
Report To:	Inverclyde Integration Joint Board	Date: 6 November 2018
Report By:	Louise Long Corporate Director, (Chief Officer) Inverclyde Health & Social Care Partnership	Report No: IJB/55/2018/SMcA
Contact Officer:	Sharon McAlees Head of Children's Services & Criminal Justice	Contact No: 01475 715282
Subject:	LIAM – 'Let's Introduce Anxiety Management' for Children and Young People	

1.0 PURPOSE

- 1.1 The purpose of this report is to advise the Integration Joint Board about planned work to be carried out following training by the Inverclyde school nursing team to support children and young people aged 8 years to 18 years in low intensity anxiety management. The programme 'Let's Introduce Anxiety Management' (LIAM) is a cognitive behavioural therapy (CBT) informed intervention for mild to moderate anxiety. The programme has been developed by NHS Education for Scotland in conjunction with Professor Paul Stallard.
- 1.2 This integrated programme has also been offered to other partners with Education Services and Barnardo's joining the training and will be part of an Implementation Plan for a wider system approach.

2.0 SUMMARY

- 2.1 Anxiety disorders are among the most common mental health difficulties experienced by children and young people, with an estimated prevalence of 12% per year. Anxiety issues are often under-recognised and under- treated (CAMHS Matrix, 2015).
- 2.2 LIAM develops practitioner skills in the delivery of a Cognitive Behaviour Therapy (CBT) informed approach. CBT has the most robust evidence base of interventions for children and young people experiencing difficulties with anxiety. Research suggests CBT has an approximate 50 – 60% success rate (CAMHS Matrix, 2015).
- 2.3 The LIAM training includes an on-line module and 2 day face-to-face direct learning delivered by the NES funded NHS GG&C Early Intervention Pilot Project team) which introduces CBT-informed techniques that can be used during 6-8, 1-1 sessions with the child or young person. Follow up skills coaching and case review sessions will be provided by the NHS GGC Early Intervention to support staff to develop the required skills and ensure the intervention is delivered safely and effectively. Clear links have been established with CAMHS Inverclyde and Inverclyde Psychological Services are also involved in supporting the implementation.
- 2.4 Inverclyde HSCP will be the first pilot site within NHS GG&C. We believe that this may

be the only site in Scotland where LIAM will be implemented as a multi-agency approach across an entire local authority including practitioners from Health, Barnardo's and Education.

- 2.5 The training took place jointly with Barnardo's staff and the school nursing team on 21st and 29th August 2018. Skills coaching sessions are in place to further support and develop staff who will be implementing LIAM one-to-one sessions with children and young people. The plan is to roll out the programme across Port Glasgow Campus from November 2018 then roll out to other areas following preliminary evaluations.

3.0 RECOMMENDATIONS

- 3.1 The Integration Board is asked to note the plans currently in place and approve the direction of travel set out in the report. There is an intention to update the Board following training, further planning and roll out.
- 3.2 The Integration Board is asked to note that this will support areas of the Scottish Government mental health strategy 2017-2027 recommendations and the NHSGGC 5 year mental health strategy around prevention.

