not get into trouble.
- If you become informed regarding the safety of your child’s friend, it is important that you share this with the parents of the child, or if this is not appropriate with the school.
Recognising and Responding

1. Recognise
2. Ask
3. Empower
4. Get support
5. Check in

Coping and Young People
1. Recognise

Changes in behaviour
2. Ask

- Subtly ask your young person when you are both free from distractions
- Or doing an activity together e.g. driving, washing the dishes
3. Empower

Encourage good coping

- “Are you able to handle this?”
- “Do you need some help to handle this?”
- “Do you have someone to talk to about the problem?”
- “What are you doing to take care of yourself?”
4. Get support

Who can help?

- People in school that can provide support
- Psychologist
- Form teachers
- Etc.
- Parent/Guardian
- A trusted adult
- headscape/eheadspace
- Other?
• Check in with your young person
• Demonstrate that you care
• See how they are going
• Check they have followed through with the plan
Seek Support

*Immediate Danger - Emergency Department - Call 000 or Police if needed
- Over 16 MHERL 1300 555 788
- Under 16 Perth Children's Hospital 1800 048 636 / Fiona Stanley Emergency

*Remain with them

*Not Immediate Danger, but of concern;
- Lifeline
- Kids Helpline
- GP or Mental Health Professional
Services and Supports

Link in with support services

• Youth Friendly GP’s
• Better Access programs through Medicate: 10 Sessions with an Allied Health Practitioner
• Youth Focus, CAMHS
• headspace Centres; Fremantle, Armadale, Midland, Joondalup
• Suicide Call-back Service
• Online Supports; Youth Beyond Blue, Kids Helpline
• eheadspace
• 24 hour Crisis support numbers
Thank you