EBPU
Evidence Based Practice Unit

Bridging research and practice in child mental health

A partnership of

Anna Freud National Centre for Children and Families
A NOTE FROM THE DIRECTOR

“We want to ensure that help is informed by research, tested in the field, and tailored to young people’s needs.”

MIRANDA WOLPERT
EVIDENCE BASED PRACTICE UNIT

EBPU

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WHO WE ARE

The Evidence Based Practice Unit (EBPU) bridges the worlds of academic research and mental health practice. We contribute to research and develop practical tools, training and information for children, families and professionals.

EBPU sits within UCL and the Anna Freud Centre, thus linking the worlds of academia and professional practice. The unit also works closely with the Child Outcomes Research Consortium (CORC), a membership organisation for research of young people’s mental health outcomes.
ABOUT UCL

EBPU sits within the UCL School of Life and Medical Sciences, one of the largest and strongest concentrations of psychology, cognitive neuroscience and mental health sciences researchers in the world. This UCL school blends research and teaching with advances in clinical care and population health through partnership with a range of institutions and the wider health community.

ABOUT THE ANNA FREUD CENTRE

The Anna Freud Centre has been pioneering better mental health care and support for children and their families for over 60 years. Its vision is a world in which children and their families are effectively supported to build on their own strengths to achieve their goals in life.

“Since its establishment a decade ago, EBPU has been a major driver for change in the transformation of children’s mental health services. The progress of mental health provision owes a great deal to the leadership provided by EBPU – it has provided scientific and clinical direction at a most important time.”

PROFESSOR PETER FONAGY
HEAD OF RESEARCH DEPARTMENT OF CLINICAL, EDUCATIONAL AND HEALTH PSYCHOLOGY, UCL
CHIEF EXECUTIVE, ANNA FREUD CENTRE
Together, we are:

Collaborators
We work with partners across education, government and the health service to develop and evaluate cutting-edge services for child mental health.

Enablers
We bridge the gap between academic research and frontline practice to provide real-world solutions for child mental health services.

Innovators
We develop and evaluate the latest techniques and technologies to effectively engage with children and young people.

Networkers
We share the latest evidence-based research and information to support children, young people and healthcare professionals alike.

Researchers
We research and evaluate the best ways to support young people’s mental wellbeing.

WHAT WE DO
The World Health Organization estimates that by 2020, mental disorders will become one of the five most common causes of serious ill health among children.

To help tackle this growing health issue we provide professionals with the tools to inform their services, while empowering young people to take an active role in their treatment.
For professionals we:

- work collaboratively to help them explore different ways of improving the help that they offer
- provide resources and training
- evaluate a broad range of services to support suggestions for improvement
- publish regularly in international peer-reviewed academic journals to advance knowledge in supporting youth mental wellbeing.

For young people and their families we:

- provide resources to help them make choices about different forms of support
- undertake cutting-edge research into what supports mental wellbeing for young people
- publish material relevant to young people and their families through our publishing arm, CAMHS Press.

For commissioners and policy makers we:

- offer advice and suggestions for evidence-based service standards and policy objectives
- provide frameworks for evidence-based performance management and outcome monitoring.
OUR PARTNERS

Effective collaboration is key to our success.

We work with:

- academic researchers
- service providers
- experts with experience of using services
- policy makers
- national funding bodies
- service development networks.

OUR TEAM

Our highly experienced team is made up of professionals from a wide range of disciplines. We share a collective commitment to the health and wellbeing of young people and their families.

We are:

- postdoctoral researchers
- mental health support providers
- design experts
- project managers
- quality improvement experts
- administrators
- statisticians.
OUR RESEARCH

The EBPU research agenda focuses on four areas related to children’s mental health and wellbeing:

RISK
understanding the range of contexts and conditions that put a child or young person at elevated risk for mental health problems or poor outcomes in the context of experiencing mental health problems.

RESILIENCE
the study of those who function well in the context of adversity, and exploring the range of internal characteristics and external supports that is associated with the best outcomes in the context of risk.

CHANGE
measuring and modelling change in community populations, understanding change in mental health over the course of treatment.

