

Gathering ideas for new research questions from
young people with experience of Child and
Adolescent Mental Health Services (CAMHS),
their parents and clinicians



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Research Inspired by Service Experts

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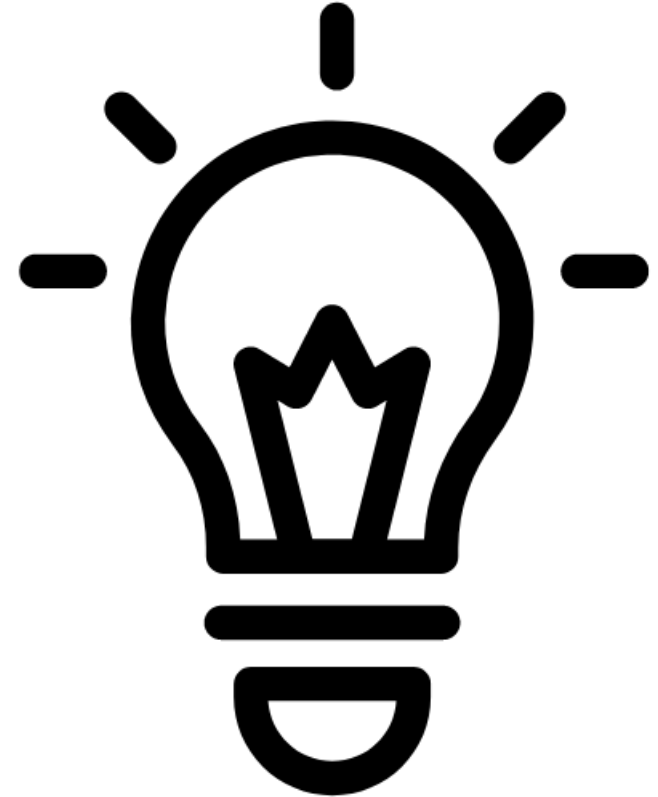


Aims

- To develop a system in which new research questions can be generated by Devon Child and Adolescent Mental Health Services (CAMHS) users, parents and carers, and staff
- To create a repository of service evaluation and research questions prioritised by local service users
- To link with DClinPsych training programmes in Devon to share questions for service evaluation projects
- To share questions with researchers to develop research projects

How it all began

- A young person in the Devon CAMHS Participation group asked whether there was a correlation between the time spent on CAMHS waiting lists and length of subsequent treatment.
- The CAMHS research board realised that there was a need for a system to enable children and young people to share questions that could lead to research or service evaluation.
- A team from Devon Partnership Trust, Children and Family Health Devon, and ChYMe/PenARC received funding from the South West CRN Innovation Fund for CAMHS RISE.
- Extension funded by PenARC Mental Health Research Initiative.



Workshop development

- **Met with group leads**
 - CAMHS participation
 - Young Devon
 - Devon County Council
- **Involved young people**
 - 8 young people with CAMHS experience



Workshops

Young Devon
Wellbeing Café

- Zoom
- 6 participants

CAMHS
participation
group

- Teams
- 2 participants

Care experienced
young people

- Face to face
- 9 participants

Parent/carer group

- Zoom
- 11 participants

- Online form for anonymous contributions

Workshops

- Outline:
 - Introduction
 - What is research?
 - Our project
 - Young people's ideas
 - Discussion/clarification
 - Next steps

Which Blob Do You
Feel Like Today?

