

OVERVIEW ADOLESCENT ASSESSMENT TOOLS

COMMUNICATION SKILLS

OARS: To improve communication and help elicit information

- **O:** open-ended questions
 - *What kind of things would be helpful to talk about?*
- **A:** affirming statements
- **R:** simple reflections: after every 3-4 questions: paraphrasing
- **S:** summarising: pull together key themes of the discussion

RULES: To empower and motivate

- **R:** resist righting reflex
- **U:** understand/explore clients motivations
- **L:** listen with empathy
- **E:** empower client and encourage optimism
- **S:** support self-efficacy

ASSESSMENT TOOLS

STEP Developmental assessment: To assess developmental stage

- **S:** Sexual and intellectual development and growth
- **T:** Thinking
- **E:** Education and Employment
- **P:** interaction with Parent and Peers

HEEADSSS Behaviour and psychosocial assessment: To assess impact on health (see YPHSIG app)

- **H:** home life
- **E:** education and employment
- **E:** eating: weight, body image and dieting
- **A:** activities and access to supportive peer group
- **D:** drugs
- **S:** sex
- **S:** suicidality/mental health
 - 'As well as talking about physical health it is important to talk about mental health/mood.....'
 - **TRAM emotional assessment***
- **S:** safety and risk-taking behaviours and criminality
 - **CRAFFT screening tool** for substance abuse*
- ***TRAM: emotional assessment:**
 - **Normal adolescence angst**
 - Transient – comes and goes in phases
 - Reactive- to circumstances
 - Appropriate – to the age and developmental stage
 - Manageable - does not cause significant impairment



- ***CRAFFT screening tool for substance abuse**
 - C– Have you ever ridden in a Car driven by someone (including yourself) who was “high” or had been using alcohol or drugs?
 - R– Do you ever use alcohol or drugs to Relax, feel better about yourself, or fit in?
 - A– Do you ever use alcohol or drugs while you are by yourself, Alone?
 - F– Do you ever Forget things you did while using alcohol or drugs?
 - F– Do your Family or friends ever tell you that you should cut down on your drinking or drug use?
 - T– Have you ever gotten into Trouble while you were using alcohol or drugs?
- Diagnostic characteristics for the CRAFFT test (cut point score ≥ 2) in screening for substance abuse among adolescents*

- **WEARS: to assess whether to involve parents**
 - Wishes of the young person
 - Extent to which parents have contributed to problem and it’s maintenance
 - Age
 - Risks of harm may necessitate involvement of parents or other services
 - Support