

• **Low Intensity, High Impact;  
Evidencing Early Interventions of the  
Children and Young People's Low  
Intensity Workforce  
South West England**

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CEDAR, University of Exeter





## **WHO WE ARE**



## **ACCESS**



## **IMPACT**



## **CONCLUSION**



## **WHO WE ARE**

Team and Services



## **ACCESS**

Overview of CYP access to mental health services



## **IMPACT**

Overview of impact through outcome measures



## **CONCLUSION**

Summary of findings and aims for the future

# **SERVICES**

**Third Sector**

14 Third sector services since 2017

**Statutory**

7 Statutory services since 2017



## WHO WE ARE

Team and Services



## ACCESS

Overview of CYP access to  
mental health services



## IMPACT

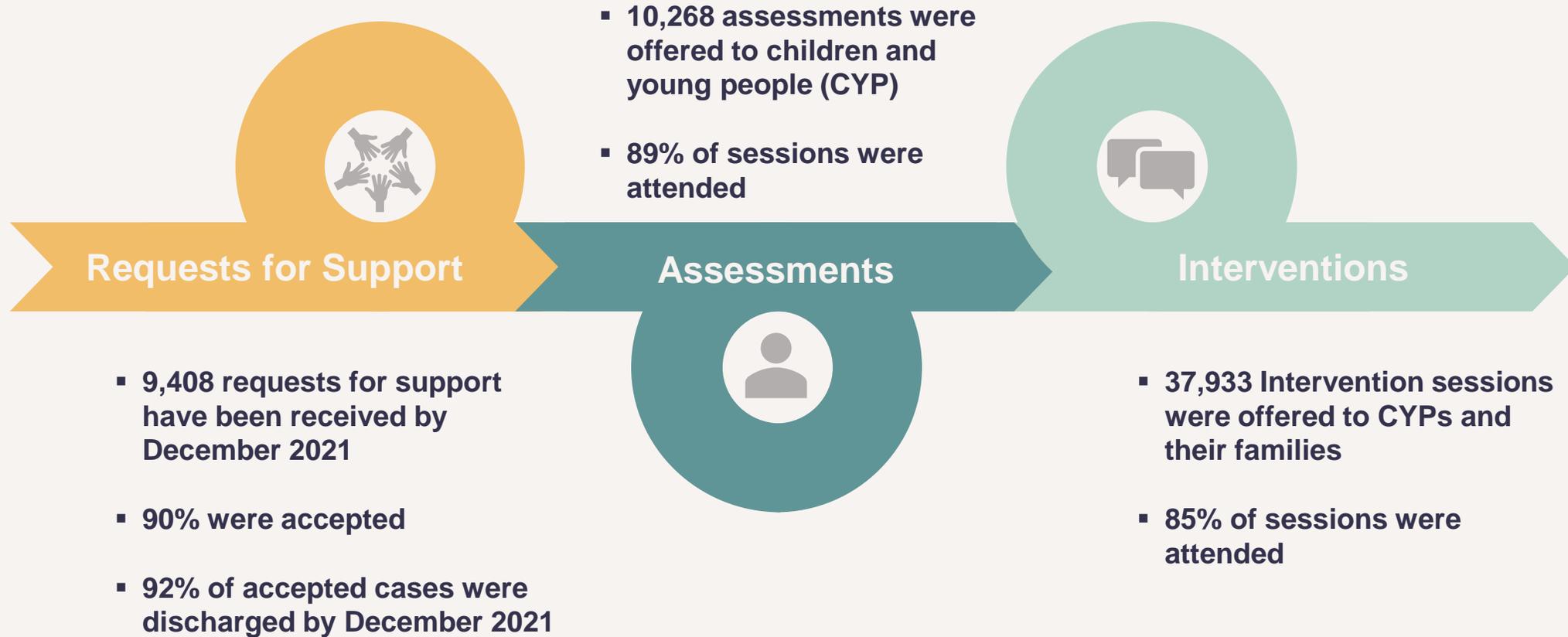
Overview of impact through  
outcome measures



## CONCLUSION

Summary of findings  
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# ACCESSING SUPPORT



