



South Eastern Health
and Social Care Trust

What are the GP Multidisciplinary Team's
Senior Social Work Practitioners and Senior
Mental Health Practitioners perspectives on
mental health services for children and
young people and their families in primary
care?

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Multidisciplinary Teams (MDT)

- Service Evaluation Study - University of Ulster's Research & Evaluation Methods in Social Work
- Multidisciplinary Teams (MDT) Transformative Health Care – Bengoa (2016), New Decade New Approach (2020).
- Early Intervention is a fundamental objective and has been a primary aim in departmental reports such as the DoH (2021) Mental Health Strategy 2021-2031.
- 2019 Senior Social Work Practitioners and Senior Mental Health Practitioners embedded in GP practices in two regions in NI.
- Working across the life span – children and young people are a high proportion of referrals received by the service.

MENTAL HEALTH

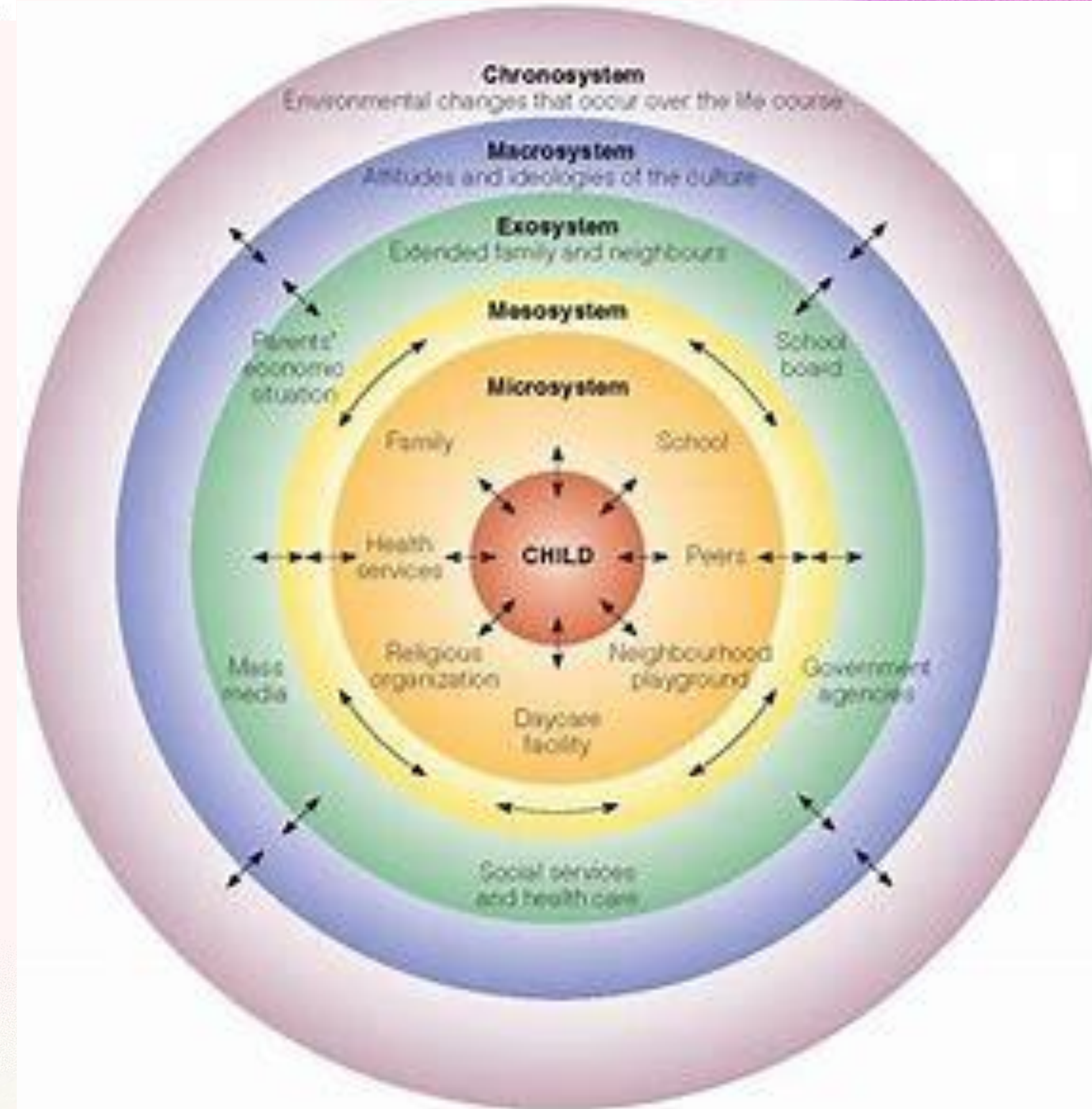


The World Health Organization (WHO) (2022) in defining mental health recognises “it is more than the absence of mental disorders” adding it is a “state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and contribute to their community”. Mental health describes every individual’s, cognitive, behavioural, emotional, and social wellbeing (NSPCC, 2023).

Current Context

- The GP practice is the “first port of call” when C&YP seek support regarding their mental health (YoungMinds 2021, Irvine, 2022).
- September 2023, there were 2,017 young people in NI waiting on a Child and Adolescent Mental Health (CAMHS) assessment (DoH, 2023). April 2019 until April 2022 there had been a “109% increase in referrals” to CAMHS” across the region (Valentine et al 2023:1).
- The 2020 NI Youth Wellbeing Survey found that one in eight young people had a mood or anxiety disorder (Bunting et al, 2022).
- NI has a 25% higher mental health prevalence rate than any other region in the UK (DoH, 2021, Irvine, 2022).
- Austerity and the current economic global crisis. Failing Health Services and Staff Burn out.

Theoretical Framework



Bronfenbrenner's
ecological
systems theory

AIMS

Utilising a qualitative method approach the aim of the proposed research is twofold.

1. To understand the Multidisciplinary Teams (MDTs) Senior Social Work Practitioners (SSWP) and Senior Mental Health Practitioners (SMHP) perspectives on whether they consider mental health services for children and young people (C&YP) and their families to be needs or service led.
2. To explore the MDT social work and mental health teams perspectives on whether they feel they can take a holistic and systemic approach when addressing the MH needs of the young people.

