



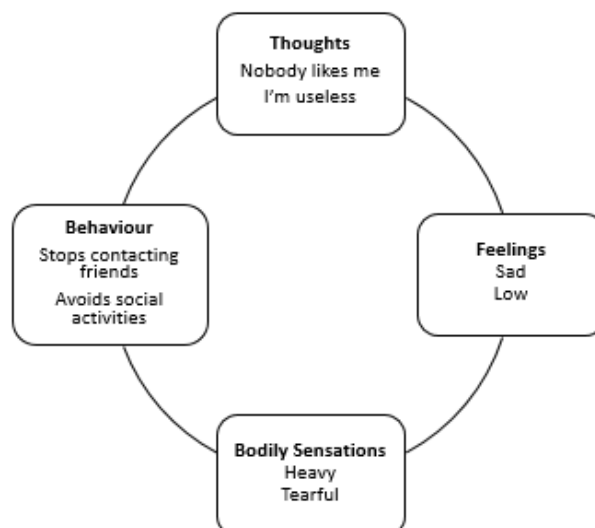
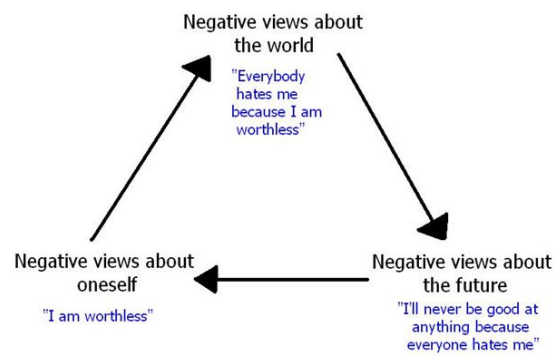
Adolescent Mental Health & Development

Mental Health (Seminar): Interventions & Vulnerable Groups

Interventions

- CBT
- Mindfulness-based approaches
- Counselling
- Narrative therapies and storytelling

Beck's cognitive triad



Mindfulness

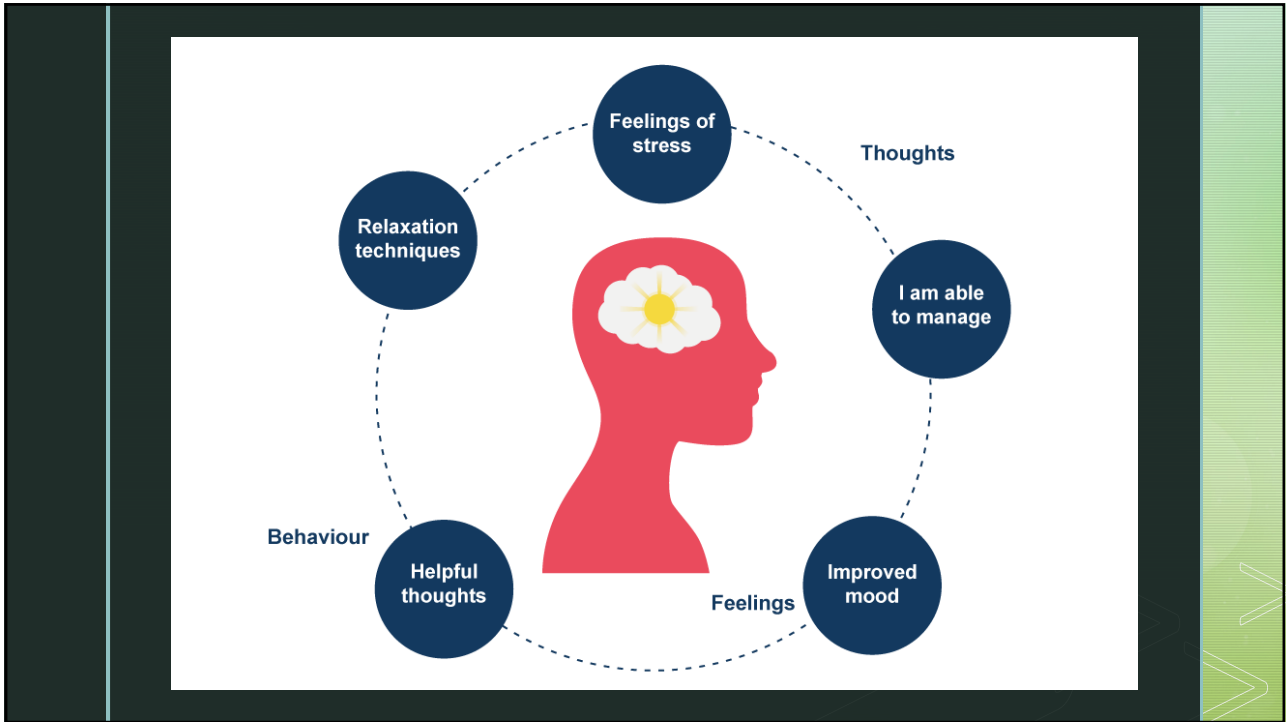
- Mindfulness in schools: <https://www.med.unc.edu/phyrehab/pim/mindfulness-program/mindfulness-for-adolescents/>

