

Psychological Perspectives in Education & Primary Care (PPEPCare): providing much needed support to teachers and others working with troubled children and young people (CYP)

'The PPEPCare training enabled me to feel more confident about what to say, when to say it and to have a clear and positive endpoint in mind. More importantly, I felt I was listening carefully to what the student was sharing and could respond in a more supportive way. A big thank you to Lisa for making this part of the job a little less daunting' Teacher from Reading

The PPEPCare project was developed as a partnership between the Oxford Academic Health Science Network Anxiety and Depression Clinical Network (lead partner), Health Education Thames Valley, Strategic Clinical Networks Thames Valley, Berkshire Healthcare NHS Foundation Trust, Oxford Health NHS Foundation Trust, the University of Reading and Charlie Waller Trust.

Key points at a glance

The PPEPCare project aims to help staff working in education (teachers, TAs, SENCOs) and in primary care (GPs, nurses, health visitors) to (i) better recognise and understand mental health difficulties in children and young people and (ii) better support these children, young people, and their families by providing psycho-education and drawing on relevant psychological techniques using a cognitive behavioural framework. It currently comprises ten training modules including self-harm, eating disorders and anxiety & depression, each consisting of a training presentation, experiential exercises, video training material developed with children and young people and hand-outs. Training is delivered by appropriately qualified staff from Children and Adolescents Mental Health Services (CAMHS) and/or specially trained other health professionals.

1,248 Thames Valley staff have attended training sessions between 1st April 2015 and 31st March 2016! The most frequently requested training modules were Overview of MH problems in CYP, Self-harm, Overcoming childhood anxiety, Conduct Disorder, Eating Disorders and Depression.

Background Summary

Mental health problems affect about 1 in 10 children and young people. They include depression, anxiety and conduct disorder, and are often a direct response to what is happening in their lives.

We know that 50% of all long term diagnosable mental health problems start around 14-15 years old (rising to 75% by 18yrs old) and that early interventions improve life chances.

Alarmingly, 70% of children and young people who experience a mental health problem have not had appropriate interventions at a sufficiently early age (Mental Health Foundation, 2016).

Self-harm in young adolescents is increasingly common, with one in six engaging in self-harming behaviour. Strong school and secure peer relationships were associated with less self-harm (Stallard et al 2013).

There is an urgent need to support those working with children and young people to detect, approach and support CYP with mental health problems as, mostly, these staff do not receive any formal training in this area.

Challenge identified and actions taken

Ensure high quality training content: To provide practical training sessions for busy teaching staff and primary care professionals, a number of modules were developed by world leading experts in partnership with young people, based on the best evidence base available.

Ensure high quality teaching standards: In first instance experienced CAMHs staff were trained up to deliver these sessions free of charge to schools and medical centres but training is now extended to other professional groups such as school nurses and educational psychologists.

Ensure easy access to training: Teachers and GPs are busy people who find it difficult to take time out to attend training. To reduce their 'down time', the PPEPCare programme offers bespoke, short, on-site sessions, at a mutually convenient time for any number of attendees.

Funding needed: Funding to support the *development and implementation* of the project was provided by Health Education England Thames Valley (HEE TV) and the Strategic Clinical Networks Thames Valley (SCN TV) as well as Charlie Waller Memorial Trust. We are very pleased to report that funding for this much needed support is now provided by the relevant CCGs.

Outcomes

Training sessions are always evaluated on a number of criteria including 'quality of training session', 'extent to which training addressed concerns or worries' and 'confidence levels before and after the training'.

Between April 2015 and March 2016 (1,248 attendees and 50 sessions across Berkshire, Buckinghamshire and Oxfordshire on various subjects) more than 95% of attendees were satisfied with the training and found it useful. Some 99% of attendees would recommend the training to colleagues and more than 98% of attendees found that the training offered them enough practical information, with the overwhelming majority of people feeling more confident in dealing with troubled young people following the training sessions.

Plans for the future

Continue to grow number of sessions: the implementation year (15/16) has already seen a sharp rise in requests, particularly from schools where teaching staff have expressed a pressing need for help to grow their confidence levels in detecting, approaching and managing children and young people in distress. Currently PPEPCare is provided across the whole of Berkshire, Oxfordshire, Buckinghamshire and Milton Keynes.

Continue to grow number of trained PPEPCare trainers to meet demand: a minimum of two Train the Trainer events will be held this financial year to train up more staff to deliver the training.

Develop more modules as needed: Additional modules to be rolled out this financial year include Resilience and Autism Spectrum Disorder (ASD).

Continue with the evaluation of the teaching sessions: all training sessions are evaluated on 3 of Kirkpatrick's 4 levels and we will continue to do this with the help of the University of Reading.

Continued support for trainers: with financial support from the Children and Maternity Network TV SCN, the A&D Network has commissioned the design and implementation of a web based support platform for all PPEPCare trainers. It will keep PPEPCare trainers updated with developments, enable them to store and share training materials (including video material, power points and hand-outs), communicate with fellow trainers and training leads, give and receive support and upload evaluation information. It has a private chat room facility and the option to 'meet' for supervision and consultation with peers and leads. We will also be inviting external trainers and module developers (where possible) to offer support.

A module on 'Dealing with families of children with MH problems': we are planning a module to support teachers in feeling more confident and knowledgeable dealing with families

Spreading PPEPCare beyond the Thames Valley

With the following in place the PPEPCare programme could, in principle, be rolled out beyond the Thames Valley

- Local support to run/ support train the trainer activity (Oxford AHSN, NHS England, provider trust)
- Funding for centralised activity such as running train the trainer workshops, co-ordinating training sessions and centralised evaluation (from HEE or local CCGs)
- Support from the local CAMHs services to release staff

Contact for further information

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