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Children and Young People's Mental Health: Treatment Thresholds – Are they too strict?

Dr Nihara Krause, Consultant Clinical Psychologist, CEO stem4

About stem4

‘We listen to our multiple user groups’

Mental Health App Portfolio

CALM HARM

COMBINED MINDS

CLEAR FEAR

MOVE MOOD

WORTH WARRIOR

Education Programmes

HEAD ED

Educators, Parents & Carers, Health Professionals

CONFERENCES

Surveys

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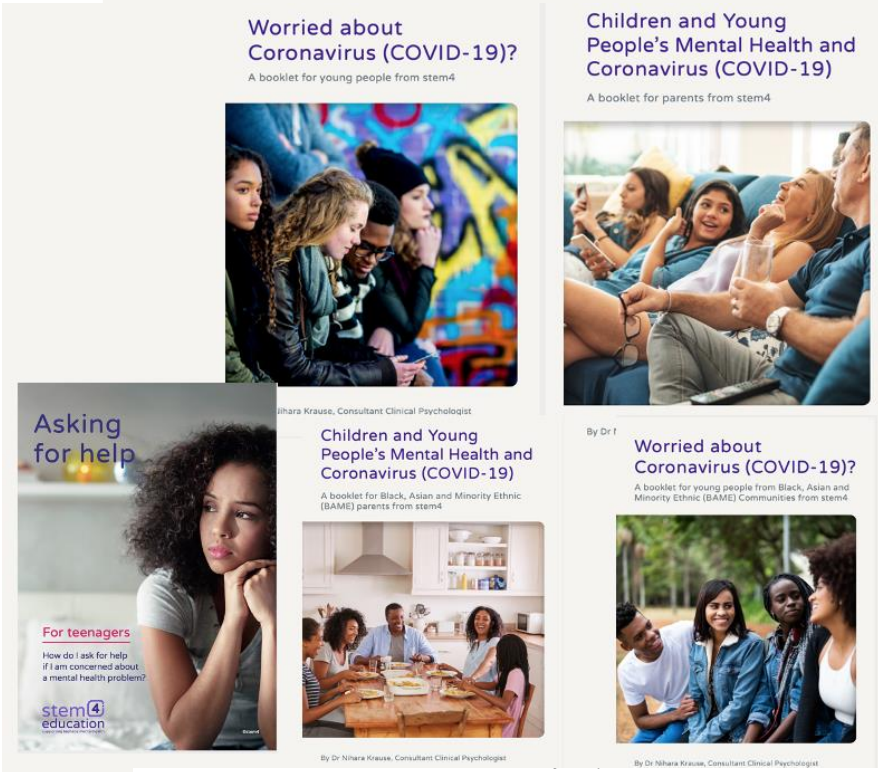
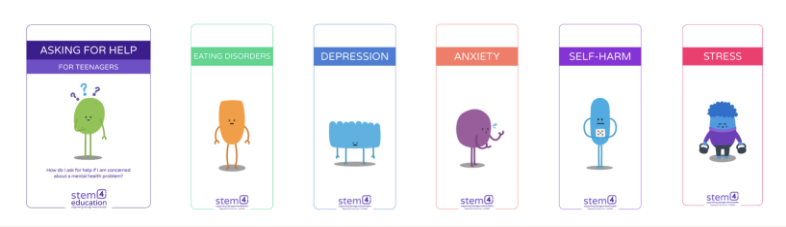
YOUTH MENTAL HEALTH DAY
19th September

PARENT MENTAL HEALTH DAY
27th January

Resources





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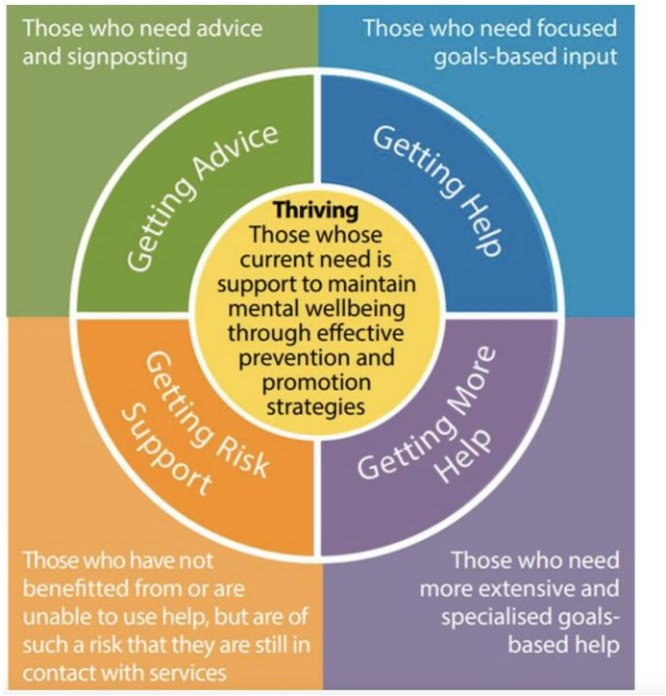
The journey to help

'From self-care, self-help, first referral through to discharge from Child and Adolescent Mental Health Services (CAMHS)'

Stepped Care Approach (Future in Mind, 2015)



THRIVE Framework (Wolpert et al, 2019) Anna Freud National Centre

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‘The provision of mental health support in primary care does not meet the range of needs that exist with significant gaps in services. Children and adolescents and older people are among those most poorly served’

‘The Covid-19 pandemic means the case for change is stronger than ever, with intense workload pressures being experienced in both primary care and mental health services, and with potential increases in mental health needs in the population’.

(Mental Health and Primary Care Networks: Understanding the Opportunities, Centre for Mental Health and the Kings Fund, 2020)

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Some of the Service Gaps Children & Young People (CYP) face

Gap 1: CYP with complex needs that do not fulfil criteria for specialist mental health services

Gap 2: Transition from CAMHS to Adult Services

Gap 3: CYP with long-term mental health conditions discharged from secondary care

Gap 4: CYP with persistent physical conditions

Gap 5: Psychological needs of people with long-term physical health conditions (eg. diabetes) including

Gap 5b: Emerging psychological and physical health needs of Covid/Long Covid

Gap 6: CYP at risk of suicide/self-harm with suicidal intent, but not in contact with specialist mental health services

Gap 7: CYP presenting with a range of eating disorders or disorders of eating, not in contact with specialist mental health services

Gap 8: Ongoing needs of CYP who have neurodevelopmental conditions

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Are treatment thresholds too strict?

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Are treatment thresholds too strict?

- Journey of care
- Evidence Based Practice
- Resource
- Safe
- Co-production
- Equality
- Diversity
- Alternative Formats

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Bridging the Gaps:
Innovation, Speed and Sustainability are needed!

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Bridging the Gaps

Community Hubs
CYP-IAPT
Parent led Guided Self Help and P-CBT
Digital Therapies
PCN's and MHT: Close working with primary care staff 'collaborative care' model
Greater resourcing of social prescribing
Complex Needs – Primary Care Psychological Medicine services
Psychological services within GP surgeries

? Recruitment and retention

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thank you!

www.stem4.org.uk
enquiries@stem4.org.uk

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