**Louise Long
(Corporate Director), Chief Officer
Inverclyde HSCP**

4.0 BACKGROUND

- 4.1 Across Scotland, the number of referrals to Child and Adolescent Mental Health Services (CAMHS) has been increasing. Recommendations have been made for services to be made available for children and young people who experience a mental health problem that does not meet the requirement for a Tier 3 CAMHS level of intervention (Scottish Government, June 2018).
- 4.2 Funding has been made available by NHS Education for Scotland (NES) to develop the 'Training in Psychological Skills – Early Intervention for Children' (TIPS-EIC) project across all Scottish Health boards. This is being led by CAMHS Psychologists.
- 4.3 The aim of the TIPS-EIC project is to enhance psychologically informed skills in the existing children's workforce to promote early intervention for mild mental health difficulties and ultimately reduce pressure at Tier 3 CAMHS level. The implementation of the LIAM package is one aspect of the NES TIPS-EIC project.
- 4.4 The LIAM package has been developed using an implementation science model. It therefore includes ongoing skills coaching sessions for all practitioners delivering the package to ensure that they are able to consolidate and utilise skills gained through the 2-day training course.
- 4.5 Difficulties with anxiety are common and research suggests that over the course of childhood, approximately 10-11% of all children and young people experience difficulties considered as an anxiety disorder (CAMHS Matrix, 2005).
- 4.6 Research suggests that anxiety disorders in children and young people are under – recognised and under-treated. For example, in a sample of 8 to 17 year olds 72% of those with an anxiety disorder did not receive any treatment (CAMHS Matrix, 2005).
- 4.7 LIAM is an evidence-based intervention delivered across 6-8 hourly sessions at Tier 2 level. The intervention is suitable for children and young people aged 8-18 years old. Currently there are few evidence based interventions to support children and young people who may be experiencing impairment and distress. These children may be seen by GPs or be referred to CAMHS.
- 4.8 Currently within Inverclyde HSCP, children and young people can access psychological interventions including CBT from Inverclyde CAMHS if their difficulties are considered to be moderate or severe in nature. LIAM will provide access to a psychological intervention for children and young people experiencing mild or moderate difficulties with anxiety. This will therefore widen access to psychological therapy and allow for earlier intervention.
- 4.9 There will be regular planned referral and case review discussions to ensure delivery of a quality service, appropriate referral and, where necessary, transfer from the tier 2 intervention to other supports and services such as tier 3 CAMHS.
- 4.10 With appropriate informed consent from families, routine outcome measures will be collected from children, young people and parents/carers throughout the implementation of LIAM. This, along with basic demographic data, will allow for a local evaluation of the LIAM pilot within Inverclyde by the NHS GGC Early Intervention Pilot Project Team. In addition, this will contribute to a national evaluation of LIAM across Scotland led by NES and reported to the Scottish Government.

5.0 IMPLICATIONS

5.1 FINANCE

This is currently contained within the existing budget

Cost Centre	Budget Heading	Budget Years	Proposed Spend this Report £000	Virement From	Other Comments
N/A					

Annually Recurring Costs / (Savings)

Cost Centre	Budget Heading	With Effect from	Annual Net Impact £000	Virement From	Other Comments
N/A					

LEGAL

- 5.2 The programme is designed and supported by NES. The project is in line with many aspects of the Scottish Government's Mental Health Strategy 2017 – 2027. There appear to be no legal issues evident within the programme.

HUMAN RESOURCES

- 5.3 There are no specific human resources implications arising from this report.

EQUALITIES

- 5.4 Has an Equality Impact Assessment been carried out?

There are no equalities issues evident within the programme.

	YES
√	NO – This report does not introduce a new policy, function or strategy or recommend a change to an existing policy, function or strategy. Therefore, no Equality Impact Assessment is required.

- 5.4.1 How does this report address our Equality Outcomes?

Equalities Outcome	Implications
People, including individuals from the above protected characteristic groups, can access HSCP services.	None
Discrimination faced by people covered by the protected characteristics across HSCP services is reduced if not eliminated.	None
People with protected characteristics feel safe within their communities.	None
People with protected characteristics feel included in the planning and developing of services.	None
HSCP staff understands the needs of people with different protected characteristic and promote diversity in the work that they do.	None
Opportunities to support Learning Disability service users experiencing gender based violence are maximised.	None

Positive attitudes towards the resettled refugee community in Inverclyde are promoted.	None
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CLINICAL OR CARE GOVERNANCE IMPLICATIONS

- 5.5 The programme is supported fully by NES/ NHS GG&C Early Intervention Pilot Project.

There are no clinical or care governance implications arising from this report.

- 5.6 “The NHS GG&C Early Intervention Pilot Project team will provide ongoing skills coaching and case review sessions for those delivering LIAM in addition to their existing clinical and/or line management supervision. The NHS GG&C Early Intervention Pilot Project team are responsible for the advice and guidance they provide relating to the LIAM intervention, however clinical governance and responsibility for the case overall will remain with the service.”

5.7 NATIONAL WELLBEING OUTCOMES

How does this report support delivery of the National Wellbeing Outcomes?

