

## Improving young people's mental health care with best practice approaches for families

*AYPH Project Summary, November 2019*

### Background

The Association for Young People's Health (AYPH) has a programme of work focused on supporting parents and carers of young people with mental health problems. Despite clear evidence that parents feel isolated, unsupported, anxious and in need of help and advice, it is not clear how best to help services to share useful resources with them. Parents can be hard to reach, and services can be nervous about confidentiality and other issues. We have undertaken a scoping review and a survey of parents, and consulted with stakeholders about the challenges and opportunities.

In this next stage we are working with Child and Adolescent Mental Health Services to see how practice can be developed to provide more help to parents when their young person has mental health problems. If parents are better supported then outcomes for young people may be better. We are going to be finding out more about what parents want and how to fit this into existing practice, and we will be testing a new website and leaflet. The website and leaflet can be viewed at [www.helpforparents.org.uk](http://www.helpforparents.org.uk).

### What the project involves

Working with two or three CAMHS departments, the project will involve two main activities:

- **Analysis of current engagement with parents:** Analysis with each service of their every day engagement with parents and carers – when young people are referred, or discharged, or in crisis during treatment so that we are clear about the contact points that services currently have with parents. We will be agreeing with staff the best time and way to inject our leaflet and associated resources into their regular practice
- **Time limited pilot and analysis of impact:** Running a four month test of introducing resources. This will include interviewing staff and parents before and after the introduction of resources to identify impact and learning. We will analyse qualitative feedback alongside quantitative data on numbers of parents seen and leaflets shared.

Alongside this pilot process we want to sustain our partnership work with existing parenting groups, the Charlie Waller Memorial Trust, NHS England and Public Health England. The need for an overarching set of principles and models of practice which local areas could commission is clear and this partnership work will aim to support further development in this area. The project is funded by the Balcombe Trust.

### For more information

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For more on AYPH, visit [www.youngpeopleshealth.org.uk](http://www.youngpeopleshealth.org.uk), and follow @AYPHcharity.