



Adolescent Training Scenario - Brandon

Brandon is a 15-year-old adolescent from a small rural community. He lives with his parents Brett and Stacy, and his older sister Leila who is 17 and doing the HSC. Brandon presents with his parents at the GP.

Domain 1 – Symptom severity and distress

For the past two years, Brandon has been quiet and mostly avoids eye contact with people he meets. His parents thought he was being a moody teenager, but they have noticed that things seem to have worsened over the past six months and report that Brandon has been acting strangely for the past two weeks. He has become snappy and verbally aggressive towards them and his sister; his sleep has been disturbed – they have heard him pacing the house at night – and they are pretty sure that he has been talking and laughing to himself at times. Brandon is not active at home with hobbies or interests.

Domain 2 – Harm

Brandon denies suicidal ideation or self-harm – past or current. Brandon's mother is concerned about his safety.

Domain 3 – Functioning

Brandon has never been confident in school; however, there are no noted changes in his academic performance. Socially, the school has noted the same recent concerns as his parents (withdrawn, limited eye contact, pacing at school and irritability with teachers). He is withdrawn from most peers, except for a couple of longstanding friends. Brandon also has recently shown lapses in his self-care, occasionally forgetting to shower and needing prompting to wear clean clothes to school.

Domain 4 – Impact of co-existing conditions

Brandon uses marijuana to try and 'chill out' - his few friends and their older brothers persuaded him to try marijuana for the first time at age 13. Since then, Brandon has consistently used marijuana with more heavy use (daily) over the past few months.

Domain 5 – Service use and response history

No history of seeking access to, or use of, services for a mental health issue.

Domain 6 – Social and environmental stressors

Brandon doesn't identify anything worrying him, but his parents report that the transition to high school was hard, and Brandon never really settled in. His parents report that he is often bullied and ridiculed at school. However, when they offered, Brandon refused to move schools because he didn't want to leave the friends that he has.

Domain 7 – Family and other supports

Brandon has very few supports beyond the immediate family. His father travels regularly for work and his mum is not often around in the afternoons and early evenings due to their daughter's sporting and dance commitments. There are no connections with extended family.

Domain 8 – Engagement and motivation

Brandon's family are open to seeking assessment and support for their son. They have a limited understanding of what might be happening for Brandon but indicate a willingness to help him. Brandon's mum is worried about the cost of services and says that might be an issue. Brandon has not expressed any interest in getting help but is not likely to actively resist attending services.