

**The London and South East CYP
IAPT Learning Collaborative**

An Introduction to the Learning Collaborative



London and South East
CYP-IAPT Learning Collaborative

Hello, and welcome to the London and South East CYP IAPT (Children and Young People Improving Access to Psychological Therapies) Learning Collaborative.

This booklet will introduce new members of the Learning Collaborative to the CYP IAPT principles and the different support options available to partnership members to assist the process of service transformation.

We also want to introduce readers to the diverse work taking place across the London and South East Learning Collaborative and the role of the project team in the CYP IAPT programme.

If you have any questions, you can always contact the project team via Charlotte, Project Officer for the London and South East CYP IAPT learning Collaborative: charlotte.barrett@annafreud.org.

We look forward to working with you on the CYP IAPT programme.

Best wishes,
The CYP IAPT Project Team

What is the London and South East Learning Collaborative?

The London and South East CYP IAPT Learning Collaborative is one of six collaboratives across England and part of the CYP IAPT country-wide transformation programme. The programme will include 100% of services by 2018.

The collaborative is hosted by the Anna Freud National Centre for Children and Families, and receives funding from NHS England and Health Education England. The collaborative seeks to improve services through better evidence based practice, better collaborative practice, authentic participation and better use of feedback and clinical outcomes across all services.

Members of the collaborative get access to:

- Whole team and individual training (including postgraduate trainings), which are improved and augmented iteratively based on members feedback
- Consultation for service leaders, supervisors and practitioners;
- Tailored outreach support
- Best practice, implementation and service improvement workshops
- In-put to local commissioners on transformation planning and implementation.

What is CYP IAPT?

The Children and Young People's Improving Access to Psychological Therapies programme (CYP IAPT) is a service transformation programme that aims to improve existing Child and Adolescent Mental Health Services (CAMHS). As such, it is different from the adult IAPT model, which is focused on setting up new services.

The principles behind CYP IAPT underpin the development and delivery of the 'Local Transformation Plans' and run throughout 'Future in Mind'.

The CYP IAPT programme includes core principles as part of its service transformation. Those services involved with CYP IAPT:



Value and facilitate authentic participation of young people, parents, carers and communities at all levels of the service.



Provide evidence-based practice and are flexible and adaptive to changes in evidence. The CYP IAPT trainings offered by the programme are all evidence based.



Are committed to raising awareness of mental health issues in children and young people, and are active in decreasing stigma around mental ill-health.



Demonstrate that they are accountable by adopting the rigorous monitoring of the clinical outcomes of the service, and



Actively work to improve access and engagement with services.

These principles are co-dependent and are applied within a culture of collaboration and shared decision-making. For more information on each principle, visit the relevant page or search under the website categories.



The five principles of the CYP IAPT programme: Accessibility, Awareness, Evidence-Based Practice, Participation and Accountability

How do we transform services?

The London and South East Learning Collaborative offers the following schemes to support service transformation in partnership members:

Training

Post Graduate Trainings

A key component of the programme is the therapist, supervisor and leadership postgraduate diplomas and certificates. These courses, delivered by world class training organisations and with teaching from leaders in the field, offer the opportunity to develop clinical skills and knowledge in one of the evidence-based modalities supported by CYP IAPT.

Enhanced Evidence Based Practice Training (EEBP)

The Enhanced Evidence Based Practice Training programme has been designed specifically for staff working in organisations that offer child and adolescent mental health services, whether in the statutory or voluntary sector. It is suitable for staff whose role routinely includes brief therapeutic interventions for children and adolescents with mild-to-moderate anxiety or depression.

Enhanced Supervision Training

For supervisors not attending other trainings within the CYP IAPT programme, Enhanced Supervision Training can be offered to groups of supervisors in services, which includes an evidence-based supervision model, use of feedback and outcome tools with collaborative practice and shared-decision making in supervision.

Bespoke Training

This can include but is not limited to CYP IAPT principles training, clinically meaningful use of feedback and outcome tools and modality specific short courses.

Outreach & Consultation

Partnerships can access outreach support and consultation from the collaborative project team to facilitate the implementation, embedding and sustainability of CYP IAPT principles and practice. Some examples of consultation work are: providing expert advice on the clinical elements of the CYP IAPT programme, facilitate process mapping of services and implementation planning.

Sharing Best Practice

The learning collaborative promotes best practice by collecting examples of work taking place throughout the collaborative and storing these as case studies on the collaborative website. We encourage partnership members to contact us if they have some examples of CYP IAPT work to share.

Implementation Groups

These groups are platforms for sharing learning and a space for collaborative problem solving.

