## **Adolescent Mental Health: Problem Analysis Diagram**

## Social/Economic/Policy Level

### **Policy**

Inadequate screening & referral policies
Inadequate medical education policies

#### Social Issues

Need for public education Stigma & prejudice against Lesbian, Gay, Bisexual, Transgender (LGBT) youth

## System/Services

Lack of data

Need for partnerships across youth-serving,
suicide prevention, & LGBT youth agencies

Limited research on causes & prevention

# Family/Community/Institutional Level

### **Community/Institutions**

Inadequate screening
No agencies or services for referral
Lack of family, individual, & group therapy
Language/cultural barriers for LGBT youth
Stigma & prejudice against LGBT youth
Inadequate provider education

### Family/Home

Multi-generational mental health issues
Need for improved parental monitoring,
awareness, & involvement
Close & caring parents
Family support
Parents' awareness of bullying or mental
health

#### **Schools**

Safe school environment
Protocols for appropriate response
if adolescent is identified as at
risk of self-harm
Stigma & prejudice against LGBT
youth
Inadequate screening

### **Individual Level**

### **Sexual Orientation**

Being LGBT LBGT disclosure at early age

#### **Individual Characteristics**

Access to lethal means

Co-existing disorders
Experiencing bullying & harassment
Drug or alcohol abuse
Coping skills & problem solving strategies
Interpersonal interaction skills
Isolation

## **Supports**

Connection to supportive adults
Inadequate intervention & treatment
(PYD principles)

# Psychological/ Cognitive Factors

Atypical activity in specific brain areas & emotion circuitry Self-denigration & low self-confidence

## **Target Outcome(s):**

Hospitalization, emergency department visits, suicide attempts, suicide completion, depression, anxiety, stress, happiness, well-being, positive relationships, & self-worth

### **Consequences:**

Injury, death, lost quality of life, impact on relationships, medical costs, impact on school achievement, chronic mental & physical health issues