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Conference or Workshop Item

Title: Midlands and East Mental Health & Wellbeing Project (MEMHW)

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Version: Presented version

http://nectar.northampton.ac.uk/6885/
Objectives
The national Children and Young People’s IAPT (Improving Access to Psychological Therapies) programme began in the UK in 2011, with the aim of transforming children and young people’s mental health services by implementing session by session outcome monitoring, embedding and further developing evidence led practice, and focusing on broadening access to young people and improving the participation of children and young people in service planning, development and implementation.

Building on the themes introduced by CYP IAPT, the Midlands and East Mental Health and Wellbeing (MEMHW) project involves a series of local projects in CAMHS, that focus on widening access to mental health services for children and young people, and on embedding routine outcomes monitoring in services, and facilitating young people’s participation. The project provides an evaluation into how these principles are embedded into services, and the experiences of those facilitating change. It aims to answer the following questions:

- How do staff perceive and experience service transformation and the implementation of IAPT principles & outcomes monitoring? (Including challenges, obstacles, benefits etc.)
- What are staff perceptions & experiences of engaging children & young people in service decisions?
- In what ways do staff perceive and experience service transformation in relation to widening access of psychological therapies for children and young people?

Findings

Table 1: The table below shows the thematic framework used, sub-themes, and the key messages within each sub-theme.

<table>
<thead>
<tr>
<th>Themes</th>
<th>Change</th>
<th>Support</th>
<th>Benefits of CYP IAPT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Increasing access can result in more demand as the service is extended and seen of value</td>
<td>Providing an appropriate support network/mechanisms</td>
<td>CYP IAPT is increasingly valued</td>
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<td></td>
<td>Teams restrictions preparing for the CYP IAPT model</td>
<td>Facilitating strategic partnership</td>
<td>Improving access to psychological therapies</td>
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<tr>
<td></td>
<td>Multi-agency working</td>
<td>Providing an appropriate support network/mechanisms</td>
<td>Improving access to psychological therapies</td>
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<td>Organisational change</td>
<td>Facilitating strategic partnership</td>
<td>Improving access to psychological therapies</td>
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<td>Organisational culture</td>
<td>Facilitating strategic partnership</td>
<td>Improving access to psychological therapies</td>
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<tr>
<td></td>
<td>Perceptions of ROMs</td>
<td>Facilitating strategic partnership</td>
<td>Improving access to psychological therapies</td>
</tr>
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</table>

Confidence
- Projects now feel able to prove success
- Training builds confidence to work differently, and to manage change

Training
- UP training has “transformed” practice
- Up Skilling opportunities to reflect and improve practice
- Difficult juggling work and training and needs organisational support

Professional identity
- Changing the way they worked, for some, challenged their confidence to work with young people
- Change has challenged the way people work, which can be exciting
- Success has increased input from staff at all levels

Project support meetings
- A community of practice has been formed to provide support and guidance
- This group is highly valued by members as providing resources, motivation

Support
- Management have provided excellent support to project teams
- Knowledge of change management has been measured and supported

Conclusions

This study provides unique insights into implementing CYP IAPT principles into children and young people’s mental health and wellbeing services. The findings provide a sound base for developing considerations and initiatives for the further implementation of CYP IAPT principles.

The following messages can be taken from this project:

- Innovations in service design can benefit patient outcomes and access to services
- Managing transformation during periods of change can be facilitated through training support, strong leadership and consensus
- Allowing services flexibility to tailor initiatives improves success and engagement
- Providing an appropriate support network/mechanisms enables greater collaboration during periods of transformation
- Change can take place with limited resources if there is a shared vision, and strong leadership.
- The context of change can both hinder and enable transformation [see figure 2]

Figure 2: This diagram represents where the findings of this project lie in relation to the wider structures, contexts and determinants.