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WHO ARE YOU?



VIA 9GAG.COM





WHAT WE DO

Free first point of call primary care service – 10-25 yrs old:

For vulnerable and underserved

Covering the ENTIRE Waitemata area

What types of things do we see?

Services include

- Primary care Clinics Henderson and Glenfield
- GP and NP Clinics in schools
- Clinical Health service in Alternative education venues
- Your Choice programme
- Youth Development

You name it -we do it!

And if we don't, we will find someone who does

WHO IS WHO IN THE ZOO





WHY ‘YOUTH HEALTH’?

Large proportion of the population

Significant health issues

Little improvement in health status

Distinct developmental period and needs

Opportunity to make a difference:

“There are skills specific to youth health, which can be learnt and which will enhance healthy outcomes with young people”

THE CONTEXT

70: 20: 10

Most young people are happy and health having good relationships with family and have access to medical care.

However...

Currently Young People face more complex health challenges than their parents did.

Interactions between developmental changes within social context impact on health and health risk behaviours

Young people when they seek health – significant and complex issue: presenting issue is unlikely to be the real reason they need to be seen

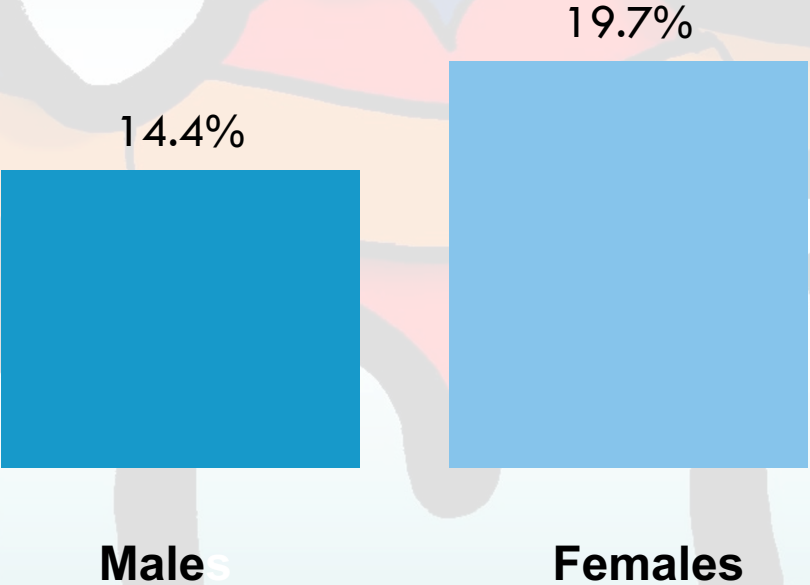
Young people are unlikely to report risk behaviours unless prompted



