

3 Badly Behaved Teens Strategies for Managing Behaviour Problems in Adolescents

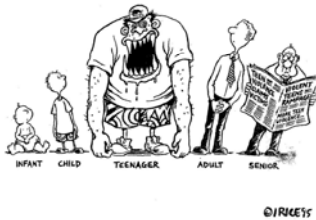


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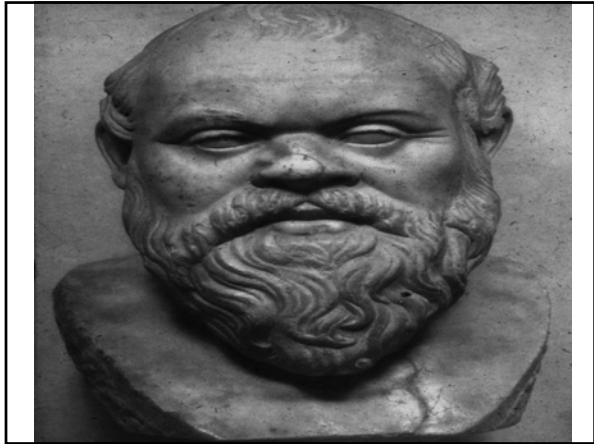
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THE FIVE STAGES OF MAN



John Wilmot (1847-1880) Earl of Rochester

- “ Before I got married , I had six theories about raising children ; now I have six children and no theories “ .



Objectives

- Review some practical strategies for managing difficult adolescent behaviour
- 3 case studies – Challenging, Worse, and Really Difficult
- What can a busy Family Doctor do?
- Resources

Main Points

1. Stage of Change & Harm Reduction
2. Socratic Approach
3. Collaborative Problem-Solving Approach (Dr. Ross Greene)
4. “Do the best you can”

How ?

Adolescent



Sociological Research 4 Factors:

1. Lots of Love
2. Lots of Attention
3. Lots of Structure , Rules , and Consistent Limits
4. Don't Spoil...only what they need plus a little bit more

Responsibility Ratio related to Control / Influence ?

Preschool / Parent

10 : 90

School Age / Parent

50 : 50

Adolescent / Parent

90 : 10

Adolescent Development

- **Autonomy**
- **Identity**

- **Things usually eventually change – nothing lasts forever**
- **Allow them to Struggle but not Suffer**

What does a parent control?

- **Control :**
 - Money (including car and computer)
 - Time
 - Approval
- **No Control :**
 - Friends
 - Effort at school or sports
 - Drugs and other “Sins”
 - Eating, pooping, peeing

Some General Principles

- **Acceptance does not necessarily mean approval**
- **Your goal is to ultimately help your child be independent (even from you)**
- **Pick your battles**
- **Negotiate / Bargain**

**Behaviour Management
for Adolescents**

- Consequences including Punishment and Corporal Punishment
- “Natural Consequences”
- Positive Reinforcement
- Negative Reinforcement

**Collaborative Problem-Solving
Dr. Ross Greene**

- Book:
 “The Explosive Child”
 (& Adolescent)

“People do well if they can....”
(vs. Children do well if they want to...)”

**Collaborative Problem-Solving
Mantra**

Behind every challenging
behaviour is an unsolved
problem, a lagging skill, or both

**Collaborative Problem-Solving
Cole's Notes version**

Plan A – Impose adult will

- “Do it because I’m telling you to”
Imperative
- Most common , default approach
- “No...” , “You must...” , “1,2,3...”
- Usual default approach

**Collaborative Problem-Solving
Primer**

Plan C – Drop it (for now at least)

- Ignoring can occasionally be
sensible “...ok...”

**Collaborative Problem-Solving
Primer**

Plan B -

- Collaborative Problem-Solving
- Working together to figure out
what is causing the challenging
behaviour(s)
- “so...what’s going on?”

