


**Taking forward
Psychotherapeutic
work with Children
and Young People.**


**IAPT for Children &
Young People.
NHS BURY**

**Children and young peoples
IAPT**

- **Application of IAPT “principles” to Children and young people services**
- **IAPT as a vehicle to improve the range of service available to children, young people and their families**
- **Stepped model of care below the entry point for traditional CAMHS services**
- **Complement and support not replace existing services**
- **Creation of a minimum data set relevant to Primary care**
- **Adaptation of the IAPT Outcome and Performance monitoring system**



Key Principles



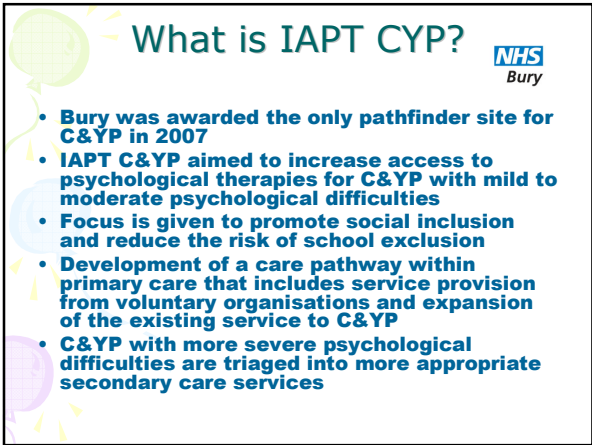
- **Primary Prevention**
- **Early Intervention**
- **Promotion of resilience**
- **Rapid Access**
- **Working with the whole family**
- **Joining up physical and mental health care**
- **Innovative approaches to service delivery**
- **Promoting Choice**
- **Third Sector Accreditation framework**



Key features

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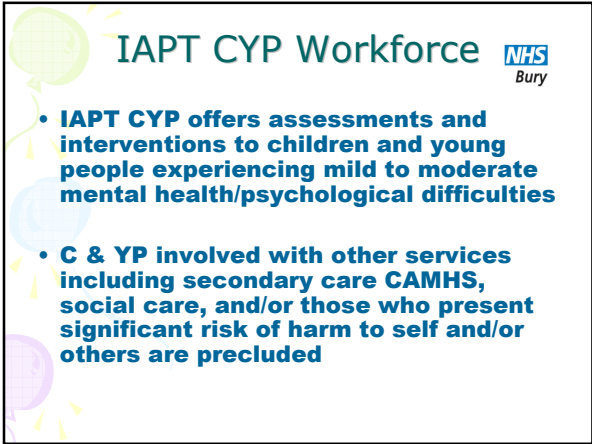
- **Partnership approach to service delivery joining up health, education and social care**
- **Collaboration between Mental Health Trust, Primary care Providers and the Third Sector**
- **Use of evidence based therapeutic interventions relevant to Children and young people**
- **Monitoring of performance and outcomes using a relevant minimum data set**
- **Promotion of social inclusion and maximising children's potential**



What is IAPT CYP?

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- **Bury was awarded the only pathfinder site for C&YP in 2007**
- **IAPT C&YP aimed to increase access to psychological therapies for C&YP with mild to moderate psychological difficulties**
- **Focus is given to promote social inclusion and reduce the risk of school exclusion**
- **Development of a care pathway within primary care that includes service provision from voluntary organisations and expansion of the existing service to C&YP**
- **C&YP with more severe psychological difficulties are triaged into more appropriate secondary care services**



IAPT CYP Workforce

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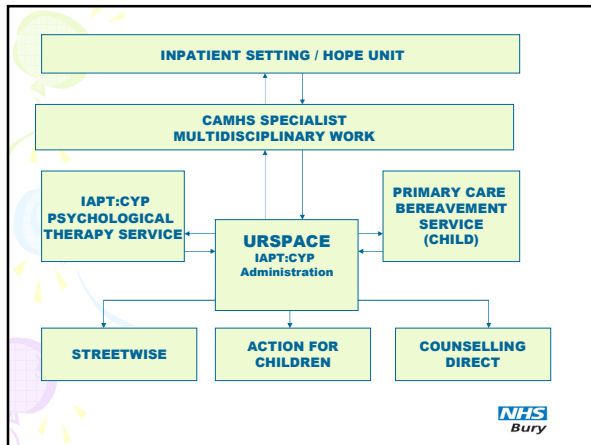
- **IAPT CYP offers assessments and interventions to children and young people experiencing mild to moderate mental health/psychological difficulties**
- **C & YP involved with other services including secondary care CAMHS, social care, and/or those who present significant risk of harm to self and/or others are precluded**

How Does IAPT CYP Fit With Other Services Locally?

Based in an “all ages” IAPT Service and delivered collaboratively with:

- Secondary Care CAMHS
- Targeted mental health in schools
- Third Sector Providers
- Primary Care Adult Services
- Primary Care Bereavement CYP
- Primary Care Tier One Workers
- Secondary Care Mental Health Services
- Youth Offending Team
- Alcohol Services






Referring Agents




- GP's
- Paediatrics
- Self referrals
- Teachers/SENCO's
- School nurses
- EWO's
- Health visitors
- Social Services
- Educational Psychologists
- Connexions
- Primary Care Mental Health Team
- Secondary Care Services



Minimum Data Set

- One of the key aims was identifying a set of outcome measures for C & YP that had relevance at a Primary Care level
- The Measures include:
 - Experience questionnaire
 - Inclusion questionnaire
 - Strengths and Difficulties questionnaire (Clinical)
 - Mood & Feelings questionnaire (Clinical)
 - C.O.R.E YP 10 (Clinical)
 - Feelings Scale (Clinical)
- The data is collected from children, young people, parents, carers and teachers



Progress and future developments

- Adaptation of existing knowledge about the delivery of the model of IAPT to working with C&YP
- Establishment of robust triage and clinical pathways
- Development of a high quality accreditation and governance framework for Third sector providers
- It has increased access to psychological therapies, for C&YP presenting with mild to moderate psychological difficulties
- Over 1347 referrals have been triaged through the service since becoming operational in November 2007
- Becoming part of a whole “all ages” pathway as a wave 2 IAPT service



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