



THE COLLABORATIVE TRUST

For Research & Training in Youth Health & Development

HEEEEEADSSSSS

Webinar for Wharaurau

27.10.2022

“Our Vision: Healthy well-developed
young people in Aotearoa, New Zealand”

- Dr Sue Bagshaw

The Collaborative Trust



Began in 2003

- **Vision** healthy well developed young people
- By:
- training the adults who work with young people;
 - undertaking and disseminating research and evaluation;
 - informing and influencing policy and practice



Training

THE COLLABORATIVE TRUST

Building Skills & Relationships
for Creating Healthy Youth Development



www.collaborative.org.nz



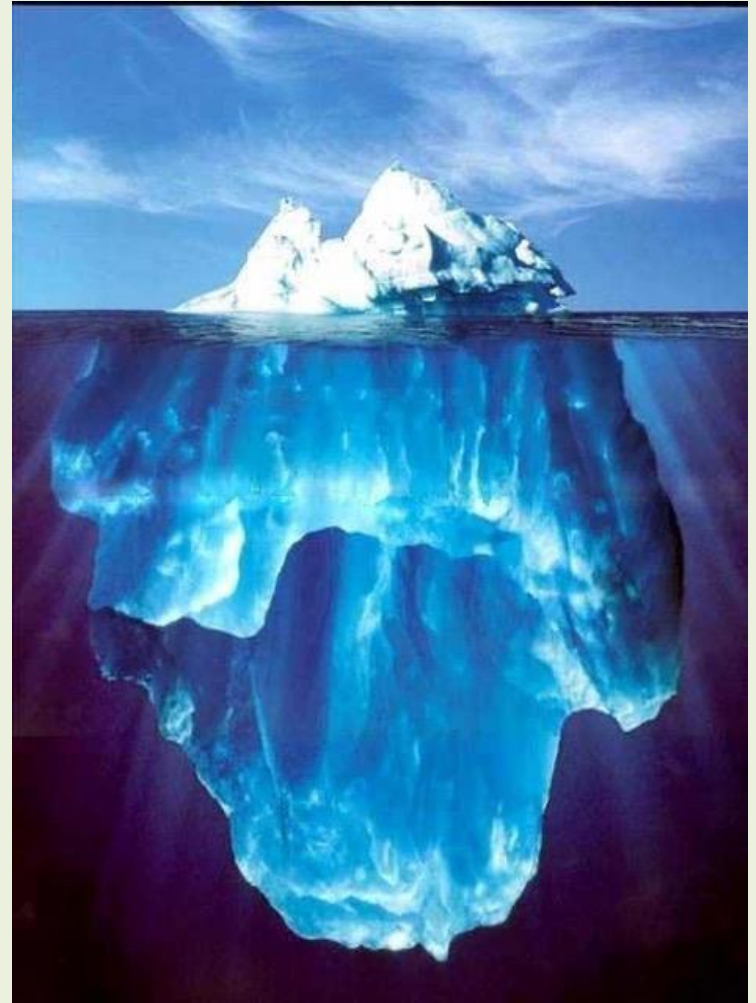
Selection of our Workshops

- OMG they're teenagers
- Wellbeing and Happiness
- Trauma Informed Care
- Social Media
- Dealing with Overwhelming Emotions
- Anxiety and Depression in young people
- Alcohol and Young People
- We prepare and deliver workshops with young people – “Youth Tutors”
- We can tailor workshops for organisations.
- Book in on www.collaborative.org.nz