# RE-REFERRALS

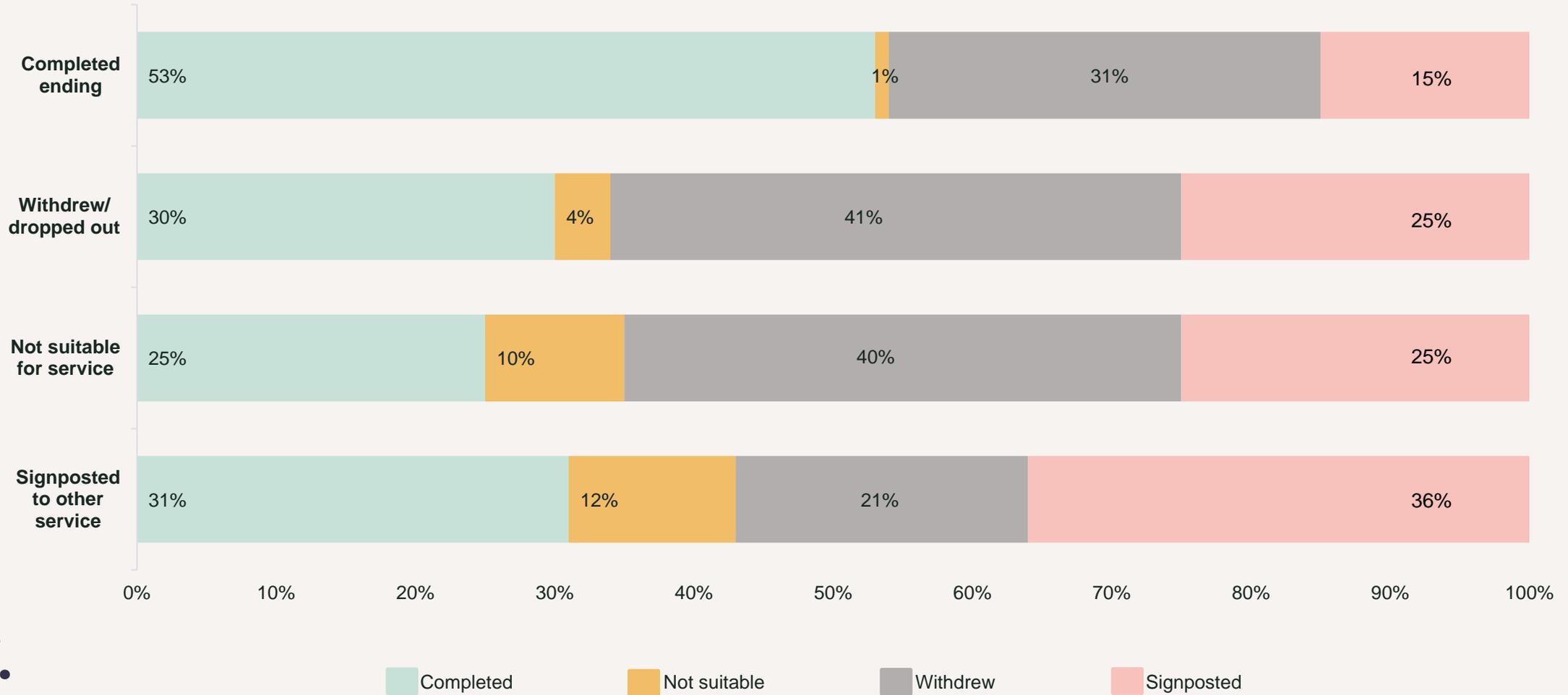
**782**  
Total re-  
referrals



**192**  
Over a year

**570**  
Within a year

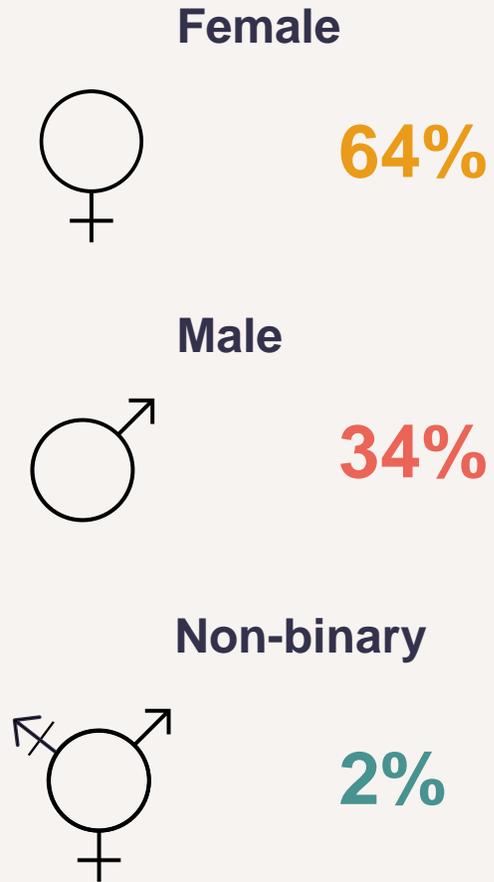
# RE-REFERRALS



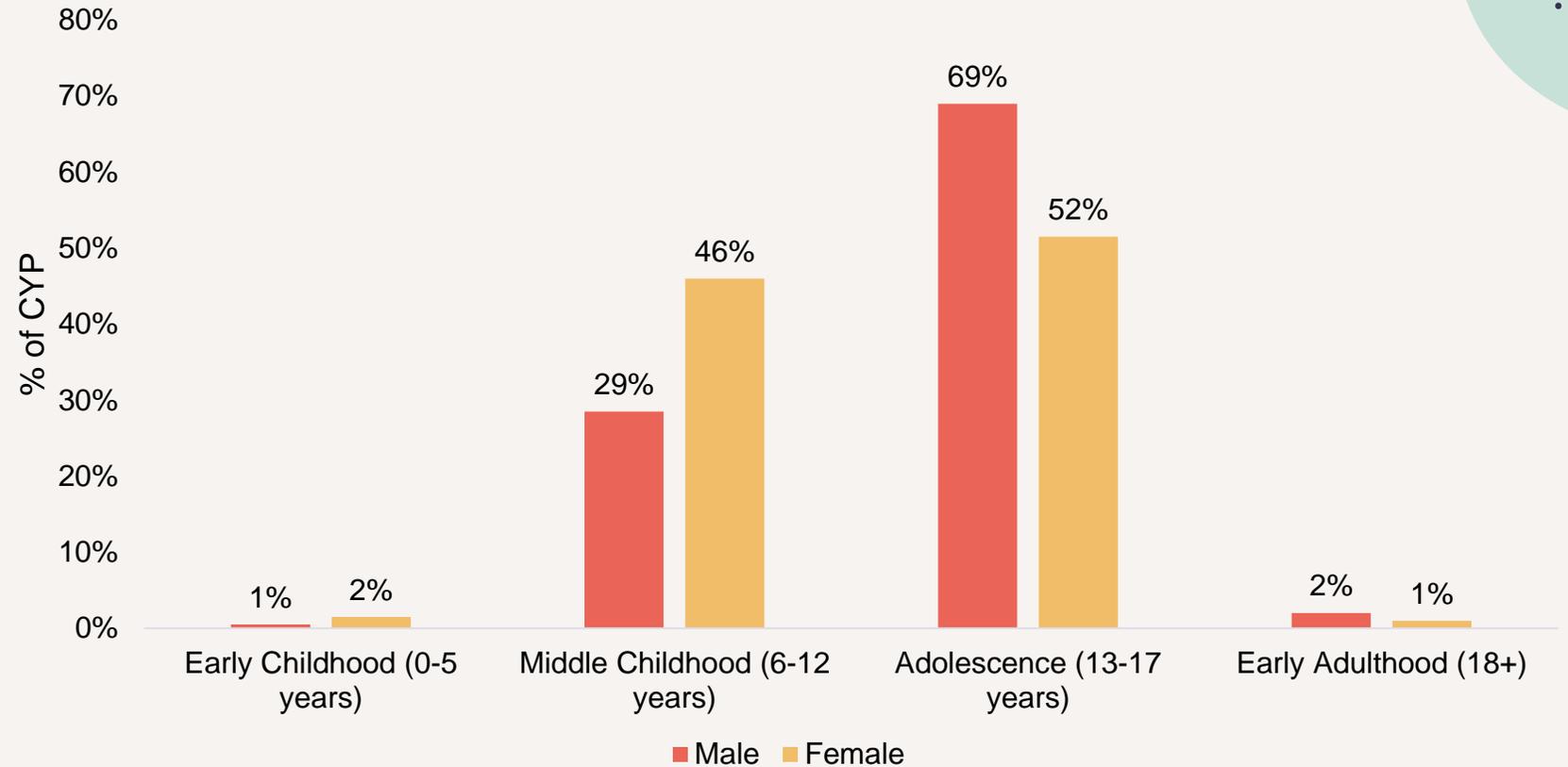
## **% of CYP who waited less than 4 weeks from:**

	<b>2019</b>	<b>2020</b>	<b>2021</b>
Referral to Assessment	<b>59%</b>	<b>52%</b>	<b>36%</b>
Referral to Intervention	<b>35%</b>	<b>30%</b>	<b>19%</b>
Assessment to Intervention	<b>54%</b>	<b>54%</b>	<b>45%</b>