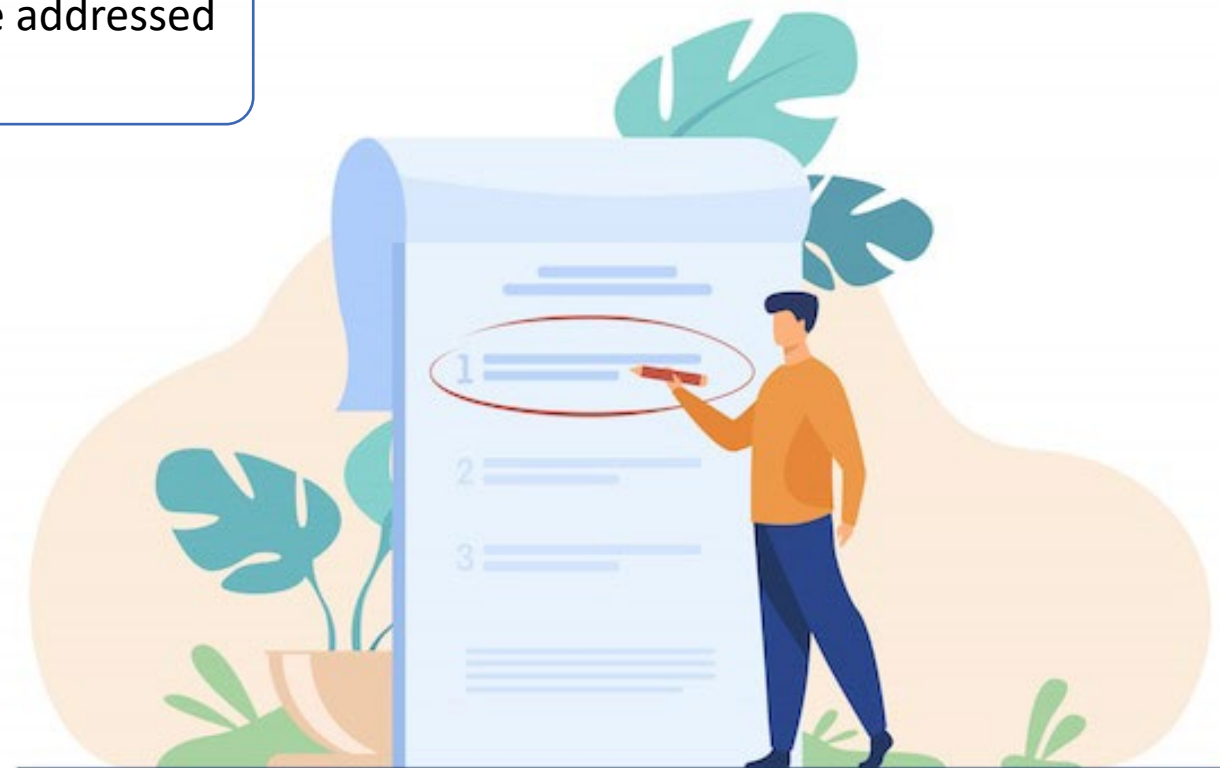


Prioritisation

Refined
questions

- Some were requests for information – to be addressed separately

1st
Prioritisation



Top Questions

Do waiting list times for CAMHS lead to worsening mental health in young people?

What support can be offered to young people while on the waiting list for CAMHS?

Does parental support impact the effectiveness of mental health services for young people?

What can be done to help young people feel more listened to in the CAMHS referral process?

Are ethnic minority children and young people treated differently in CAMHS in terms of the services or treatment they receive?

How does having a diagnosis of a neurodiverse condition affect CAMHS practitioners' decisions about mental health treatment?

What strategies are effective for improving young people's experiences of transitions between child and adult mental health services?

Evidence Summaries

Rapid search for high-quality evidence

Draft of plain language summary of existing evidence

Expert review of summary

Review by young people and CAMHS clinicians

Final edits

Dissemination

Evidence Summaries



First 6 summaries are available here, more coming soon!:

<https://childrenandfamilyhealthdevon.nhs.uk/camhs/articles/camhs-rise/>

What's next?



- Dissemination
- Sustainability
- Paper in progress
- Service evaluation and research projects

Thank you!

Thank you to the young people and parents who gave their time and shared their experiences and ideas!

You can contact cfhd.crae@nhs.net or g.j.bjornstad@exeter.ac.uk for more information.

