



Keeping Nature in Mind in Tier 4 CAMHS


How time outdoors in natural surroundings can improve
mental health outcomes

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25/2/21 RCPsych Eco-Crisis and CAMHS: what's the relevance?



Overview

- NB interventions
 - What are they
 - What benefits do they bring
 - Response to eco-crisis
 - How do we make this work in CAMHS
 - Evaluation
 - Future plans
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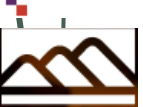
What are nature based interventions

Increase opportunities to engage with nature within current practice: walk and talk, sessions outdoors, bring natural objects indoors, rejuvenate and increase access to outdoor spaces, ask about nature

Green walking groups: Short walks to town park are enough

Collaborate with local nature NGOs incl AAT: therapy dog, equine therapy, woodland activities

Targeted interventions: specific conditions may benefit from specialist interventions



How can NB practices improve MH outcomes

➤ Physical and mental health benefits of nature exposure

overweight,
immune
function, CVD
(Rook 2013)

stress, depression,
attention,
memory, emotion
regulation
(Bratman 2019)

➤ Nature Connectedness

happiness,
fulfilment,
meaning,
purpose
(Pritchard 2020)


➤ Nature as co-therapist

Aids assessment,
relationships,
engagement
(Cooley 2020)

New therapeutic
perspectives
(Roszak 1995)

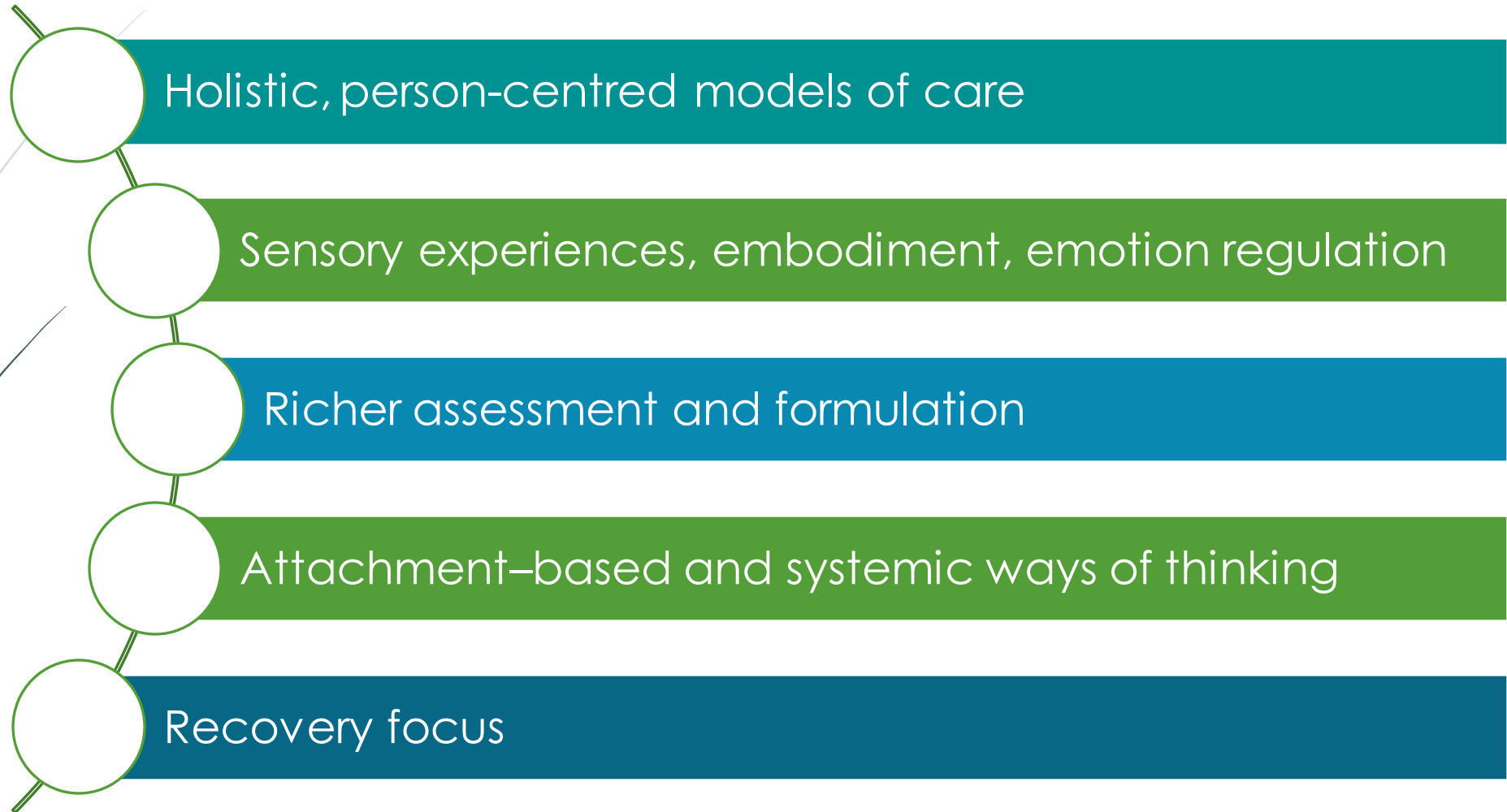


Response to eco crisis

- NB interventions are sustainable options
 - Align with 4 principles of sustainable healthcare
 - NB interventions promote care of and connection with the natural world
 - Stewardship
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How it fits in with CAMHS care



Evaluation and Feedback

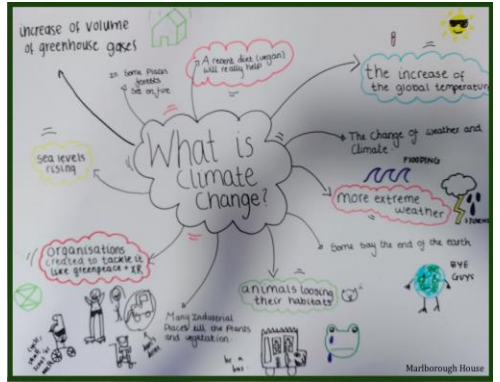


- Working with Oxford Healthcare Improvement, with links to the University of Oxford
- **Families in the Wild:** Warwick Edinburgh Mental Wellbeing Scale, Perceived Restorativeness Scale, photos and focus group, staff feedback on feasibility
- **Natural Academy Training for MDT:** facilitating nature connectedness via the 5 pathways. Using Kirkpatrick 4 level of training evaluation model (reaction, learning, knowledge transfer and organizational outcomes)
- Feedback from YP participants: informal, art, focus group

Evaluation and Feedback

"I felt refreshed after that session. I don't always feel that!"

It's changed my mood, I was grumpy this morning



"I don't usually come to groups. I'm surprised how much I enjoyed it"

Made me feel better about the world

"This is good for me as a person as well as good for our young people"



Future Plans



MARLBOROUGH HOUSE WORK

- Embedding into our practice
- Evaluation of impact
- Disseminate learning




WIDER CONVERSATION

- Form a network of interested CAMHS clinicians
- Explore the therapeutic potential of nature based approaches and eco-psychotherapy within CAMHS
- Resource development?
- Ensure all planned interventions promote participant involvement, reducing inequalities and care for nature



Conclusion

- Sustainable interventions
 - potential to enhance the work we do
 - participants, staff and the wider eco-crisis response
 - Ambitious proposition, much more work is needed
 - hopeful, thought provoking, creative
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Thank you

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