

Youth At-Risk Workshop Series: Youth Mental Health

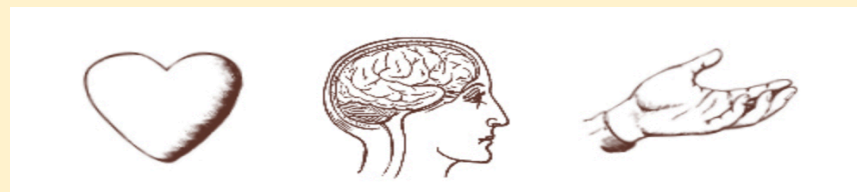
Summary of proceedings of workshop held May 29th in Samuel Beckett Civic Centre, Ballyogan.

There were two key exercises during this workshop, followed by a general discussion with the assistance of resource personnel

WORDS & PHRASES

In the first exercise at café tables, participants were asked to think about young people and mental health and identify words /phrases that came to mind. During the exercise participants worked in silence sharing a pen – writing their own words and associating with others. This exercise was followed up with a table conversation and after this there was an opportunity to move from table to table to view the words and phrases from each table. Overleaf a selection of these words and phrases are provided under three headings

- **Person**
- **Worker**
- **Context**



HEART

HEAD

HANDS

Using Head, Heart and Hands framework, participants, again working at café tables addressed the following three questions:

- What do I think when I am working with young people who have mental health issues?
- How do I feel when I am working with young people who have mental health issues?
- What do I do when I am working with young people who have mental health issues?

The discussion was captured on posters which were displayed and overleaf there is a selection of these

WORDS & PHRASES

PERSON

Self-esteem
Image / body image
Pain / distress
Eating disorders
Bullying
Stigma / Silence
Identity
Conflict
Sadness / shame
Positive mental health

Sex, love & lack of love
Difficult to engage
Substance misuse
Putting on brave face
Coping mechanisms
Vulnerability
Nothing to do
Isolated / Lonely
Anxiety
Withdrawal
Misunderstood
Awareness



Resistance
Emotions
Depression
Self medicating
Self harm
Trauma / Suicide
Anger
Misunderstood



HEART

Empathy / sadness
Empowering
Openness / trust

Overwhelmed / minefield
Boxed-in / apprehensive
Worried / frustrated
Inadequate training
Am I best for dealing with this

Self care / supervision
Fear of getting it wrong
Can't switch off
Fear of getting it wrong
Under-resourced
Referral – where?
Job satisfaction
Helpless
Lost / need help
Re-assurance
Mindfulness
Concerned / worried
Hopeful / resilience

WORKER

Knowing when things get worse
Who to turn to for extra help?
Knowledge, Skill
Access to PC & talk therapies
Timely access to right service
Conversations
Frustration
One good adult
Difficult to reach out
Anxieties – psychosis?
Being under-resourced

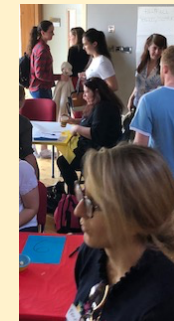


CONTEXT

Parenting / parents own problems
Lack of parental support
Inter-generational abuse
Waiting lists / under-resourced
What is societal view of mental health
Medication as a response
Sexualised language
Funding for therapy
Social media / Friends
Relationships
Teachers / School

HEAD

Can I help them?
What will I do?
Is this person safe?
Can I assess risk?
What is the best approach?
What are the limitations?
Issues of confidentiality?
I feel guilty - fear of action



Who do I involve / tell?
Will my organization support me?
Don't really know where to refer them
Should I call parents?
Am I able to link up with other agencies?
Are there services / supports?
Is there an adequate framework?
What are the policies / procedures?
Am I equipped / qualified?
I need to upskill

Build relationships, listen, manage silence
Show care and respect, be positive & patient
Be supportive / available
Respect / forward looking

HANDS

Link with other agencies
Consider art / drama /
Solution focused approach
Positive / narrative therapy
Assessment / Safety plan
Refer-on

De-brief / supervision
Self-care