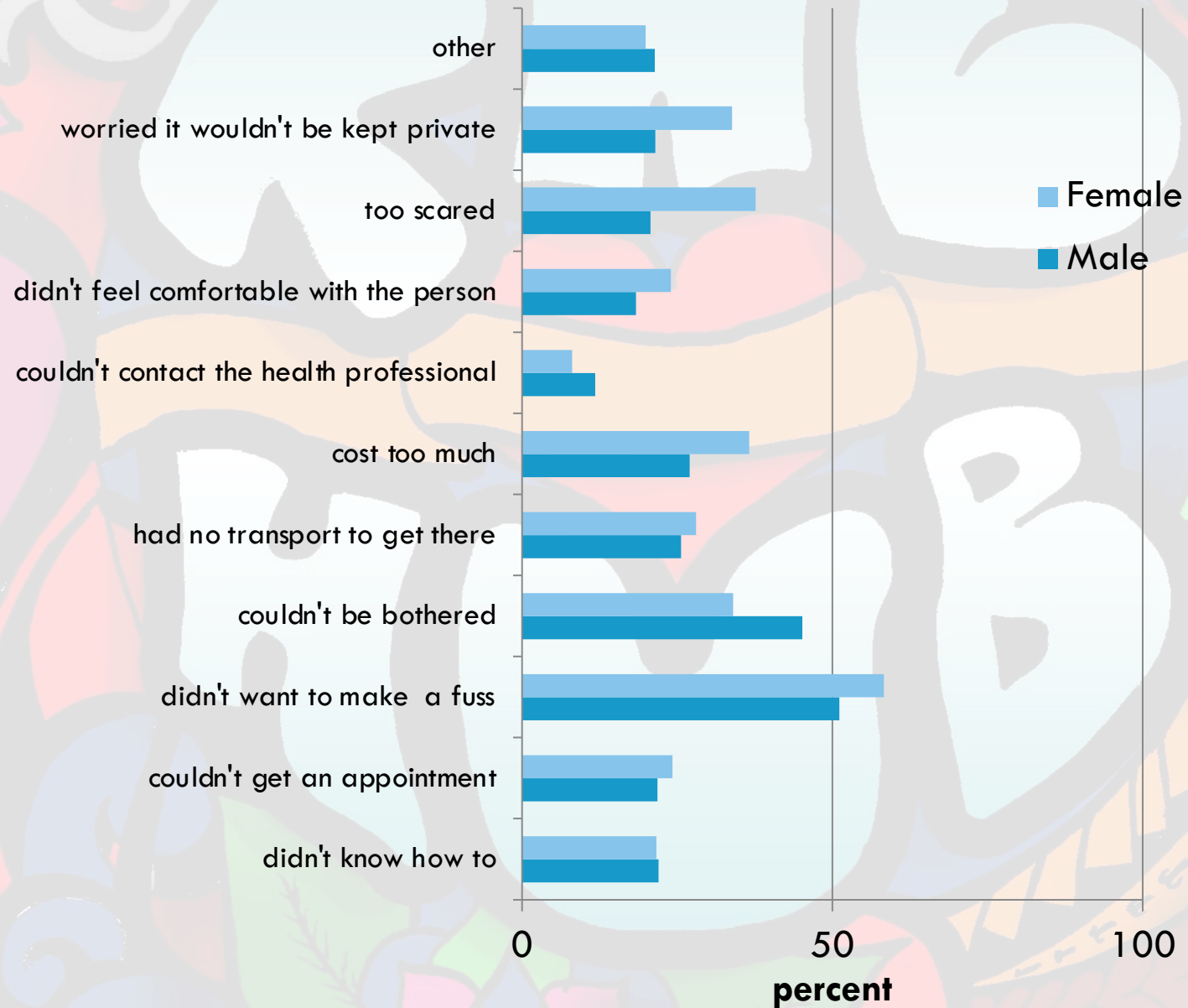
There exists a wide gap between what young people seek service for in primary care and the actual major disease burden that they endure.

For developmental and epidemiological reasons – Young People require youth friendly models of practice.

Students who report not accessing healthcare when needed in the last 12 months



Reason's students report they have not accessed healthcare when needed



WHAT THE YOUNG PEOPLE SAID

Confidentiality is key - We need to feel it from the waiting room to picking up the prescription.

Cost makes you second guess if you really need to go – parents usually get the final say on this.

Limited understanding who to access for what!

GPs generally are not the 1st point of call – Friends and family are – and the internet

We want to connect as a human not as a diagnosis

If you can't sort it connect me with someone who can



AN ADOLESCENT IS.....

We all know some

We all were ONE once

Nothing new

Variable definitions

Cultural, Legal,
Physiological

Developmental



WHY IS YOUTH DEVELOPMENT IMPORTANT?

To understand what changes young people are going through

To think what might happen next

To explain their actions and thoughts

To guide our care plans

COGNITIVE DEVELOPMENT

Early Adolescence

Concrete thought

Difficult to take others perspectives or understand complexity

Difficult to apply general rules to own situation

Lack future orientation / forward thinking

Simple decision making

Implications:

Offer straight forward explanations and clear consequences

COGNITIVE CHANGE

Middle Adolescence

This is all about identity

Beginning to see others perspectives

Experiment with different ideas

Can be easily swayed, not certain of own view

Still difficult to integrate conflicting ideas

Decision making becomes more complex

Still prefer to learn by direct experience, trial and error, need examples that relate directly to self, peers.



COGNITIVE DEVELOPMENT

Late Adolescence

Greater levels of abstract thought; weigh-up multiple information; able to think hypothetically and plan ahead

50% adults operating in this stage most of the time

(Kuhn 79; Arlin 75; Sloman 1996)