# CHILDREN AND YOUNG PEOPLE (CYP)

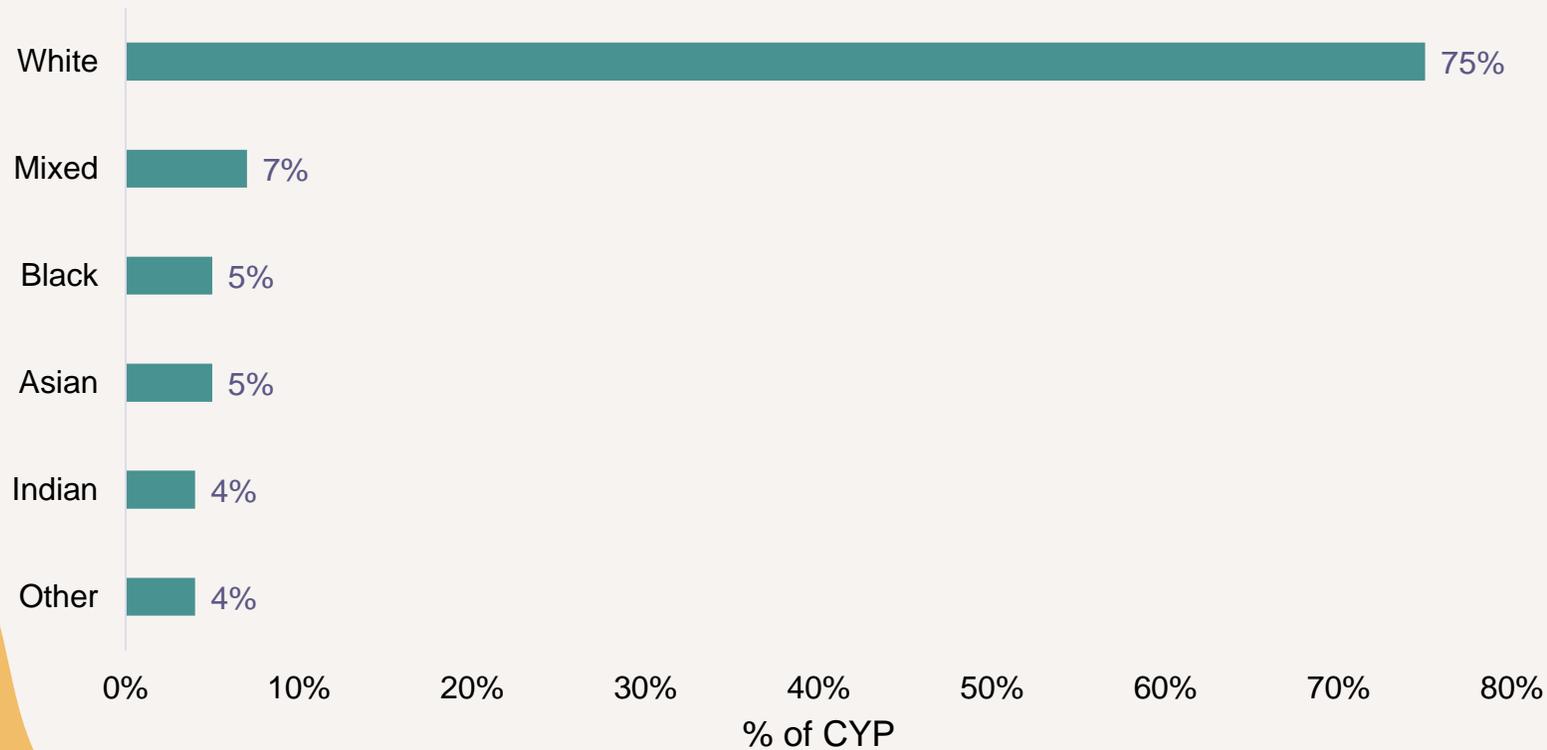


Age categorised by Gender



# CHILDREN AND YOUNG PEOPLE (CYP)

## Ethnicity



## Disability



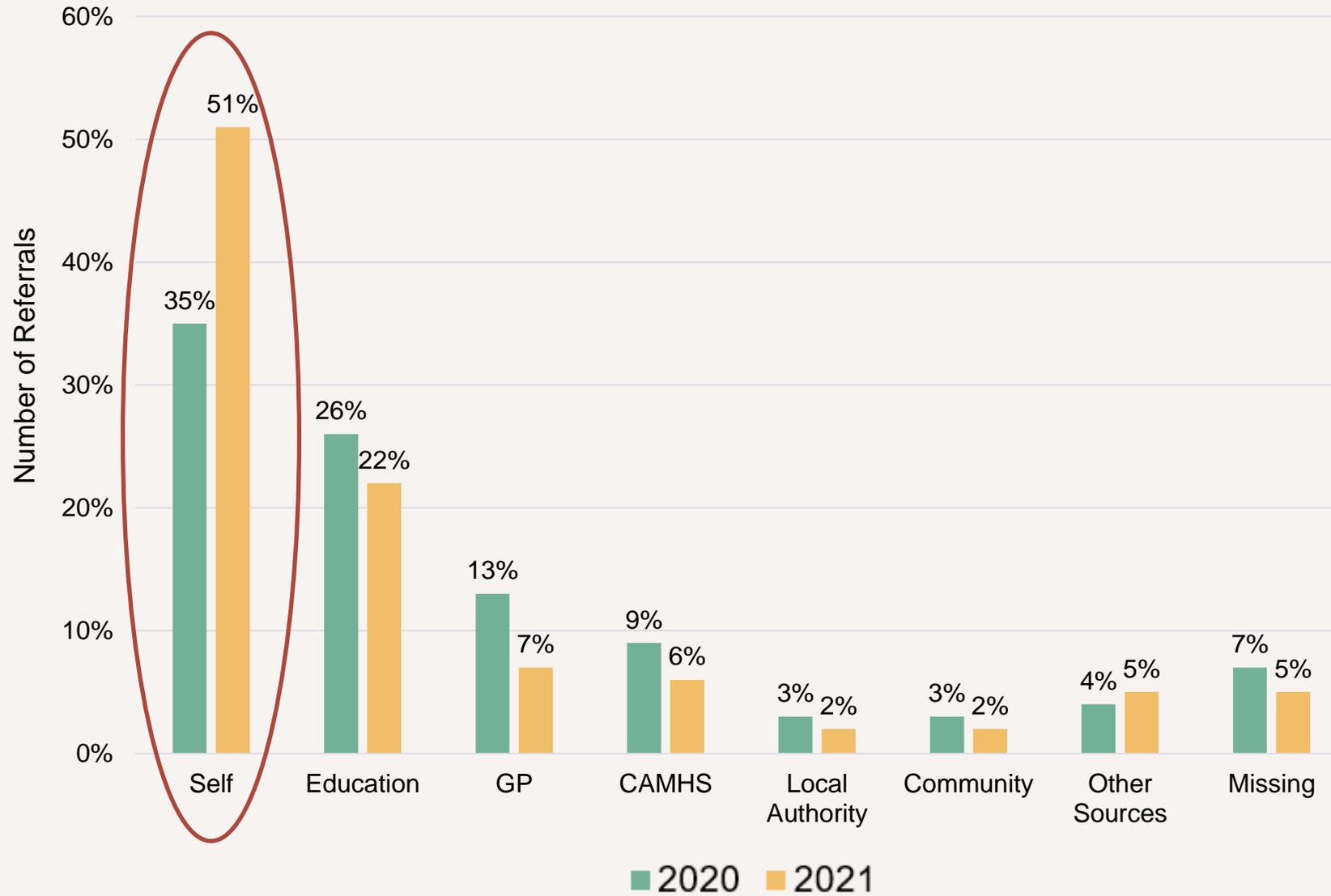
## Looked-After Child



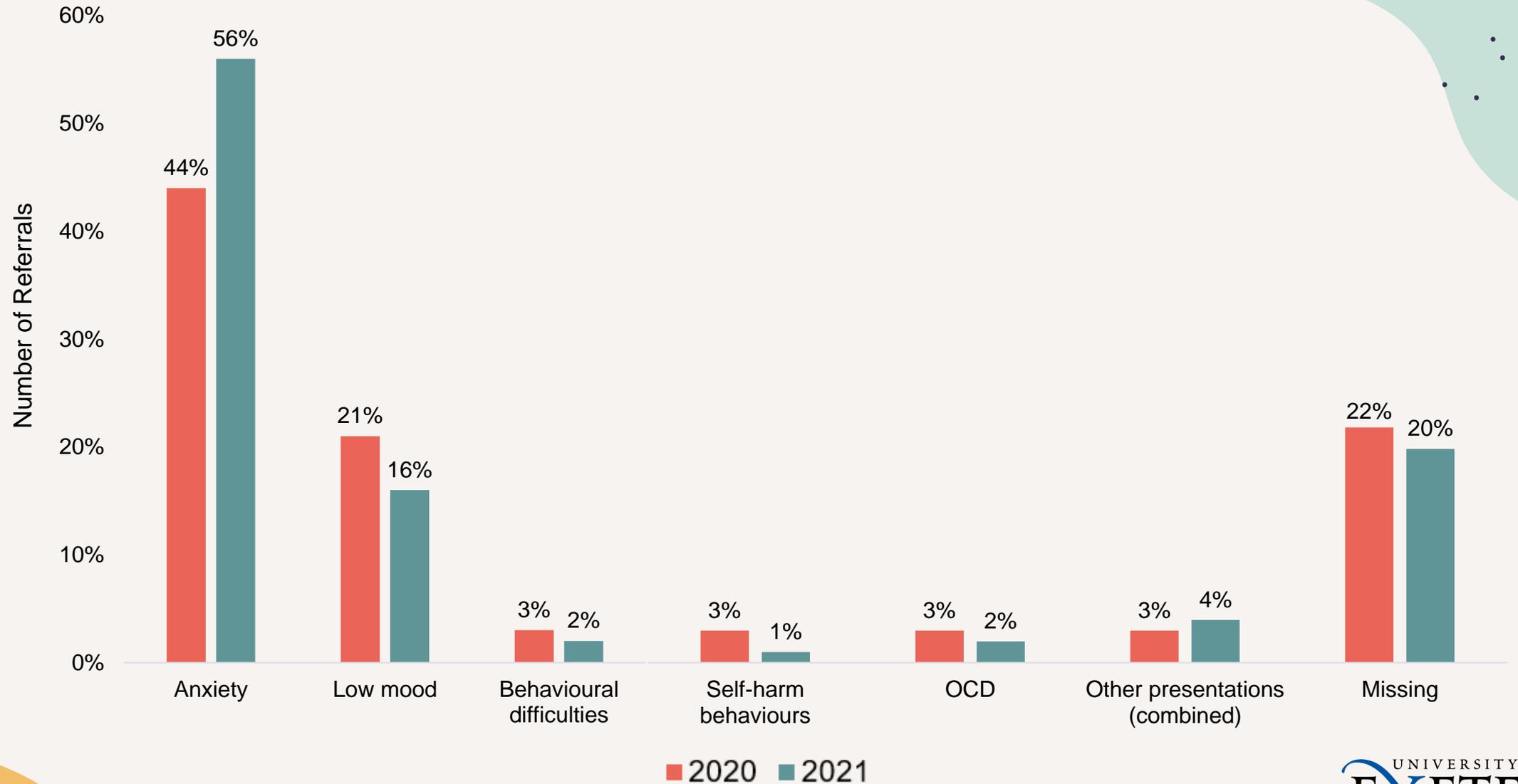
## Young Carer



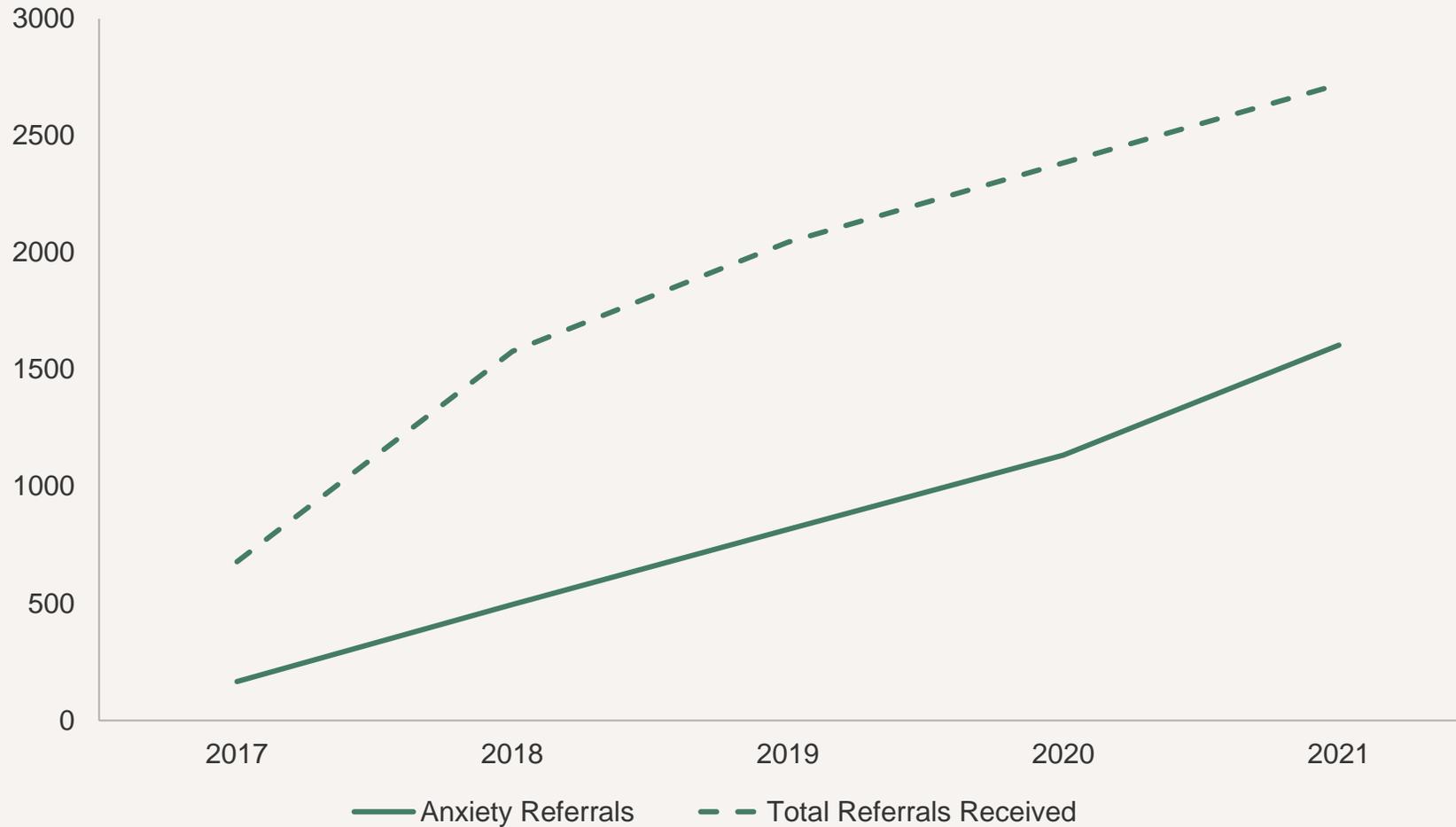
