



# COURSE OUTLINE

COURSE TITLE: Adolescent mental health

COURSE LEVEL: 3

DURATION: One day

## Introduction

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Mental health covers a wide range of issues and is often poorly understood. Adolescence is often a time of stress and change and young people can sometimes struggle to deal with this. Young people with a background of trauma, abuse or disadvantage may well struggle more than most. Mental health varies in its context, its cause and its effect. The course attempts to give an overview of the subject and specific advice around key areas. Professionals are often slow or unsure about labelling young people and there is debate about whether using a medical model or a social model to understand what is happening and what to do about these mental health issues. Adolescents fall between our understanding of childhood and adulthood. can be as varied as physical illnesses in their presentation and impact. The type, severity and duration has a profound impact on the individual especially a younger person. Children often become isolated from friends, scared, embarrassed or ashamed because of the stigma of mental illness and discrimination associated with it. But with the right support and clear information children and young people can be helped to cope with what is happening.

## Benefits of Attending

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Learners will have the chance to look at the current debate about adolescent mental health and a close look at the law and guidance as well as an opportunity to learn about more specific issues and disorders. The course will look at signs, symptoms and treatment for a range of issues and a range of disorders including, neurotic and psychotic disorders, personality disorders and other substance related disorders

## Programme Highlights

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- Opportunities to discuss the implications of a range of mental disorders
- Opportunities to look at a range of therapies, treatments and supports

## Who Should Attend

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Any worker working with young people

## Special Notes

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# Adolescent mental health

## Learning Outcomes

- To give learners an overview of adolescent mental health and serious disorders
- To give learners information about a range of supports available

Introductions (15 mins)

## Session 1. (1 hour) Adolescent development and emotional wellbeing

- Mental health law and guidance and the young person
- Adolescent development and brain development
- Emotional health and wellbeing. Coping with stress and other problems

Coffee (15 mins)

## Session 2 (1 hour) Serious disorders (Context, causes and effects)

- Dealing with loss. Trauma and abuse
- Dealing with difference. Culture, society and sexuality
- Coping strategies. Drugs Drink and eating disorders
- Worries and anxieties. Tics and obsessions
- Self harm and attempted suicide

Lunch (1 hour)

## Session 3 (1 hour) Serious disorders (Context, causes and effects)

- ADHD and Autistic spectrum disorders
- Conduct disorders
- Sleep and fatigue
- Mood and behaviour. Psychosis, schizophrenia, bipolar disorder and depression

Coffee (15 mins)

## Session 4 (1 hour) Treatments, therapies and supports

- Treatments
- Therapies
- Support

Any Questions (15 mins)

Close