

BACKGROUND

MENTAL HEALTH STRATEGY - ACTION 3

Commission the development of a Matrix of evidence-based interventions to improve the mental health and wellbeing of children and young people.

Mental Health Strategy:
2017-2027

The Scottish Government has commissioned NES to produce this resource in support of the commitment made by Action 3 of the current Mental Health Strategy

This resource will be known as the Early Intervention Framework for Children and Young People's Mental Health and Mental Well-Being

AIMS & FOCUS

- Allow comparison of the effectiveness, and supporting evidence for evidence based psychosocial prevention and early intervention approaches
- Enable informed investment decisions about early intervention or prevention approaches
- Increase the best use of prevention and early intervention approaches
- Improve the mental health and wellbeing of Scotland's Children and Young People
- Applicable to children, young people and families from the antenatal period until age 18
- Centred around needs rather than diagnoses

SCOPE

Which interventions have demonstrated impact on mental health and wellbeing of C&YP?

- In what contexts?
- How relevant are those contexts?
- For whom have interventions worked?
- What supports are needed to successfully implement?

CONTENT

The resource will detail:

- core components of the interventions
- effectiveness and supporting evidence
- implementation requirements and supports available
- help establish whether the approach fits with the needs, values, priorities and resources of a specific local context

CONTEXT

- Currently evidence guides focus largely on programme descriptions and ratings of their effectiveness
- This Framework will include information on implementation factors and focus on the Scottish context
- Drawing upon the work of the National Implementation Research Network's (NIRN) Hexagon Tool

NIRN THE HEXAGON TOOL

Developed for use in implementation informed assessments.
Reviewed and edited by the Racial and Ethnic Equity and Inclusion Team (REEI).
For use by organisations and communities

PROGRAMME INDICATORS

EVIDENCE

Strength of evidence - for whom in what conditions:

- Number of studies
- Population similarities
- Diverse cultural groups
- Efficacy or Effectiveness

Outcomes - Is it worth it?