# SOURCE OF REFERRAL



# PRIMARY REASON FOR REFERRAL



# ANXIETY PRESENTATIONS





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# COMPLETION RATES OF OUTCOME MEASURES

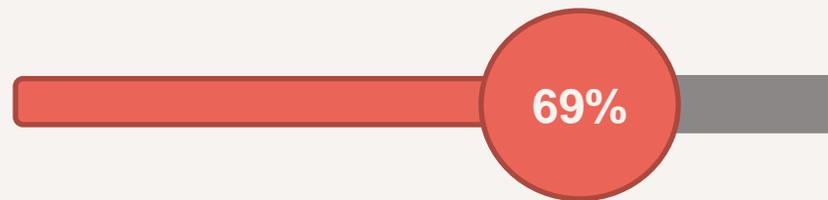
Data consist of all **closed cases** (completed 2+ interventions) and were discharged by **December 2021**.

% of CYP with at least one paired outcome measure

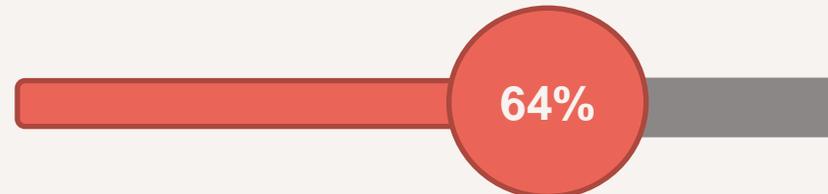


% of CYP with paired outcome measure in:

Revised Children's Anxiety and Depression Scale – Child/Parent (RCADS)



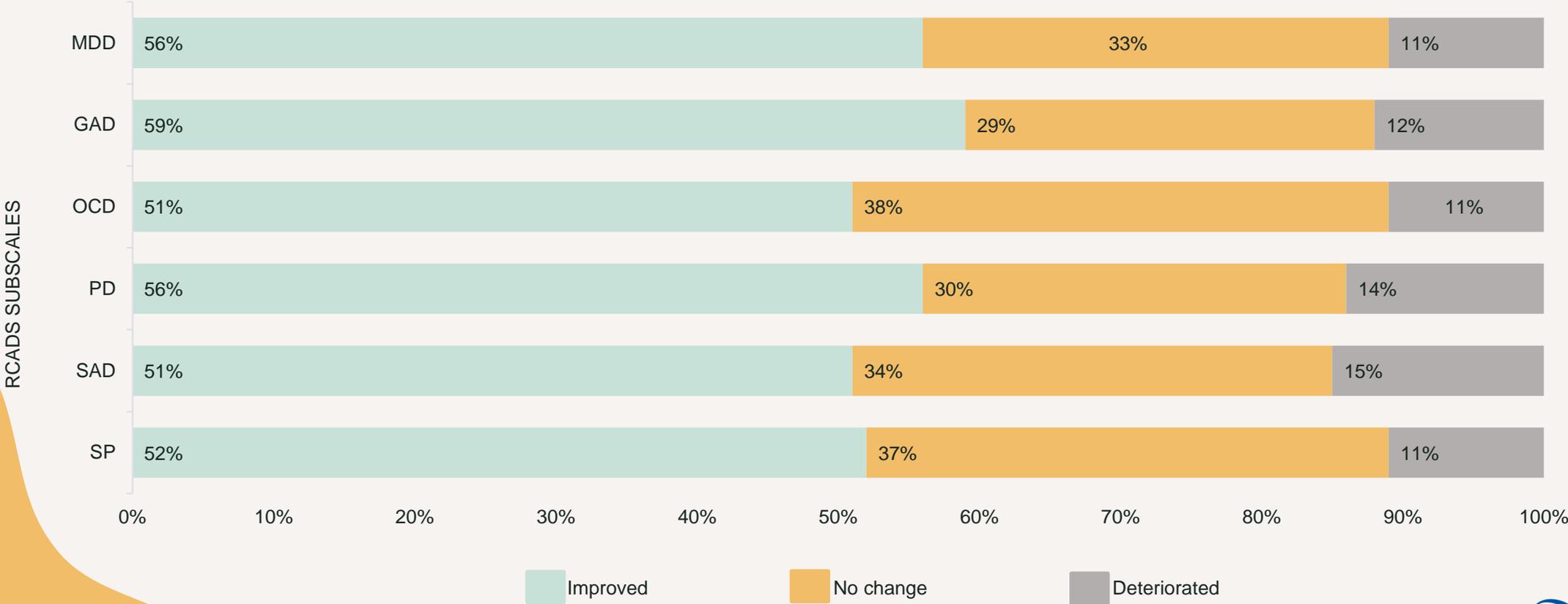
Goal Based Outcomes (GBO)



