Mental Health in Adolescents.

By Kristina McMillan

Introduction:

Mental health concerns and disorders are common among adolescents; Bluhm et al., (2014) found that five to nine per cent of adolescents have serious emotional disturbances and approximately 20 per cent of adolescents will suffer from a mental health disorder.

There have been improvements in the health status for adolescents in New Zealand however there is still room for improvement in their overall health and wellbeing (Zonneveld, 2014). It is necessary to improve the awareness of mental health in adolescents so major mental health illness later in adulthood can be prevented by providing early interventions (Bulanda et al., 2014; Zonneveld, 2014).

How much awareness do young adolescents have on mental health and how can their perception be changed?.

Literature Review:

Through research these common themes were identified
-There was little mental health literacy and awareness in adolescents (Clark, 2014).
-The stigma around mental health stopped people from accessing mental heath services and can cause an individual to feel rejected by their peers (Alexander, 2009; Bulanda et al., 2014).
-Other implications such as suicide, early parenthood and unemployment results from little to no early intervention of mental heal in adolescents (Zonneveld, 2014).
-Factors such as socio-economic status, lack of education and several forms of abuse can influence mental health in adolescents (Bulanda et al., 2014; Clark et al., 2014).

Recommendations/ Action:

With the right treatment and support people are able to manage their mental health or identify that they have mental health problems before they have a highly negative effect on their wellbeing (Pirie, 2016). Having school based services will increase the mental health awareness and quality of mental health care (Langley et al., 2013).

There are multiple layers in a school system it is important for all of the school services to develop and engage in the need for mental health awareness. That includes the parents and families, mental health providers, district and school administrators and the students (Langley et al., 2013).

As nurses promoting mental health awareness and care to adolescents it will increase the knowledge and understanding they have on mental health and further screening for mental health should be done in schools and hospitals (Baskaran, 2012; Rosvall and Nilsson, 2016).

Conclusion:

Young adolescents are hesitant in engaging in the mental health services provided because of the stigma that is associated with mental health (Clark et al., 2014). Mental health awareness of adolescents should be increased so they are able to access the services without fear and know the signs and symptoms of mental health for them and their peers (Baskaran, 2012; Mental Health Foundation, 2017). Mental health awareness should be encouraged in schools, at home and in all health promoting environments (Langley et al, 2013).

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Some people learn better with visual methods which involves information being associated with visual images and could be presented in the form of a poster (Mayer and Massa, 2003). Posters are a useful way to be able to present specific information in a way that is effective (Sorenson and Boland, 1991). the publisher is able to present their information in an artistic manner which reflects the publisher as a person and really shows their interests. By presenting their information in a poster format they are able to showcase their work to a larger audience and it can also be useful to be used as a base for discussions about the information which helps develop a students communication skills and provides opportunities for peer learning (Sorenson and Boland, 1991)

For this reason i chose to present my work in the form of a poster. Adolescents mental health will be seen in all aspects of nursing and a poster will be able to be placed in multiple areas to reach a larger audience. the information in my poster will be useful and benefit nurses and by presenting it as a poster the audience will be able to read it quickly and be attracted to the visual images.

As a student i have come across many forms of mental health and am now only becoming aware of my peers in school who showed the signs and symptoms of mental health, because of this i think that adolescents need more knowledge an education around mental health and i think my poster will benefit others and help create awareness.

PECOT CATEGORY	Information relating to Question	Explanation
POPULATION	Young adolescents between the ages of 12 to 18 years	Mental health issues are on the rise in young adolescents. Support service and programs will help early intervention and increase the knowledge and health literacy of adolescents
EXPOSURE (intervention)	Young adolescents where there is limited mental health literacy and knowledge about mental health and early interventions that can be done to prevent mental illness	I will focus my literature review on young adolescent's mental health and how it can be made easier for them to seek help and access help.
COMPARISON/CONTROL	Young adolescents who feel they are unable to talk about their mental health and do not understand enough about mental health.	I want to see how much knowledge adolescent actually have on mental health and how this can be improved and how it can decrease the stigma around mental health.
OUTCOME	To be able to identify the most useful and appropriate methods and programs we can offer to young adolescents	I want to be able to understand mental health awareness is out there in young for adolescents and what methods and programs work best to increase awareness.
TIME	Adolescents between the age of 12 and 18	Adolescents between the age of 12 and 18

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