

Keira's Story

Exploring options.

Follow Keira through three choices she has to manage a mental health issue that is interfering in her life.

Understanding the Issue

Keira is a young woman in distress and is at the point where she knows she needs to *do something* about her situation. Young adults often know when they need to *do something*, but are unsure of themselves and their choices and can be terrified of making a wrong choice. Throw in the cognitive issues, thought distortions, and the consequences of stigma associated with a mental illness and youth can become immobilized while important developmental opportunities pass by.

Game Strategy

Players meet Keira, a young woman who has locked herself in her friend's bathroom. She is at the pinnacle of an unidentified crisis. She describes symptoms similar to anxiety or possibly panic, but could be indicative of PTSD flashbacks, withdrawal from substances, or emotional dysregulation.



The exact issue is left nondescript in order to allow a wide range of users to role play.

Some script in the game runs independently. Players move the mouse cursor over the background to find objects to interact with and are led through steps in order to complete the game. When a hand icon appears, player clicks the left mouse button. Right click to adjust sound

The player chooses the order of the environments (options) Keira explores. The environments are:

- Keira's own bedroom represented by keys.
- A counselling office symbolized by a cell phone.
- The hospital emergency department symbolized by a pill bottle indicative of self-harm or suicide urges.

Youth and adult pairs could create extended scenes to role play different challenges unique to the client's situation.

Key Messages

1. You have choices in how you manage your issue. Even doing nothing is a choice.
2. Deciding to do something can feel risky.
3. There are things you can do to cope and you can always learn new ways.
4. When is it time to go to a hospital for help?

Tech Tips

- You'll need high speed Internet access ready for the session.
- Preview this tool prior to client's appointment time at www.mindyourmindpro.ca.
- Familiarize yourself with navigation of www.mindyourmind.ca.
- Use the tool with client(s) on www.mindyourmind.ca/mind-tools/do-stuff.asp. This encourages clients to revisit the site after and between sessions. **mindyourmind.ca** is an accessible, powerful resource.
- You'll need a printer, and speakers for many tools and games.
- You'll need Adobe Flash Player for many games and tools available from www.adobe.com/products/flash/about.