The programme will support children and young people with anxiety issues at tier 2 level. The programme includes methods and values found within GIRFEC and the ‘Children and Young People (Scotland) Act. The programme uses evidence and experience which should support the wellbeing of children and young people across Inverclyde.

National Wellbeing Outcome	Implications
People are able to look after and improve their own health and wellbeing and live in good health for longer.	None
People, including those with disabilities or long term conditions or who are frail are able to live, as far as reasonably practicable, independently and at home or in a homely setting in their community	None
People who use health and social care services have positive experiences of those services, and have their dignity respected.	None
Health and social care services are centred on helping to maintain or improve the quality of life of people who use those services.	None
Health and social care services contribute to reducing health inequalities.	None
People who provide unpaid care are supported to look after their own health and wellbeing, including reducing any negative impact of their caring role on their own health and wellbeing.	None
People using health and social care services are safe from harm.	None
People who work in health and social care services feel engaged with the work they do and are supported to continuously improve the information, support, care and treatment they provide.	None
Resources are used effectively in the provision of health and social care services.	None

6.0 CONSULTATION

- 6.1 The report has been prepared by the Chief Officer of Inverclyde Health and Social

Care Partnership (HSCP) after due consideration with relevant senior officers in the HSCP.

7.0 BACKGROUND PAPERS

7.1 Let's Introduce Anxiety Management for Children and Young People (LIAM).

7.2 LIAM Anticipated Time Commitment for Staff

7.3 Early Intervention Pilot Project Quarterly Report June 2018

8.0 REFERENCES

8.1 Rejected Referrals to Child and Adolescent Mental Health Services (CAMHS): A Qualitative and Quantitative Audit, *Scottish Government*, June 2018:
<https://www.gov.scot/Resource/0053/00537523.pdf>

The Matrix A Guide to Delivering Evidence-Based Psychological Therapies in Scotland, *NHS Education for Scotland*, 2015:
https://www.nes.scot.nhs.uk/media/3405552/matrix_-_children_youngpeopletablesfinal_2015.pdf

Let's Introduce Anxiety Management for Children and Young People (LIAM)

Introduction

Anxiety disorders are among the most common mental health difficulty experienced by children and young people (CYP), with an estimated prevalence of 12% per year. In fact, over the course of childhood approximately 10-11% of all CYP experience anxiety disorders. Anxiety disorders in CYP, while common, are very likely to be under-recognised and under-treated. In a sample of 8 to 17 year-olds, 72% of those with an anxiety disorder, that was causing impairment, did not receive any treatment, and in this respect they fair worse than children with behaviour problems, or those with depression. Amongst those who are recognised, cognitive behavioural therapy (CBT) is the treatment of choice, with an approximate 50-60% success rate (CAMHS MATRIX, 2015).

LIAM aims to increase access to an evidence-based intervention for mild to moderate anxiety presentations in CYP. To that end, LIAM develops practitioner skills in the delivery of a Cognitive Behaviour Therapy-informed approach. It was designed by NHS Education for Scotland along with Professor Paul Stallard, from the University of Bath, who is an internationally renowned expert in the treatment of anxiety in CYP. It is suited to a range of professionals who work with CYP, e.g., School Nurses, Teachers, Pastoral Care / Guidance Teachers, Social Workers...

The tiered training package has the following components:

- An online anxiety e-learning module which should be completed first
 - This module is useful for all people who work with CYP even if they do not undertake any further training in anxiety management
- A one-day training workshop that aims to raise awareness in staff in CYP's services about anxiety
- A second day of training which introduces the CBT-informed techniques that can be used during six one-to-one sessions with CYP to help them to learn how to manage their anxiety
- For those who complete the online module and both days of training there will be follow-up coaching sessions aimed to give on-the-job support to help develop the CBT-informed skills with CYP

Intended learning Outcomes

By the end of the full training (module + two-day training + coaching) the learner should:

1. Have knowledge about the nature of anxiety in CYP from a CBT perspective
2. Understand the importance of watchful waiting to ensure any intervention is warranted
3. Be able to deliver a six-session CBT-informed intervention to CYP with the support of a LIAM coach

Please note the training does not provide staff with the skills and competencies to be a Cognitive Behaviour Therapist.

