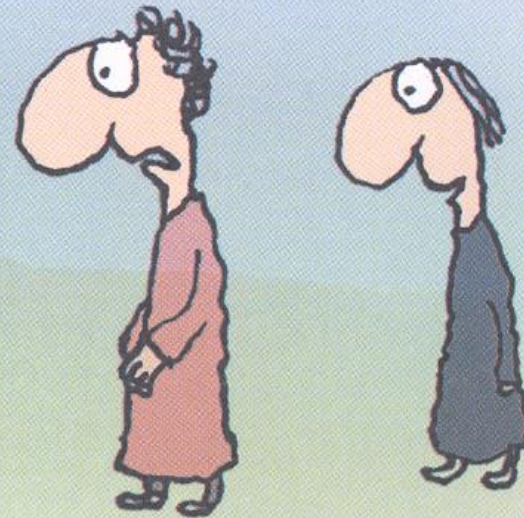


I've been such
a terrible mother...
he's all dreamy and
sensitive and
loving...

Don't be so
hard on yourself.
It could be a
birth defect.



What can a GP do about Child & Adolescent MH?

- **Become a de facto psychiatrist?**
- **Be a good GP**

Hierarchy of contribution to mental health of children

1. Parents
2. Teachers & childcare workers
3. Siblings and peers
4. Community: **GPs**, counsellors etc
5. ...
6. ...
7. CAMH services