We currently host 6 different implementation groups:

- Looked After Children (LAC)
- Under 5's
- Learning Disabilities
- Data
- Participation
- Assistants

More information on these groups and signup details are available on the collaborative website.

Digital Innovation

The London and South East Learning Collaborative see digital innovation as key to successful service transformation. Our website contains a digital section with information on how to run digital projects, and we run hackathons that everyone in the collaborative is invited to. At these events, attendees have the opportunity to produce innovative, open source (open to all services and young people) apps designed to improve children and young people's mental health.

Collaborative working

The collaborative consists of 37 different partnerships across London and the South East. Each partnership is made up of NHS, Local Authority and Voluntary sector services. That's a lot of people, all working together to embed the CYP IAPT principles and transform services.

The London & South East CYP IAPT Learning Collaborative terms of reference outline the responsibility of partnership organisations to ensure that their infrastructure and data systems are sufficiently robust to allow data collection of the CYP IAPT data set (embedded within the Mental Health Services Data Set) and ensure data is sent as required.

Every quarter, we ask all services within the learning collaborative to submit an improvement monitoring form.

Completing these self-assessment forms as thoroughly as possible, once a quarter, produces the following benefits:

- Preparation for CQC inspections (as CQC inspections are informed by the Delivering With Delivering Well Values and Standards)
- A marker of progress against Local Transformation Plans and the principles that flow through Future in Mind
- Qualitative evidence of the impact of CYP IAPT at a local level
- A quarterly assessment of where further work and support is needed from both the local partnership and the Learning Collaborative
- A tool for NHS England and Health Education England to demonstrate the effectiveness of the work and involvement with the CYP IAPT programme, to ensure funding is sustained

**An example of Improvement Monitoring data progress tab,
with sparklines showing trends in the data score.**

Timepoint	Jan-Apr 2015	Q2 2015-16	Q3 2015-16	Q4 2015-16	Change from last quarter	Change year	Trend
Total	5.8	2.8	4.2	4.2	0.0	0.4	
Accountability	7.3	5.0	4.0	7.0	3.0	-0.3	
Access	1.5	2.0	5.0	3.0	-2.0	1.5	
Awareness	0.0	0.0	0.0	0.0	0.0	0.0	
Evidence Based Practice	0.0	1.0	6.0	7.0	1.0	7.0	
Governance/Leadership	7.0	5.0	5.0	4.0	-1.0	-3.0	
Participation	7.0	4.0	5.0	4.0	-1.0	-3.0	

The CYP IAPT Young Advisors

Participation is one of the fundamental principles of the CYP IAPT programme. With this in mind, the London & South East Learning Collaborative currently has seven young advisors working with the programme.

The role of the young advisor is varied. The team run workshops with the CYP IAPT module leads to develop the curricula, which helps to ensure that training remains relevant and co-produced. They also take part in panel discussions as part of the core skills teaching on the CYP IAPT programme, giving students the opportunity to ask questions about participation and how they might improve involvement and coproduction within their service.

As well as supporting the CYP IAPT training, the young advisors take part in outreach activities aimed at boosting participation in services. These activities include panel discussions in services and Roadtrip visits, where the young advisors visit services to view their participation setup, meet the young people accessing the service and provide some suggestions for improving engagement and increasing participation.

Recently, the young advisors hosted an event for young people accessing services from across the learning collaborative, named the Summer PIE (participation involvement event). The young advisor's organised the event to celebrate involvement work taking place in services and to provide a networking platform for young people to meet other likeminded young people in neighbouring boroughs, and to provide tips for strengthening involvement work and setting up a group from scratch.

For more information about the event, please read the Summer PIE blog post on the CYP IAPT website: cypiapt.com. This includes the useful 'How to Setup and Involvement Group' guide, produced from feedback received during the Summer PIE.

Contact the Young Advisors

There are several ways to get in touch with the CYP IAPT young advisors:

Email: young.advisors@annafreud.org

Twitter: [@cypiptyoungadvisors](https://twitter.com/cypiptyoungadvisors)

The team are in the process of building their own young person's mailing list, dedicated to their upcoming events and involvement work. Please email the young advisors using the address above if you would like to join.

Work with the Young Advisors

Members of the London & South East CYP IAPT Learning Collaborative have the opportunity to work with the young advisors. This work can take the shape of workshops, panel discussions and the Roadtrip visits.

Please email Charlotte for more details and to organise a visit: charlotte.barrett@annafreud.org

For the latest news and events, policy updates and information on trainings, visit the London and South East CYP IAPT Learning Collaborative:

cypiapt.com

You can also sign up to our bi-monthly newsletter via the website.

The London & South East Learning Collaborative is here to support your service to implement the CYP IAPT principles and engage in all the opportunities offered through membership of the learning collaborative.

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