Working with young people in transition from LA care, from CAMHS, from primary school: a summary of NIHR CLAHRC* East of England, research, supported by CPFT

*National Institute of Health Research, Collaborations for Leadership in Applied Health Research and Care

Valerie Dunn
November 30, 2017
NIHR CLAHRCs: focus on collaboration
East of England hosted by CPFT

13 CLAHRCs across England bringing academics together with:
• NHS
• social care
• industry
• third sector
• Academic Health Science Networks
• patients, public, service-users
To undertake high-quality applied research with, and responsive to, partners, service users, carers and the public.

Patient Public Involvement is key
Young people’s participation


• Embedded in NHS England’s policy and practice

• Requirement in research - ‘with’ rather than ‘on’ or ‘to’ people

• Young people: -wary of tokenism -want to be listened to -taken seriously -to make a difference -want participation to be genuine
Transition - life course

Learning, adapting

Expectations

Letting go, re-attaching

Responsibilities

Behaviour change
Adolescence

**Change:** physical, social, emotional, hormonal, brain development continues

**Complex:** demands, expectations, pressure, identity, uncertainty, relationships

**Risk:** around half of all lifetime mental illness emerges in teenage years

On top of all that ...

Young people in care or attending CAMHS face major changes in their care arrangements
Transitions in health & social care services

~ Event not process; age-based cut-off

Research:

• Poorly managed, poorly experienced, poor outcomes
• ‘Cliff-edge’ of lost support
• Systems weakest where they need to be strongest
• Different cultures between services
• Policy / practice gaps

~ Guidance: gradual, flexible, needs-based
Transitions for young people has been a problematic area for some time nationally, and we are really keen in Cambridgeshire and Peterborough to introduce improvements through research.

**CPFT are committed to coproduction with young people in designing and improving services**

Dr Nick White, Associate Director of Operations, Children, young People and Families Directorate, CPFT
Transfer of Care at 17 (TC-17) Study

26 CAMHS leavers (CAMHL), 27 LA care leavers (CL); interviewed as they left care or CAMHS and 1 year later.

In line with research findings nationally, we found:

* majority of young people (64%) met criteria for clinical mental illness as they faced transition (41% after 12 mths)
* support reduced (most CAMHL discharged; most CL to independent living)
* CL poor service engagement (no current MH input)
* problems usually chronic, poorly identified (in CL)
* feeling prepared associated with better mental health
Shift in perspective

from this...

to this ...
Aims:

• Give YP some ownership and investment in the work
• Active, innovative, engaging
• Creative mutual learning environment where YP would:
  - feel able & safe to revisit & share sensitive, personal info.
  - learn new skills
  - express themselves, feel listened to & heard
  - produce high quality, relevant outputs
  - sense of achievement
  - have opportunities to take on co-research roles

• Build strong, enduring links for future collaborations
Creative research workshops:

- 2 – 4 full days: time & space, build group dynamic
- Small groups – everyone ‘mucks in’
- Support throughout
- Carefully balanced days: games, activities, discussions
- Workshop facilitator
- Solution-focused – end-product
- Democratic & consensual (as far as we can)
Next steps

~ Young people in care
Training for foster carers to improve understanding & timely identification of potential MH need; new assessment, clinical review

~ CAMHS Leavers
Preparation to leave CAMHS: What do young people want & need? What’s deliverable? What works?
**CloseUp Programme**: to improve early identification of mental health problems in young people in care

Training, new assessment and review process. Co-developed with foster carers, social care professionals, CPFT clinical staff.

Now **STrAWB** (Shared Training and Assessment for Wellbeing). Extended to designated teachers. Pilot study with Rees Centre, Oxford and University of Sussex.

**YOUNG PEOPLE’S VOICES - KEY**
My Name is Joe
Our animation trilogy

My Name is Joe

Finding My Way

Our House
British Film Institute (BFI) Documentary Award
Impact

Prince's Trust

BAAF

Ofsted

Anglia Ruskin University

Children & Young People Now Awards 2015

Finalist

The Care Leavers' Association

foster care associates

VOYPIC

voice of young people in care

The Fostering Network

15,000+ views
“...some knowings cannot be conveyed through language”  (Ellsworth, 2005)
Next steps

~ Young people in care
Training for foster carers to improve understanding & timely identification of potential MH need; new assessment, clinical review

~ CAMHS Leavers
Preparation to leave CAMHS: What do young people want & need? What’s deliverable? What works?
Aim: to co-produce CAMHS Transition Preparation Programme (TPP) to improve experience & outcomes for 17-year olds leaving CAMHS

- 17 YP, aged 17-21, with CAMHS experience
- Recruited via three NHS Trust Participation Networks
- 30 NHS clinical staff

Stage 1: 2-day workshops
Stage 2: Clinician workshops
Stage 3: 1-day ‘harvesting’
  - Ongoing consensus
  - Co-researcher opps
  - Evaluation
Body mapping & character creation
Bringing characters to life
Young people’s key messages

“We don’t feel like adults” “We don’t grow up overnight”

• Transition = anxiety & uncertainty: underestimated
• Services seen as uncaring when the basics aren’t right
• Shy, less confident YP easily overlooked in the system
• Trusting relationships are crucial
• We’re all different: no ‘one-size fits all’; flexibility; don’t make assumptions
• Coping isn’t enough: flourish, succeed, build confidence
Messages ii.