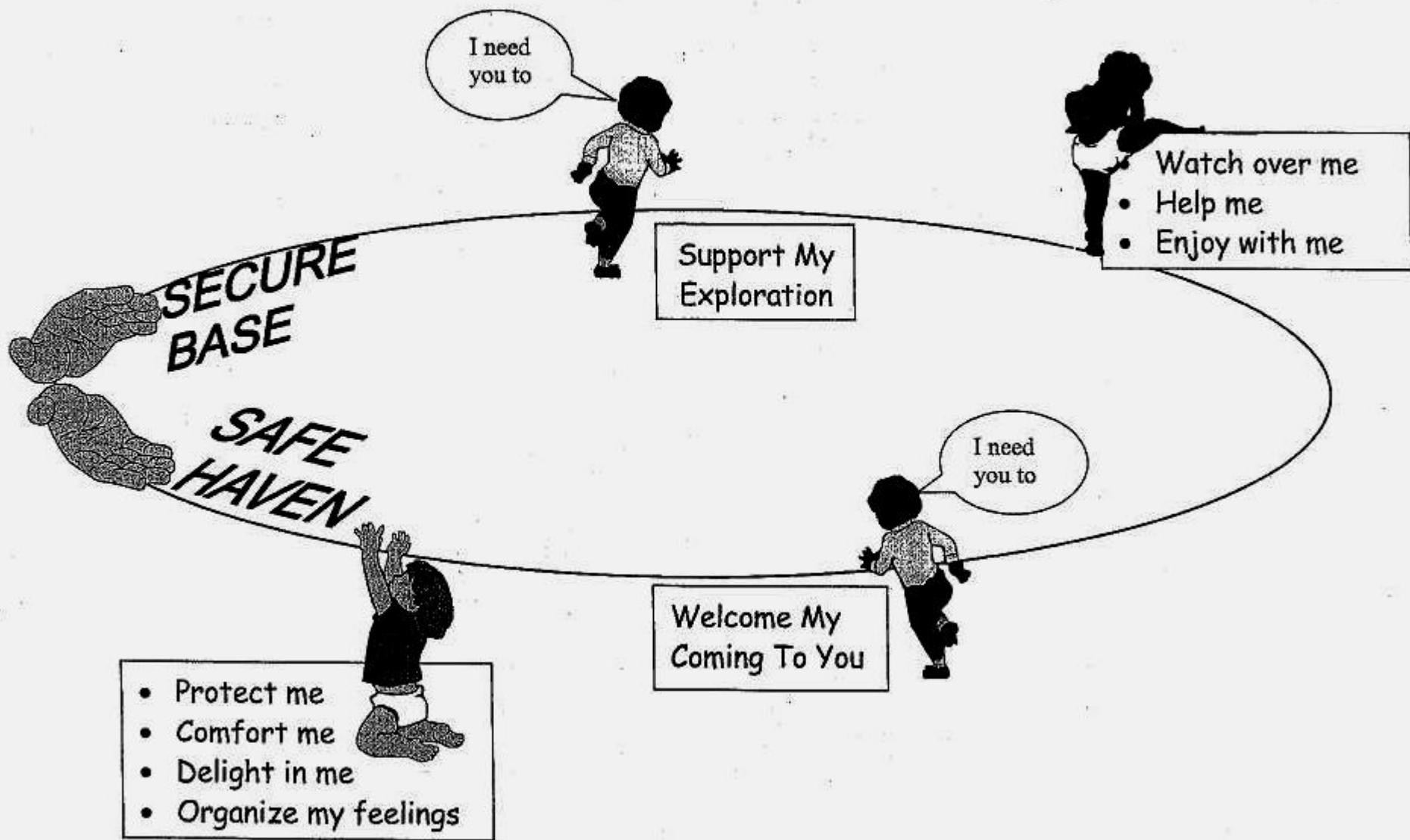
Making good GPs better

- **Better recognition of existing skills as a basis for building new skills**
 - capitalizing on your existing knowledge of your patients
 - 'common sense' approach
- **Better supported**
 - follow-up
 - Bulletin
 - hotline
 - better referral pathways

The challenge: Providing a safe base for our child and adolescent patients

CIRCLE OF SECURITY

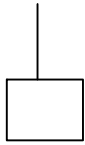
PARENT ATTENDING TO THE CHILD'S NEEDS



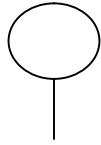
	MODULE 1	MODULE 2	MODULE 3
SKILLS: THEME↓	INTERVIEWING	ASSESSMENT	PLAN/REVIEW
ANXIETY			
PHYSICAL PRESENT- ATIONS			
DEPRESSION			
DRUGS			
BEHAVIOUR PROBLEMS			

	MODULE 1	MODULE 2	MODULE 3
SKILLS:	INTERVIEWING	ASSESSMENT	PLAN/REVIEW
	Listening vs Listing	What's wrong with her vs What's bugging her	How can I help him recover vs How can I treat him
	Look for the 'A ha!'	Predicament rather than diagnosis	Building on strengths

