

SERIES TWO

**WORKING with
YOUNG ADULTS
and ADOLESCENTS**

This video demonstrates a range of key counselling skills in working with young adults and adolescents with both mental health and drug related problems. It is an invaluable tool for mental health and drug workers who encounter clients with co-existing mental health and drug problems in the course of their work. Featuring interviews in both alcohol and drug, as well as mental health settings, it illustrates the commonalities across the two areas.

This program features two counselling sessions:

Session 1 -

A 16 year old adolescent referred for counselling is assessed as also suffering from depression. She presents at a mental health agency.

Session 2 -

A young adult concerned about her anxiety and panic attacks, as well as her amphetamine use. She presents at an alcohol and drug agency.

The Interviews illustrate:

- General counselling skills
- Assessment of both drug and mental health concerns
- Motivational interviewing
- Interaction between mental health and drug related problems

Time: 29 minutes

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THERAPEUTIC JOURNEYS
Mental Health & Drug Problems



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