



BOX 1: Some Mental Health support tools and programmes utilised in delivering support and interventions to CYP with mental health challenges.

Some of the CYP IAPT programmes/resources used in service delivery are referred to in the case studies presented.

Low intensity Cognitive Behavioural Therapy (LI-CBT) 'Low intensity cognitive behavioural therapy (LI CBT) 'represents a revolution in the delivery of mental health services; the dawning of a new values-based paradigm, which places improving access to effective psychological treatments as the guiding principle for the endeavour'. (https://www.researchgate.net/publication/234802095_Low_Intensity_CBT_Interventions_A_Revolution_in_Mental_Health_Care).

'Pesky gNATs is designed to help mental health professionals deliver CBT interventions to young people. It combines gaming and mobile technology with the highest quality psychological content to support evidence-based interventions with young people aged 9-17' (<http://peskygnats.com/about/>).

The Somerset Big Tent is 'Helping children and young people build their wellbeing' (<https://www.somersetbigtent.org.uk>),

Revised Children's Anxiety and Depression Scale (and Subscales) (RCADS) 'Used to measure children and young people's mental health and wellbeing' (<https://www.corc.uk.net/outcome-experience-measures/revised-childrens-anxiety-and-depression-scale-and-subscales/>).

The Outcome Rating Scale (ORS) and Child Outcome Rating Scale (CORS) are measures that can be used to monitor children's, young people and their families or carers feedback on progress. <https://www.corc.uk.net/outcome-experience-measures/outcome-rating-scale/>

General Anxiety Disorder (GAD) and Worry Management <https://www.getselfhelp.co.uk/gad.htm>.

'Many Child and Adolescent Mental Health Services (CAMHS) in the UK routinely evaluate change in a service user's presenting difficulties, functioning and progress towards their goals over the course of treatment. Most often, this is by using questionnaires, filled in by young people and/or their parents and/or the therapist. This is known as Routine Outcome Monitoring (ROM)'. <https://www.acamh.org/research-digest/routine-outcome-measurement-camhs/>