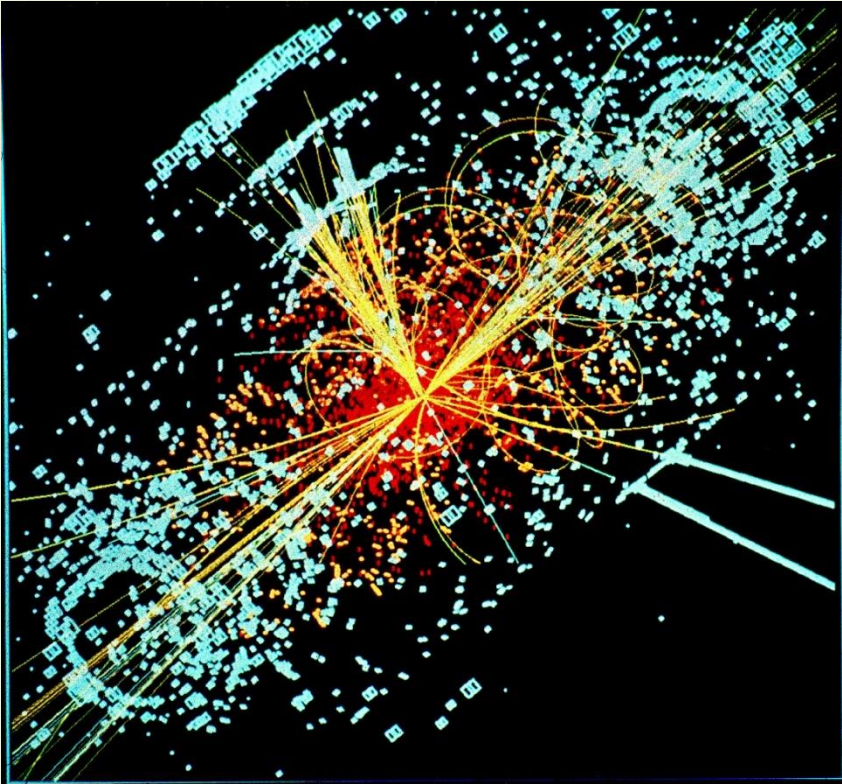


Outline

- Overview of what Heeadss can and cannot do, with a focus on Engagement and Exploring what might be underneath some of the concerns young people have.



What Headss isn't





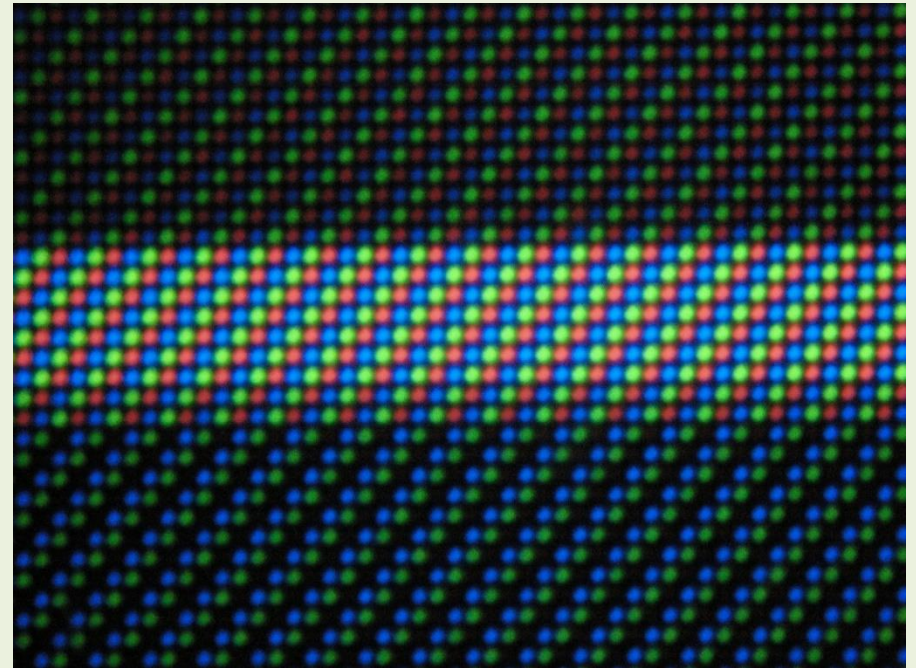
SLASH MEDICARE
SOCIAL SECURITY
MEDICAID & ANY
OTHER PROGRAM
THAT HELPS OUR
MOST VULNERABLE
CITIZENS OR WE WILL
DESTROY THE U.S. &
WORLD ECONOMIES
SINCERELY
REPUBLICAN CONGRESS

