

Teaching and Parenting Today's Students



Saturday August 14, 2010



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Program:

- **9:30 Session 1: - Bullying**
- Examining some of the ethical, moral and legal dilemmas in working with young people.
- **11:00 Morning Tea**
- **11:30 Session 2: - Screening for students at risk**
- Practical strategies for identifying students needing intervention.
- **1:00pm Lunch.**
- **2:00 Session 3: - The 5 great challenges for parents and teachers**
- Alcohol use, sleep deprivation, cybersafety and other key issues.
- **3:30 Afternoon Tea**
- **4:00 Close**

Meet an ordinary family



Eric



The parents

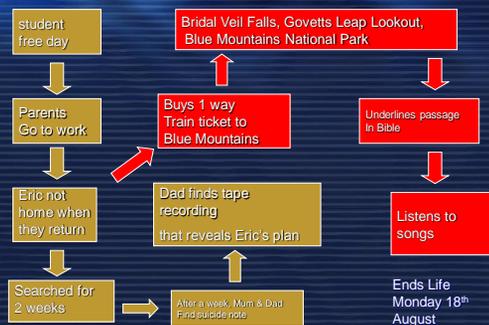


Alan



Rosie

How events unfolded...





Screening for Anxiety and Depressive Disorders

The K 10

- The **Kessler Psychological Distress Scale (K10)** was first documented by Kessler and Mroczek, School of Survey Research Center of the Institute for Social Research, University of Michigan in 1994 and was developed for screening populations on psychological distress
- The K10 has been used in a number of population health surveys in Australia
- The scale consists of 10 questions on non-specific psychological distress and is about the level of anxiety and depressive symptoms a person may have experienced in the most recent four-week period.

GET IT FROM:

www.crufad.com/K10/printk10.html

The K 10

Question 1	In the past 4 weeks, about how often did you feel tired out for no good reason?	<input type="radio"/> None of the time ... <input type="radio"/> A little of the time ... <input type="radio"/> Some of the time ... <input type="radio"/> Most of the time ... <input type="radio"/> All of the time ...
Question 2	In the past 4 weeks, about how often did you feel nervous?	<input type="radio"/> None of the time ... <input type="radio"/> A little of the time ... <input type="radio"/> Some of the time ... <input type="radio"/> Most of the time ... <input type="radio"/> All of the time ...
Question 3	In the past 4 weeks, about how often did you feel so nervous that nothing could calm you down?	<input type="radio"/> None of the time ... <input type="radio"/> A little of the time ... <input type="radio"/> Some of the time ... <input type="radio"/> Most of the time ... <input type="radio"/> All of the time ...
Question 4	In the past 4 weeks, about how often did you feel hopeless?	<input type="radio"/> None of the time ... <input type="radio"/> A little of the time ... <input type="radio"/> Some of the time ... <input type="radio"/> Most of the time ... <input type="radio"/> All of the time ...

Question 5	In the past 4 weeks, about how often did you feel restless or fidgety?	None of the time ... <input type="radio"/>
		A little of the time ... <input type="radio"/>
		Some of the time ... <input type="radio"/>
		Most of the time ... <input type="radio"/>
		All of the time ... <input type="radio"/>
Question 6	In the past 4 weeks, about how often did you feel so restless you could not sit still?	None of the time ... <input type="radio"/>
		A little of the time ... <input type="radio"/>
		Some of the time ... <input type="radio"/>
		Most of the time ... <input type="radio"/>
		All of the time ... <input type="radio"/>
Question 7	In the past 4 weeks, about how often did you feel depressed?	None of the time ... <input type="radio"/>
		A little of the time ... <input type="radio"/>
		Some of the time ... <input type="radio"/>
		Most of the time ... <input type="radio"/>
		All of the time ... <input type="radio"/>
Question 8	In the past 4 weeks, about how often did you feel that everything was an effort?	None of the time ... <input type="radio"/>
		A little of the time ... <input type="radio"/>
		Some of the time ... <input type="radio"/>
		Most of the time ... <input type="radio"/>
		All of the time ... <input type="radio"/>

K 10 (continued)

Question 9	In the past 4 weeks, about how often did you feel so sad that nothing could cheer you up?	None of the time ... <input type="radio"/>
		A little of the time ... <input type="radio"/>
		Some of the time ... <input type="radio"/>
		Most of the time ... <input type="radio"/>
		All of the time ... <input type="radio"/>
Question 10	In the past 4 weeks, about how often did you feel worthless?	None of the time ... <input type="radio"/>
		A little of the time ... <input type="radio"/>
		Some of the time ... <input type="radio"/>
		Most of the time ... <input type="radio"/>
		All of the time ... <input type="radio"/>

Suicide risk factors

- Mental health disorder
- Alcohol & Other Drugs
- Negative life events & stressors
- Exposure to suicide
- Access to firearms
- Disruptive Behaviour/Aggression
- Involvement in juvenile justice system
- Family history of suicide



- Lack of school connectedness
- Lack of close relationships
- Poor coping skills
- Conflictual relationships within family
- Prior suicide attempt
- Poor impulse control
- High expectations
- 'All or nothing' thinking

All these factors overlap/intertelated

When to Worry?

- Make statements about suicide, death, dying
- experiencing deepening of depression
- seems curious, fascinated or pre-occupied with death
- talks about feeling inadequate, hopeless or guilty



- Gives away possessions of value
- becomes withdrawn and isolated
- exhibits abrupt personality change
- drops out of usual routine
- neglects hygiene
- engages in self destructive/risky behaviour



The more of these signs/risk factors the more concerned you should be

Listen for statements

- Suicidal young people can give warnings
 - Direct
 - Indirect
 - I won't be a problem
 - I wish I could disappear
 - You'd be better off without me

What young people who have tried to kill themselves say about why they wanted to end their life

- Seeking relief or Escape
- Avoiding Failure or Disappointment
- Communicating Pain
- Exacting revenge or retaliation
- Seeking reunion
- "helping" their family

Teens at greatest risk after a suicide at a school

- Those that:
 - use drugs
 - Suffer from a mental health problem
 - That were close to the deceased
 - Had a conversation with the deceased within 24 hours of their death
 - Witnessed the attempt

What do you know about the psychological and physical well being of young people in 2010?

The End

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