

2. Training video clips

Upload videos two, three and four from the [HEEADSSS assessment learning video resource page](#) to a laptop ready for use in training:

<http://www.health.nsw.gov.au/kidsfamilies/youth/Pages/heedsss-videos.aspx>

Learning pathway: HEEADSSS assessment - working effectively with young people

VIDEO 2 (8:21 min) - What a young person may bring to the conversation

VIDEO 3 (10:54 min) - Useful tips for HEEADSSS conversations

VIDEO 4 (8:23 min) - Developing a responsive management plan

3. Training role play / exercise cards

Photocopy these role plays to use as needed in the session.

MODULE 1. UNDERSTANDING YOUNG PEOPLE'S DEVELOPMENT AND HEALTH NEEDS

Scenarios:

1. Chen is a 17 year old boy who attends the appointment with his mother who is divorced. He presents as moody, agitated and has difficulty articulating his thoughts. He lives at home in a granny flat where his mother says 'he sits around all day smoking pot and playing his guitar with all of his mates'. At school he had formed a band with his mates. She says he relies heavily on her to 'look after him'. He resents his mother's interference, however doesn't take any action to get a job. She says she can't have him living with her anymore.
2. Alda is a 16 year old girl who binge drinks each weekend with her friends. She is sexually active with her boyfriend of one year. They sometimes have unprotected sex when they drink. She does well at school and in sport, but recently her grades have dropped. She gets along with peers and family. Lately she has been anxious and withdrawn about her parent's relationship as they are having a lot of conflict and are going to separate. She finds discussing this difficult.

MODULE 2. CREATING ACCESSIBLE YOUTH FRIENDLY SERVICES

Scenario:

Charlene is aged 16. She has recently begun to be sexually active. Charlene's mother is Aboriginal. Her father is presently living away from the family as he deals with his alcohol addiction. Charlene's mother is subsisting on welfare payments. Sometimes Charlene has to stay at home to look after her baby brother while her mum goes to appointments and interviews. Charlene is a quiet young woman who finds it difficult to ask for help. Sometimes she gets angry and withdraws when challenged about her behaviour at school. Charlene lives a long way from shops or public centres.

MODULE 4. CONFIDENTIALITY AND MEDICO-LEGAL DILEMMAS

Scenario 1 consent to treatment

You are a drug and alcohol counsellor. A 16 year old boy comes in to see you. **Can you provide counselling without parental/guardian consent?** *Yes/No/Don't know/Depends*

Scenario 2 parental confidentiality

You are reviewing a 15 year old boy who attends your clinic for management of his diabetes. You see him on his own to take a HEEADSSS history because it has been a while since you have seen him. His mother is in the waiting room. He reveals that he and his friends drink alcohol at parties about once a month and that last weekend he got quite drunk. His diabetes has not been well controlled for the past four months. You feel that his alcohol use is affecting his diabetes control and would like to inform his mother. **Can you tell her directly about your concerns?**
Yes/No/Don't know/Depends

Scenario 3 sharing information without consent

You are a drug and alcohol counsellor and you see a 14 year old girl for the first time who is referred to you by her school counsellor for counselling about her marijuana use. A HEEADSSS history reveals that her stepfather is violent towards her mother. She has missed several days of school in the past month and seems sad and anxious. She says she does not want you to talk to anyone. **Can you share information with other services without her consent?**
Yes/No/Don't know/Depends

Scenario 4 child protection and mandatory reporting.

A 14 year old girl attends your clinic to follow-up a health issue. You conduct a HEEADSSS review and she reports that she is having sex with her 16 year old boyfriend. She says that they use condoms. **Do you need to make a report of a child at risk of significant harm?**
Yes/No/Don't know/Depends

MODULE 5. ENGAGING THE YOUNG PERSON TO CONDUCT A HEEADSSS ASSESSMENT

Pairs experiment - 'listener' role instructions:

- Avoid eye contact
- Act restless, look around the room, at their watch
- Interrupt at least once to ask something off topic
- Check their phone / take notes on the computer
- Avoid encouraging gestures or sounds

Case scenario 1.

Michael is a 16 year old boy who has been brought in by a support worker. He looks angry and agitated, and stares at the floor while the support worker explains he has brought Michael in to discuss his issues.

Case scenario 2.

Jenny is a 15 year old girl is seeing the health professional alone for the first time. She is anxious about confidentiality, and doesn't want her parents to know she is seeing you.

MODULE 6. CONDUCTING A HEADSSS PSYCHOSOCIAL RISK ASSESSMENT

Case scenario – skills practice

15 year old girl – Alison

H – home

Divorced parents, lives alone with mother who works at a low income job, has an older brother who has left home, no other family, mother's boyfriend stays over

E – education and employment

Still at school, art is her favorite subject, wants to leave and get a job to make money

E – eating and exercise

Wants to lose weight, eats a lot of take-away, doesn't like exercise

A – activities, hobbies and peer relationships

Gets on with peers, likes art, has a best friend

D – drug use, cigarettes and alcohol

Binge drinks with friends on weekends, smokes cigarettes, occasional drug use

S – sexual activity and sexuality

Same-sex sexual activity with best friend when drinking

S – suicide, depression, self harm

Gets a bit down, frustrated having no money, not suicidal

S – safety

Doesn't like mother's boyfriend when he drinks, he gets 'overly friendly'