# CWP OUTCOME IMPACT

Data consist of all **closed cases** (completed 2+ intervention sessions) and were discharged between **January 2020** and **December 2021**.

RCADS Reliable Improvement Rates

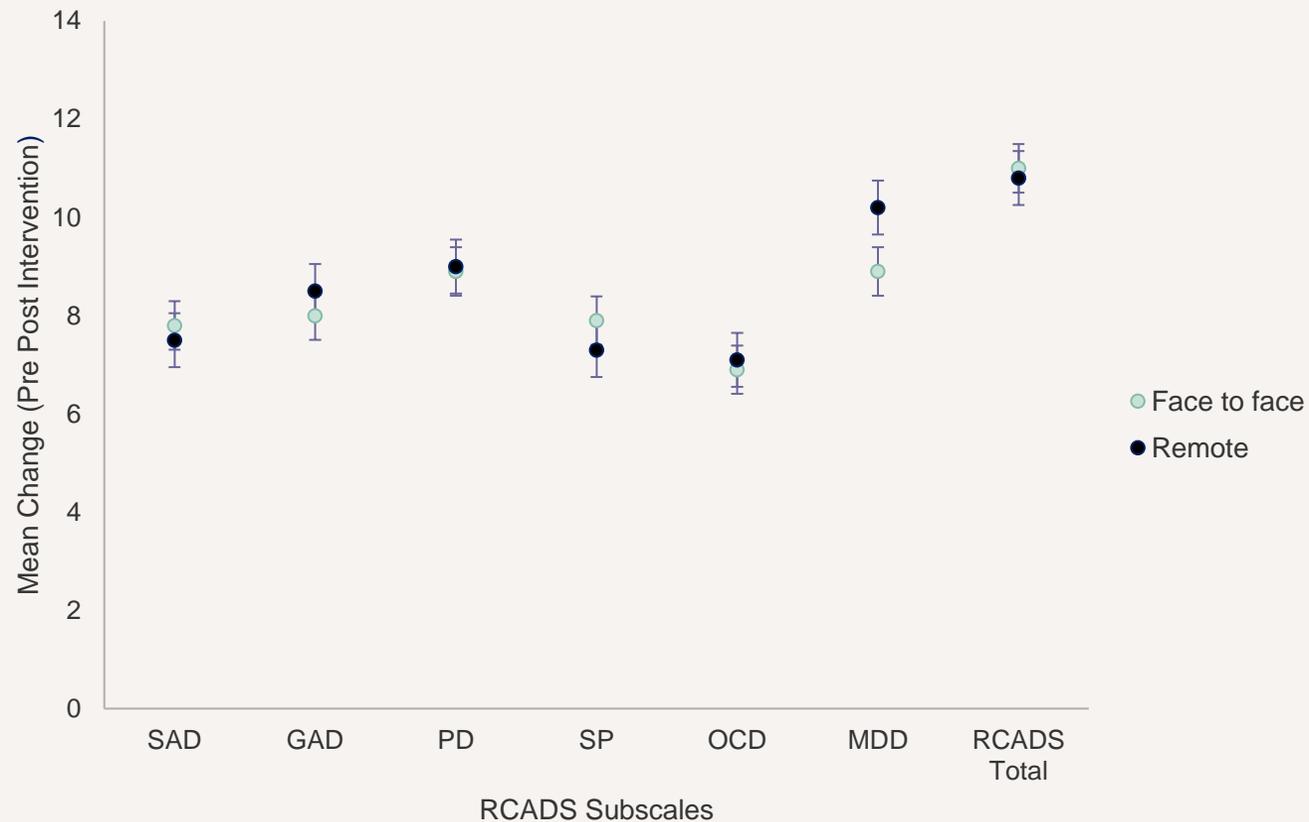


# PERCENTAGE OF CYP ABOVE RCADS THRESHOLD

Period	SAD (%)	GAD (%)	PD (%)	SP (%)	OCD (%)	MDD (%)	Total (%)
Pre-covid	52	20	55	33	20	47	45
Covid	53	25	59	36	28	50	48
	▲ +1	▲ +5	▲ +4	▲ +3	▲ +8	▲ +3	▲ +3

