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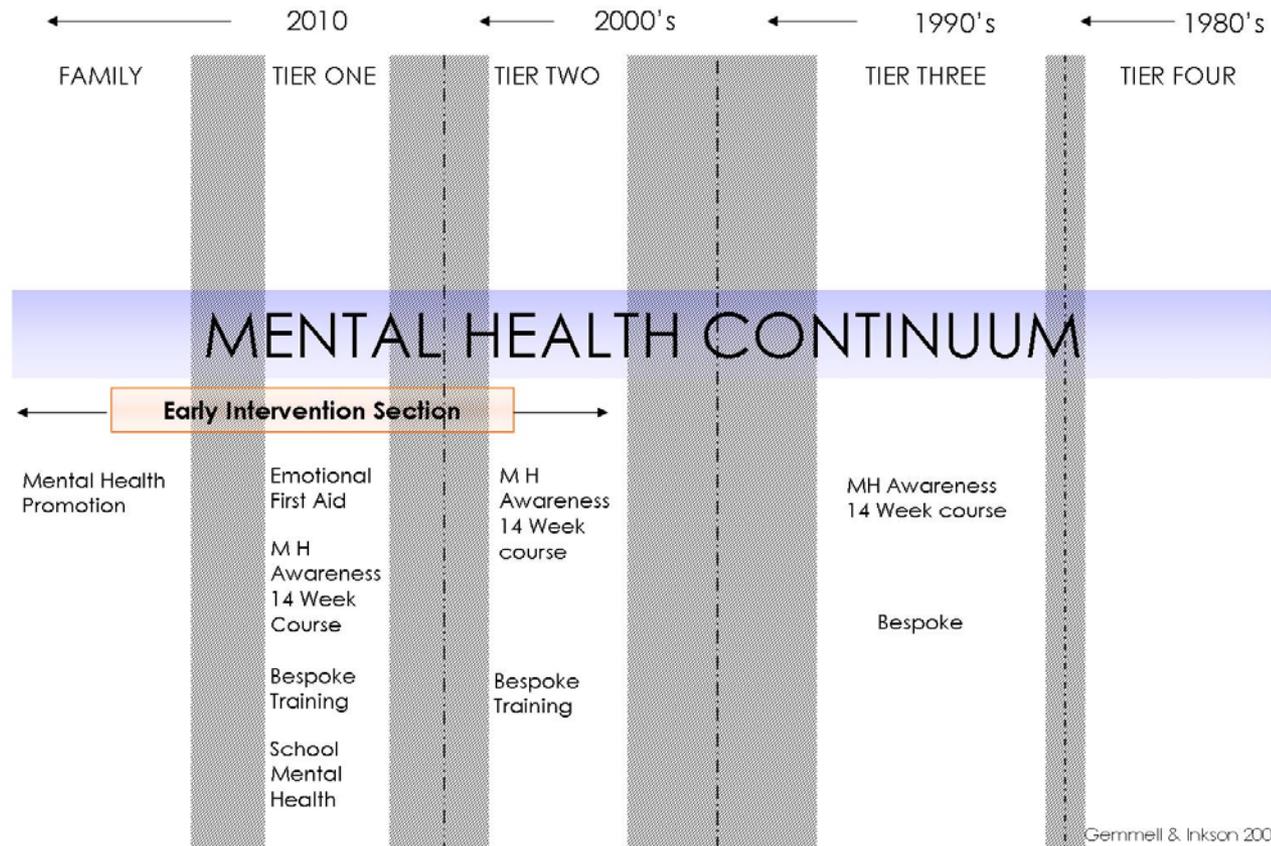
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**THE 3 'R' MODEL (ROLLBACK, RESPONSE & RESOURCE)**



# Aim: 3 'C' Approach

## Capacity, Capability & Confidence

- Single point of referral to CAMH Services & CAF.
- Signposting to other services where appropriate.
- Short term direct intervention.
- Support to access appropriate support within the locality or specialist services.
- Support existing workers in their work with young people e.g. co working, consultation & advice, supervision.
- Develop mental health knowledge & skills of other colleagues.
- Develop local services to meet the needs of children and young people who have emotional and/or behaviour difficulties.
- Relieve pressure in primary care & reduce inappropriate referrals to Specialist CAMHS.



# What is Emotional First Aid?

*“Emotional First Aid is the initial response given to a young person experiencing emotional distress before professional help is sought and obtained.”*



# Emotional First Aid History

- Review Mental Health First Aid (Australian model for adults).
- Decided for children's workforce the language needed to be appropriately changed.
- Questioned how one gets into young people's shoes to provide First Aid?
- Decision to fund a project with Solent Youth Action to ask young people with personal experiences of CAMHS.
- Production of 'ME & U' – My Emotions Understood.
- Commissioned Solent Youth Action to convert booklet into 'ME & U' DVD with young people telling their own personal experiences on film the poignancy is a core part of the sessions.
- Multi Agency and multi organisational launch lead by the young people.



# Aims

- Promoting positive emotional health.
- Providing reassurance.
- Aid in accessing appropriate services.
- Through risk assessment prevent harm to/from others.
- Create a partnership with the young person to find solutions “getting through this together”.
- Assist in early detection and intervention.
- To increase knowledge, reduce stigma and increase the skill base for the emotional first-aider.



# Emotional First Aid Course

Delivered over six three hour sessions:

- What is emotional first aid.
- Emotional Stuckness.
- Developing listening skills.
- Encouraging strategies for self management.
- Assessment of risk.
- Looking after yourself.



# Anticipated Outcomes

- Challenge of myths around mental health.
- De-stigmatisation of mental health problems and decrease in labelling of children and young people.
- Encouraging reflective practice.
- Contributes to participants' continuing professional development.
- Helping participants recognise their own needs for support and how they might meet them.
- Inter-agency working of CAMHS agencies involved in the training.

# Current Position

- Pilot Cohorts of EFA completed.
- Pilot of Train the Trainers completed.
- EFA places booked up to cohort 14.
- Cohorts booked for Hampshire, Fareham, Gosport, Windsor.
- Interest from Portsmouth, Bournemouth, Surrey, Sussex and Lambeth.
- Winner of NHS Innovations Awards.
- Winner of Health & Social Care Awards.



# Future Developments

## ***FUTURE DEVELOPMENTS***

(subject to SHA Innovations grant application).

- EFA for Primary, Learning Disabilities, Complex Needs and Physical Disabilities.
- Develop website for blog use, material purchase, online support, network communication.
- Topic specific booklet development (*Discovery Guides*).
- Robust evaluation: course, attitudinal change and direct impact on children and young people.