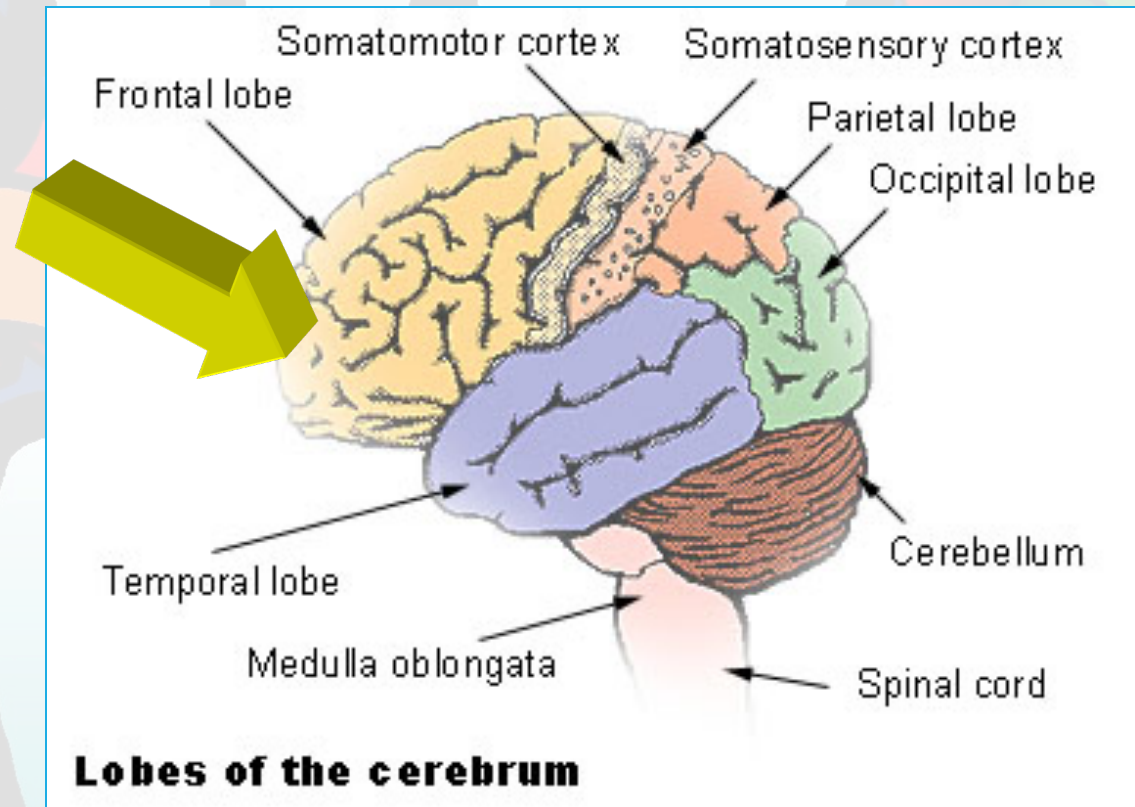
Usually remains 'patchy' and more difficult to use new abilities in challenging situations

Longer attention span

ADOLESCENT COGNITIVE DEVELOPMENT

Prefrontal cortex regulates:

- planning
- setting priorities
- organizing thoughts
- suppressing impulses
- weighing consequences of one's actions



ADOLESCENT COGNITIVE DEVELOPMENT

Hormones

- Increased hormones during puberty contribute to excitability in teens by affecting the brain's emotional center
- Hormones also activate the ability for intense feelings in teens



HOW TO CONNECT

Engagement

Relationship Building

Confidentiality

ENGAGEMENT

The most important communication is your ATTITUDE

Be....

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



BUILDING A TRUSTING RELATIONSHIP

Welcome – name and pronouns are important

Respond openly to adolescents initial reactions and feelings

Clear introductions: yourself, your role, what you'll be doing and why

Clear boundaries

Outline confidentiality

Gain their consent to talk to them

Spend time with the young person alone

The background features a vibrant, stylized illustration of a person's face with large, expressive eyes and a wide, joyful smile. The face is rendered in a folk-art style with bold outlines and a rich color palette including pinks, blues, greens, and oranges. The person appears to be wearing a yellow banner across their mouth. The entire illustration is set against a light, textured background with faint floral and geometric patterns.

WHY CONFIDENTIALITY IS IMPORTANT:

What is it?

What its not

What is it in the context of ED

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



SUMMARY: THE KEYS TO EFFECTIVE INTERVENTION

A positive relationship

Thorough assessment

Inclusive of family and young person

Plans made with the young person and family

Developmental context is essential



WHAT CAN YOU DO???

Set up your consultation in a way that young people are able to talk (ie privacy and confidentiality)

Use a strength-based approach

Hone your developmental lens

Use motivational interviewing techniques for identified risk behaviours(ie patient centred)

Know your community resources for young people (The Youth Health Hub, Youthline, wrap around, youth development programs).

Think about how you can strengthen the connection

Don't under estimate the role you may play in a young persons life



HOW CAN WE HELP EACH OTHER

Communicate

Connect

Understand the barriers

Connect with us:

Freephone: 0800 562 023

Facebook: Youthhealthhub

Website: <https://www.healthwest.co.nz/our-services/the-youth-health-hub>

On the gram: @youthhealthhub