- Offer a 6-month preparation period for ALL LEAVERS
- Transition preparation - a chance to learn
- Involve YP in decision-making, including on parental involvement
- Flexible to allow YP to leave when they are most, prepared & likely to succeed; based on need, not age
- Offer post-discharge support for limited period

Recommendations in line with NICE 2016 Guidance
Transitions Tree
**Transition Peer Support Workers**

**Who:**  
*YP, 21-25, with CAMHS transition experience*  
*At last two part-time, paid posts*  
*Possible apprenticeship?*  
*CPFT great record of peer support*

**What:**  
*Provide support & coordinate preparation activities*  
*Run transition groups, organise visits, speakers etc*  
*Accompany to YP first appointment/s*  
*Information management*  
*Strengths-based, solution focused, forward-looking*  
*Support YP to take responsibility*  
*Liaison & advocacy*
Transition Booklet

A personalised booklet to

* set transition goals and how to achieve them
* identify support needs, where and how to get it
* coordinate preparation activities
* keep notes from groups, visits etc
* first appointment/s
* manage information
* record questions, worries, answers
* my rights

Work through with Transition Peer Support Worker
Information is key

“You can’t just throw it at people”

* Provide to ALL CAMHS leavers

* Time & opportunities to discuss, digest, reflect, question

* Relevant, accessible, up-to-date

* Range of formats: online, apps, leaflets, posters, visits or podwalks

“the right information, from the right person, at the right time”
Royal College of Physicians Conference, 2015
Co-authorship


Reflections from a participation worker and young people involved in a creative, collaborative mental health research project

Sophie Allan*, Kelly Davis-Steel and Fran Dunn – Cambridgeshire and Peterborough NHS Foundation Trust’s (CPFT) Community CAMH Teams
The research was led by Valerie Dunn* – National Institute for Health Research and University of Cambridge

Published July 2017
“The transitions project has led to a number of innovations, originally proposed by the young people in the project, which we have now put in place. A transitions working group and a transitions steering board has overseen the implementation of these developments. We are pleased that in Cambridgeshire and Peterborough we have been able to introduce these improvements as a result of this original research project.”

Dr Nick White,
Associate Director of Operations, Children, young People and Families Directorate,
Transition Peer Support Workers

Two paid posts advertised by CPFT:

* Young people with personal CAMHS experience
* Supported by the Recovery College
* Training provided
* Well supported

~ To offer individual and small group support
~ Help YP to take responsibility
~ Work through transition booklets
~ Information seeking
‘Changes’
Transition Booklet

Contents

Helping myself

My goals

Support

FAQs and glossary

My rights

About me

Your personal booklet to help you prepare to leave CAMHS with confidence.

Helping myself

My goals

Support

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About me
Virtual tour of adult mental health clinic

https://www.youtube.com/watch?v=FFOTSN29hfU&t=9s
Will the TPP improve experience & outcomes?

Monitoring and evaluation. We need to know...

* what works (and what doesn’t)
* who for
* what’s cost effective
* what’s deliverable.

Watch this space...
Further information

CAMHS Transition Preparation Project:

- CAMHS TPP paper: [http://tinyurl.com/lf2dbmb](http://tinyurl.com/lf2dbmb)
- YP paper: [http://tinyurl.com/y8uf8aau](http://tinyurl.com/y8uf8aau)
- TC17 paper: [https://tinyurl.com/yc9onaeb](https://tinyurl.com/yc9onaeb)

Films with young people in care:

- My Name is Joe [http://www.youtube.com/watch?v=ArBjWe3IWs0](http://www.youtube.com/watch?v=ArBjWe3IWs0)
  Behind the Scenes: [https://www.youtube.com/watch?v=o17AHhi_fus](https://www.youtube.com/watch?v=o17AHhi_fus)
- Finding My Way [http://www.youtube.com/watch?v=L1qZggHoFmM](http://www.youtube.com/watch?v=L1qZggHoFmM)
  Behind the Scenes: [https://www.youtube.com/watch?v=pgPu_iHZvL4](https://www.youtube.com/watch?v=pgPu_iHZvL4)
- Our House: [http://www.youtube.com/watch?v=fs-RVgsFfcA](http://www.youtube.com/watch?v=fs-RVgsFfcA)

Films with primary school children:

- Talking mental health: [https://www.youtube.com/watch?v=nCrjevx3-Js](https://www.youtube.com/watch?v=nCrjevx3-Js)
  Behind the Scenes: [https://www.youtube.com/watch?v=vBrGOpwxEa0&t=52s](https://www.youtube.com/watch?v=vBrGOpwxEa0&t=52s)
With primary school children

- Talking Mental Health Project

- With the Anna Freud National Centre for Children and Families

- **Aim:** to coproduce a short animated film for primary school teachers. Part of teacher resource pack.

- **Method:** two-day workshops with 16-22 year six pupils in two primary schools: Newark, Lincs and Hackney, East London.
TALKING MENTAL HEALTH
Thank you for listening

Thanks to all the young people, CPFT and all our other partners

Questions? Comments? Thoughts? Ideas?

Valerie Dunn

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