Fidelity data

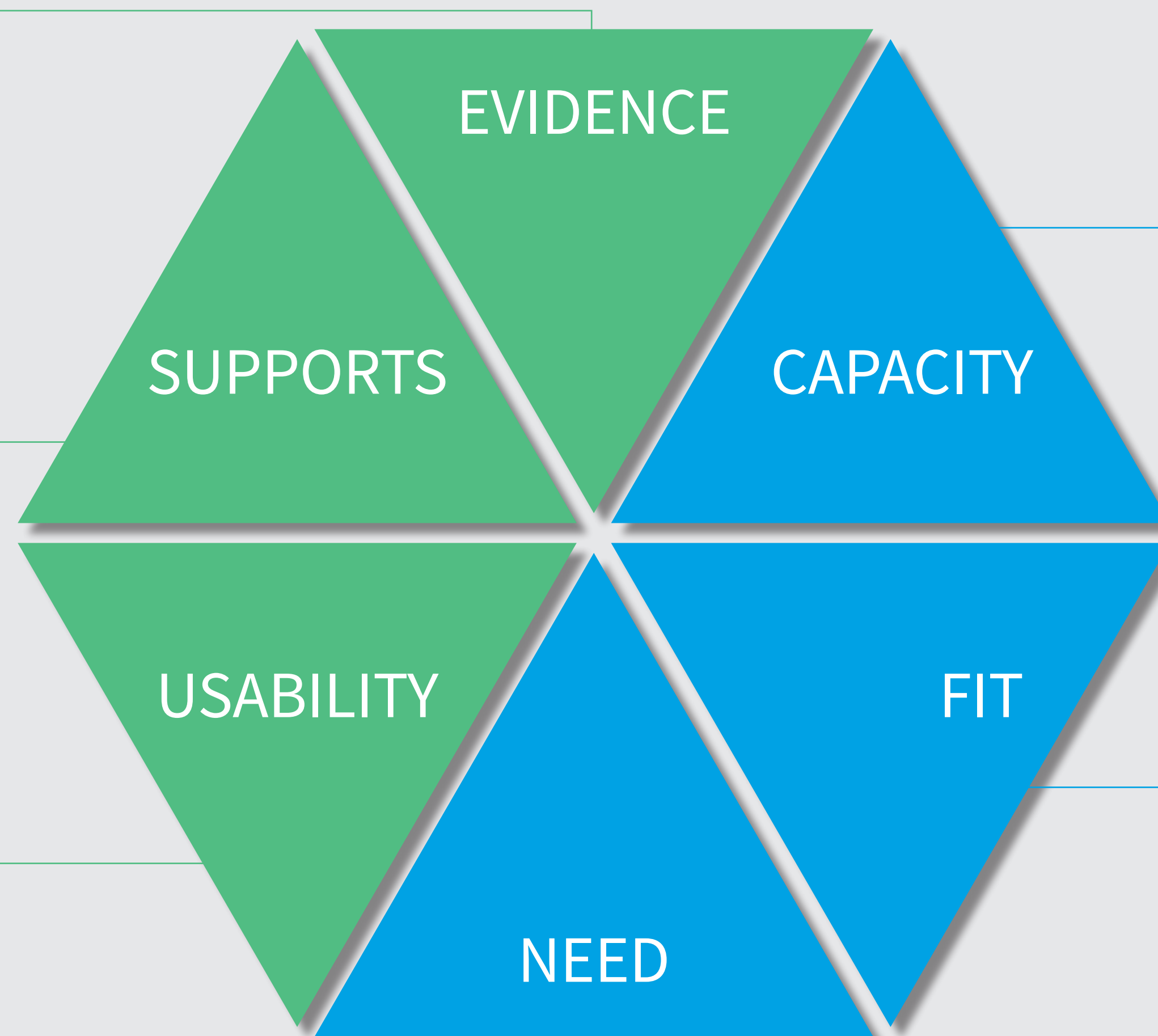
Cost - effectiveness data

SUPPORTS

- Interventions
- Staffing
- Training
- Coaching & Supervision
- Racial equity impact assessment
- Data Systems
- Technology Supports (IT)
- Administration & System

USABILITY

- How well is the programme defined?
- Operationalised?
- Expert or TA available
- Mature sites to observe
- Several replications
- Adaptations for context



IMPLEMENTATION SITE INDICATORS

CAPACITY TO IMPLEMENT

- Staff meet minimum qualifications
- Able to sustain staffing, coaching, training, data systems, performance assessment, and administration
- Financially
- Structurally
- Cultural responsivity capacity
- Buy-in process operationalised
- Practitioners
- Families

FIT WITH CURRENT INITIATIVES

- Alignment with community, regional, state priorities.
- Fit with family and community values, culture and history
- Impact on other interventions & initiatives
- Alignment with organisational structure

NEED

- Target population identified
- Disaggregated data indicating population needs
- Parent & community perceptions of need
- Addresses service or system gaps

KEY LESSONS LEARNED

- Initial phase of development took longer than anticipated for several reasons
 - developing clarity and consensus about focus and scope of work
 - the types of interventions included
 - processes to develop programme summaries
 - maximising use of stakeholder expertise/time
- Addressing these has increased precision and reduced time spent on subsequent phases

PROGRESS

- Development of the Framework commenced in September 2017 and will be completed by March 2021
- Work is being undertaken in phases in partnership with multi-agency stakeholders across Scotland
- Stakeholders form a Technical Working Group (TWG) providing advice and feedback on the development
- Membership of the group changes over time to match focus of phase of development
- A digital prototype of the resource website has been developed
- First phase (antenatal and 0-36 months) has been completed and is undergoing user testing before December 2019 launch
- Second phase (3-5 years preschool) is currently in progress
- Phases 3 and 4 (5-12 years, 13-18 years) will follow
- Phases 2-4 to be launched between February 2020 and March 2021

