

**IAAH CONGRESS 2017: PRE-CONGRESS SKILLS BUILDING WORKSHOP 3**  
**Thursday October 26<sup>th</sup>**

<b>WORKSHOP TITLE</b>	<b>Addressing adolescent mental health in clinical practice</b>
<b>RATIONALE</b>	<p>Worldwide surveys have indicated mental health problems and issues are gradually increasing among adolescents. Mental health problems can have adverse effects on the wider health and development of adolescents. It is associated with adverse outcomes such as higher alcohol, tobacco and illicit substances use, adolescent pregnancy, school dropout, disrupting behaviours, and suicide.</p> <p>Given this scenario, one would expect increasing demand for mental health professional who are specialised in dealing with the issues of adolescents. However, in many countries, the availability of specialized psychological support or psychiatric care is sparse, so that primary care health care providers should be able to deal with the most frequent mental health problems of adolescents</p>
<b>Facilitator(s):</b>	<p>Dr. Susana Grunbaum, Child &amp; Adolescent Psychiatrist  Montevideo, Uruguay  susanagrunbaum@gmail.com</p> <p>Dr. Kanika Malik, Clinical Psychologist, M.Phil, Ph.D  Sangath, India  <a href="mailto:Kanika.malik@sangath.in">Kanika.malik@sangath.in</a></p>
<b>Taking place:</b>	<b>Whole day.</b>
<b>Training objectives</b>	<ol style="list-style-type: none"> <li>1. Define mental health, mental ill-health and emotional well-being during adolescence, review the epidemiology of mental health problems &amp; disorders</li> <li>2. List and recognize the main symptoms of mental health problems/disorders in adolescence.</li> <li>3. How to include mental health issues in the clinical health interview.</li> <li>4. Build a therapeutic alliance and engage the adolescent's and the family's resources to address the situation; initiate support therapy or referral to mental health professionals</li> <li>5. Recognize the risk of adolescent self-harm, and manage crisis situations including depression, anxiety and suicide attempts</li> <li>6. Liaisoning and referral to specialist</li> <li>7. Culture-specific issues</li> </ol>
<b>Facilitation techniques</b>	<ul style="list-style-type: none"> <li>• Start with the main issues questions which participants want to cover (VIPP tool)</li> <li>• Use of examples provided by the participants</li> <li>• Interactive presentations (e.g. epidemiology, symptoms, etc.) with powerpoint slides</li> <li>• Small group work on clinical vignettes</li> <li>• Use of a video</li> </ul>