

# Emerging Minds.

## National Workforce Centre for Child Mental Health

### RACGP/Emerging Minds webinar three Responding to the mental health of school aged children 7pm, AET 04 April, 2019

#### Case study – Helen and Zac – Part One

Access video: <https://youtu.be/dSel8ohli7w>

*Zac is eight-years-old and exhibiting 'acting-out' behaviours in the classroom and at home. His mother, Helen, believes that his ADHD medication needs to be increased to manage his disruptive behaviour. As she speaks to her GP, Helen describes her recent split with Michael, her partner. Michael is not Zac's dad, but the two were very close. Zac never saw much of his own dad, and the little he did see was not good.*

*Michael was using Zac to lie to Helen for months, to cover up his mounting gambling debts. He had even bribed him. Zac know believes that he is to blame for the separation. When he gets home from school Helen can barely look at him, and she has told him she is not sure she can ever trust him again. The whole thing has proven to Zac that he is a bad kid, just like everyone says. He really didn't mean to lie to his Mum; he just didn't want to lose Michael.*

The 2015 Young Minds Matter survey showed that 13.6% of Australian children between four and eleven years old met the criteria for at least one mental health disorder. These mental health conditions are linked with a range of problems in adolescence and early adulthood including unemployment, poor education outcomes, poor physical health, drug and alcohol use and suicide. The ability of GPs to assess issues for school aged children is critical. This webinar examines the kinds of issues that school aged children present with, how these issues can be affected by adverse family or schooling circumstances, and how GPs can open up helpful and supportive conversations with children and parents.

This webinar will examine Helen's case study to observe how the GP responded. Our presenters will discuss their responses to school aged children mental health presentations, while providing practical examples of positive engagement with parents. They will discuss the conversations they might have with Helen that might focus on the social and emotional wellbeing of Zac.

The Emerging Minds' Child and Family Partner will discuss their views on positive engagement with GPs and how this can help the mental health of school-aged children.

By attending this webinar participants will be able to:

- Discuss how adverse circumstances at school or family life can affect the mental health of school aged children and how this may manifest in their behaviour.
- Apply curious conversations with parents and children which provide insight into the issues faced by the child and his/her family.
- Help children to discuss adult problems so that they do not feel responsible for parental adversity.
- Recognise the signs of acute mental health difficulties in school aged children and intervene proactively and sensitively in ways that enhance the chance of effective treatment and mitigate immediate risks. – Patient safety learning outcome.

Delivery partners:



The National Workforce Centre for Child Mental Health is funded by the Australian Government Department of Health under the National Support for Child and Youth Mental Health Program.

Visit our web hub today!

[Emerging  
minds.  
com.au](https://emergingminds.com.au)

