

Report for FSPA Funding

Qualifications: MSc Occupational Therapy

Work role: CAMHS Practitioner

Course attended: Systemic Family Therapy Grad Cert (1 year)

Venue: King's College London

Award: Systemic Practitioner (awarded in August 2021 when course finishes)

Having been granted funding from FSPA for the first year of the systemic family therapy course has enabled me to develop my clinical skills to work with families to create positive change. The course was selected as it is well aligned to my current job role which is split across two agencies including CAMHS Adolescent Team (NHS) and Youth Offending Service (Social Care). This course so far has provided me with a range of tools, skills and knowledge to apply directly to the families I work with on a daily basis in both settings. It has supported my understanding and ability to contribute and improve external partnership working (NHS and Social Care) as well as working better with other external agencies.

As a band 6 CAMHS practitioner I have been able to fulfil my role and responsibilities to an advanced level by applying and integrating systemic approaches to mental health consultations, screenings, assessments and interventions that I offer to young people and their families. It has enabled me to better understand the complexity of young people's needs and to incorporate the impact of relational issues within families and the connection this has to their mental health.

I have applied systemic thinking and ideas to the wider systems I work within to identify, understand and address challenges that arose between and within these agencies. I will make a continued commitment to broadening my understanding of these challenges and strengths in order to assert how they prevent or encourage relationships in order to continually improve the care of the individuals and families we support.

My capability to apply my knowledge and skills of cultural competence to sensitively raise issues of race, culture and religion within families and to understand how the needs and strengths of the young people are understood from a systemic perspective have expanded. It has allowed me to consider and incorporate the influence of contextual, social, cultural, and economic factors around them and the impact on their mental health, which has enabled me create care plans accurately aligned to their needs and that of their families.

It has improved direct and timely access for young people who need support within CAMHS and YOS using evidenced based therapy. This has contributed to the reduction of waiting times for families, often in crisis and less likely to access mental health services due to a range of barriers. This may have reduced the likelihood for families to be referred onto other services or rejected from multiple services and not received support when it is needed. Overall, this has improved their continuity of care and contributed to timely and effective positive change.

By having the opportunity to learn new ideas and ways of working with families, I have personally improved the quality of every single clinical encounter I have had with a child or young person and the system which surrounds them.

It has supported the delivery of local partnership working, which aimed to meet the diverse needs of our local communities by providing timely intervention to those most in need/ or at crisis point

and to those communities less likely to access mental health services due to social, economic and cultural barriers.

It contributed to the development of better treatments through excellence and innovation, based on reliable and up to date evidence of what works best. Family Therapy has been evidenced to be effective treatment for young people with mental health difficulties to treat depression, eating disorder and conduct disorder.

I sincerely thank you for the funding you awarded me.