



Adolescent Training Scenario - Reed

Reed is 16 years of age and in Year 10 at the local high school. Reed was assigned male at birth and uses they/them pronouns. They have recently been seen by their GP as Reed's mother is concerned about them. The GP has sent a referral through to headspace requesting Reed be seen for support with managing anxiety. The intake worker has also had a conversation with Reed's mother who gave details regarding their concerns.

Domain 1 – Symptom severity and distress

Reed describes feeling worried and isolated at school especially when their friend Blake is sick or away – and has had a number of days this term (about one every fortnight) where it has felt too hard to attend.

Over the last six months they have felt increasingly anxious – sleeping ok, but feeling nauseous, 'over-thinking things' and a bit panicky, particularly in social situations. Reed hates having to participate in group activities, especially sporting activities. Although there haven't been any problems with bullying at high school, they were teased at primary school for not being sporty. Reed describes their school as being 'obsessed by sports achievement'.

Domain 2 – Harm

Reed denies any current thoughts of suicide. They say they have 'thought about it' fleetingly in the past but would never do anything like that because it'd 'destroy' their mum. Reed reports that they tried cutting themselves in year 7, but it just hurt and didn't do anything for them, so they wouldn't do it again.

Reed says there is always alcohol at their dad's house as their step mum is 'an alcho'. When staying with their mum, Reed reports that they will spend time with their mum or pet dog when feeling anxious.

Domain 3 – Functioning

Reed's mother is worried that if the anxiety gets worse, Reed's attendance at school will deteriorate further and impact their grades. At present, they have been keeping up their work even when they've had days off – although they report struggling at times with concentration when the anxious thoughts are particularly intrusive. Reed has a part time job at a local café and has been doing 2-3 shifts per week which they love – everyone there is chill and makes them feel welcome.

Domain 4 – Impact of co-existing conditions

Reed reports no co-existing conditions. They say they have tried alcohol but didn't like the taste and aren't interested in vaping or other drug use. Reed says they are not considering seeking any gender-related interventions.

Domain 5 – Service use and response history

Reed says that they felt quite anxious in primary school and attended a group CBT anxiety management program (Cool Kids) which helped to manage worries at the time and says they didn't really feel anxious again until this year. Early in the year they visited the school counsellor and enjoyed that, but that person has moved schools, and Reed doesn't like the new counsellor, who they called 'judgy'.

Domain 6 – Social and environmental stresses

Reed's parents divorced when they were 10. It was a relatively amicable divorce with Reed saying they didn't think it was such a big deal as they weren't happy. Reed now stays with their mother 12 days a fortnight, spending every second weekend at their father's house. Reed's maternal grandfather died last year. Reed reports that 'pappa' was their favourite person in the world, and they still feel sad that he's gone.

Domain 7 – Family and other supports

Reed has one younger sibling, Sian, who is 'super sporty' and 'gets on with everyone'. Reed has a close friend at school, Blake, and a small group of other friends that they sit with at lunch. Reed and Blake hang out together some weekends and, on the holidays, but mostly they just talk online outside school. Reed feels close to their mum, Dana, and relies on her for emotional support. However, Dana works long hours 3 days a week. Previously, Dana's father lived with them and was home each afternoon with Reed. Reed describes their father as a nice guy, but thinks he is pushed around (not physically) by his partner who Reed dislikes. Both of Reed's parents try to use Reed's they/them pronouns.

Domain 8 – Engagement and motivation

Reed was initially reluctant to engage but expressed strong motivation to stay on top of their schoolwork, as they are keen to pursue study as a paramedic in the future. They report that they are hoping that they can learn some new up to date skills to manage their worry as it is stressing their mum out.