12 Ways to Practice Mindfulness

www.thepathway2success.com



Clipart by Kate Hadfield & Sarah Pecorino



HOW TO CRUSH ALL-OR-NOTHING THINKING

Describe the situation.

(Current) Thoughts, Emotions, Actions	(New) Thoughts, Emotions, Actions
Capture the stories you tell.	What thoughts would create the new emotions?
Pinpoint the emotions your story triggers.	What emotion would drive the desired action?
Describe the result of your thoughts and emotions.	What is your desired action?

Stop, Rewind, Rethink

Identify an anxiety-provoking thought and let this thought in the first box. Observe how this anxious thought is not based in reality, and in the second box, note how this thought is coping rationally thinking. Make note of how to dispense the anxious thought, in the third box, make note of a positive and healthy self-talk phrase to combat the anxious thought. This might include facts to dispense your anxious thought.

STOP

Identify your anxious thought. Think of a self-talk phrase to stop this thought and write it in the box.

REWIND

Notice that your brain is skipping over rational thinking and going into worry thinking. Write down how you will calm your brain's rational back into rational thinking.

RETHINK

Identify facts to dispense your anxious thinking and write them in the box.

Practice 1



1. Complete the worksheets provided on Moodle



2. Create your own 'positive thoughts' worksheet for adolescents.



Vulnerable Groups

- Looked after young people
- LGBTQ adolescents
- Homeless young people
- Asylum seeking and refugee young people and families
- Young carers
- Black and minority ethnic young people

Young Carers

- Steep decline in mental health of young carers and young adult carers following Coronavirus outbreak: <https://carers.org/news-and-media/news/post/51-steep-decline-in-mental-health-of-young-carers-and-young-adult-carers-following-coronavirus-outbreak>



BULLYING AND LANGUAGE

- **Nearly half** of lesbian, gay, bi and trans pupils (45 per cent) – including **64 per cent** of trans pupils – are bullied for being LGBT at school
- **Half** of LGBT pupils (52 per cent) hear homophobic language 'frequently' or 'often' at school, **more than a third** (36 per cent) hear biphobic language 'frequently' or 'often', and **almost half** (46 per cent) hear transphobic language 'frequently' or 'often'
- The majority of LGBT pupils – **86 per cent** – regularly hear phrases such as 'that's so gay' or 'you're so gay' in school
- **Nearly one in ten** trans pupils (nine per cent) are subjected to death threats at school
- **Almost half** of LGBT pupils (45 per cent) who are bullied for being LGBT never tell anyone about the bullying



About Us

Ethnic Minorities & Youth Support Team was set up in 2005 by a group of ethnic minority young people in Swansea.

It aimed to fill a gap in provision for young BME people aged 11-25 by providing a targeted, culturally sensitive and holistic support service to meet their needs.

Since then, EYST has expanded its mission and vision to also meet the needs of BME young people, families and individuals including refugees and asylum-seekers living in Wales. It does this through the provision of a wide range of services including education, employment, health, family support and community safety. We also aim to challenge and counter negative stereotypes about ethnic diversity and to increase awareness and understanding about the diverse communities who live in Wales, improving community cohesion.

Thanks to funding from a range of funders, EYST now employs a team of 35 staff, based across Wales in Swansea, Cardiff, Newport and Wrexham. We also have an active and growing volunteer team of over 100 volunteers.

EYST is award-winning and recent National awards include the top prize of 'Most Admired Organisation' in the WCVA (Wales Council for Voluntary Action) Third Sector Awards Cymru in 2015, 'Best Third Sector Employer' in Chwarae Teg's (a Gender Equality Organisation) Womenspire Awards in 2016. We also achieved the prestigious Investors in Volunteers Award in 2015, and CWVYS' (Council of Wales Voluntary Youth Services) Quality Mark for Workforce Development.

EYST provides training & consultancy to a wide range of organisations and also provides training services for individuals and young people. EYST is a registered Charity No. 1152486 and a Company Limited by Guarantee Reg. No. 6709767.

Practice 2



1. Read the personal stories provided on Moodle.



2. Carry out a thematic analysis of the data.