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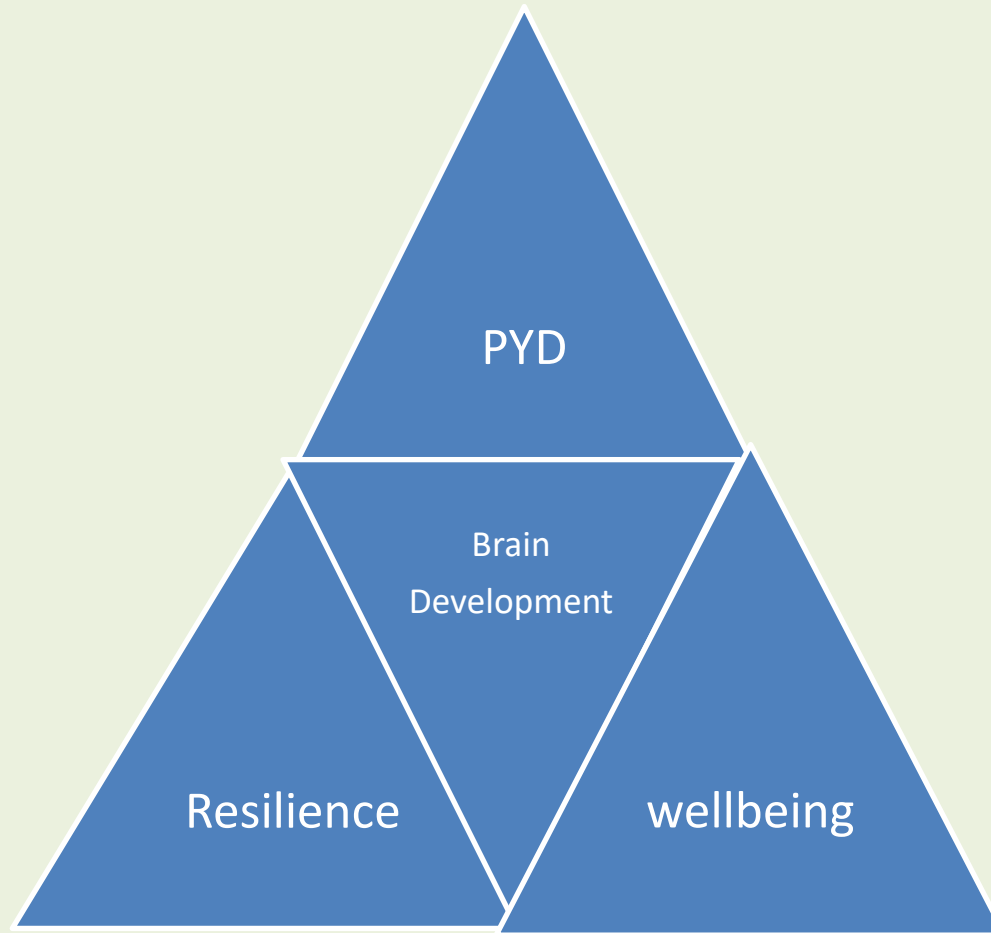


What Headss is



Succession Planning





PYD

- Richard Lerner
- 40 assets
- 4H study
- Ginsburg
- Pitman – Problem free isn't fully prepared
- 7 C's
- Competence
- Character
- Connection
- Confidence
- Caring Compassion
- Contribution
- Coping

