

Enhanced Psychological Practitioners

Information for children, young people and their families

What are Enhanced Psychological Practitioners?

In collaboration with NHS Education for Scotland (NES), NHS Lothian CAMHS are supporting the development of Enhanced Psychological Practitioner (EPP) roles. The EPP roles are being developed to make evidence-based psychological interventions more available for children and young people who experience common mild to moderate mental health problems like anxiety, low mood/depression, or behavioural and self-regulatory difficulties.

In Lothian, EPP's currently deliver these interventions in Tier 2 and Tier 3 CAMHS.

EPP's attend a 6 months SQA accredited post graduate course offered through NES. During training they are known as EPP learners and once qualified their job titles changes to Assistant Psychologist (AP). Any work completed by these practitioners will be closely supervised by a qualified NHS Lothian CAMHS Psychologist.

What intervention may be offered to me?

EPP's are trained to deliver the following interventions:

- 1. Let's introduce Anxiety Management (LIAM):** LIAM is designed to help children and young people aged 8-18 years learn more about anxiety and ways to overcome it. It is informed by cognitive behavioural therapy (CBT) principles and focuses on what happens to our thoughts, feelings, and behaviour when we feel anxious. Importantly, LIAM helps children and young people to learn new ways of dealing with anxiety.
- 2. Brief Behavioural Activation (Brief BA)** (Pass & Reynolds, 2020): Brief BA is for young people aged 13-18 years old who experience low mood/depression. Brief BA supports young people to plan and schedule activities into their daily lives that are personally meaningful for them. It builds on young people's own resources and aims to get them back to their usual lives as soon as possible.
- 3. Parent Led Anxiety Intervention:** Is a guided parent-delivered programme that aims to provide parents of children aged 5-12 years with practical strategies that they can use to support their child with overcoming worries and anxiety.
- 4. Incredible Years:** Is an evidence-based early intervention programme for parents of children aged 11 years and under who experience difficulties with emotional and behavioural regulation. It focusses on strengthening parenting approaches and provides parents with effective tools to manage their child's behaviour.

All of these interventions are time limited (usually completed in 8-10 sessions) and will involve working through a number of resources with the support of an EPP learner/AP as well as completing agreed activities in between these sessions.

What will happen if I am offered an intervention by an EPP?

- Your Tier 2 clinician will pass your referral information to a psychologist from your local CAMHS TIPS-EIC (Training in Psychological Skills - Early Intervention for Children and young people) team. This includes contact information for you and your parents/carers and information about the difficulties you experience.
- The psychologist will look at your referral information and decide whether the suggested intervention is right for you or your parent/carer.
- If the psychologist decides the suggested intervention is suitable, an EPP learner/AP will contact you or your parent/carer to offer a first appointment. Appointments will be offered at an NHS CAMHS clinic, or remotely via video call. In the first appointment, you will have a chance to find out more about the intervention, ask questions and make a plan for next steps.
- Tier 2 and Tier 3 CAMHS are different teams. If it is agreed that you will work through a time-limited intervention with an EPP in Tier 2 this does not mean you have been referred to the local CAMHS team. Once you or your parent/carer completed the interventions, you will be discharged from Tier 2. At that time, we can discuss whether there are any other supports/ services that might be helpful for you. If you are already on the Tier 3 waiting list, completing an intervention with the EPP in Tier 2 will not affect or delay your treatment with Tier 3.

What information will be collected and shared if I decide to access these interventions?

- Any information related to interventions you are offered will be added to your patient record.
- With consent, your parents/carers, GP, and referrer will be updated on your involvement in any interventions offered.
- You will be asked to complete several questionnaires relating to your wellbeing and experience of the service you are receiving.
- Anonymised data may be used in current and future research, and results published. You will not be identified in any reports or communications coming from these evaluations. More information about the use of your data can be found here: www.nhslothian.scot.nhs.uk/YourRights/DataProtection
- The EPP learner/AP may seek your permission to use anonymised data as part of their course evaluation. They may also ask you to record sessions with you to support their learning and course evaluation. This will never be done without your permission and fully informed consent.