

## APPENDIX 3 - YOUTH HEALTH CHECK

<b>PROMPTS FOR YOUTH-FRIENDLY PRACTICE:</b> <i>Rapport, Affirm attendance, Confidentiality statement with exceptions, Discuss billing policy if relevant, Check consent, Time alone &amp;/vs. Time with parent/guardian/partner</i> <b>Consider developmental and physical health screening</b>	
<b>Name</b>	
<b>Assessment Date</b>	
<b>DOB</b>	
<b>Gender</b>	
<b>Culture &amp; Language</b>	E.g. Aboriginal or TSI; Language spoken at home
<b>Other services/adults involved</b>	E.g. Parents, guardians, carers, agencies
<b>Medicare card number</b>	
<b>Preferred client contact method &amp; time</b>	
<b>Confidentiality statement with exceptions provided</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No

## YOUTH PSYCHOSOCIAL ASSESSMENT

### HEEADSSS PSYCHOSOCIAL ASSESSMENT

Explain reasons for delving into sensitive areas and ask permission to proceed; consider third-person approach to sensitive questions; look for protective as well as risk factors

**H - Home** (Consider - living arrangements, transience, relationships with carers/significant others, supervision, childhood experiences, cultural identity and family cultural background/s)

**E - Education, Employment** (Consider - school/work retention & relationships, bullying, belonging, study/ career progress & goals, changes in grades/performance)

**E - Eating, Exercise** (Consider - nutrition, vegetarianism, eating patterns including recent changes, vegetarianism, weight gain/loss, physical activity, fitness, energy, preoccupation with weight or body image, attempts to lose or control weight or bulk up including restricting, purging, supplements)

**A - Activities, Hobbies & Peer Relationships** (Consider - free time, hobbies, culture, belonging to peer group, peer activities & venues, involvement in organized sport, religion, lifestyle factors, risk-taking, including managing chronic illness and adjustments in adolescence, injury avoidance, sun protection, use of technology)

**D - Drug Use** (Consider - alcohol, cigarettes, caffeine, prescription/Illicit drugs and type, quantity, frequency, administration, interactions, access, increases/decreases- treatments, education, motivational interviewing)

**S - Sexual Activity & Sexuality** (Consider - knowledge, sexual activity, age onset, safe sex practices, same sex attraction, sexual identity, STI screening, unwanted sex, sexual abuse, pregnancy/children)

**S - Suicide, Depression & Mental Health** (Consider - normal vs clinical, mood, anxiety symptoms vs stress, change in sleep patterns, self harm, suicidal thoughts/ideation/intent/method/past attempts/treatment, depression score and mental state exam)

**S - Safety, Spirituality** (Consider bullying, abuse, violence, traumatic experiences, risky behaviour, belief, religion; What helps them relax, escape? What gives them a sense of meaning?)

## RISK ASSESSMENT

Consider R.I.S.K. guidelines: <b>R</b> - no risk = review; <b>I</b> - low risk = monitor; <b>S</b> - moderate risk = intervene; <b>K</b> - high risk = intervene			
Risk Factors		Protective Factors	
Suicidal ideation		Suicidal intent	
Current plan		Risk to Others	

## CARE NETWORK: OTHER SERVICES/ADULTS INVOLVED IN CARE & SUPPORT

Consider any of the following	Aware of issues/ permission to share information?	Contact details
<b>Parent/s, Carer/s, Guardian/s</b> <i>(Who?)</i>		
<b>School Staff</b> <i>(E.g. school counsellor, Year Advisor, Teacher/s, Principal)</i>		
<b>Medical / health specialists</b> <i>(Including psychologist/ counsellor/ allied health)</i>		
<b>Community health services</b>		
<b>Family support or counselling services</b>		
<b>Welfare services/ NGOs</b>		
<b>Other</b>		

## GOALS & ACTIONS

Feedback - Compliment areas going well, highlight need for on-going contact, negotiate management plan.	
Goals	Actions

## FOLLOW UP

<p><b>Referrals.</b> Consider providing information about referral services and associated costs</p>	
<p><b>Follow up arrangements:</b> OK to call home number? Call mobile only? SMS?</p>	
<p><b>Agreement on information to be shared with third parties:</b></p>	

**This document will be maintained in accordance with the relevant Privacy Legislation.**