Assessment

All learners must complete the e-learning module. The training days are intended to raise awareness about anxiety in CYP and about CBT-informed approaches. To deliver the six-session CBT-informed approach to CYP, practitioners must engage in the follow-up coaching with a LIAM coach. Coaching sessions will focus on adherence to the manualised treatment protocol and will make use of CYP's outcomes on standardised questionnaire measures to gauge the impact of interventions.

Further information is available from:

For more information about how to access LIAM training in your area, please contact:

NES Early Intervention with Children project

Programme Director: Dr Suzy O'Connor

Contact details: suzy.oconnor@nes.scot.nhs.uk

Programme Director for Early Intervention

NHS Education for Scotland

2 Central Quay, 89 Hydepark Street

Glasgow, G3 8BW.

Local LIAM trainer / coach (*Please insert details*):

Name Dr Rona Craig,

NHS GG&C Early Intervention Pilot Project

Templeton Business Centre

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Glasgow, G40 1DA

Email Rona.Craig2@ggc.scot.nhs.uk, **Team Email:** EarlyIntervention.Camhs@ggc.scot.nhs.uk

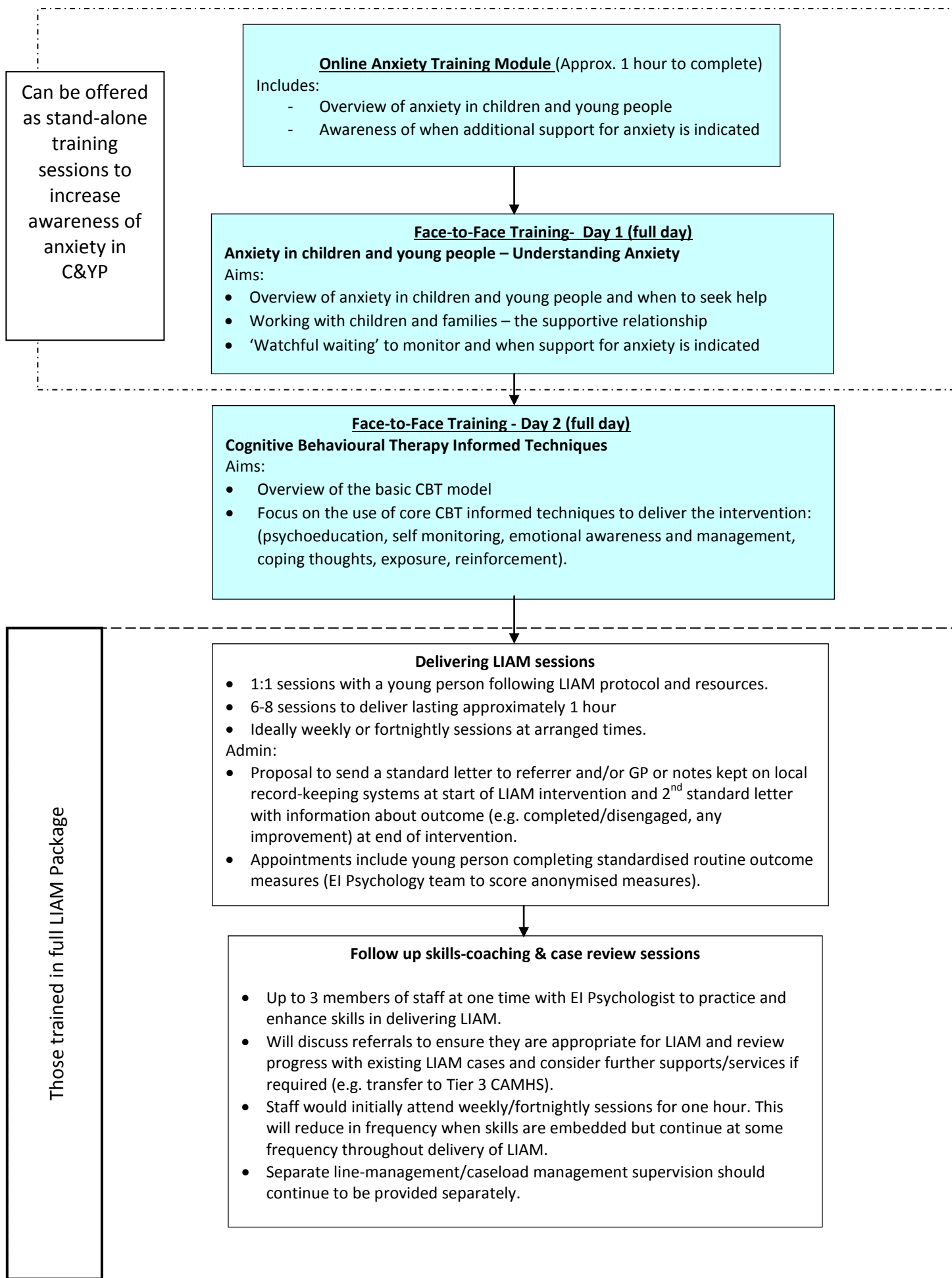
Contact Phone Number: 0141 277 7526

Reference:

CAMHS MATRIX (2015):

[http://www.nes.scot.nhs.uk/media/3405552/matrix -
_children_youngpeople_tables_final_2015.pdf](http://www.nes.scot.nhs.uk/media/3405552/matrix_-_children_youngpeople_tables_final_2015.pdf)

**'Let's Introduce Anxiety Management' (LIAM) – Low-Intensity Anxiety Management Package
Anticipated Time Commitment for Staff**



Can be offered as stand-alone training sessions to increase awareness of anxiety in C&YP

Online Anxiety Training Module (Approx. 1 hour to complete)
Includes:

- Overview of anxiety in children and young people
- Awareness of when additional support for anxiety is indicated

Face-to-Face Training- Day 1 (full day)
Anxiety in children and young people – Understanding Anxiety
Aims:

- Overview of anxiety in children and young people and when to seek help
- Working with children and families – the supportive relationship