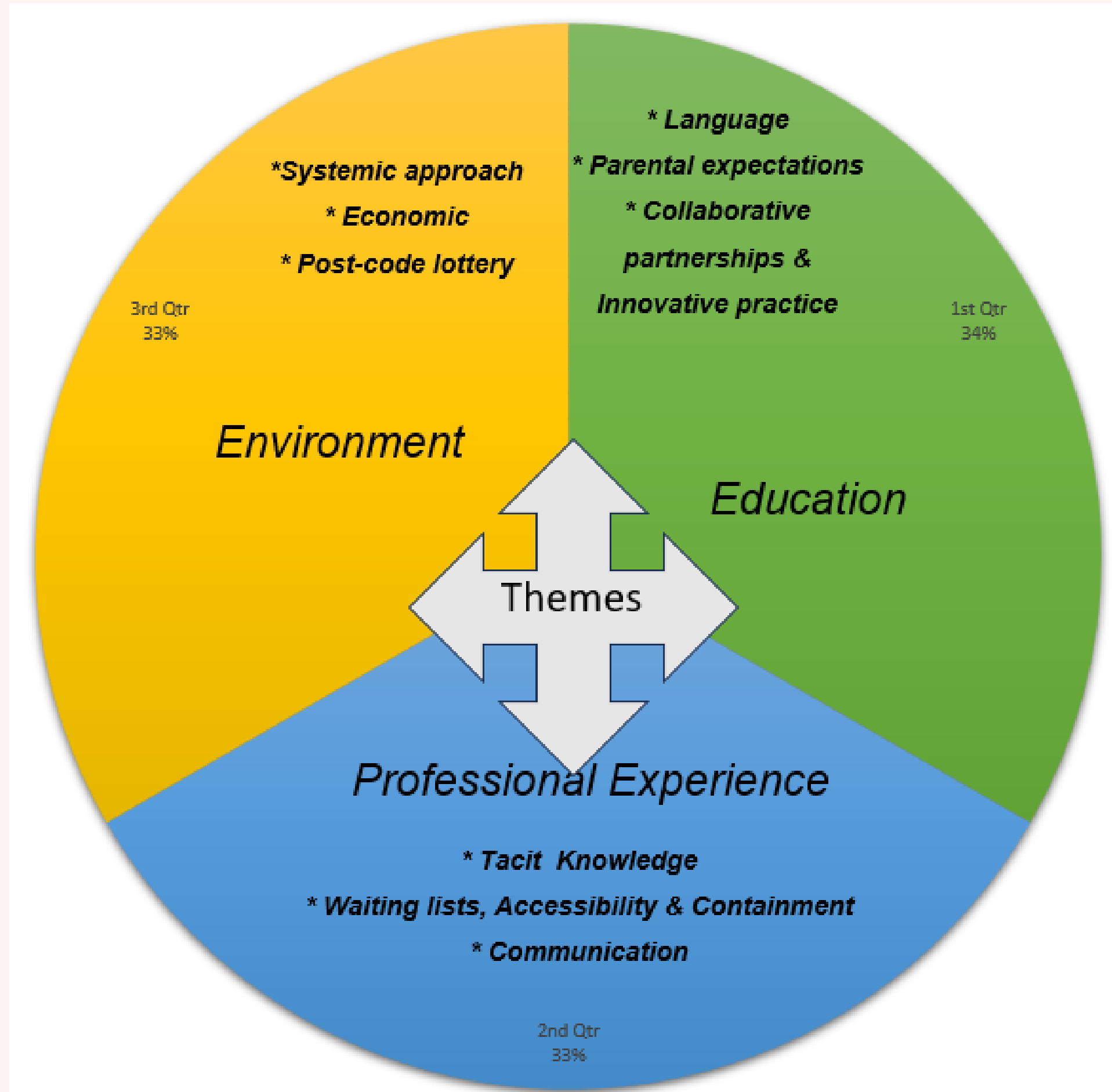
Five Key Objective's To Understand & Explore

1. Practitioners knowledge of the mental health supports available across sectors
2. Service identification
3. Waiting times
4. Systemic approach
5. Tacit knowledge and experience

METHODOLOGY

- Purposive sampling was employed with inclusion and exclusion criteria applied.
- 12 participants took part: 7 Senior Social Work Practitioners & 5 Senior Mental Health Practitioners.
- This study utilised qualitative semi-structured interviews.
- 9 interviews took place face to face and 3 interviews took place over Microsoft Teams.
- Braun & Clarke's (2006) six stage thematic analysis was employed to provide the framework to support with an inductive approach to data analysis.

KEY FINDINGS: THEMES & SUBTHEMES



Discussion of Key Findings

- Early intervention
- Mental Health Literacy
- Collaborative and innovative working with community assets
- Whole family educative approach
- Access, Delay & Twin Tracking
- Accessibility & Austerity
- Recognition of primary care services
- Community & Voluntary Sector



Recommendations & Application to Practice

- The need for early intervention and access to services.
- The need for financial investment and recognition of the vital role of the community and voluntary sector.
- Mental health literacy and a re-evaluation of the language and over medicalisation of normal emotions.
- The need for collaborative partnerships.
- The need for evidence-based practice to ensure innovative and high standards of practice.



Thank You!
For Listening

A graphic with a white rectangular center containing the text "Thank You!" in a large, dark red, cursive script. Below it, the words "For Listening" are written in a smaller, dark red, serif font. The word "For" is in a blue, sans-serif font. The background of the white rectangle is decorated with faint, light pink swirls and small, colorful dots in blue, yellow, and green. The entire graphic is set against a light pink background with large, soft, out-of-focus purple and blue circular shapes on the left and right sides.