

MHPN WEBINAR

Thursday, 15 April 2021

Coping with life transitions in young adults



Tonight's panel



Dr Michael Carr-Gregg
Psychologist



Meg Cordery
Social Worker



Dr Arne Rubinstein
CEO - The Rites of Passage
Institute and ex-General
Practitioner



Facilitator: Nicola Palfrey
Clinical Psychologist



The webinar platform

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Learning outcomes

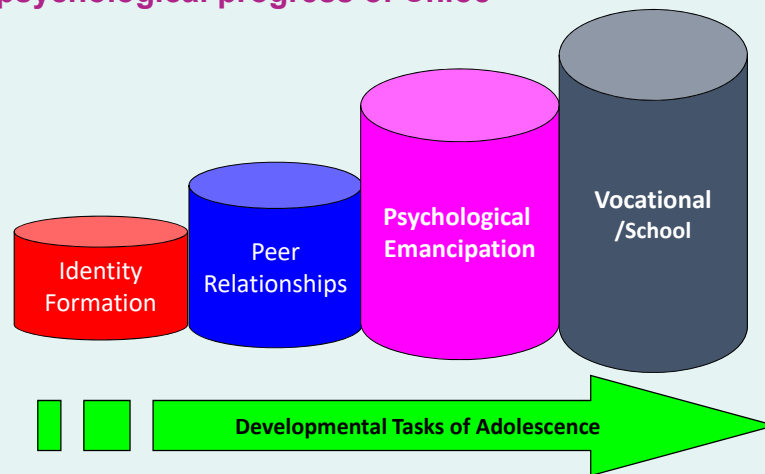
Through an exploration of difficulties with life-stage transitions for young adults the webinar will provide participants with the opportunity to:

- Identify the mental health indicators in the context of difficult life-stage transitions for young adults.
- Discuss tips and strategies that can help a young adult feel supported through challenging life-stage transitions.
- Discuss the importance of collaboration and appropriate referrals for young adults going through life-stage transitions.



A psychologist's perspective

Assessing the psychological progress of Chloe

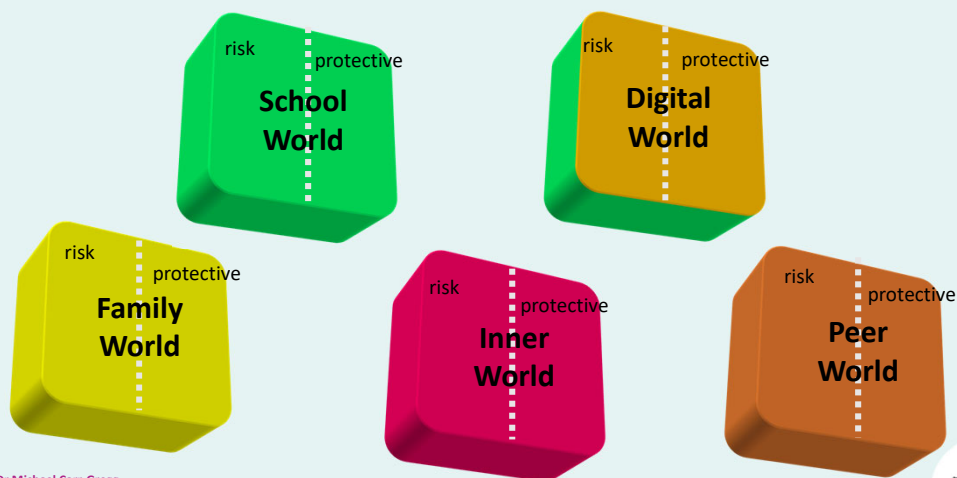


Dr Michael Carr-Gregg



A psychologist's perspective

Five worlds of Chloe




Dr Michael Carr-Gregg



A psychologist's perspective

Psychosocial biopsy technique




headspace Psychosocial Assessment for Young People


The headspace Psychosocial Assessment guides the interviewer through a series of domains in order to assess areas of difficulty that may be indicative of psychosocial problems

