HEeADSSS Assessment

HEeADSSS is an acronym for an assessment tool identifying risk and protective factors.

Young people living with chronic health conditions are more likely to participate in risky health behaviours and have higher rates of mental health conditions than their healthy peers.

The following explains the HEeADSSS questions. **These are a guide only, Apex Care do not expect you to complete an assessment with every shift that you work. The acronym is only there as a guideline so you can report on these headings in your daily notes.**

Explore safety, connectedness (positive, ongoing relationships are proven to be protective factors in most areas of young people's lives) and performance/actual behaviour.

**Issues of concern should be reported back via the 0800 number.**

**H Home - home situation, family life, relationships and stability:**

* How are things in the environment for the person that you are supporting?
* Have there been any family/whānau concerns for the supported person lately?

**E Education/ Employment - sense of belonging at school/work and relationships with teachers/peers/workmates; changes in performance; identify possible bullying:**

* Did the person attend school/course today? What did they like/not like about school (work)?
* Have there been any changes re that person’s education lately?
* How are things going with the persons school/course/work peers?

**E Eating and Exercise - how they look after themselves, eating and sleeping patterns:**

* What was eaten for breakfast/lunch/dinner?
* Sometimes when people are stressed they can over-eat or under-eat, have you noticed anything like this?
* Have there been any recent changes in weight or appetite?
* Any exercise done today?

**A Activities and Peer Relationships - social and interpersonal relationships, risk taking behaviour, attitudes about themselves:**

* What activities happened today? How did they go?
* Any sports or activities?
* Church, clubs or groups?
* Any hobbies the person likes to do?
* What resources/costs to cover these?
* How much screen time/social media was used? Any peer pressure or bullying going on?
* Gaming?
* What was something good that happened today?

**D Drug use/Cigarettes and Alcohol - context of substance abuse (if any) and risk taking behaviours:**

* Some young people are starting to experiment with cigarettes/drugs/alcohol. Have you noticed any of this? If yes explore further, how much, how often used and with whom, how you take them.
* What effect did this have?
* Where did they get the cigarettes/drugs/alcohol from? How did they pay for them?

**S Sexuality - Knowledge, understanding, experience, gender identity, sexual orientation and sexual practices:**

* Respect any gender identity preferences.
* Support the person to bring any concerns regarding sexual health to their social worker or mental health keyworker.

**S Suicide/Self-harm/Depression/Mood - Risk of mental health problems, strategies for coping and available support. Some ideas for exploring mood:**

* Ask the young person to rate their mood from 1-10 and explore the answer.
* Are you currently, or has there been a time when you have been worried about your mood/anger etc?
* Do you feel sad or down more than usual?
* Are you bored all the time?
* Does it seem that you have lost interest in the things you used to really enjoy?
* Do you finding yourself spending less time with friends?
* Would you rather be by yourself most of the time?
* Have you started using alcohol or drugs to help you relax, calm down or feel better?
* How well do you usually sleep?
* Sometimes when people feel down they feel like hurting or even killing themselves. Have you ever felt that way? If yes, how did you try to harm/kill yourself?
* Have you ever thought about hurting someone else?

**S Safety - Risk taking behaviours and environment:**

* Did the person agree with seatbelt wearing today?
* Has the person felt the need to carry a knife/weapon?
* Concerns regarding other people at the motel/site/peers/gang activity?
* Any running away behaviour? What happened?
* Does the person feel safe at the home/motel/site/neighbourhood?

**Actions following the HEeADSSS Assessment**

Document using the HEeADSSS acronym in the daily notes. Verbally hand over via the Apex Care #0800 any risk concerns.

\*Positive, ongoing relationships are proven to be protective factors in most areas of young people's lives.

*Adapted from:*

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