

Steps Towards Effective Child and Family Centred Care: The Next Five Years

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National CAMHS Review
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Evidence Based Practice & Practice Based Evidence in CAMHS

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CAMHS Review

- Independent review commission by Govt in Dec 2007
- CAMHS defined in its broadest sense
 - Universal, targeted and specialist services
- Progress made in delivering services to meet the educational, health and social care needs of children and young people at risk of and experiencing mental health problems since launch of
 - Children's National Service Framework
 - Every Child Matters
- Examine practical solutions for policy makers, commissioners, managers and practitioners to address:
 - Current challenges
 - Deliver better outcomes
- Complete by Autumn 2008

A range of evidence gathering

- 'Expert' group of a broad range of professionals convened and chaired by Jo Davidson, d/chair Bob Jezzard
- Reviews sub-groups:
 - Organisation and functioning of the overall CAMHS system
 - Meeting the needs of vulnerable groups
 - Monitoring, evaluation and accountability
- Review of existing research evidence
- National Call for Evidence
- Focus groups of children and young people and their parents/carers
- Review of practice visits to local authorities/primary care trusts

A question of evidence: Some current complexities

- What is meant by 'effective' is currently rather fragmented and narrowly defined
- Disorder based manualised treatments Vs ??
- Questions of the meaning/nature evidence Vs experience
- Often articulated in absolute terms
 - eg. over/underplays impacts and over/underplays limitations and logistics
- Limited use of wider scientific knowledge about therapeutic alliance, parents and children's expectations, barriers to care, processes of care, etc.
- Attention to 'what works' for children, young people and parents/carers
 - Main priorities and goals
 - Process and alliance factors
 - Approachable, receptive and flexible services
- Limited opportunities for constructive exchange and learning between practice and research communities

Effective child and family-centred care: A personal view

- "What kind of differences do I make to the children, young people and families with whom I work?"
 - How can I make the most difference?
 - How do I know that I have?
- The same question can be asked at team, service, multiagency level

Effective child and family-centred care: Some possible directions of travel (1)

- Shared ownership and core priority - effectiveness is not a solitary, individual responsibility but collective and central to comprehensive CAMHS
 - Clear about who is accountable for what - governance and leadership at all levels to maintain effective child and family centred care within and across agencies in a comprehensive CAMHS
 - Routine monitoring and auditing of effectiveness of care – informed internal and external scrutiny
 - Active use of such information to
 - Genuinely acknowledge success and achievements and
 - Support and momentum for outcomes improvement
 - Organisational stability, drive and flexibility
 - Managers, practitioners and children and families feel valued and support provided

Effective child and family-centred care: Some possible directions of travel (2)

- Set out more clearly what we need to aim for/achieve in relation to effective child and family centred care
 - Fundamentally embedded within children, young people and family priorities
 - Drawing on broad research evidence and practitioner expertise and experience in a more integrated way
 - Clear, explicit service goals/standards/models
 - What should the benchmarks be?

Effective child and family-centred care: More possible directions of travel (3)

- Better methods of spreading good ideas, expertise and methods to the right places and people as quickly and effectively as possible
 - Move away from rather fragmented and sometimes ad hoc spread of effective evidence and practice
 - Proactive, organised dissemination and exchange - central, regional, learning networks, multiagency???
 - Support and resources at local/regional/national level to help implementation of effective child and family centred care

Effective child and family-centred care: Final possible direction of travel (4)

- Research and practice communities' closer involvement in the development of 'realistic' interventions
 - Research and practice more closely aligned and working as a two way street
 - Better dissemination and better chances to learn research based interventions/care
 - Further development of 'realistic' interventions that can meet family and service needs eg. Weisz & Chorpita – modular manuals, NAPP high-need project, Parents Under Pressure