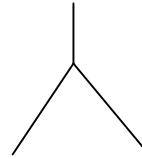
Genogram symbols



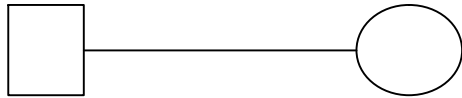
Son



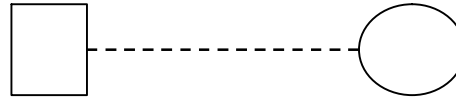
Mother



Twins



Marriage



Relationship



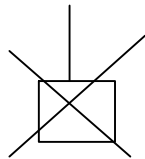
Divorce



Separation

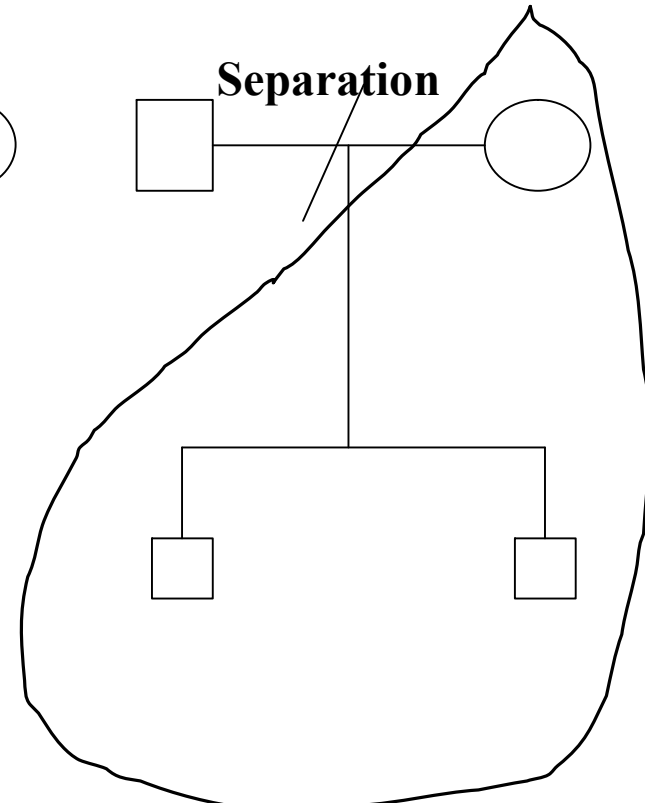


TOP



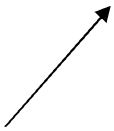
Deceased

**1999,
age 4**



Household

**Identified
patient**

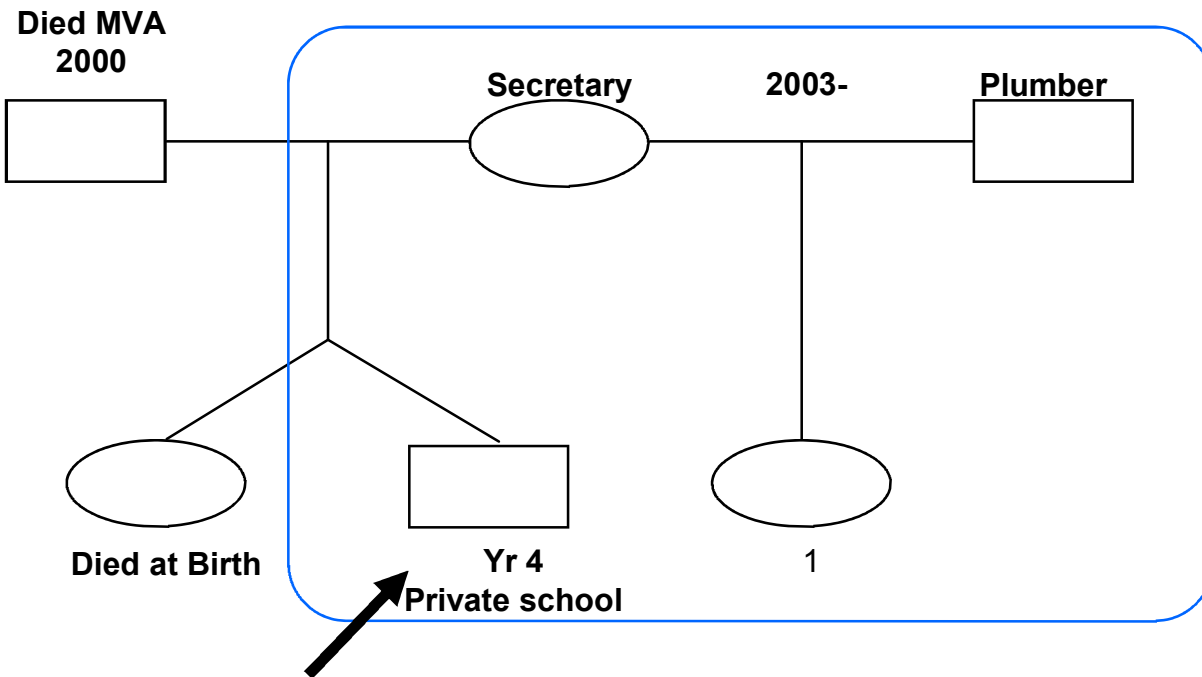


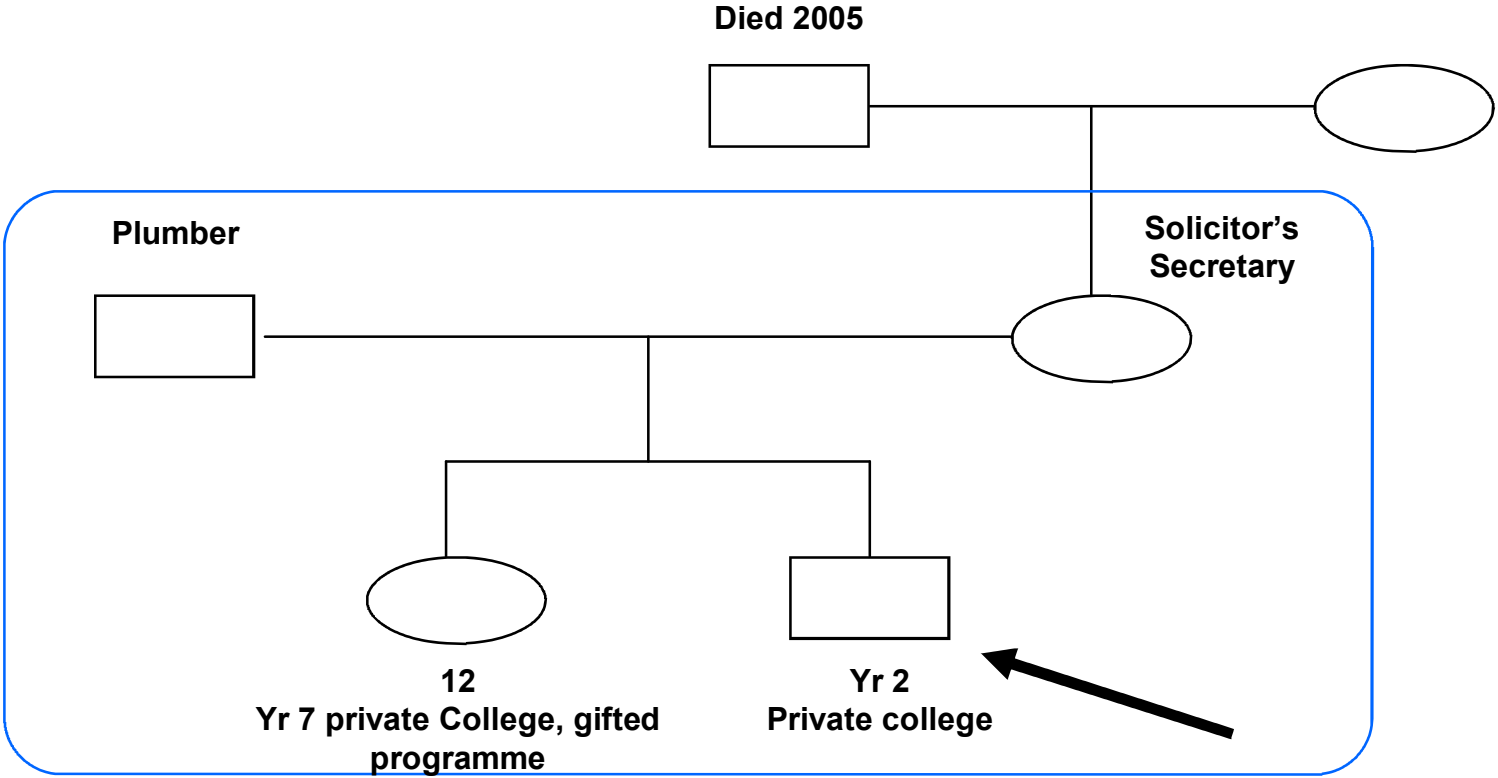
