

cocaine, heroin, methamphetamines and nyaope. It has serious, multifaceted and devastating impacts on the health of AYLHIV, including lower treatment adherence, increased sexual risk behaviour, anti-retroviral (ARV) regimen interference, incomplete viral suppression and disease progression.

3.4 Supporting adherence through early detection

- It is crucial to ensure adherence by linking key adolescent populations to programmes for early detection and management.
- *The National Mental Health Policy Framework and Strategic Plan (2013 - 2020)*^[8] states that mental health should be integrated into all aspects of healthcare, and must target certain vulnerable

groups including children and adolescents and PLHIV. In a similar vein, the *Child and Adolescent Mental Health Policy Guidelines (2013)*^[9] asserts that all front-line providers should be able to recognise and manage mental health issues in these populations. Early detection of mental health problems, appropriate referral and effective intervention can do much to improve the health outcomes of AYLHIV.

3.5 Referral

- Despite limited referral sites, some adolescents will require referral (see Table 1 for assessment) and it is important to collate information regarding referral and support resources within the catchment area of the relevant facility.

Table 1: Mental health assessment tool for referral

These questions are not intended as a diagnostic tool, but can be asked by the healthcare provider to assess the need for referral to a mental health professional. Referral should be made if any of the 'often' boxes are ticked.

1. Do you worry a lot about things and find the worry just won't go away?

Never	Once or twice	Often
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2. Do you find that you have difficulty paying attention or concentrating on what people say to you at school or at home?

Never	Once or twice	Often
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3. Do you ever use alcohol to relax, feel better about yourself or fit in? (If yes, ask Q4)

Never	Once or twice	Often
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4. Has the use of alcohol or drugs meant that you haven't been able to do things that are expected of you at school or in the family?

Never	Once or twice	Often
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5. Do you ever feel worthless, hopeless, feel that you let people down all the time or are not a good person?

Never	Once or twice	Often
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6. Have you ever had thoughts, plans or actions about suicide or self-harm?

Never	Once or twice	Often
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7. Have you ever experienced or witnessed an event that caused you to feel intense fear, helplessness or horror? Do you think or dream about what happened and seem unable to put it out of your mind?

Yes	No
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8. Sometimes when they are alone, people hear voices, see things or smell things and they don't quite know where these things come from. Has this ever happened to you?

Never	Once or twice	Often
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