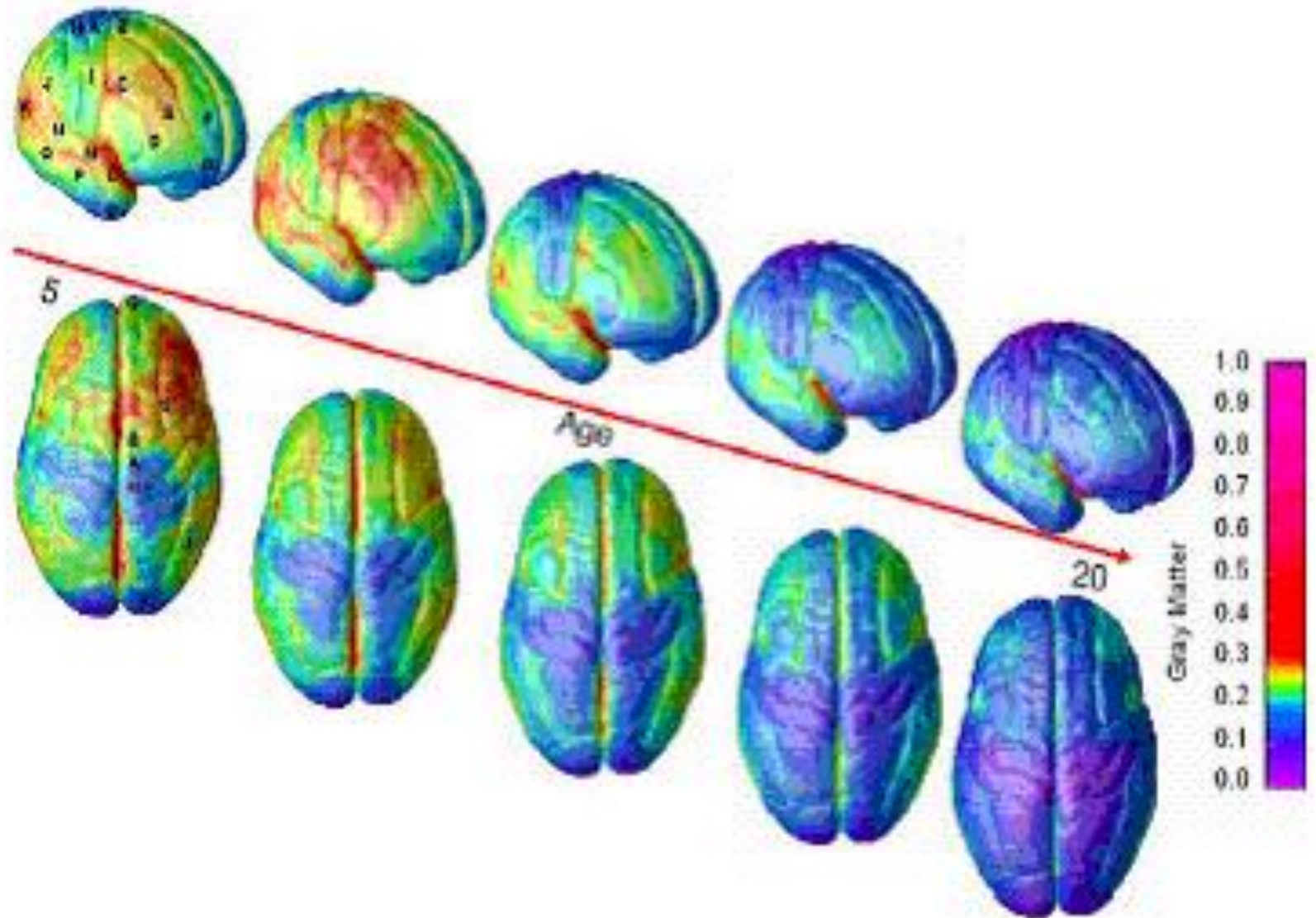


Te Ao Maori Development Strategy

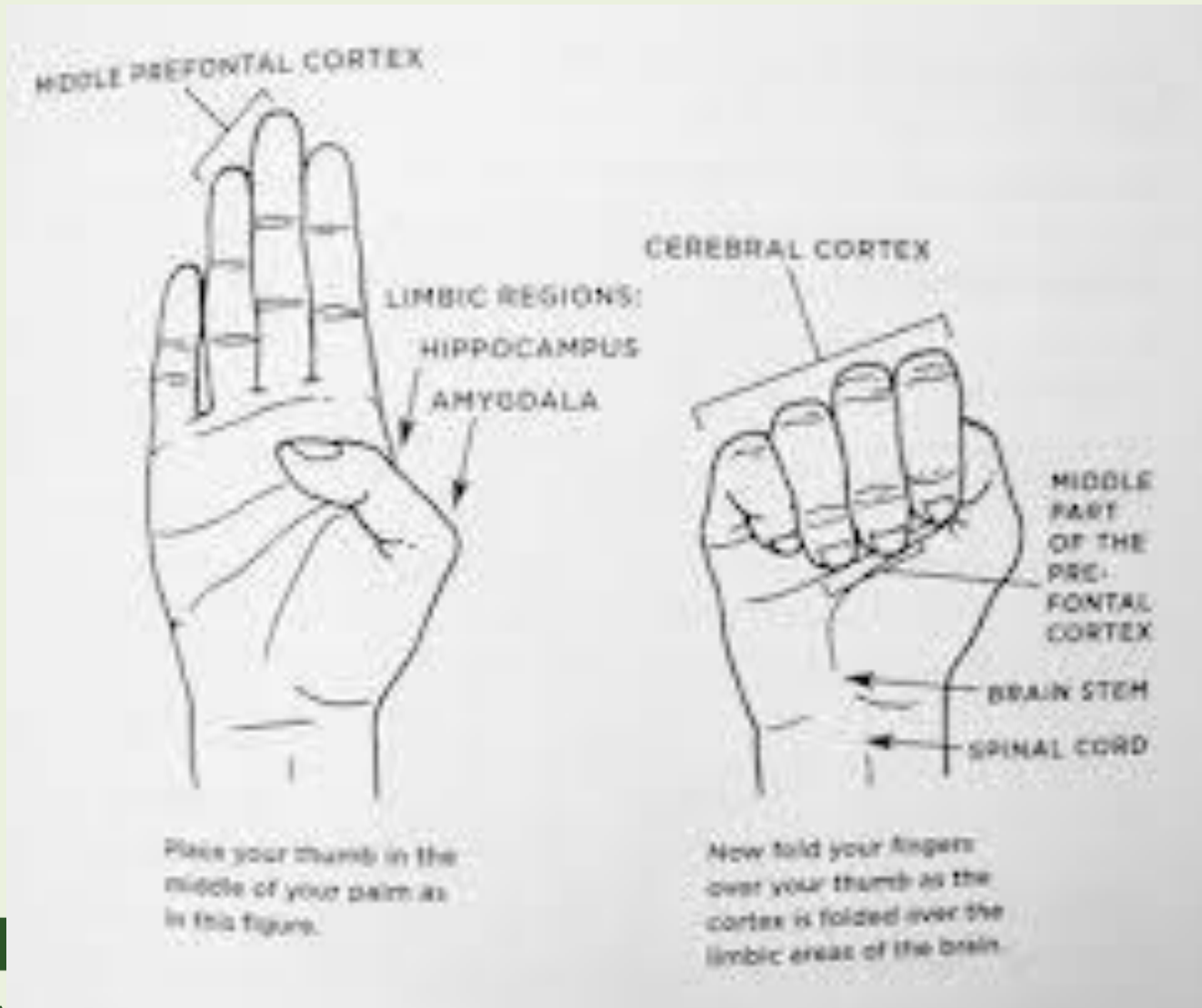
Mana Taiohi Principles 2019

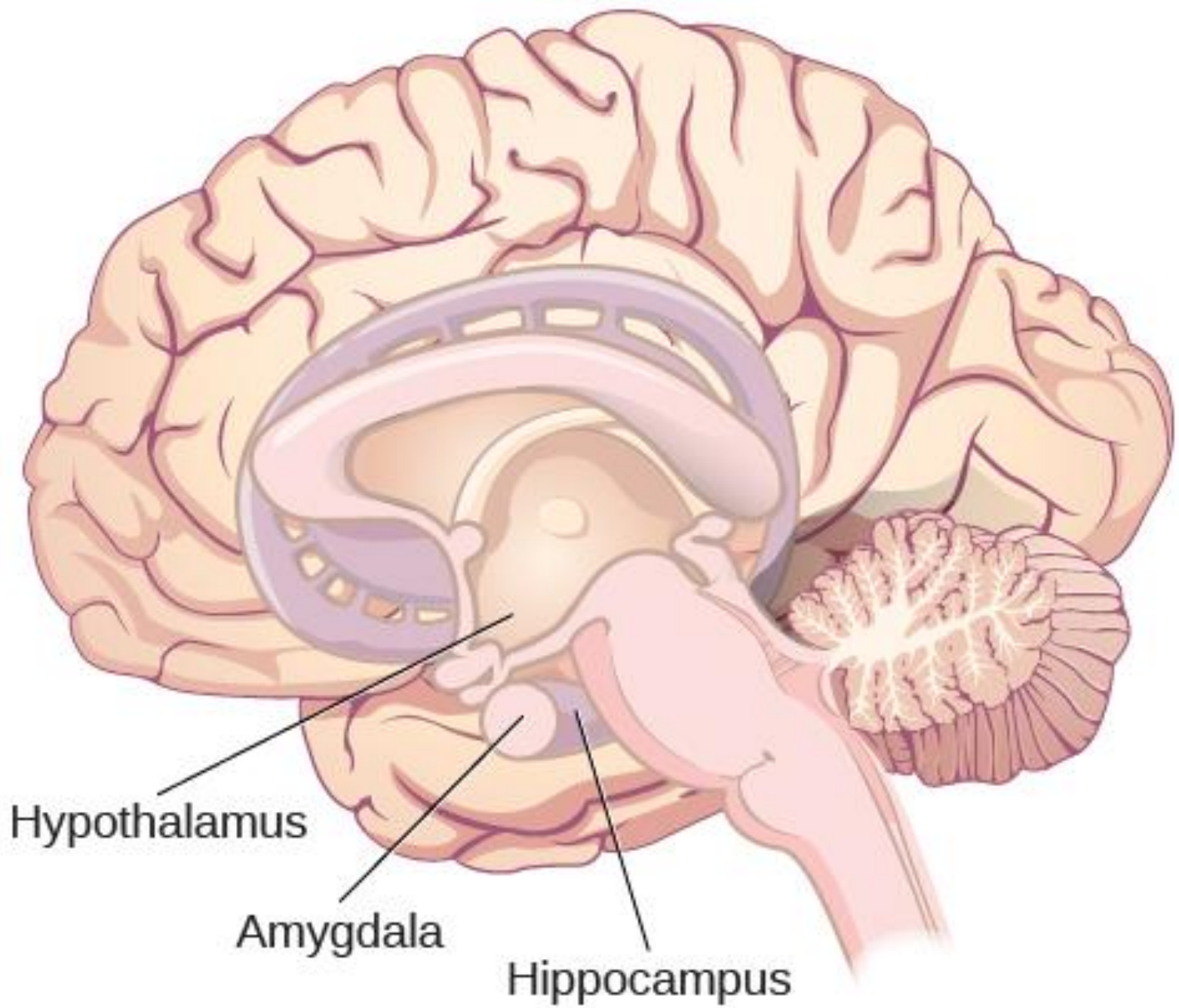


MRI Scans



Mindsight by Daniel Siegel





Resilience

- Werner
- Rutter
- Masten
- The person
- The Journey
(relationships)
- The country to be
journeyed through



Rob Brown



Strengths

- Connected to:
- whanau,
- at least one caring adult
- School
- community
- Belonging to a group
- Developing a skill
- Helping others
- Developing identity
- Taking on responsibility
- Making a contribution that is valued



Reframe

- Dopamine
- Risk taking = Reward Seeking



© Mike Leeds/Red Bull Illume