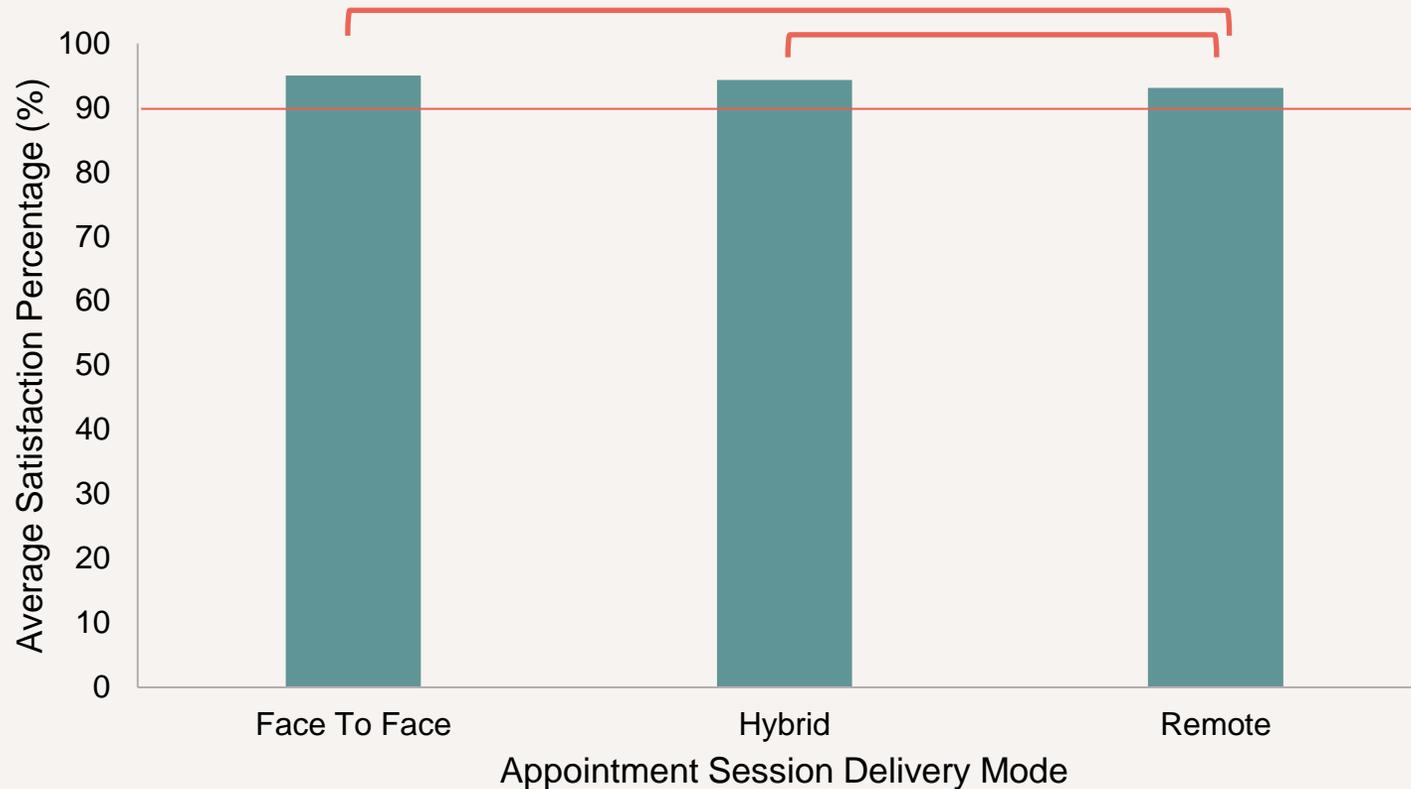
# REMOTE vs. FACE TO FACE

Data consist of all **closed cases** (completed 2+ intervention sessions) and were discharged between **January 2020** and **December 2021**.

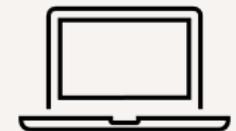
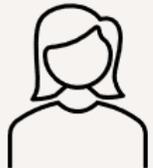


# APPOINTMENT SESSION SATISFACTION

Data consist of all cases from session satisfaction data who were discharged by **December 2021**.



All groups showed satisfaction rates higher than the target 90%



Statistically significant results:

- Face to Face had higher average satisfaction than Remote ( $p=.004$ )
- Hybrid had higher average satisfaction than Remote ( $p=.050$ )

# GOAL BASED OUTCOMES (GBO)

Data consist of all **closed cases** (completed 2+ intervention sessions) and were discharged between **January 2020** and **December 2021**.

**61%**

## Reliable Improvement

- 1,047 cases **reliably improved**
- 25 cases **deteriorated**
- 647 cases **did not change**

## Average Goal Difference



# GOAL BASED OUTCOMES (GBO)

Data consist of all **closed cases** (completed 2+ intervention sessions) and were discharged between **January 2020** and **December 2021**.

## Reliable Improvement

**61%**

- **1,047 cases reliably improved**
- **25 cases deteriorated**
- **647 cases did not change**

## Number of Goals Completed

**1**

**1,707 CYP** listed  
one goal

**2**

**1,448 CYP** listed  
two goals

**3**

**948 CYP** listed  
three goals



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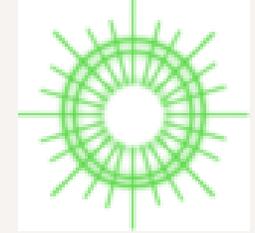
# CONCLUSION

- Services from different sectors
- Low waiting times
- High reliable improvement
- Effectiveness of remote therapy
- Generally high appointment session satisfaction

## Future direction

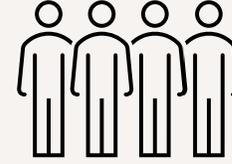
- Mental Health Support Teams (MHST's) → EMHP workforce
- Early indicators
- Providing the same provisions

The University of Exeter would like to thank all of our CWP services, both past and present, for their dedication, support and commitment to the programme.





# CONTACT US



If you have any questions, please email the Research  
and Evaluation team via [mj268@exeter.ac.uk](mailto:mj268@exeter.ac.uk)

**THANK YOU FOR LISTENING!**