Research

- Collaborative Problem-Solving
- The Engagement Model
- The Sanctuary Model

Transtheoretical Model of Change

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance
- Relapse

Motivational Interviewing

- Socratic approach
- Responsibility for change is left with the individual
- Therapist / Parent does not assume an authoritative role

Motivational Interviewing

- Strategies are more persuasive than coercive, more supportive than argumentative
- Overall goal is to increase the patient's intrinsic motivation so that change arises from within

**“ Democracy is the worst possible system , except when you consider the alternatives “ .
Winston Churchill**

Harm Reduction

Communication Summary for Parents & F.P.

- Socratic Approach
- Collaborative Problem-Solving
- Motivational Interviewing with awareness of Stages of Change
- Harm Reduction
- “Together We Stand...”

Winnicott

**The
Good Enough
Parent**

G.P. Mental Health Initiative

- High risk patients meet criteria:
- i) Axis I diagnosis
- li) Acuity causes functional interference → Management plan
- G14043 (Min 30 minutes)- \$100.00

G.P. Mental Health Initiative

- Once MH Plan created → 2 supports
- 1. G14044: GP Health management fee (20 minutes with value= 00120 x 4 per year)
- These are in addition to 4 x 00120
- 2. G14049: Mental Health Telephone/ Email Management fee \$15.00 x 5 in 18 months

Confidentiality

- Who is your patient?
- Confidentiality is trumped only by
Safety – Harm to Self
or
Harm to others

Diagnosis ?

- Clinical Interview
 - Collateral Information
 - *** WEISS Diagnostic Screen ***
 - this can be completed by
adolescent & parent while in waiting
room → takes 10 minutes
 - FREE and One size fits all
- www.caddra.ca

3 Selected Problems

- 1. Challenging (Tyler)
- 2. Worse (Crystal)
- 3. Really Difficult ! (Justin)

Tyler

- 15 year old, grade 10, 11 year old brother, divorced parents x 8 years
- Missed 3 months school
- Internet games until 0400 (WoW)
- Sleeps 12 hrs, decreased energy and socialization, increased weight, grumpy++, argumentative
- Won't see Dad → too strict

Crystal

- 13 y.o. , gr 8, 18 y.o. sister, high-functioning parents – work full-time
- Hanging out at mall, skipping school
- Binge drinking and Marijuana ++
- Break up with boyfriend → cutting
- ODD: arguing, swearing, refusing
- Marks dropping, bingeing & purging
- Emergency for OD Tylenol x 8 tabs

Justin

- 16 y.o., gr 9-10 but not attending x 6/12, 3 sibs, chronic marital discord
- “Gang” peer group x 2 years
- Car theft, assault, concealed weapon, dealing drugs, using MJ, Coke, E, etc
- Hostile, aggressive, owes \$\$
- Says “Life is shit – I should jump off bridge”

**Tyler – First visit
G14043 (30 minutes)**

- What's going on? ... Diagnosis?

**Tyler - Management Plan
What would you do?**

**Crystal – First Visit
G14043 (30 minutes)**

- What's going on?....Diagnosis?

**Crystal
Safety first – is she Suicidal?**

**Justin – First Visit
G 14043 (50 minutes)**

- What's going on?...Diagnosis ?

Where to refer ?

- ** Kelty Resource Centre at BCCH ** one-stop shopping (604-875- 2084)
- BCCH Concurrent Clinic (604-875-5332)
- Urgent Community Teams (CART 604-874-2300)
- Parents Support Services (604-669-1616)
- EAP / Private Psychologist
- Local Mental Health Team (phone Kelty Centre)
- Family Services (MCFD) (604-731-4951)

Books

- * ODIN Books* 1110 West Broadway
- “The Explosive Child”- Ross Greene
- “Systematic Training for Effective Parenting of Teens” - Dinkmeyer & McKay
- “Surviving your Adolescents” – Thomas Phelan (“1-2-3 Magic”)