- 'Watchful waiting' to monitor and when support for anxiety is indicated

Face-to-Face Training - Day 2 (full day)
Cognitive Behavioural Therapy Informed Techniques
Aims:

- Overview of the basic CBT model
- Focus on the use of core CBT informed techniques to deliver the intervention: (psychoeducation, self monitoring, emotional awareness and management, coping thoughts, exposure, reinforcement).

Delivering LIAM sessions

- 1:1 sessions with a young person following LIAM protocol and resources.
- 6-8 sessions to deliver lasting approximately 1 hour
- Ideally weekly or fortnightly sessions at arranged times.

Admin:

- Proposal to send a standard letter to referrer and/or GP or notes kept on local record-keeping systems at start of LIAM intervention and 2nd standard letter with information about outcome (e.g. completed/disengaged, any improvement) at end of intervention.
- Appointments include young person completing standardised routine outcome measures (EI Psychology team to score anonymised measures).

Follow up skills-coaching & case review sessions

- Up to 3 members of staff at one time with EI Psychologist to practice and enhance skills in delivering LIAM.
- Will discuss referrals to ensure they are appropriate for LIAM and review progress with existing LIAM cases and consider further supports/services if required (e.g. transfer to Tier 3 CAMHS).
- Staff would initially attend weekly/fortnightly sessions for one hour. This will reduce in frequency when skills are embedded but continue at some frequency throughout delivery of LIAM.
- Separate line-management/caseload management supervision should continue to be provided separately.

Those trained in full LIAM Package

EARLY INTERVENTION PILOT PROJECT QUARTERLY REPORT (JUNE 2018)



INTRODUCTION

Welcome to the first Early Intervention Pilot Project Quarterly Report. This report outlines the background to the project across Scotland and the specific aims within the Greater Glasgow & Clyde area (GG&C). It also provides information on the current team members and the work undertaken and planned so far.