Genograms

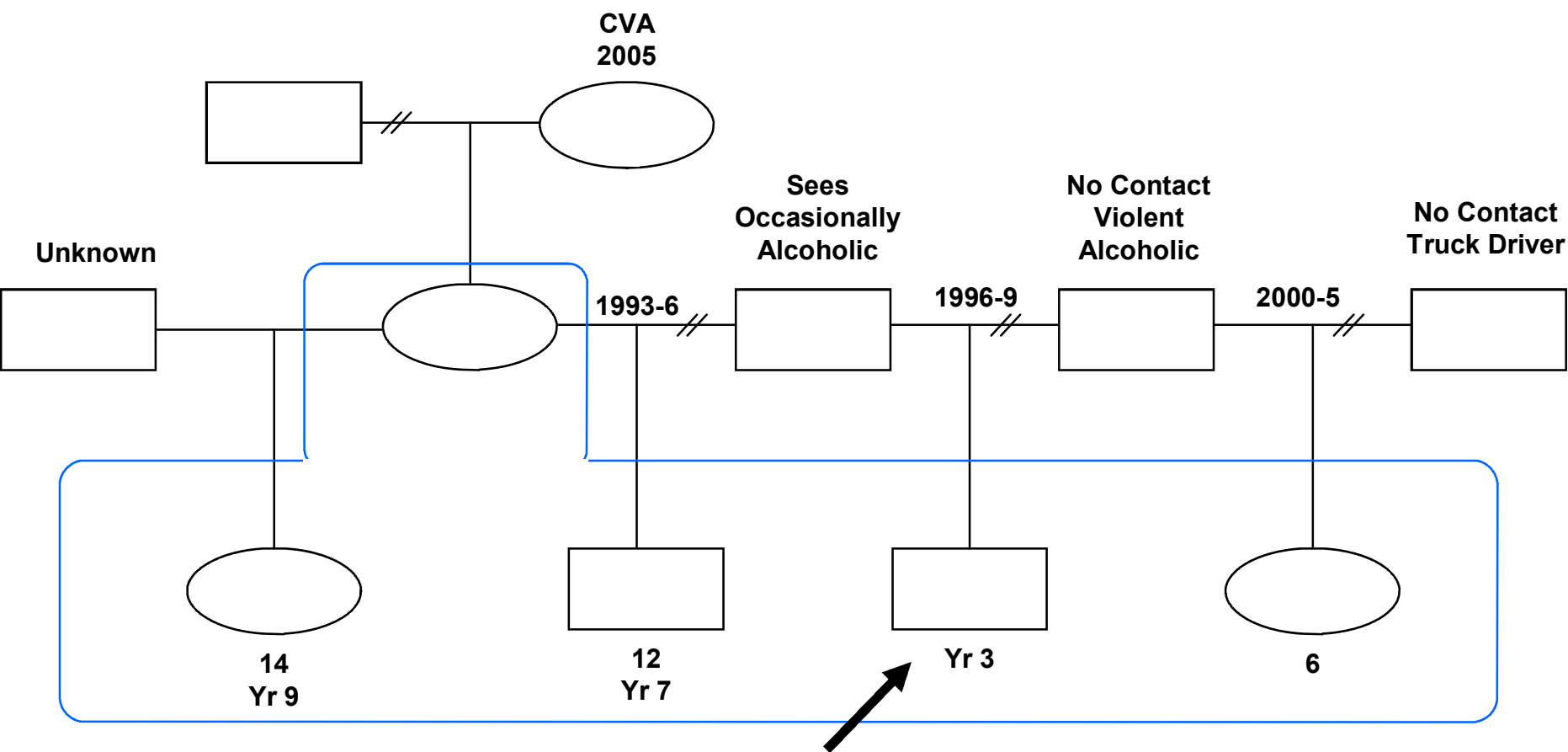
Sally Brown, 31, brings her son Jimmy, aged 9, to your surgery, saying:

'He has ADD'

What can you guess might be going on, based just on the information on your sheet?





