

Child & adolescent mental health research in East Lancashire: Recent collaboration, opportunities and challenges

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East Lancashire Hospitals
NHS Trust

- ELCAS Primary Care Team
- Qualitative research project on GP experiences
- Collaboration with UCLAN and GP Federation
- Local research opportunities in CAMHS
- Challenges in completing projects in this field, and scope for collaboration to help overcome these (link with Values-based Practice)
- Discussion of participant experiences, and ideas for future development of child & mental health projects and networks in East Lancashire

ELCAS Primary Care Team

CAMHS in East Lancashire

- ELCAS – Child Psychiatry (ELHT)

Severe and complex mental disorder requiring multi-disciplinary team input

- Child Psychology Services (LCFT)

- Community Neurodevelopmental Paediatrics (ELHT)

- Disorder-specific services: EIS, Eating Disorder, LD (LCFT)

- The Cove inpatient unit (LCFT)

- Third Sector (CANW, Addaction, Action for ASD)

- Private Sector

- Local Authority (Children's Social Care, SCAYT)

Background to Primary Care pilot

- Future in Mind
- QNCC accredited service
- GP views (local + national)

- Pilot funding in 2016

The Model

- GP-attached model
- 3 PMHWs (Primary Mental Health Workers)
- New posts – Parenting/Wellbeing Practitioners
- GP ST₂

- Focus on specific localities

- Link in with specialist CAMHS by sector
- Thrive – ‘Getting Advice’



Thrive Elaborated (2nd edition); Wolpert M et al 2016
www.annafreud.org

PMHW Clinical Roles

Direct clinical contacts

- '2+1' consultation and advice model
- All assessments in host practices
- Offered flexibly in primary care settings across locality

Consultation and Training

- Single point of contact for all GP Practices and Schools
- Flexible approach (e.g. virtual MDT)
- YMHFA



Questions?

Qualitative research: in collaboration with UCLAN

Qualitative research project

- “An action research study to evaluate the impact of Primary Mental Health Workers on access to, and satisfaction with, children’s mental health services in a General Practice setting”
- The aim of this study is to gather qualitative data around the existing service offered in East Lancashire to understand how well it supports clinicians in general practice with children’s mental health, with the aim of developing ideas and hypotheses around how our service can improve, work differently and look to provide further support for practitioners working in Primary Care.

The path to collaboration

- Initial evaluation proposal developed by project lead
- ELHT Research Initiation Grant
- Pilot interviews by ST4 in Child Psychiatry
- Poster presentation at RCPsych International Congress in summer 2017

- Collaboration with UCLAN in further qualitative research
- HRA amendments
- UCLAN ethics approval (further revisions)
- Recruitment of GPs in summer 2018...

Interviews

- Recruitment from GP Practices using PMHWs, and from East Lancashire GP Federation
- Topic guide for interviews Recruitment challenging
- 9 GP interviews conducted by Alison
- Analysis of interview data at UCLAN

- Themes from interviews...

CAMHS Research in East Lancashire: Opportunities and Challenges

Opportunities

- CAMHS profile (national)
- Possible new resource (e.g. mental health in schools)
- High performing local services
- ELCAS departmental research group
- Experience in qualitative research
- Primary Care team as site for innovative practice
- CYP IAPT Partnership
- Developing links with UCLAN in education

Challenges

- Fragmented and under-resourced services
- Service re-design
- Local mental health research infrastructure
- Stability of workforce
- Setting up and maintaining (small) projects in CAMHS

Collaboration

- Forming local networks
- Linking with regional/national projects
- Is there an appetite for this?!

Discussion

What are your experiences of research undertaken in this area?

What opportunities do you see for further research?

What are the challenges you would anticipate?

Is there an appetite for collaboration in CAMHS research locally?

If so, how can we support each other in developing further projects?