

# Making a Difference in a Different Way

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# PATHWAYS

- How do we get to do what we are doing?
- Our own Developmental Process
  - As an adolescent
- The Concept of the Spiral

# PATHWAYS

“Youth is not a time of life,  
It is a frame of mind

We grow old by deserting our ideals”

# Adolescent Development

## General Principles

- 1) Constancy of change
- 2) Puberty as foundation
- 3) Cognition
- 4) Driving forces of adolescence vs. pubescence
- 5) Growth arrest
- 6) Attainment of reproduction competence
- 7) Increased appreciation of pleasure

# Adolescent Developmental Issues

- “Birth into Life” concept
- Maturation vs situational expression
- Domains of health
- Problems vs “solutions”

# Adolescence as a Second Birth

The need for good ‘obstetricians’

# Adolescent Development

**“We are born twice over –  
once into existence (*original birth*)  
and once into life” (*adolescence*)**

# Maturation and Situations Expression

The need to know what you are  
observing

# Recognizing Development

- Maturation Expression
  - Occurs over extended periods of time
  - Most significant during periods of rapid physical, psychological and social change
  - Part of the normal growth process

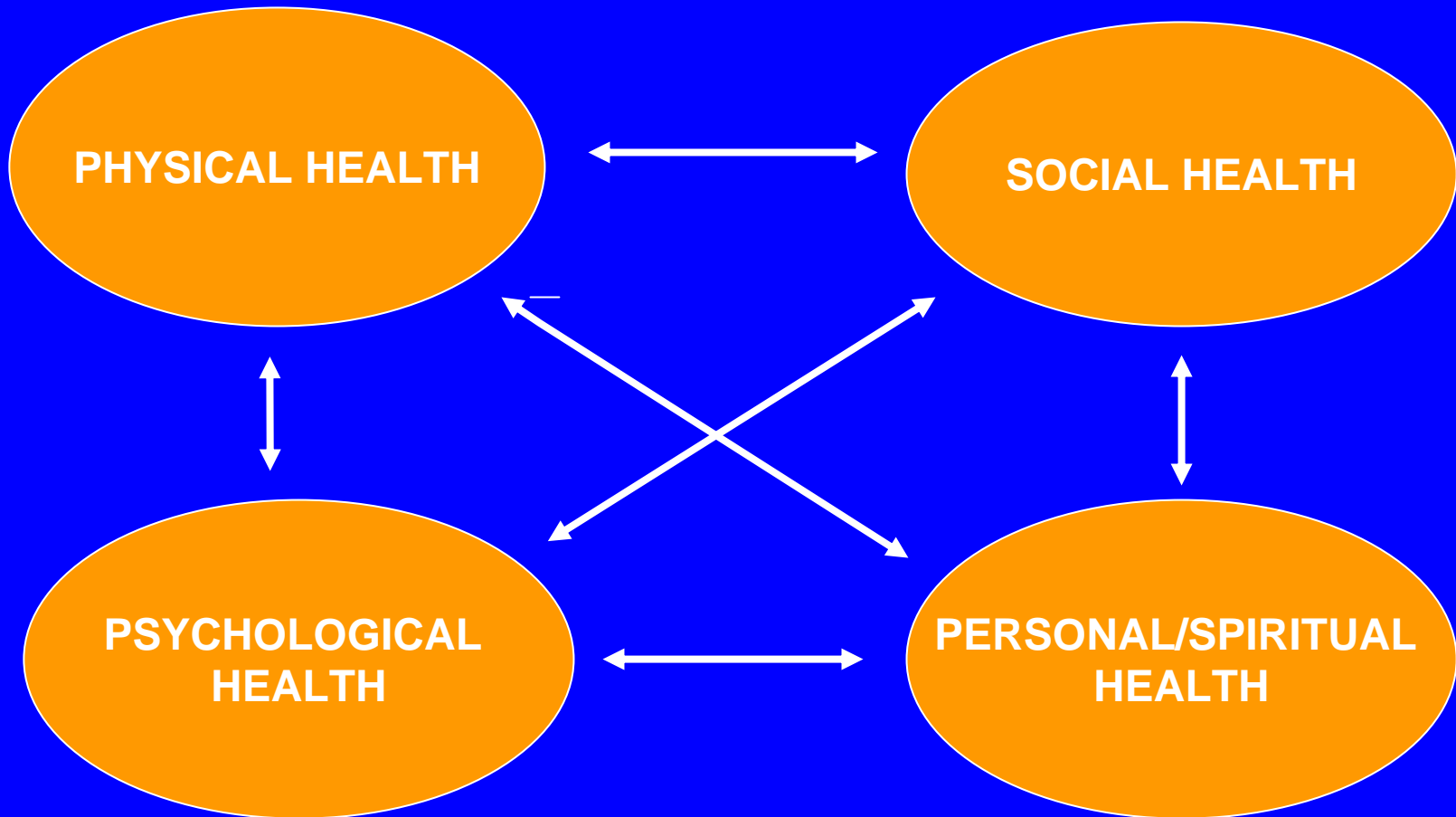
# Recognizing Development

- Situational Expression
  - A behavioral response to maturational ‘crisis’
  - Influenced by biopsychosocial ecology at the time
  - May be adaptive or maladaptive

# Domains of Health

The need to recognize displaced  
expression

# Domains of Health



# Problems are really solutions

The need to re-think how we look  
at adolescent behaviors

# ADOLESCENT DEVELOPMENT

What we see as “**problems**”... are often  
perceived by adolescents as “**solutions**”

# Patterns of Bio-behavioral Growth

The need to recognize inherent  
growth patterns

# OFFER'S PATTERNS OF GROWTH

Continuous

Surgent

Tumultuous

# TIPS

## **Awareness of self:**

- recognizing the “adolescent within”
- dance of the ‘professionals’
- awareness of own limitations and need for consultation

# TIPS

- Consent and confidentiality
- Outlining expectations
- Statistical bias in relation to the presenting problem
- Context of the history, especially onset
- Symptom pursuit
- R.O.L.E. of the family

# TIPS

- Making contact - the handshake
- Ask questions in context
- Avoid writing especially when asking sensitive questions
- Talk in terms the adolescent will understand
- Side step power struggles
- Be an advocate

# Positive Youth Development

Positive youth development is a perspective that emphasizes providing services and opportunities to support young people in developing a sense of competence, usefulness, belonging, and empowerment.

# Positive Youth Development

- promotes bonding
- fosters resilience
- promotes social, emotional, cognitive, behavioral, and moral competence
- fosters self-determination
- fosters spirituality
- fosters self-efficacy

# Positive Youth Development

- fosters clear and positive identity
- fosters belief in the future
- provides recognition for positive behavior and opportunities for prosocial involvement
- fosters prosocial norms (healthy standards for behavior).

# Positive Youth Development

- In practice, positive youth development
  - Does not label or stigmatize
    - Client, patient, case
    - Empowers through language
    - Values and respects youth
    - Avoids negative constructs

# THE GIFT

The time will come  
when, with elation  
you will greet yourself arriving  
at your own door, in your own mirror  
and each will smile at the other's welcome

and say, sit here. Eat.

You will love again the stranger who was your self.  
Give wine. Give bread. Give back your heart  
to itself, to the stranger who has loved you

# THE GIFT

all your life, whom you ignored  
for another, who knows you by heart.  
Take down the love letters from the bookshelf,  
the photographs, the desperate notes,  
peel your own image from the mirror.  
Sit. Feast on your life.

Love after Love

Derek Walcott