

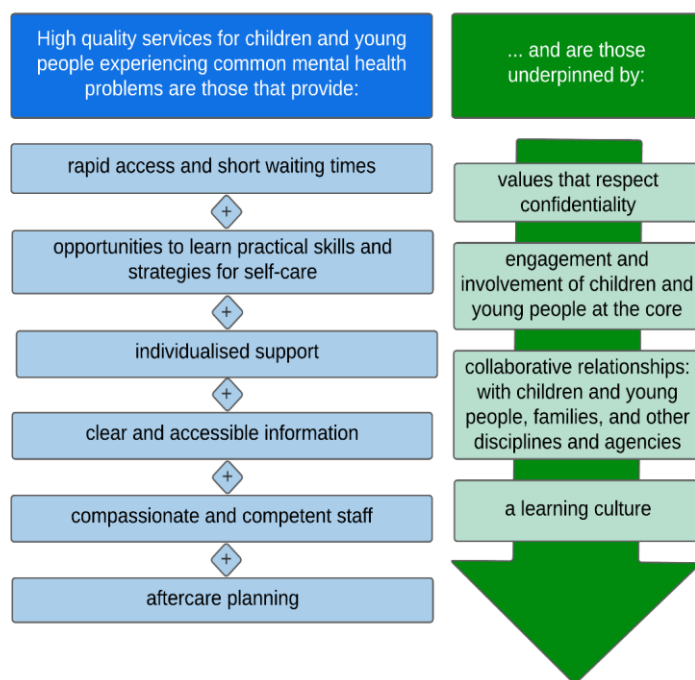
Blueprint: Developing a model for high quality service design for children and young people with common mental health problems

Blueprint is a research study exploring mental health services for children and young people with ‘common’ mental health problems like depression, anxiety and self-harm. Blueprint aimed to find out what services exist, how children/young people and families find out about and access these services, what the services actually do, whether they are helpful and whether they offer value for money.

We looked at the international literature (reports & research papers) to identify different approaches to providing support, and to find out whether certain approaches worked better than others and whether children/young people and families preferred some approaches over others. We also carried out a survey and used the internet to identify what services exist across England and Wales for children and young people with common mental health problems.

To explore services in more detail, and hear directly from those using them, we engaged with nine case study sites across England and Wales to carry out phone and video interviews to hear the experiences of 108 people (including 41 children/young people, 26 parents, 41 staff). Co-researchers who are young people with lived experience of mental health issues helped us with our study data collection and analysis.

We combined information from the literature and interviews to create a co-produced, evidence-based ‘model’ of what services should look like. This model considers some basic things like how quickly children/young people could access a service, what information was available, the importance of confidentiality, whether staff make the service fit with the child/young person’s needs and interests, whether it helps children/young people learn skills to manage their mental health and whether staff at a service work well together. We hope our model will help existing and new services improve what they offer to children/young people and families.



To read more, please visit:

<https://fundingawards.nihr.ac.uk/award/17/09/08#/> and <https://sites.manchester.ac.uk/blueprint/>