

Taking Forward Psychotherapeutic Work with Children and Young People

Improving Access to Psychological
Therapies for Children & Young People
(IAPT CYP)
NHS BURY

Key Principles

- Application of IAPT “principles” to children and young people services
- IAPT as a vehicle to improve the range of psychological interventions available to children, young people and their families
- Stepped model of care below the entry point for traditional Child and Adolescent Mental Health Service (CAMHS)
- Complement and support but not replace existing services
- Creation of a minimum data set relevant to children and young people
- Adaptation of the IAPT outcome and performance monitoring system

Key Features

- 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 continued ...



- Partnership approach to service delivery joining up health, education and social care
- Collaboration between Mental Health Trust, primary care providers and third sector providers
- 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

IAPT CYP Service



- 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 Service



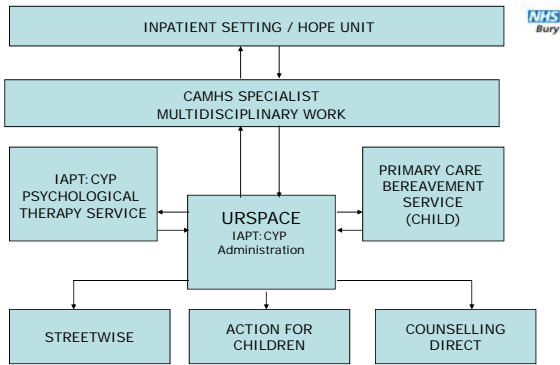
- IAPT CYP offers assessments and interventions to children and young people experiencing mild to moderate mental health/psychological difficulties
- There are a range of formulation informed interventions offered which include:
- Triple P parenting groups, behavioural approaches, cognitive approaches, narrative approaches, systemic working, person centred counselling etc

IAPT CYP Service



The IAPT CYP service is 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
- Substance Misuse Services



Referring Agents



- GP's
- Paediatrics
- Self
- 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)
 - NCH Feelings Scale (Clinical)
- The data is collected from children, young people, parents, carers and teachers

Progress and next steps



- Adaptation of existing knowledge about the delivery of the model of IAPT to working with C&YP
- Establishment of robust care pathways
- Development of a high quality accreditation and governance framework for Third sector providers
- Increased access to psychological therapies, for C&YP presenting with mild to moderate psychological difficulties
- Over 2527 referrals have been triaged through the service since becoming operational in November 2007
- Becoming part of a whole "all ages" IAPT service
- Joining up Pathways for physical health conditions
