

Handout 2:

D S P Lens for youth mental health

"To avoid DSP in adulthood, think **D S P** for the young"

D – Development

S – System of care

P – Presentation / PATTERNS

DEVELOPMENT:

What are the challenges a young person might face at this age and stage of life?



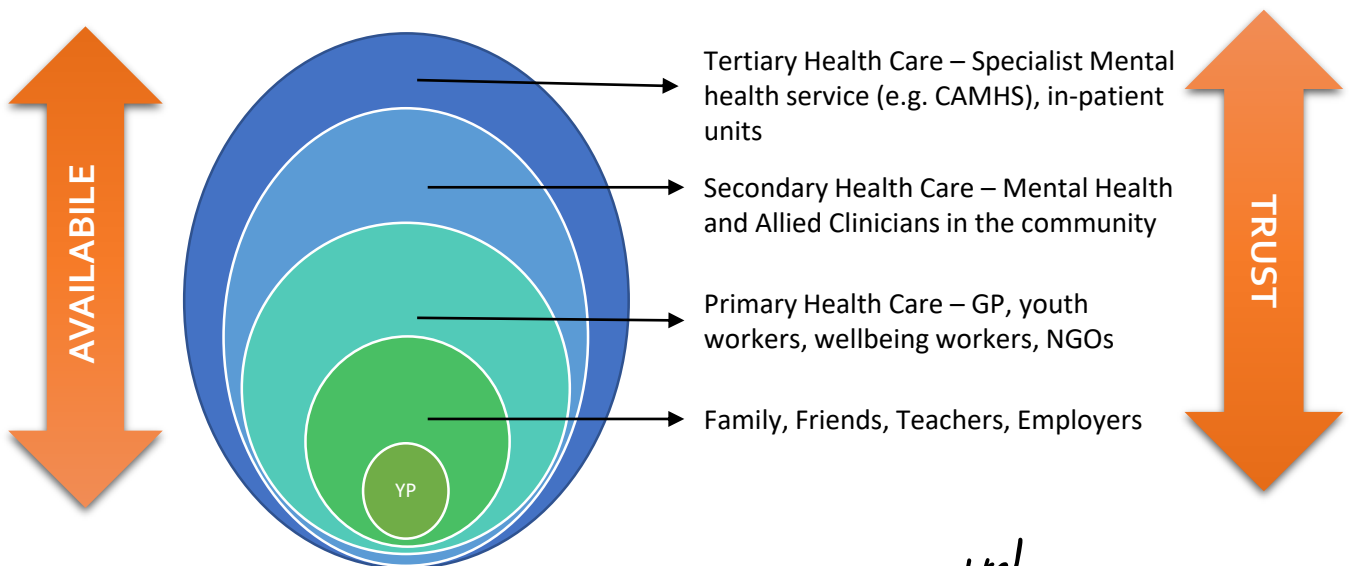
What does everyone expect from a young person of this age?

Which lagging skills make it difficult for this young person to fulfil expectations? What are their strengths?

Developmental disorders (suspected or diagnosed) – like Autism, ADHD, Learning disorder, Language Disorder, etc.?

SYSTEM OF CARE:

ROLES (and LIMITATIONS)



PRESENTATION / PATTERNS:

When did the pattern of emotions and behaviours start?

What makes it worse? What makes it better?

When do we not see the pattern?

Traffic Lights!

● YP able to collaborate

● Needs Patience and Safety net

● Needs IMMEDIATE ACTION!

Kindly note:

This HANDOUT is just a guide. There is NO requirement to write anything or fill a form on the consultation day, except a quick feedback after the consultation.