

CHILDREN AND YOUNG PEOPLES MENTAL HEALTH LOCKDOWN TRAINING NEEDS ANALYSIS

From the 12 bitesize courses that MYA RAISE Team are leading and developing, these are the most popular courses received through sign ups

Adolescent Brain Development

Resilience

Social Media & Mental Health

322

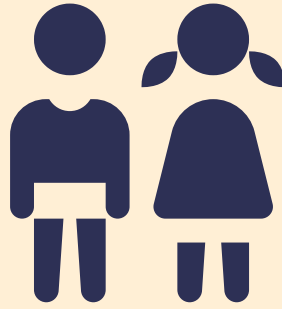
281

255



Managing your child's worry - 225

ACE & Trauma Informed Practice - 237



Self Harm - 207

Attachment 175



Eating Disorders 165



- ROAR bitesize - 156
- Serious suicide awareness - 137
- Embracing uncertainty - 119
- Understanding my stress response - 108

TO SIGN UP VISIT - WWW.LIVERPOOLCAMHS.COM UNDER THE TRAINING SECTION

CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH NEEDS ANALYSIS

Partner demand APRIL*

627

Referrals

2,059

Children & Young People Accessing Services

247

Parents Accessing Services

27/7 Crisis Care Team

234

Calls received

38%

from professionals

62%

from CYP/Parents/Carers



70%



30%

Main age group of callers is 13-18



Main presenting themes:

- Anxiety
- Distressed
- Suicidal
- Neurodevelopmental conditions

Eating Disorder Support (1st March - 30th April)

587

Attended outpatient appointments



Over teams and face-to-face

*LCCG activity within the following CAMHS providers: YPAS, ADDvanced Solutions, ADHD Foundation, Kooth, Alder Hey.

PRESENTING THEMES & FEEDBACK

Children and young people

Anxiety (Covid-19, school, exams, family)
Emotional difficulties
Sleeping difficulties
Separation/Loss
Eating difficulties
Feeling trapped/cabin fever.
Family relationship breakdown
Low mood
Worry
Boredom

I have found the activities given by my mentor and advice she has provided for me has been very helpful and beneficial for me personally.

I can't thank the counsellor enough. I felt the support I received through the provider was well planned, well delivered and really person centred. His approach was well suited to me as a person and my level of need.

I felt quite lost after accessing another service, which didn't feel person centred or needs led, these sessions really restored my faith. I am feeling better than I have in a very long time – maybe even the best.

Parents and carers

Anxiety (Covid-19, school return)
Guilt (feeling inadequate to support CYP)
Managing CYPs behaviour
Managing routines
Work
Money

•Lots of ideas and strategies to use to reduce the stress I am placing on my daughter by unknowingly issuing demands eg using different ways of achieving the desired outcome.

The online sessions have been great last weeks was very useful for me. It also nice to chat and catch up with everyone and see how everyone is doing, I look forward to tomorrow's on line session.

It was lovely to see people who I had missed and share information about what we have been doing during lockdown and sharing ideas.