



Adolescent Training Scenario - Marla

Marla is a 12-year-old girl living with her mother in a three-bedroom public housing complex in a large city. She has two brothers, aged six years and six months, respectively. Marla's mother has approached her GP for advice on what to do for Marla.

Domain 1 – Symptom severity and distress

Marla has trouble sleeping and usually ends up in her mother's bed at night. She often appears sad but brightens up when interacting with her baby brother. Marla makes minimal eye contact and refuses to stay without her mother present in the room, usually breaking into tears if left alone. Marla is extremely shy and stays close to her mother, often fussing over the baby.

Domain 2 - Harm

There is no identified risk of suicidal ideation or self-harm.

Domain 3 – Functioning

Marla has lost all interest in attending school and has been spending most of her time at home helping her mother with the baby. Previously, she had been described as a pleasant student and achieved average grades, with good physical health and normal developmental milestones. Marla's mother is concerned about her school refusal and admits her school attendance has also been patchy over the last 12 months.

Domain 4 – Impact of co-existing conditions

No co-existing conditions have been identified.

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

In the last 12 months, Marla has suffered the loss of her maternal grandmother, aged 54 years, through chronic illness, and her father, aged 30 years, from an acute myocardial infarction.

Domain 7 – Family and other supports

An extensive family system supports Marla's family with several aunts and paternal grandparents, and there are often additional relatives staying in the home.

Domain 8 – Engagement and motivation

Her mother has become concerned about Marla's future and wants advice on what to do. She is nervous about engaging with services. Until recently she has been happy to keep Marla at home rather than send her to school and is worried about the repercussions of this decision.