

HEALTHY TEEN MINDS

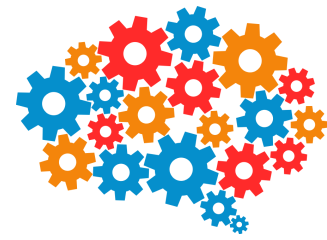
Innovations in children and young
people's mental health education

Robin Barker

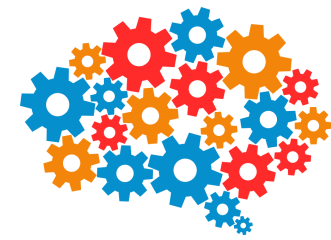
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Innovations: Past



Innovations: Present



Innovations: Present



Co-produced children and young people's mental health training for hospital staff

wecantalk.online



Introduction

Trainer: *“Could you tell me what you’re hoping to get from today?”*

Staff: *“Do you want the honest answer? Or the one I’m expected to give?”*

Trainer: *“The honest one”*

Staff: *“I’m here because when I know there’s a patient on the ward due to their mental health I turn and walk the other way.”*

We Can Talk CYP MH training March 2017, anonymous staff member during introductions



Background

- Healthcare professionals working in hospital settings report a lack of confidence and competency in caring for children with mental health needs and research shows children and young people have overwhelmingly negative experiences of presenting to hospital due to their mental health.
- We Can Talk co-produced (with hospital staff, young people and mental health experts) a competency framework for hospital staff in children and young people's mental health and developed, piloted and evaluated a one-day training day linked to the competencies
- The pilot project was funded by Health Education England's (HEE) local team in North Central and East London and led by Barts Health NHS Trust in collaboration with Healthy Teen Minds, Common Room and the Child Outcomes Research Consortium (CORC)
- We Can Talk is now continuing as a collaboration between Healthy Teen Minds and Common Room



Training

- Co-delivered by child and adolescent mental health experts and a young advisor with experiencing of presenting to hospital due to their mental health
- Engaging delivery (not 'death by PowerPoint'), real life examples and case discussions, group work, opportunities for questions throughout and the voice of children and young people coming through clearly
- Morning session focuses on understanding emotional and mental well-being and developing the link with existing practice as well as additional knowledge around common mental health problems and self harm
- Afternoon session explores young peoples experience of presenting to hospital due to their mental health and helps staff develop their skills to communicate effectively about mental health concerns



Principles

The We Can Talk Principles are a young people and staff accessible version of the educational framework that the training is based on.

They outline the key areas that all staff should feel confident and capable in addressing with children and young people after attending the training

1. We Can Talk and listen about your emotional and mental health needs in a clear and non-judgmental way
2. We Can Talk about how we will look after your physical *and* emotional needs while in hospital
3. We Can Talk about how to help manage the challenges of being in hospital by using distraction and relaxation techniques
4. We Can Talk about your problems and we can find the right person to help



Principles

5. We Can Talk about how to keep you safe while you are staying with us in hospital
6. We Can Talk or we can communicate in another ways that might work better for you, by writing, drawing, using signs and pictures etc. We're flexible.
7. We Can Talk about self harm and other big issues that might be worrying you
8. We Can Talk in private and will always talk with you about information that needs to be shared.
9. We Can Talk about difficult or awkward subjects in a way that is not as difficult or awkward as either of us thought it would be
10. We Can Talk to you and your parents / carers about helpful places to access additional support or information around your mental health



Assessment

- Staff are asked to complete an anonymous pre- and post- training impact evaluation form
- At the end of the day staff receive a certificate of attendance to use for revalidation or CPD records
- Staff receive an e-mail with a digital (PDF) copy of all the training slides including links to additional online resources
- Three months after the training date staff receive an e-mail request to complete an anonymous online survey (less than five minutes) to assess the impact of the training



Project Team

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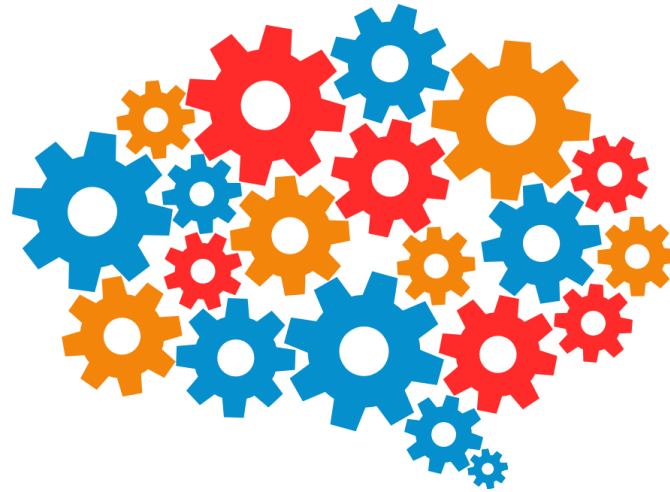
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Innovations: Future





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