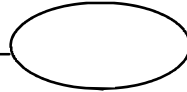


Lawyer
No Contact
1998-2005
Phone calls this
year

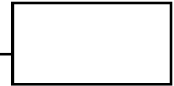


1996-8

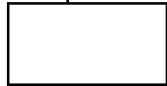
Home Duties



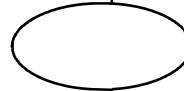
Plumber



2000-



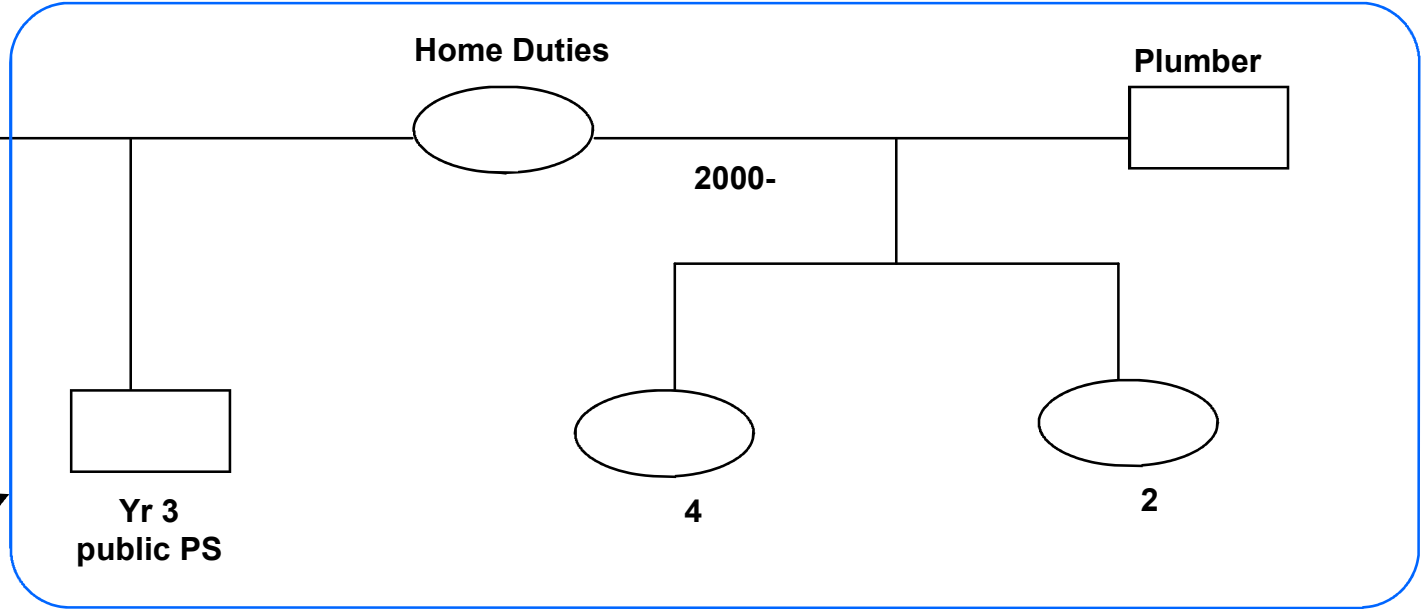
Yr 3
public PS



4



2



The 3-way interview

- **Quieting the parent who speaks for the child**
- **The negative parent**
- **Engaging the reluctant child**

	MODULE 1	MODULE 2	MODULE 3
SKILLS: THEME ↓	INTERVIEWING	ASSESSMENT	PLAN/REVIEW
ANXIETY	The reluctant historian		
PHYSICAL PRESENTATIONS			
DEPRESSION			
DRUGS			
BEHAVIOUR PROBLEMS			

Strategies for interviewing reluctant historians (1)

Multiple Choice Questions

- **Are you** having trouble with your insulin because you don't like the injections, **or** you feel embarrassed to be different, **or is there some other reason?**

Comparative Questions

- *Are you doing your BSLs **more often, less often or about the same** as last time that I saw you?*

Visual Analogue Scale



Score = 4.5

Strategies for interviewing reluctant historians (2)

