



Adolescent Training Scenario - Lucy

Lucy is a 17-year-old high school student in grade 11 at the local high school. She lives with her mum Billie and Billie's long-term partner Lisa. Lucy's parents separated when she was 2. Lucy's father lives interstate with his partner and 3 other children. Lucy sees him occasionally when he is in town for business, and they talk on the phone every few months.

Domain 1 – Symptom severity and distress

Lucy reports feeling anxious for the past 7 months, with restlessness, 'feeling hyped up', and worried about things outside her control (e.g. like whether the school bus will be on time or not). Lucy is not sure if she has had a panic attack but reports two instances where she has experienced feeling overwhelmed by panic with trouble breathing. The symptoms are not improving.

Domain 2 – Harm

Over the past few years, Lucy has occasionally cut her arms but only superficially. She explained this as how she deals with elevated levels of stress sometimes. She has never required medical intervention. Lucy hasn't told her mum about it because she doesn't want her to worry, saying, 'it's nothing, really'.

Lucy says she has never contemplated taking her own life.

Domain 3 – Functioning

Lucy's mental health is impacting her interest and commitment to school. She reports that she has missed several classes each week and handed in assignments late. Lucy does one subject by Distance Ed and reports that she doesn't like the online learning arrangements. She has a good friendship network and sees her friends regularly.

Domain 4 – Impact of co-existing conditions

Lucy has been vaping for the past 18 months with more frequent use this year. She experiences very heavy painful periods that last for a week to 10 days - the GP is investigating as they seem to be getting worse.

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 stresses

Lucy is uncertain about continuing at school. She is experiencing course-related pressures (high study workload and exam stress) and says she'd rather start a jewellery-making apprenticeship.

Domain 7 – Family and other supports

Lucy's family is loving and supportive and report they are eager to see Lucy feel better. Both Billie and Lisa work full time in demanding jobs, so she spends most of her afternoons and before school alone, but Billie has said that she will take some time off to help Lucy if necessary.

Domain 8 – Engagement and motivation

Lucy has a strong desire and wants to access a service as soon as possible. However, you note that Lucy didn't follow through with a previous discussion about implementing a better nighttime routine to help improve her sleep.