PROJECT BACKGROUND & CONTEXT



Funding has been made available through NHS Education for Scotland (NES) for psychology time to develop the project across 11 Health Boards in Scotland. The overall aim of the project is to enhance psychologically informed skills in the existing children's workforce, to reduce the pressure at tier 3 CAMHS and promote early intervention. By working with and providing training to interagency colleagues, we hope to increase access to psychologically informed approaches for children and young people who have a mental health difficulty identified, but do not meet threshold for CAMHS. For our purposes, the children's workforce includes a wide range of professionals who work with children and young people and who would have a role in supporting their mental health (e.g. education staff, social work, school nursing, third sector staff).

The project is in line with many aspects of the Scottish Government's Mental Health Strategy 2017-2027. Each Health Board may take slightly different approach to the project, depending on local services and need. Within NES, the project work stream is called 'TIPS-EIC' (Training in Psychological Skills – Early Intervention Children). This project also links in with other NES work-streams such as Trauma, CBT Training and Psychology of Parenting Project (PoPP).

GG&C EARLY INTERVENTION PILOT PROJECT AIMS



Given the size of the team and the overall project remit, there are no plans to see individual families. However, we are really keen to explore ideas with colleagues in CAMHS and other agencies about how we can creatively achieve our aims and be as helpful as we possibly can be.

We are at the early stages of setting up the team and working out which projects and training we will trial. Our intention is to set up different projects across GG&C and we have presented our pilot projects in this report.

We are currently trying to identify areas where we might be able to support the wider children's workforce in terms of knowledge, skills or confidence about children and young people's mental health. Our remit is to be a resource to all agencies within the children's workforce in the GG&C area. We would prefer that our input is led by the needs of the children's workforce and are therefore encouraging CAMHS services and our colleagues in other agencies to contact us with ideas.

As this is a very new project and we are a small team, we have not yet been able to contact all of the agencies that we are keen to work with across the GG&C area. We would encourage you to contact us if you have any ideas of how we could link up. For example, if there are any specific training needs or existing projects around child and adolescent mental health that our input may complement. Similarly, please feel free to distribute this newsletter to other colleagues or agencies that you think may be interested.

CURRENT STAFFING

We are a small team of CAMHS psychologists comprised of the following staff:

Dr Clare Roberts, Consultant Clinical Psychologist (0.1 WTE)

Dr Rona Craig, Principal Clinical Psychologist (1 WTE)

Jo Storrar, Child & Adolescent Therapist (0.6 WTE)

Gillian Bickerstaff, Child & Adolescent Therapist (1 WTE)

We are also currently recruiting for another Clinical Psychologist (1 WTE) to join the team as well.

CONTACT DETAILS

We are based on the 4th floor in Templeton Business Centre, 62 Templeton Street, Glasgow, G40 1DA. Please feel free to pop in for a cuppa or a chat if you are ever nearby! If you need to contact us, we can be reached at **0141 277 7526** or by email: earlyintervention.camhs@ggc.scot.nhs.uk For NHS GG&C staff you can find us on the global address list individually or email us all by finding "CAMHS Early Intervention".



CURRENT PILOT WORK WITHIN GG&C

Let's Introduce Anxiety Management (LIAM) Training –Inverclyde

The LIAM package consists of training in awareness of anxiety in children and young people and a cognitive behavioural therapy (CBT) informed intervention for mild anxiety symptoms. This was designed by NES in conjunction with Professor Paul Stallard, Consultant Clinical Psychologist.

LIAM is a tiered package with an accompanying implementation science-based protocol. Here is a brief outline of the training:

- Short online e-learning module on childhood anxiety: completion of this is prerequisite for attendance at the training.
- Day 1: To develop knowledge of anxiety in children and young people, the nature of watchful waiting and when further input is indicated (this can be delivered as a standalone day).
- Day 2: Describes the 6-8 session intervention which contains CBT informed strategies help with feelings of anxiety.
- Ongoing skills coaching sessions to support skill development and management of governance & risk issues.



Our team has now been trained as trainers in the LIAM package. As a pilot, we hope to run a LIAM training with a group of multi-agency practitioners in Inverclyde including school nursing, Barnardo's and education. These practitioners would then deliver LIAM on a one-to-one basis with children and young people aged 8-18 years. We are hoping to deliver training to the first group of Inverclyde practitioners in August 2018. Following completion of both training days, we would then provide ongoing skills coaching to support them throughout the implementation phase.