CHOICE
synthesising and contributing to the evidence base on shared decision-making, evaluations of materials and tools to support this, and learning from service user experience.
**HeadStart**

**FUNDER: BIG LOTTERY FUND**

**AIM:** Investigate effect of HeadStart activities on participants.

HeadStart is a programme trialling a broad range of initiatives for improving resilience in 10-16 year olds. In this seven-year project, we are working with the selected partnerships across England to build their capacity to investigate the effects of the activities and whether this is value for money.

In collaboration with the partnerships, we will distil programme-wide learning to share with the wider community of policy makers, academics and other professionals working to support children’s emotional wellbeing.

**FAST FACTS**

- Community-based scheme for 10-16 year olds
- In collaboration with University of Manchester, the Personal Social Services Research at the London School of Economics, Child Outcomes Research Consortium and Common Room Consulting
- Develop a common measurement framework to assess a broad range of initiatives and their potential impact on children’s mental health and emotional wellbeing

biglotteryfund.org.uk/headstart
Data Linkage

**Funder: Various**

**AIM:** To link datasets to understand the impact of different mental health and wellbeing interventions.

This project is supporting local areas to develop linked data sets, and to benefit from their use in monitoring cross-sector strategies for improving mental wellbeing and conducting research.

**Fast Facts**

- Working with sites in Liverpool and Kent on rapid consideration of data linkage
- Working with eight sites nationally to develop and consider outcomes from data linkage across health, education or social care
- Exploring legal, technical and psychological barriers and facilitators of data linkage

Go to: ucl.ac.uk/ebpu/publications/reports for the final report and guide to choosing needs-based groupings
Talking Mental Health

FUNDER: WELLCOME TRUST

AIM: To help young people in schools make choices about how they talk about mental health and to whom they talk about it, to support their own wellbeing.

Talking Mental Health is a creative, collaborative project working with children and young people to produce an accessible and engaging short animation for 9-11 year olds on how to talk about mental health and to develop support materials for teachers, children and parents. These will be evaluated for impact.

FAST FACTS

• 9-11 year olds co-create the animation
• Materials help teachers lead discussion on talking about mental health
• Aim to reach 20,000 children and young people
Power Up

**FUNDER: NATIONAL INSTITUTE FOR HEALTH RESEARCH**

**AIM:** To enable young people to record and share ideas and decisions in ways that empower them to take a more active role in their therapy.

Power Up is being developed in collaboration with young people and mental health professionals. This project will explore the impact of Power Up when young people use it alongside their treatment from child and adolescent mental health services.

Payment Systems

**FUNDER: NHS ENGLAND**

**AIM:** To find the best way to facilitate the allocation of funds to child and adolescent mental health services (CAMHS) providers in accordance with the needs of children and young people, in a way that supports appropriate shared decision-making and patient choice.

EBPU is now supporting NHS England in piloting ways forward.

**FAST FACTS**

- Young people will be able to record their plans, experiences and reflections using text, audio and video
- Gives young people the information they need to become more involved in decisions about their care
- Young people have an active role in the app’s planning, design and evaluation

**FAST FACTS**

- Recommends 19 needs-based groupings
- Provides an algorithm to guide but not mandate
- Aims to support best practice
Service Evaluation

**Funder:** VARIOUS

**Aim:** To evaluate services for young people and their families and also practitioners.

EBPU carries out a range of evaluations, including of services for young people and families in crisis as part of the Department of Education Children’s Social Care Innovation Programme. We are also evaluating masterclasses for frontline healthcare professionals.

We design evaluations drawing on best research practice, existing standardised tools and in collaboration with the service to ensure it is methodologically robust, practical and meets the service’s needs.

**FAST FACTS**

- Discussing the aims and objectives of a service and the needs of an evaluation with anyone considering commissioning an evaluation
- Supporting the collection, analysis and reporting of quantitative and qualitative data
- Feeding back findings to services and discussing potential implications to ensure lessons learnt from evaluations can be incorporated into practice
Children’s Policy Research Unit (CPRU)

**FUNDER:**
DEPARTMENT OF HEALTH

**AIM:** To help government draw on best evidence in formulating child mental health policy.

EBPU leads on the mental health strand of this Department of Health research project. We are exploring service transformation in child and adolescent mental health services (CAMHS) and investigating which aspects of CAMHS are associated with the most positive outcomes.