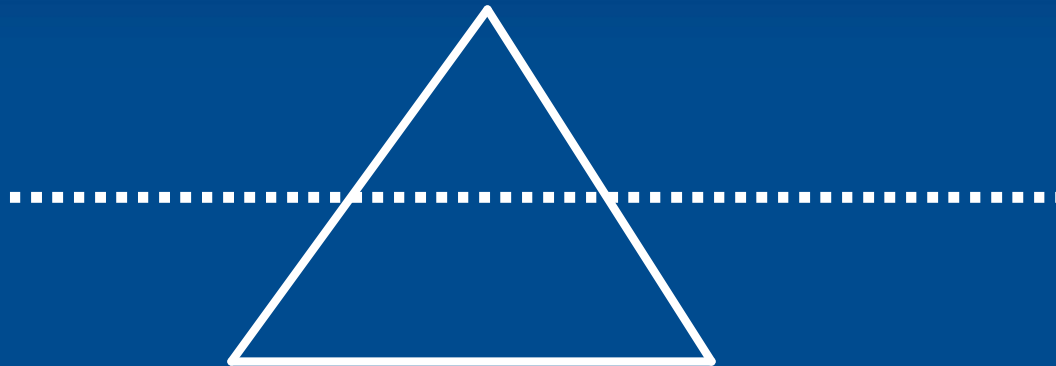
Third person

- *Lots of kids with Diabetes **tell me that** they hate most the idea of having to be different from their friends. **Maybe you feel that too.***

Speculate

- ***I think you might be** not wanting to talk today because you are worried that I am going to be cross with you for having high levels.*

anger



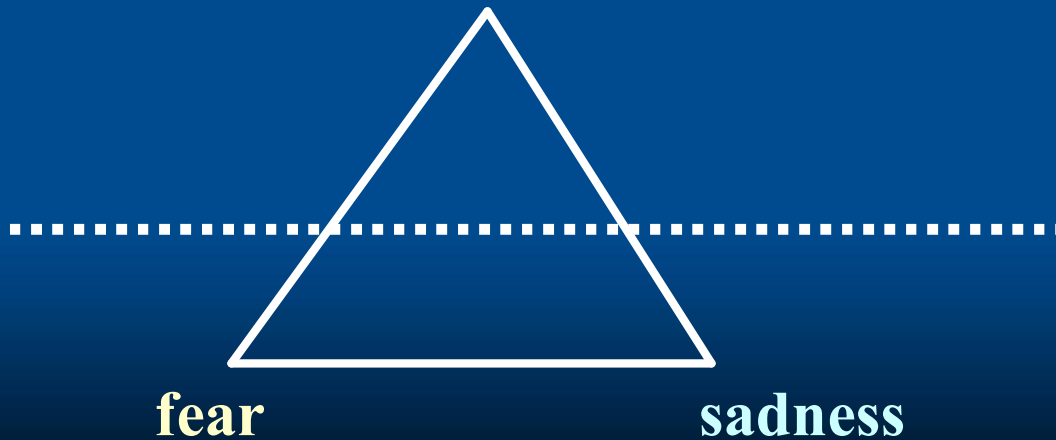
fear

sadness

2 kinds of anger:

- 'Go away'
- 'Help me'

anger



14 yo boy, non-compliant with asthma medication, leading to 2 recent hospitalisations

Multiple Choice Questions

- **Are you having trouble with ... because ..., or ..., or is there some other reason?**

Comparative Questions

- *Are you ... more often, less often or about the same as last time that I saw you?*

Third person

- *Lots of kids with ... tell me that they Maybe you feel that too.*

Speculate

- *I think you might be ... because you are worried that*

....

Interview task

- **15 yo girl has consulted you about a cold. She seems reluctant to leave, but doesn't say any more.**
- **Explore what might be her problem, using the strategies described.**

15 yo female, seems troubled, cant say why

Multiple Choice Questions

- **Are you having trouble with ... because ..., or ..., or is there some other reason?**

Comparative Questions

- ***Are you ... more often, less often or about the same as last time that I saw you?***

Third person

- ***Lots of kids with ... tell me that they Maybe you feel that too.***

Speculate

- ***I think you might be ... because you are worried that***