Wellbeing

- Mental Health
- Wholeness
- Mindsight
- Mindfulness
- Spirituality
- Physical
- Maslow's hierarchy



HEEEEEADSSSSSS

- Home
- Education
- Employment
- Eating
- Exercise
- Activities
- Drugs
- Sexuality
- Suicide/Mental Health
- Spirituality/Culture
- Significant Events
- Safety
- Strengths

Berman, Goldenring and Cohen
• (Bagshaw)



Engagement

Whanaunatanga

- Who you are, who they are,
- Pronouns
- Complement

Cognitive developmental stage

- Future thinking
- Concrete/abstract thinking
- Complexity of thinking
- **Acknowledge and validate emotion**



A Biopsychosocial Screening Tool



- A screening tool
- A tool for engagementAn opportunity to develop rapport
- A tool for management planning : assists the professional to cover their strong areas as well as gaps
- Provides an overall impression of vulnerability and protection

Use of HEADSS



- Move from the less sensitive to the more sensitive
- Move from the third person approach to the personal
- Avoid Dunno
- Be keen to get to know this person



Focus

- Reason to be with you
- Living Environment
- What's happening in the day – study, work, sleep, screen time, activities, friends
- Mood and Anxiety levels
- “Self treatment”



Be Curious

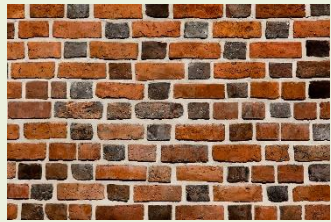


What's going on underneath

- Significant Events



Environment for Development Whanau (Parents)



