

Youth Health Assessment



*"Society of Youth Health Professionals
Aotearoa New Zealand"*

Engagement

- Attitude is important

Be...

- ✓ Yourself
- ✓ Caring
- ✓ Approachable
- ✓ Good at listening

Build a trusting relationship

- Confident welcome
- Respond openly to adolescents initial reactions & feelings
- Clear introductions: yourself, your role, what you'll be doing & why
- Clear boundaries
- Outline confidentiality

Confidentiality

Three exceptions must be made clear to the young person and their caregivers

1. harm to self
2. harm to others
3. Others harming you

It is Ok to set clear boundaries

- What is negotiable
- What is not negotiable (3 harms)

Why confidentiality is important

Provides safe environment for the young person to disclose information

Helps build trust and honesty

- *Assuring confidentiality indicates respect*
- *Maintaining confidentiality is a measure of honesty*

The HEeADSSS assessment

- A widely utilised model
- Well known in NZ context
- Adds to rather than replaces other professional/cultural assessment models
- It is a process. We use this tool every time we see a young person

HEeADSSS provides:

- An opportunity to develop rapport
- Develops an overview of the young persons risk and protective factors
- Assists the professional to cover their strong areas as well as their gaps
- A clinical impression of risk
- Ensures intervention and follow up is appropriate and maximally effective

HEeADDSSS-the adolescent psychosocial assessment

- H-Home
- E-Education/employment
- e- eating
- A-Activities(peer group)
- D-Drugs
- S-Sexuality
- S-Suicide/depression
- S-Safety

HEeADSSS-*do ask*

- *If you don't ask they won't tell* (Blum)
- If you do ask, in the right way at the right time they usually do tell
- Do ask even if you think you know the answer
- If you are not convinced, try it out

Communication: *asking questions*

Offer explanation for, ask for permission for questions

Normalise

- *There are some questions I ask all young people because they are important to their health*

Or follow the cue (if there is one)

- *I notice that.... I am worried that...*

If you get a positive

- *Tell me about that*

Communication: asking the questions

- Don't be afraid to have an agenda and provide structure to the interview
- Move from less sensitive to more sensitive topics
- Move from the third person to the personal

Break-out

Principles of intervention

- Plan and allow time to finish, provide a brief summary, opportunity for questions
- Help young people define the options and make choices
- Based on young persons level of risk
 - Decrease risk factors
 - Increase protective factors
- Possible foci: environment & social context, family, individual

Key to effective intervention

- A positive relationship
- Thorough assessment
- Inclusive of family & young person
- Plans made with the young person & family
- Move from a risk focussed “fix youth” to a healthy youth development , interacting & connecting with youth offering opportunities & support