

# Psychological Perspectives in Education & Primary Care

# Background to the project:

- 50% of children and young people with long term mental health problems first experience problems before the age of 14
- **Frontline professionals play a pivotal role** in problem recognition and early intervention for childhood mental health problems

# Background to the project cont.:

- **Lack of specialised training in this area;** research indicates that teachers often feel unable to recognise mental health problems (e.g. differentiating between 'normal' and 'clinical' adolescent behaviour). Similarly GPs may struggle to recognise mental health disorders in children.
- **PPEPCare is for professionals working with children** and aims to help them (a) more accurately detect mental health issues in children and young people, and (b) provide a framework in which to support these children and young people (as well as their families).

# How it works:

- Standardised teaching materials are developed for professionals working in primary care (GPs, nurses, health visitors and so on) and educational settings
- CAMHS staff with appropriate clinical experience and other necessary qualities are identified and invited to attend a 'train the trainer' workshop. Trainers are on occasion accompanied by young people with experience of service use
- Information about the training is distributed locally (to primary care and schools) and CAMHS staff deliver the training according to local demand (no charge made)

# Nature of the training:

- Guided by actual need (consultations with experts in the field, GPs, teachers, parents, young people etc)
- Written by experts (local, national, international)
- Modular, flexible and portable (PowerPoint slides, DVDs, experiential exercises)
- 14 Modules currently – 3 under development – Working with families, ADHD and managing distress.

# Self-harm: Supporting young people who self-harm



**Kielly Alfoadari**

Oxford Health   
NHS Foundation Trust

# Depression: Supporting young people with Behavioural Activation techniques



**Prof. Carl Lejuez**



# Adolescent Anxiety: Using CBT techniques to support young people with anxiety



**Dr Polly Waite**



# Overcoming childhood anxiety: An introduction to guided parent-delivered cognitive behavioural therapy



**Dr Kerstin Thirlwall**  
**Dr Monika Parkinson**



# Conduct Disorder and behavioural difficulties: Introduction to a parenting intervention



**Dr Deb McNally**

Greater Manchester West   
Mental Health NHS Foundation Trust

# Separation Anxiety and School Refusal: Supporting children and their families with CBT techniques



**Prof. Silvia Schneider**

RUHR  
UNIVERSITÄT  
BOCHUM



# Specific Phobia: Using CBT techniques with children and young people with specific phobia



## Dr Lucy Willetts



Berkshire Healthcare **NHS**  
NHS Foundation Trust



# Obsessive Compulsive Disorder:

## Supporting children and young people with OCD



**Dr Tim Williams**



# Post Traumatic Stress Disorder:

## Supporting children and young people with PTSD



## Prof. William Yule



# Psychological Perspectives in Education & Primary Care

## Overview of Common Mental Health Difficulties in Children and Young People

Healthcare  
from the heart of  
your community

Berkshire Healthcare   
NHS Foundation Trust

*Raising awareness fighting depression*



# Psychological Perspectives in Education & Primary Care

## Supporting young people with eating disorders

Dr Joanna Holliday, Eating Disorder Lead  
Buckinghamshire Child and Adolescent Mental Health Service

# Psychological Perspectives in Education & Primary Care

## Understanding and Supporting Young People with Autism

Dr Fiona Knott , Clinical Psychologist  
Dr Tom Loucas, Speech and Language Therapist



**CENTRE** *for* **AUTISM**



*Raising awareness fighting depression*



The Queen's Award  
for Voluntary Service

The MBE for volunteer groups

# Psychological Perspectives in Education & Primary Care

## Autism and Mental Health

Dr Fiona Knott , Clinical Psychologist

Dr Tom Loucas, Speech and Language Therapist



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# Psychological Perspectives in Education & Primary Care

## Promoting Resilience

With thanks to Poul Lundgaard Bak MD

Dan Siegel & John Gottman



# NOW Communication Skills

How to have  
constructive  
conversations with  
distressed young people



*Raising awareness fighting depression*



The Queen's Award  
for Voluntary Service

The MBE for volunteer groups

# Modules in development

Module	Author
<b>ADHD</b>	<b>Dr Carsden Vogt</b>
<b>Working with families</b>	<b>Jennifer Wallis &amp; Lisa Thomson</b>

# An Overview

- Teaching based around slides for each module, with:
  - information gathering
  - information giving
  - case discussion
  - role plays
  - Video material
- Designed to be **portable** (i.e., can be run anywhere, at anytime) and **flexible** (i.e., can be customised to local need, and amount of time available).

- It's **not** about turning frontline staff, GPs/teachers into therapists
- Includes information about **psycho-education and relevant evidence-based techniques**, as well as guidance on *how specific techniques can be adapted or integrated within routine clinical practice or within the school setting*.
- The aim is to help those in the front line to **recognise** and **understand** childhood mental health issues better, and equip these professionals with some **basic skills and the confidence to help support** children/young people and their families (including some **useful psycho-education** that can be shared)



**Supported  
by training  
material on  
DVD**

# General aims

- To **increase your awareness of mental health issues** – including how it may present in young people, how you can assess it and what might keep it going
- To help you **understand when it is appropriate to refer for additional support**
- To **help you understand what CBT, and other evidence based interventions are and how they work**
- To **familiarise you with some useful techniques** to help children and young people manage their mental health (that can be used in the primary care/school setting)

# Evaluation Summary

Nearly all trainees would recommend the training to colleagues (98% of those attending the overview module and 100% of those attending all other modules). Trainees feel that the training meets their needs (given the time available) and feel more confident and more able to talk to children and young people about their mental health difficulties as a result of the training.

# Evaluation Summary

*'The PPEPCare training enabled me to feel more confident about what to say, when to say it and to have a clear and positive endpoint in mind. More importantly, I felt I was listening carefully to what the student was sharing and could respond in a more supportive way. A big thank you for making this part of the job a little less daunting'*

Teacher West Berkshire

*A really good, useful meeting that has already helped us manage depressed / anxious adolescents with some top practical tips. We liked the variety of ways you presented the material (video clips, slides and flip-chart) and the way you allowed interaction. Altogether a really helpful hour. You managed to pitch your talk as exactly the right level for us for our maximum benefit despite the time constraints.*

GP – East Berkshire



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