



Kayla's story

headspace Inala | Case Study | Kayla – 19years

Kayla is 19 years old and was referred to headspace Inala by the local hospital following an admission after a suicide attempt.

Kayla was in the process of being diagnosed with a physical medical condition and had a complex history including homelessness, sexual assault, disordered eating, domestic and family violence and deliberate self-harm. She was socially isolated from her peers and community and had an unstable living environment. Kayla was experiencing significant depressive and anxiety symptoms and while she had a long-term history of engagement with mental health services, she was experiencing 'system fatigue'.

During her initial assessment, Kayla identified a number of goals, including to reduce her suicidal ideation and deliberate self-harm behaviours, and improve her resilience and distress tolerance.

Working together

Kayla initially engaged with a Youth Clinical Case Manager on a fortnightly basis. The Case Manager provided support to help Kayla stabilise her mental health and access practical assistance, including stable accommodation and budgeting help. Kayla and her Case Manager worked on building Kayla's distress tolerance skills, particularly in the context of her suicidal ideation.

Kayla was referred to a headspace GP for a sexual health check and a Mental Health Treatment Plan, including a medication review. The GP referred Kayla to an external Psychiatrist for further medication management.

Once Kayla's psychosocial factors were stabilised, she reported that she now felt ready to engage in therapeutic work with a headspace Clinical Psychologist, and her GP and Case Manager arranged a referral.

Early on during Kayla's engagement with headspace Inala, she experienced further suicidal ideation and presented to hospital during this time. Kayla was also involved in a car accident, leading to further financial strain, which she attempted to manage by engaging in sex work. These experiences had a significant negative impact on Kayla's mental health and additional support was provided by her Case Manager and Clinical Psychologist to assist her in managing her wellbeing and safety.

Kayla accessed support in-person at headspace Inala and via outreach in the community, as well as via telehealth when this was preferred by her. The frequency of support ranged from weekly to monthly in line with Kayla's current circumstances and level of need.



Outcomes

Through the support provided by headspace Inala, Kayla was able to find employment in retail and is no longer in financial distress. She is now living in a home she feels more secure and safe in. She has not engaged in deliberate self-harm behaviours for more than six months and has not had a hospital presentation in a year.



For more information on headspace Inala please visit:

<https://www.accoras.com.au/headspace-inala>