

Headsssss is a tool for engagement, a screening tool that helps gather information to form a picture of the context for the person and their presenting complaint. It is also a tool for planning what the next step should be, together with the young person

Headsssss is not a recipe to follow. It is a framework upon which to weave a conversation which eventually forms a bigger picture. Thus the questions don't stem from the letters in the order of the mnemonic, but from the answer given to the last question.

The aim is to gather information on parenting style, strengths such as sports, academic skills, artistic ability, people to talk to, groups to belong to and behaviours that may lead to harm such as unsafe sex, alcohol and other drug use, and mental health and abuse issues.

Home

- ◆ Who lives with you at home?
- ◆ Who makes the rules and what happens when you break them? Do you have your own room?
- ◆ Do your parents get on?
- ◆ Do they shout at each other or at you or your siblings?
- ◆ Do they hit each other or you or your siblings?
- ◆ Is there anyone you can talk to if you are worried about anything?

Education and Employment

- ◆ Do you go to school every day?
- ◆ Which school/what year? What subjects do you do?
- ◆ What do you do at lunch time?
- ◆ Have you been bullied/have you bullied?
- ◆ Are you involved in after school things?
- ◆ Do you do a sport?
- ◆ Is there anyone you can talk to if you are worried about anything?
- ◆ Do you have a job? If so what, how many hours?
- ◆ What do you do with the money you get?
- ◆ Is there anyone you can talk to if you are worried about anything?
- ◆ Do you volunteer?

Exercise and Eating

- ◆ How do you get to school?
- ◆ Do you exercise for fun?
- ◆ What sort of exercise do you like?
- ◆ What's your favourite take away?
- ◆ Who cooks at home and what?
- ◆ Does your family eat together?
- ◆ Do you worry about your weight?
- ◆ Do you control your eating?

Activities

- ◆ Do you do stuff with your family?
- ◆ What do you do with your friends?
- ◆ What music do you like?
- ◆ Do you belong to any groups?
- ◆ Do you go to parties?

Drugs

- ◆ Are you on any medication?
- ◆ Do you have any allergies?
- ◆ Do your parents smoke nicotine/cannabis or drink alcohol? Do your friends? Do you? – If yes, how much/how often?
- ◆ Do you ever use party pills? (E,P,BZP, etc)
- ◆ Have you ever used needles?
- ◆ Do you gamble?

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Sexuality

- ◆ What did you think of sex education at school?
 - ◆ Are your friends having sex? Are you?
- OR
- ◆ If it is ok with you I'd like to ask you about sexuality in case I can take this opportunity to help with contraception or check for sexually transmitted infections?
 - ◆ We know that some people are only attracted to the same sex, some people only attracted to the opposite sex, and some can be attracted to both, but only have sex with the opposite sex. If you want to talk further about this sort of thing let me know.
 - ◆ Have you ever been forced to have sex when you didn't want to?

Suicide

Mental health questions:

- ◆ Do you have good days and down days?
- ◆ Do you have more down days than good?
- ◆ How's your sleep?
- ◆ Do you sleep more or less than you would like to?
- ◆ Do you lie awake worrying?
- ◆ Do you worry a lot about other things?
- ◆ Does worry stop you doing what you would like to do?
- ◆ How are your energy levels?
- ◆ Do you feel hungry?
- ◆ Do you eat more than you would like to or less?
- ◆ Do you ever have negative thoughts?
- ◆ Do you ever harm yourself?
- ◆ Have you ever thought of killing yourself? (If so do you have a plan? Have you tried? Do you know anyone who has?)
- ◆ Do you ever hear voices?

Spirituality

- ◆ Does your family go to church/synagogue/temple/mosque?
- ◆ What do you think about it?
- ◆ For the older ones – Do you believe in something bigger than yourself?
- ◆ What culture do you identify with? (If Maori – Do you spend time on the Marae? Do you speak Te Reo? Do you know your whakapapa?)

Safety

- ◆ Do you get bullied at school?
- ◆ Has anyone tried to have sex with you when you didn't want to? Have you ever driven a car drunk?
- ◆ Do you always use a seatbelt/cycle helmet?

Strengths

Summing up questions: Recap on who the young person can talk to, what groups they belong to, what they are good at. For example:

- ◆ If I were to talk to your best friend how would they describe you? What would they say is the reason they are friends with you?

OR

- ◆ What would your primary school teacher say about you?



Hot Tips

- ◆ Avoid "Dunno" answers by asking for a description rather than an opinion.
- ◆ Use "I wonder", and "How come" rather than "Why?"
- ◆ Ask yourself two questions: "How far along the journey towards adulthood is the young person?" (Mentally, socially, economically and spiritually) and "What stage of cognitive development are they at?" (Consider capacity to think abstractly, extent of future thinking, and ability to handle more than one idea/choice at a time).