The HEEDSSS psychosocial interview for adolescents

Home:	who, where, recent changes (moves or new people), relationships, stress or violence, smartphone or computer use (in home vs room)
Education & Employment:	where, year, attendance, performance, relationships and bullying, supports, recent moves, disciplinary actions, future plans, work details
Eating and Exercise:	weight and body shape (and relationship to these), recent changes, eating habits and dieting, exercise and menstrual history
Activities:	extra-curricular activities for fun: sport, organised groups, clubs, parties, TV/computer use (how much screen time and what for)
Drugs and Alcohol:	cigarettes, alcohol and illicit drug use by friends, family and patient. Frequency, intensity, patterns of use, payment for, regrets and negative consequences
Sexuality and Gender:	gender identity, romantic relationships, sexuality and sexual experiences, uncomfortable situations/sexual abuse, previous pregnancies and risk of pregnancy, contraception and STIs
Suicide, Depression & Self-harm:	presence and frequency of feeling stressed, sad, down, 'bored', trouble sleeping, online bullying, current feelings (eg on scale of 1 to 10), thoughts or actions of self-harm/ hurting others, suicide risk: thoughts, attempts, plans, means and hopes for future
Safety:	serious injuries, online safety (eg meeting people from online), riding with intoxicated driver, exposure to violence (school and community), if high risk - carrying weapons, criminal behaviours, justice system




Dr Michael Carr-Gregg




A psychologist's perspective

Assessment – Psychometric TESTS

- K10
- WHO 5
- BDI-6
- DASS



Dr Michael Carr-Gregg



Search

Beyond Blue

Support

Get support Personal best The facts Who does it affect? Get involved

Home > The facts > Anxiety and depression checklist (K10)

Anxiety and depression checklist (K10)


This simple checklist asks you to reflect on your feelings over the past four weeks.

Together, these ten questions measure how distressed you've been recently, by signs of depression and anxiety.


It is a measure of distress commonly used by Australian GPs and mental health professionals to determine what level of support you may require.

After completing this checklist, you can print your score for your records or to give to your GP.

In the past 4 weeks...	None of the time	A little of the time	Some of the time	Most of the time	All of the time
About how often did you feel tired out for no good reason?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
About how often did you feel nervous?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
About how often did you feel so nervous that nothing could calm you down?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
About how often did you feel hopeless?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Dr Michael Carr-Gregg



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A psychologist's perspective

Key interventions for Chloe

Chat with GP about the role of psychopharmacology

- If clinically depressed/anxiety disorder:
 - Psychoeducation
 - CBT, IPT, ACT
 - Family Therapy
 - Exercise
 - Diet
 - Sleep
 - E-therapy
 - Smartphone apps
 - Hypnosis
 - Equine therapy



Dr Michael Carr-Gregg



A social worker's perspective

Social Work: a person in-environment lens

- Mental health for individuals is not separate or isolated from the other dimensions of their overall personal wellbeing nor insulated and shielded from political, economic, material and social conditions around them.
- A report released by headspace in August 2020 presents the results of a survey of 3,575 young people about the impacts of COVID on their current mental health and wellbeing.
 - 74% of participants reported that their mental health was a little (47%) or a lot worse (27%) since the outbreak of COVID-19
 - 86% of young people surveyed reported a negative impact on their mood, wellbeing or sleeping
 - 77% of young people surveyed reported a negative impact on their work, study, or financial situation
 - 50% of young people reported that COVID-19 had an impact on their confidence achieving future goals

Source: <https://headspace.org/assets/Uploads/COVID-Client-Impact-Report-FINAL-11-8-20.pdf>



Meg Cordery



A social worker's perspective

Mental Health Social Workers seek to identify factors which exacerbate or ameliorate a person's mental health problems.

Psychosocial Assessment

With a key focus on:

- Life stage and development
- Social determinants of health, risk and protective factors
- Access to services
- Family life

Psychometric tools:

- K10 and SOFAS
- Feedback Informed Treatment (ORS and SRS)



Meg Cordery



A social worker's perspective

An individual's needs are identified and support is coordinated and managed in a systematic way, based on client goals.

A focus on strengths, solutions and increasing social supports.

- Talk through outcome of assessment
- Validate and normalise common responses to COVID-19
- Highlight strengths and availability of personal resources
- Collaboratively identify needs to inform treatment plan.



Meg Cordery



A social worker's perspective

Framework for intervention

Solution-Focused Therapy

(Steve de Shazer and Insoo Kim Berg)

- Miracle question
- Exception questions
- Coping questions

Protective practical supports

- Re-establish routine to provide predictability
- Self-care/ wellbeing plan (identify early warning signs)
- Brief intervention with family, as indicated
- Warm referrals for financial assistance and/ or career guidance



Meg Cordery




A social worker's perspective

Group Chat

Group chats allow you to connect with other people like you. Led by a headspace professional, group chats explore a range of helpful topics.