In some of the other Scottish Health Boards where there is a lesser resource due to health board size, delivering LIAM training and the ongoing coaching is the entirety of the Early Intervention TIPS-EIC project.

Redirected Referrals – South CAMHS

In South Glasgow CAMHS we are currently undertaking a redirected referrals pilot project. For referrals that do not meet criteria for CAMHS, we are writing therapeutic letters to families. This is a validating letter, acknowledging the concerns outlined, but it also includes detailed information on services and organisations available within the area and how to contact them. The letters contain written information and leaflets as well as suggested websites, online resources and apps. We are trying to promote existing projects such as Ayemind and SafeSpot by signposting families to these where appropriate. Double copies of all letters are being sent to families with the suggestion of giving a copy to school, nursery and health visiting staff, encouraging an open dialogue. Links have been made with Barry Syme, City Principal Psychologist in Glasgow City Psychological Service who plans to inform all Head Teachers in the local area of this project.

This pilot is also allowing us to identify any patterns or themes to the redirected referrals which may help inform our work in future.

Library Project – Glasgow City

We have established links with Glasgow Libraries who have kindly agreed to stock a core selection of recommended self-help texts books in 32 community libraries and 29 secondary school libraries across the Glasgow City boundary. We are currently exploring which resources would be most



helpful and may contact your team for recommendations. We envisage the books within the community libraries will be focused on common mental health difficulties such as anxiety and low mood and also some parenting-focused texts. The books within secondary schools may be similar but include common issues relating to this age group such as exam stress. Each library will have a fuller range of titles available on their catalogue but we hope having a core resource in every library will be helpful.

We plan to circulate the core list of resources once it has been agreed. This means CAMHS staff and other professionals can direct families they are working with to relevant texts at their local or school library, confident in the knowledge the library will stock those specific books. We are in the process of developing a joint leaflet with Glasgow Library Services including details of all the titles.

EARLY INTERVENTION LINK PERSON FOR NHS GG&C CAMHS

To ensure strong links between this project and CAMHS, we are suggesting a “link” person from our team be assigned to each of the CAMHS teams as follows:

NORTH CAMHS	Jo Storrar
EAST CAMHS	Gillian Bickerstaff
SOUTH CAMHS	Rona Craig
WEST CAMHS	Rona Craig (until further recruitment)
RENFREWSHIRE CAMHS	Jo Storrar
EAST RENFREWSHIRE CAMHS	Gillian Bickerstaff
INVERCLYDE CAMHS	Rona Craig
WEST DUMBARTONSHIRE CAMHS	Gillian Bickerstaff (until further recruitment)

We plan to keep the CAMHS teams informed of any relevant 3rd sector services or resources we come across that may be useful. The link clinician will be in touch soon to introduce themselves and would be happy to attend a team meeting if this would be helpful.

LINKS WITH OTHER AGENCY COLLEAGUES

Within the project to date we have been busy developing links with colleagues in agencies out with CAMHS. This includes Glasgow City Psychological Services (Educational Psychology) and NHS Health Improvement. We are considering whether we might be able to join up with both agencies to contribute to their existing training packages such as the 'What's the Harm' self-harm training package. We have been in contact with some state and private schools, however hope to have links with more schools in the future.

We have also been in touch with a range of agencies and professionals such as: NHS Health Scotland; Sports Scotland; Place2Be School Mental Health Champions in Glasgow City and Glasgow City Central Parenting Team. We look forward to continuing to discuss how we might be able to work together.

FUTURE PLANS

Despite being a small resource, we are keen to be as helpful as possible to our colleagues in CAMHS and other agencies across GG&C. We plan to send quarterly newsletters to all our colleagues to keep them updated on our work but also encourage them to get in touch with any ideas they may have. Our newsletters will accompany our quarterly reports.

Early Intervention Pilot Project

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If you do not wish to receive any future updates from our team, please let us know by emailing: earlyintervention.camhs@ggc.scot.nhs.uk