

Scoping good practice in supporting parents of young people with mental health problems

Project summary

Background

The parents of adolescents are among the most unsupported of all groups of parents, and those who have teenagers with mental health problems seem to be particularly isolated. Yet parents are likely to be a big part of the solution as far as successful outcomes for young people are concerned.

AYPH undertook a survey over 300 parents in the summer of 2016, who were all supporting young people in their families with mental health problems. The results were published in a [briefing paper](#) in November 2016. Parents described the many challenges they face in trying to help their young people get the right services. However, they also provided a number of suggestions for ways forward and occasionally offered clear examples of good practice in their local area that made them feel more supported and potentially promoted better outcomes for their young people.

We are now undertaking a systematic scoping exercise to find out what examples of these kinds of good practice are already 'out there', to help us build practical recommendations for system-wide improvement.

Methods

The project includes

- (a) a desk based piece of research to find out what materials exist on-line and
- (b) a systematic series of telephone calls and emails, and a limited number of meetings, with practitioners, commissioners and parents to provide more detail about existing good practice, and to explore potential difficulties and pitfalls that they may have encountered in getting initiatives off the ground.

Timing and outputs

The project will complete late Spring 2017, and we will be publishing a briefing providing examples of good practice practical suggestions for how some of the parent's recommendations could be taken forward.

For further information, contact info@youngpeopleshealth.org.uk or visit www.ayph.org.uk