



BLACK DOG INSTITUTE

General Practice Education and Training

BLACK DOG INSTITUTE

Troubled Teens: Managing Adolescent Mood Disorders in General Practice

| | |
|--------------------------|--|
| Duration | 6-hours |
| Accreditation | <ul style="list-style-type: none"><input checked="" type="checkbox"/> 40 RACGP QA&CPD points in total or 7 ACRRM PDP points for participants who complete predisposing activity and reinforcing activity requirements.<input checked="" type="checkbox"/> Approved by the General Practice Mental Health Standards Collaboration (GPMHSC) for Mental Health Skills Training (MHST), formerly Level 1 initial |
| Pre-requisites | Completion of pre-reading and predisposing activity |
| Program Aims | <p>This program consists of an interactive workshop, examining mood disorders in the 12-18 year old age group, and introducing methods of identification and treatment of adolescents with depression within a general practice setting. The workshop will cover: normal adolescent development and strategies for engaging, assessment and diagnosis of unipolar and bipolar depression, appropriate use of medications and psychological interventions, and long term strategies. Participants will be presented with materials relating specifically to the management of adolescent depression, which will be discussed in the context of case management within general practice. Discussion will include analysis of complex factors such as co-morbidity, treatment options and risk-taking behaviours.</p> |
| Learning Outcomes | <p>By the completion of this Program, participants will be able to:</p> <ul style="list-style-type: none"><input checked="" type="checkbox"/> Describe normal adolescent behaviour and its interaction with presentations of mood disorders<input checked="" type="checkbox"/> Recognise unipolar and bipolar mood disorders in adolescents<input checked="" type="checkbox"/> Conduct risk assessment and manage appropriately<input checked="" type="checkbox"/> Devise a comprehensive treatment plan using a range of strategies<input checked="" type="checkbox"/> Assess risks and benefits of medication use and prescribe appropriately |
| Program Calendar | All dates for our training programs are posted on our website. |
| More Information | <p>Katie Denton General Practice Education Project Officer Tel: 02 9382 8518 Email: k.denton@blackdog.org.au</p> |

www.blackdoginstitute.org.au