



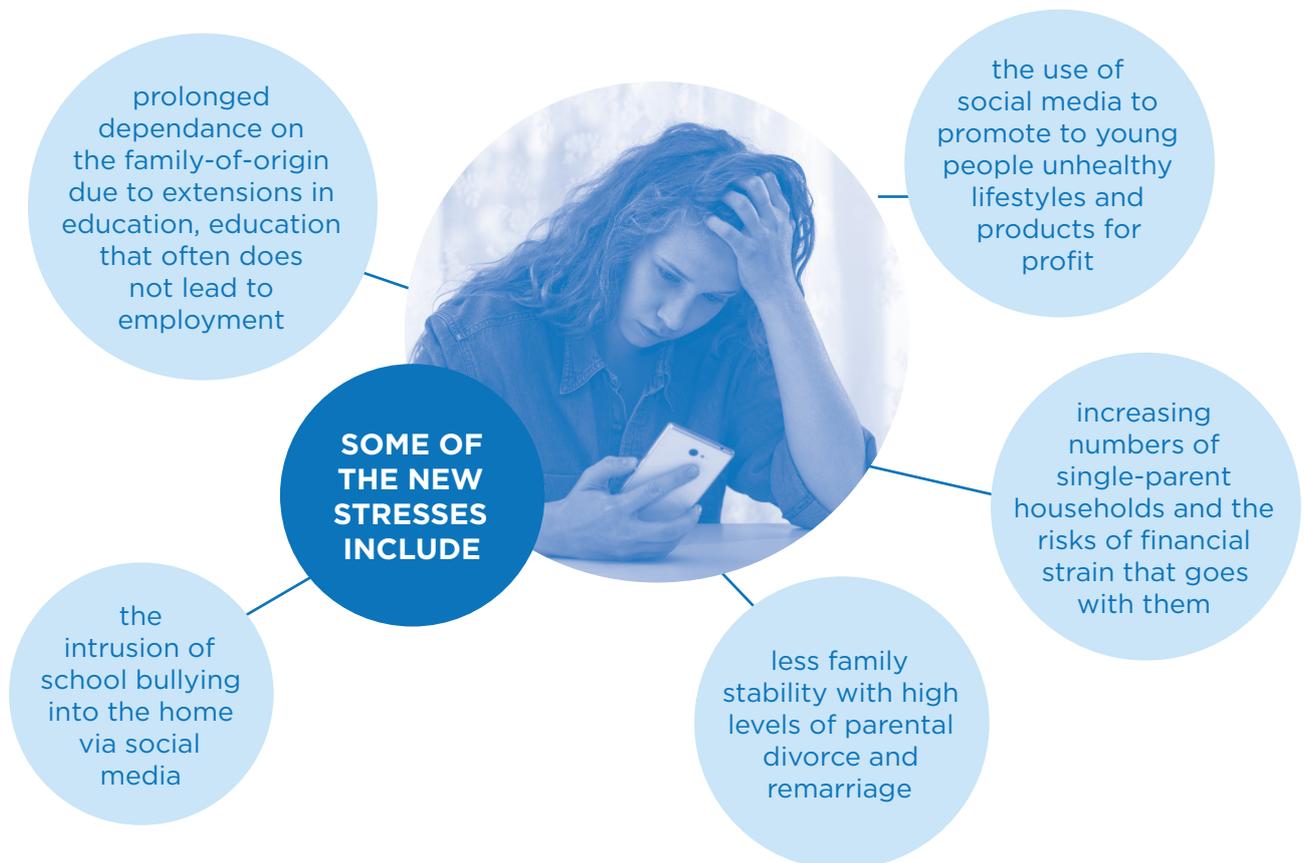
QLD MENTAL HEALTH WEEK 10-18 OCTOBER 2020

FAMILY, FRIENDS AND COVID-19 – IMPACT ON YOUNG PEOPLE’S MENTAL HEALTH AND WELL-BEING

INFORMATION SHEET 2/5

PARENTAL AND COMMUNITY STRATEGIES TO FOSTER MENTAL HEALTH OF YOUNG PEOPLE

A fundamentally important issue about COVID-19 is that many of the problems associated with COVID-19 for young people, are problems that have been in the making for the past two decades, without adequate recognition or response. Young people face unprecedented social, economic, and cultural change.



The long-term scarcity of employment and financial opportunities for youth have created dependence on the family of origin and delayed formation of new families, creating a new enforced phase of “waithood”.

KIDS HELPLINE (FOR TEENS): 1800 55 1800 • LIFELINE AUSTRALIA: 13 11 14

This information is intended for educational and information purposes only and does not replace independent professional judgement in individual cases.

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THERE IS A BODY OF VERY INFORMATIVE RESEARCH TO GUIDE COMMUNITY-LEVEL ACTION:

1

Positive Youth Development initiatives, particularly at the neighborhood level, are beneficial for young people. When adolescents have a positive perception of neighborhood security and social cohesion between neighbors, then adolescents are measurably better psychologically adjusted, have higher life-satisfaction, have lower problematic substance use, and have fewer disruptive behaviours (reviewed in Vera-Bachmann et al, 2020, *Frontiers in Psychol*, 11, article 972).

2

Parental relationships that focus on the positive development of adolescents, especially if a sense of personal responsibility, high but achievable expectations, and development of an ethical and moral self-identity is fostered, predicts positive outcomes (e.g., Damon, 2004, *AAPSS*, 13-24)

3

The community-based Icelandic Model (which includes three strategies: increasing time adolescents spend with parents; increasing participation to organised extracurricular recreational activities; and increasing supportive networks at school) resulted in massively reduced rates of grade 10 binge drinking, which came down from 42% to 5% (Sigfusdottir et al, 2010, *Int Psychiat*, 7, 4, 86-88; Sigfusdottir et al, 2011, *Global Hlth Promotion*, 18, 3, 23-26; Sigfusdottir et al, 2008, *Hlth Promot Intern*, 24, 1, 16-25).

4

Comprehensive whole-of-school anti-bullying programs (and no other type of intervention) halve school bullying rates and significantly reduce future mental disorder rates in young people (Olweus & Limber, 2010, *Am J Orthopsychiat*, 80, 1, 124-34).

SUICIDE CALL BACK SERVICE 1300 659 467 • WWW.HEADSPACE.ORG.AU

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