



Child Training Scenario - Crystal

Crystal is a 5-year-old child who lives with her parents Hayley and Chang. Hayley has brought Crystal to the GP because she is having tummy pains. Crystal started her first year of school 4 months ago (Kindergarten/Prep).

Domain 1 – Symptom severity and distress

Crystal is complaining of tummy pains. After ruling out physical cause, you ask about any potential stress or worry that Crystal might be experiencing. Hayley describes changes in Crystal's mood (describing her as 'not her usual self' and 'a bit grumpier than usual') and explains that she has been unusually withdrawn over the last 4 months. She has shown less interest in doing things that she previously enjoyed such as going to the park or singing along to music.

Domain 2 – Harm

Hayley does not have any concerns about harm when asked. You don't identify cause for concern in relation to abuse, exploitation or neglect.

Domain 3 – Functioning

Crystal's teacher is pleased with her schoolwork and behaviour in class. However, she has said to Hayley that compared to the previous term, Crystal now seems more shy and is less interactive with other children at lunch time. Crystal now typically hangs around the teacher on duty or sits on her own, where last term, she would seek out classmates to play with. She has met typical developmental milestones for her age.

Domain 4 – Impact of co-existing conditions

Crystal has good physical health apart from the tummy pain, which you have previously assessed, investigated and ruled out physical cause for. Her parents do not identify any co-existing issues.

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

Hayley says she and Chang are both trying hard to be good parents. They provide basic material support but do experience financial difficulties. Hayley admits she and Chang have been arguing lately, and Crystal regularly witnesses this. Hayley has worried that this is upsetting Crystal.

Domain 7 – Family and other supports

Hayley and Chang have an extensive social network but aren't sure they could call on anyone particular for help or support. Crystal is very fond of her class teacher and has several 'big' cousins whom she loves spending time with and being babysat.

Domain 8 – Engagement and motivation

Hayley says she and Chang are worried about the changes they have seen in Crystal and are interested in getting help for Crystal, and to help them deal with the stress at home. They are also worried about finances and Hayley asks for services that bulk bill.