



Child Training Scenario - Charlie

Charlie is a 9-year-old boy who lives with his mother, Kate and father, Chris. Chris is a real estate agent, and Kate works part-time in administration. Charlie has no siblings.

Domain 1 – Symptom severity and distress

Kate is becoming worried about Charlie as she has noticed he has changed over the past three months or so. He doesn't seem himself - he's more easily upset with small frustrations and is spending much more time in his room; or in the shed with Rex's old things (sometimes for an hour or more). Rex was the family dog who died of old age about three months ago. Charlie has also wet the bed about 4-5 times over the past few months, something he has not done for years. He is increasingly getting into trouble at school for distracting the class or starting arguments. Charlie has also started to have temper outbursts at home – Kate says afterwards, Charlie has reported feeling “angry and mean”. Charlie says he feels “sad” about Rex dying because he was like a “best friend” or a “brother”.

Domain 2 – Harm

Kate does not have any concerns about harm when asked. Charlie has never expressed any suicidal ideation or self-harm behaviours.

Domain 3 – Functioning

At school, Charlie has typically been a below-average student. Still, his teachers have noticed that his performance in school tasks has deteriorated and is now far below his year level. He also displays some challenging behaviours (distracting the class, argumentative). This was raised at the most recent parent teacher interview and the teacher rang Kate again last week after Charlie pushed another student during a playground argument.

Domain 4 – Impact of co-existing conditions

At the two previous parent-teacher interviews, there was mention that Charlie may be displaying ADHD symptoms. However, this has not been formally assessed. The GP has excluded organic causes for bedwetting.

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

Chris and Kate are experiencing relationship and financial concerns, and there are frequent arguments within the household.

Domain 7 – Family and other supports

Charlie and his parents are estranged from the extended family. Kate reports she has excellent support from the neighbours and the local church and that the Principal and Charlie's teacher are also supportive. Charlie has some neighbourhood friends that he enjoys riding bikes with.

Domain 8 – Engagement and motivation

Kate is motivated to seek support for Charlie; however, she mentions that she raised previous parent-teacher interviews with Chris, and he didn't agree there was a problem. She is unsure if he will support her current concerns about Charlie's behaviour or agree to a mental health referral.