[Join in](#)



Your own space

tips to get back into life during COVID-19

Life has changed for all of us due to COVID-19 restrictions. Some people have enjoyed these changes, others have found it challenging and many of us will have experienced a mixture of these things.

[information for young people](#)

[information for family & friends](#)

ReachOut Forums is a supportive, safe and anonymous space.

Hear from others about what has helped them and share what you're going through.

[Join the discussion](#)

Featured posts

[Study snacks!](#)

Has anyone had any yummy study snacks that are healthy for you during this stressful time?

[Share your story](#)

[Beauty standards](#)

Let's discuss beauty standards that we hold and how it can negatively impact us.

[Learning a language](#)

Lately I've become very intrigued about different cultures, ethnicities and specifically languages.

[Share your story](#)

[Life after Year 12 exams](#)

The biggest thing I hear constantly about advice for Year 12 students is not let your end of year 12 marks define you.

[are here](#)

[hat](#)

[are here](#)

work and study

If you're 15 - 25 and worried about work or study, get free and confidential support from the Work and Study specialists at headspace.

[Learn more](#)

career mentoring service

If you are facing challenges in regards to finding or maintaining work, the Career Mentoring Service can connect you with an industry work mentor.

[Learn more](#)



Meg Cordery



Arne's perspective

Rites of Passage

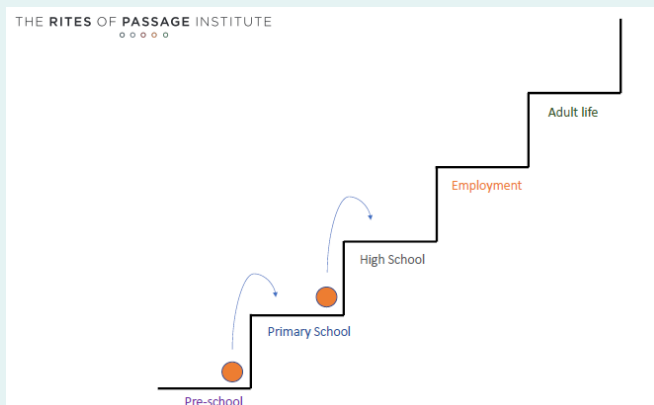
- Life is a series of transformations



Dr Arne Rubinstein



Arne's perspective



Dr Arne Rubinstein



For teenagers to thrive

- Belonging
- Vision/purpose
- Awareness of their gifts
- Vulnerable story sharing

Arne's perspective

GOLDEN CHECK - IN

- G.** how are you **going** overall?
- O.** what have you been **occupied** with,
what have you been doing?
- L.** what have you **liked** recently?
- D.** has anything been **difficult**?
- E.** what are you **excited** about?
are there things you have you been
worried about?
- N.** what support do you **need**?



Dr Arne Rubinstein



Q&A Session



Dr Michael Carr-Gregg
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Thank you for your participation

- Please ensure you complete the *exit survey* before you log out; either click the "Pie Chart" icon in the lower right corner of your screen (beside the speech bubble), or wait for a message to pop up on your screen after this webinar ends.
- A Statement of Attendance for this webinar will be issued within four weeks
- Each participant will be sent a link to the online resources associated with this webinar within two weeks.



MHPN Presents

NOW LIVE: Listen to the latest episodes of MHPN Presents.

Three new episodes of MHPN Presents' series 'Trauma and Resilience' are now available for listening on our website, Spotify, and Apple.

Join our host and trauma expert Professor Mark Creamer in conversation with local and international experts by practice and experts by experience, as they discuss post-traumatic mental health: how to treat trauma; available treatment options; and the lived experience of surviving traumatic events and recovering from PTSD.



MHPN networks

Would you like to continue the 'Life transitions in youth' discussion with local practitioners?

Or perhaps start discussing issues of local relevance? MHPN Project Officers are available to help you establish and support interdisciplinary mental health networks across metropolitan, regional, rural and remote Australia.

We have 373 networks around the country. Visit our online map to find out which networks are close to you at mhpn.org.au or contact Jacqui O'Loughlin at networks@mhpn.org.au.



Thank you for your contribution and participation.

Good evening.