**ucl.ac.uk/cpru**

**FAST FACTS**
- Examines what managers, clinicians, and children and young people see as the key factors for positive transformation
- Collects data, conducts systematic reviews and gathers qualitative information such as patient-reported outcome and experience measures
- Informs our understanding of how to implement initiatives for the maximum benefit of children and young people
Understanding shared decision making in CAMHS

FUNDER: UCL AND ANNA FREUD CENTRE

AIM: This PhD project aims to better understand shared decision making in CAMHS.

It focuses on young people aged 11-16 with internalising disorders, their parents/guardians and CAMHS clinicians.

Interviews and focus groups will be used to examine values, beliefs and experiences of these three groups, as well as barriers and facilitators.

FAST FACTS

- For service providers and users
- In collaboration with UCL and the Anna Freud Centre
- Developing a tool to facilitate shared decision making in CAMHS

ebpu@annafreud.org
Resilience in Schools

**FUNDER: NATIONAL INSTITUTE FOR HEALTH RESEARCH**

**AIM:** To explore the development and use of school-based interventions to support children’s mental and physical health.

As part of the NIHR North Thames CLAHRC, we are exploring the development and use of school-based interventions that support self-management and social-emotional skills in order to understand their impact on children’s mental health and physical health. The project also explores the complex interplay between mental health and physical health.

**SAFE**

**FUNDER: THE HEALTH FOUNDATION AND WELLCHILD**

**AIM:** The Situation Awareness for Everyone (SAFE) programme looks at ways to improve safety on paediatric wards.

EBPU is evaluating the impact of the programme to inform improvements, reduce patient harm and drive changes in staff, patient and family attitudes.
TEACHING AND TRAINING

EBPU trains people in leadership and transformation. In collaboration with CORC, Common Room Consulting and others, we offer training in collaborative practice and use of outcomes measures.

- Leadership Skills in CAMHS: An International Perspective
- Evaluating clinical interventions MSc module at UCL
- Training for schools in evidence-based practice and how to work effectively with child mental health services
- PACT training for clinicians in how to make decisions with young people about treatment and care
- CORC training in how to use routinely collected outcome data
- Regular EBPU seminars from experts in the field

PhD in Child Mental Health Research

EBPU offers a research doctorate for students to develop the applied research skills needed for a career in child mental health research, in collaboration with UCL and the Anna Freud Centre. In the first year, students are expected to complete a series of core topics on developing and engaging with applied research on child mental health.

Research areas include:
- the role of technology in mental health care for children and families
- trajectories to, through and around treatment in child mental health
- an international perspective on child mental health support allocation.
EPBU AND THE CHILD OUTCOMES RESEARCH CONSORTIUM

The Child Outcomes Research Consortium and EBPU work closely together on a number of projects.

CORC is the UK’s leading membership organisation for the research and development of children and young people’s mental health outcomes. Its members include mental health service providers, schools, professional bodies and research institutions from across Europe. CORC holds data relating to mental health and wellbeing outcomes of more than 400,000 children and young people in the UK, representing the largest dataset of this kind worldwide.
CORC’s approach to use of feedback and outcome data supports:

- effective interventions for individual clients and families
- practitioner development, staff review and evaluation
- service quality improvement and review
- system-level quality improvement
- research to develop evidence-based guidance.

“CORC has been invaluable in enabling us to consider and demonstrate our impact, show how and with which children we are making a difference, as well as guiding us through areas of improvement.”

WENDY TRAYNOR
YOUNG PEOPLE’S ADVISORY SERVICE
LIVERPOOL CAMHS
We widen the reach of our findings through a number of websites and online resources for young people, practitioners and other professionals.

Youth Wellbeing

youthwellbeing.co.uk

A range of organisations across the UK provide mental health and emotional wellbeing advice, help and support. But it can be hard to know what is available close by or how to judge what is on offer.

