

A single hub of resources on children and young people's mental health for parents and professionals

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Background, rationale and aims

Mental health issues in children and young people are a growing concern and the benefits of intervening early are well established for many mental health problems, but existing Child and Adolescent Mental Health Services (CAMHS) are often over-stretched with variable waiting times for assessment. Many children also have problems which do not reach the referral thresholds and parents are left to find advice elsewhere. Existing resources for parents are scattered across many different websites and therefore difficult to access both for parents and professionals working with young people.

With this in mind, and in consultation with CAMHS Bristol and many other stake-holders (including parents themselves) we designed an easily navigable website intended as a single comprehensive portal of resources for parents of children with emotional needs, which launched in March 2019 and has had over 42 K users so far. It is also intended to be useful for teachers, GPs, CAMHS professionals and others who work with parents, children and young people. Depending on the age of the child and the problem, different resources might be appropriate, from a book about death for a pre-schooler, to an App on coping with self-harm for a teenager. Parents and professionals may also seek advice on how to cope with parenting challenges, how to find support for themselves or their child, or how to find out more about specialist services.

The start-up funding was from Health Education South-West, therefore an additional remit was to provide a section on local resources for the South-West UK to include information on local counselling, support groups and local CAMHS.

Process

- Focus groups were performed with parents/carers from primary school and secondary schools in the Bristol area. Thoughts were gathered from parents about what resources they needed and what they would find useful to be displayed on the website
- Stakeholder discussions with CAMHS, various relevant charities, Bristol City Council, Bristol CCG, The Royal College of Paediatrics and Child Health and the Royal College of General Practice
- Research into existing resources and initiatives such as the Anna Freud Centre, Thrive, Charlie Waller Memorial Trust
- Feedback via Survey Monkey link on website and Google Analytics

User stats and feedback

- 42K users since launch in March 2019
- Feedback comments:
 - "I recommend this to patients on a daily basis" (GP)*
 - "It's a great resource, thank you, I'll be visiting the site regularly" (Parent)*
- The table displayed shows the most commonly visited pages in the primary school section as an example

Further development

Different methods have been used to publicise the website, such as:

- Sending out posters to Accident and Emergency Departments, libraries, children's centres and independent schools in the South-West UK
- Sending out information via e-mail to state schools
- Publishing a letter on the BJGP on-line: "HappyMaps: A new website resource for parents and carers of children with emotional needs." eLetter URL: <https://bjgp.org/content/69/680/112>
- Posting HappyMaps link on local Bristol Primary Care Guidelines page
- Sending newsletters to primary care from LMC and CCG
- Advertising the website in newsletters by RCPCH and Bristol Mind
- Presenting at SW regional CAMHS meeting June 2018 and SW Paediatrics Club November 2019
- Mentioned on the GP Hot Topics course and advertised in their Mental Health Newsletter
- Interview on Bristol local radio in July 2019

PRIMARY SCHOOL

	23,290 % of Total: 22.90% (101,688)	23,290 % of Total: 22.90% (101,688)
1. /primaryschool	8,178	35.11%
2. /age-group/primaryschool	3,560	15.29%
3. /age-group/primaryschool/Primary-Anxiety	2,684	11.52%
4. /age-group/primaryschool/Primary-Anger	1,384	5.94%
5. /age-group/primaryschool/school-anxiety-and-school-refusal	780	3.35%
6. /age-group/primaryschool/Primary-Autism	779	3.34%
7. /age-group/primaryschool/Primary-ADHD	767	3.29%
8. /age-group/primaryschool/Primary-Anxiety/apps-and-games	630	2.71%
9. /age-group/primaryschool/Primary-Anxiety/Primary-Anxiety-Websites	470	2.02%
10. /age-group/primaryschool/Primary-Sleep	436	1.87%
11. /age-group/primaryschool/Primary-Coping-with-Divorce-or-Separation	433	1.86%
12. /age-group/primaryschool/encouraging-good-behaviour-or-habits	399	1.71%
13. /age-group/primaryschool/Primary-Coping-with-Death-or-Loss	304	1.31%
14. /age-group/primaryschool/Primary-Anxiety/primary-anxiety-books	263	1.13%
15. /age-group/primaryschool/Primary-Bullying	243	1.04%
16. /age-group/primaryschool/depression-and-low-mood	233	1.00%

Conclusion

HappyMaps has been successful in providing a single hub of information and signposting for young people's mental health. Data shows that it is predominantly used by parents, GPs, CAMHS workers and teachers.

We would like to further develop this project and invite expressions of interest from CAMHS professionals in other areas of the UK to create HappyMaps sections for their populations. If you are interested please contact us on: georgina.griffiths3@nhs.net or jas34@live.com

Please feel free to visit our website: www.happymaps.co.uk

With HappyMaps you can find your way to...

100+

Books

50+

Videos

200+

Websites

15+

Apps

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