Authoritarian



Authoritative



Permissive



Neglect

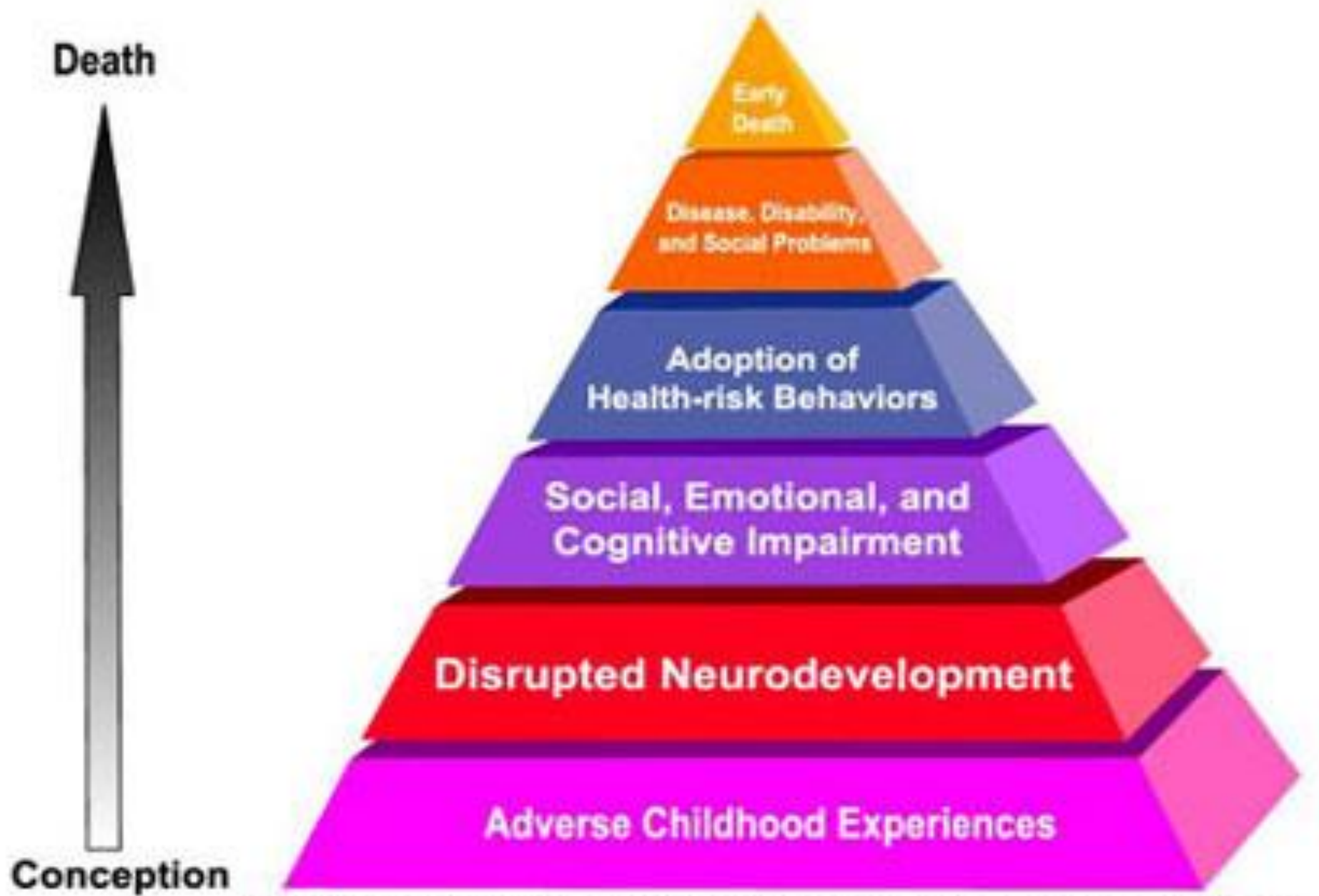


Let's be
Friends

Adverse Childhood Experiences

- **Growing up (prior to age 18) in a household with:**
 - Recurrent physical abuse.
 - Recurrent emotional or verbal abuse.
 - Sexual abuse.
 - Emotional or physical neglect.
 - Natural Disasters
 - An alcohol or drug abuser
 - An incarcerated household member.
 - Someone who is chronically depressed, suicidal, institutionalized or mentally ill.
 - Mother being treated violently.
 - One or no parents.