The Anna Freud Centre, working with partners, has created the Youth Wellbeing Directory to help young people, parents, and people who work with young people to find support more easily and provide useful mental health information. The directory also includes information about how you might judge what makes a good service.
CORC website

corc.uk.net

CORC enables the meaningful use of outcome information at all levels, from individual practitioner to national policies, to make mental health and wellbeing support more effective and responsive to individual children and young people.

My CAMHS Choices

mycamhschoices.org

This website has been created by young people with experience of child and adolescent mental health services. It features video interviews with real clinicians and young people. Young people attending CAMHS can use it to find out more about what to expect from the services.

Choosing website

choosing.org.uk

Currently being updated, this site aims to help young people make the best choices for themselves. Knowing “the facts” makes it easier to make choices, but working out what “the facts” are is not always easy.
FREE PUBLICATIONS FROM CAMHS PRESS

CAMHS Press is the publishing arm of the Evidence Based Practice Unit, based at the Anna Freud Centre, North London. CAMHS Press brings you academic research and mental health practice in support of children, young people and mental health practitioners, through booklets, leaflets and other publications. CAMHS Press publications are free of charge. CAMHS Press is proud to work with frontline practitioners, service users and policy makers to share knowledge and information, and is committed to serving its readers.
All CAMHS Press material is free of charge.
Requests for our publications can be sent to our email: EBPU@annafreud.org
Publications can be downloaded as a PDF file from websites: ucl.ac.uk/ebpu annafreud.org corc.uk.net
EBPU Logic Model, 2016
EBPU Logic Model aims to create conceptual clarity on the logic underpinning complex interventions in child mental health. This one-page template helps people to clarify their thinking and enables them to debate appropriate evaluation strategies.

THRIVE Elaborated, 2015
An elaboration of the THRIVE framework for CAMHS, created by the Anna Freud Centre and the Tavistock and Portman NHS Foundation Trust, particularly in how it aligns to implementation models and payment systems.

THRIVE
The AFC–Tavistock Model for CAMHS, 2014
The THRIVE model offers a radical shift in the way that services are conceptualised and potentially delivered to inform national debate on the future of CAMHS.
Goals and Goal Based Outcomes (GBOs)
Some useful information, 2015

This updated third edition by Duncan Law and Jenna Jacob offers information and advice on using goals and goal based outcomes, including a section on working with children and young people with learning disabilities.

Using CYP IAPT Feedback and Outcomes Forms to Aid Clinical Practice
Key Messages, 2015

Created by Duncan Law, Melanie Jones and Miranda Wolpert, this guide provides support for using feedback and outcome forms in clinical practice. It outlines why, how and when to use forms.

Guide to Using Outcomes and Feedback Tools With Children, Young People and Families (Former Coop Doc), 2014

Edited by Duncan Law and Miranda Wolpert, this guide provides a toolkit for using the forms recommended by CYP IAPT and CORC. It provides helpful tips and advice on using the forms in everyday clinical practice.
Current View Tool
Completion Guide, 2013

This booklet was developed as part of the Payment by Results in CAMHS Pilot Project. It gives an overview of the Current View Tool and guidance on using the tool.

EBPU Log Book
Learning from Experience, 2013

A booklet developed by EBPU to help frontline practitioners learn from their experience. Use the Plan-Do-Study-Act forms when you want to try something new to improve your practice.

The Kidstime Workshops
A Multi-Family Social Intervention for the Effects of Parental Mental Illness, 2012

This booklet provides information on what is needed to set up and run Kidstime Workshops. ‘Kidstime’ is an approach for helping the children of parents with mental illness.
I Gotta Feeling
Top tips for feeling good, 2011

This booklet has been designed by Help4Pupils to help primary school children when they are feeling sad, worried or troubled. It is full of fun, simple tips on what to do to improve their mood and maintain emotional wellbeing.

How to get up and go when you’re feeling low
Top tips for feeling good, 2011

This booklet has been designed by Help4Pupils to help secondary school children when they are feeling sad, worried or troubled. It is full of fun, simple tips on what to do to improve their mood and maintain emotional wellbeing.

Choosing what’s best for you
What scientists have found helps children and young people who are sad, worried or troubled, 2007

A booklet that explains research to children and families to help them make treatment choices. More than 25,000 copies have so far been distributed across the UK and beyond. The booklet has been translated into Swedish.