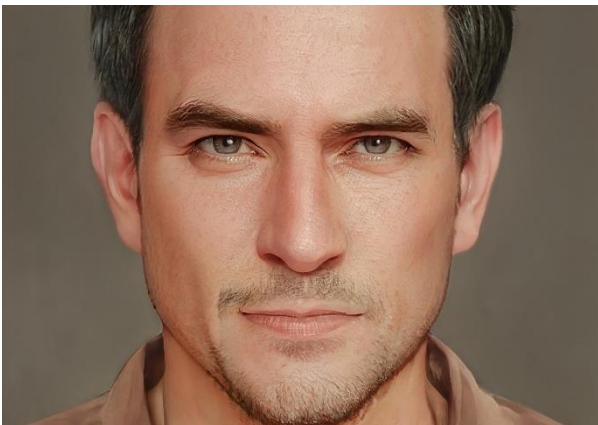


Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

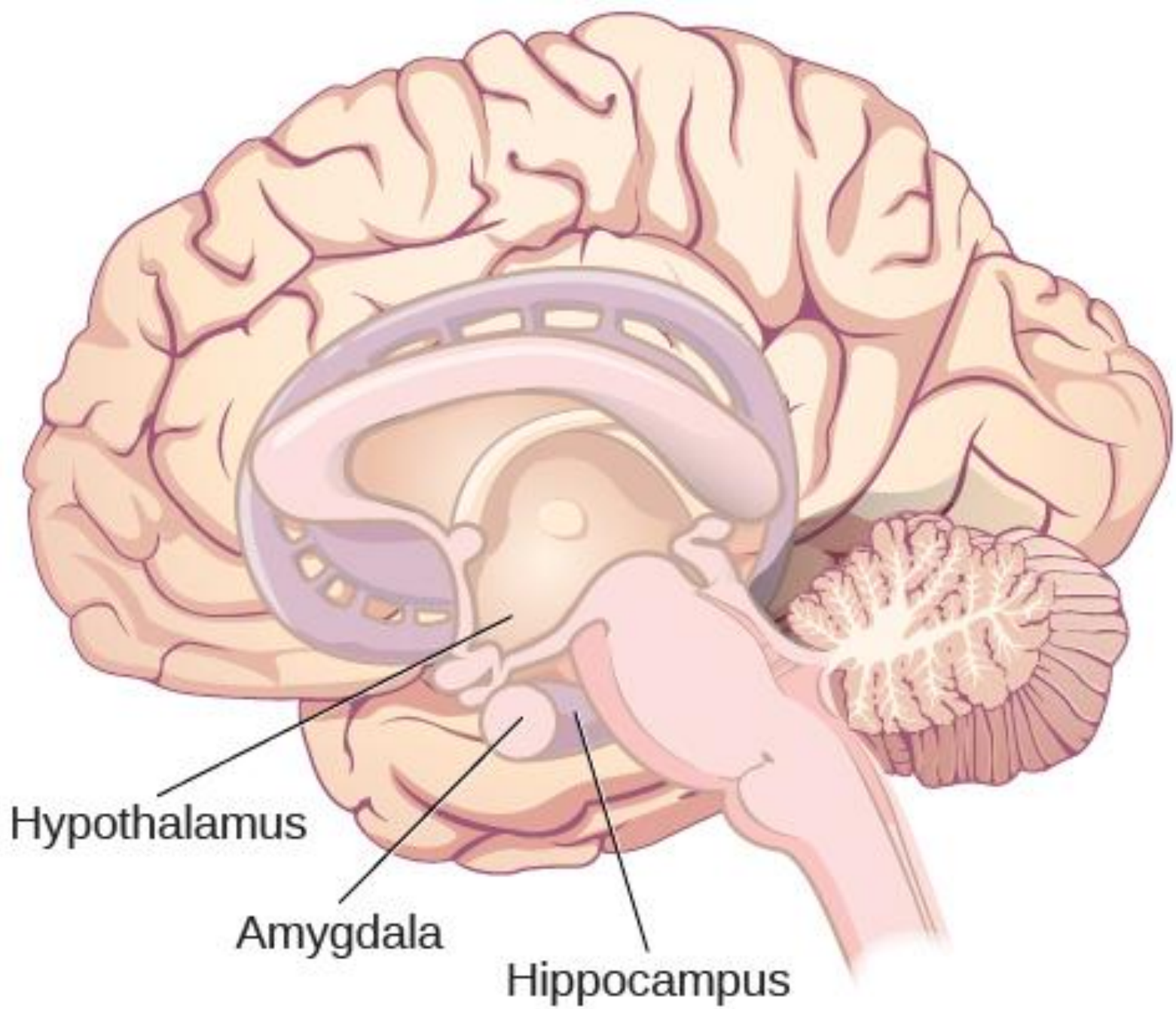
Colonisation as a Trauma

- Land dispossession;
- Mass settler immigration;
- Language suppression;
- Warfare;
- Denying access to culture;
- Forced assimilation and depopulation while also being discriminated against,
- Marginalized and subjected to racism which is structural, systemic and hegemonic





Trauma and Brain Development It's all about timing



Behaviour is a Form of Communication

- Frustration of emotion provoking behaviour
- Behaviour as language - so crucial for trauma informed workers.
- “what is this young person trying to communicate with me right now?”
- Listen with your eyes not just your ears
- Self harm and suicide
Could be seen as methods of communication
- What strengths can you find?
- How did they respond to the trauma?
- Ask what did you do rather than what did you feel

Gaining Information

Why?

- Differentiating between symptom groups –PTMI, anxiety, depression, grief, ASD, ADHD
- Gain information to use against them
- Whoops help them change
- BEARDS
- Bite your tongue
- Express Empathy
- Avoid argumentation
- Roll with resistance / Reflection
- Deploy discrepancy
- Support self efficacy



Tips

- Avoid Dunno
- Acknowledge and validate emotion
- Remember Cognitive Developmental stage
- Be sure to use a strengths based perspective
- Leave the young person feeling better – there is hope
- Be practical
- Be keen to get to know the young person
- LISTEN TO UNDERSTAND

