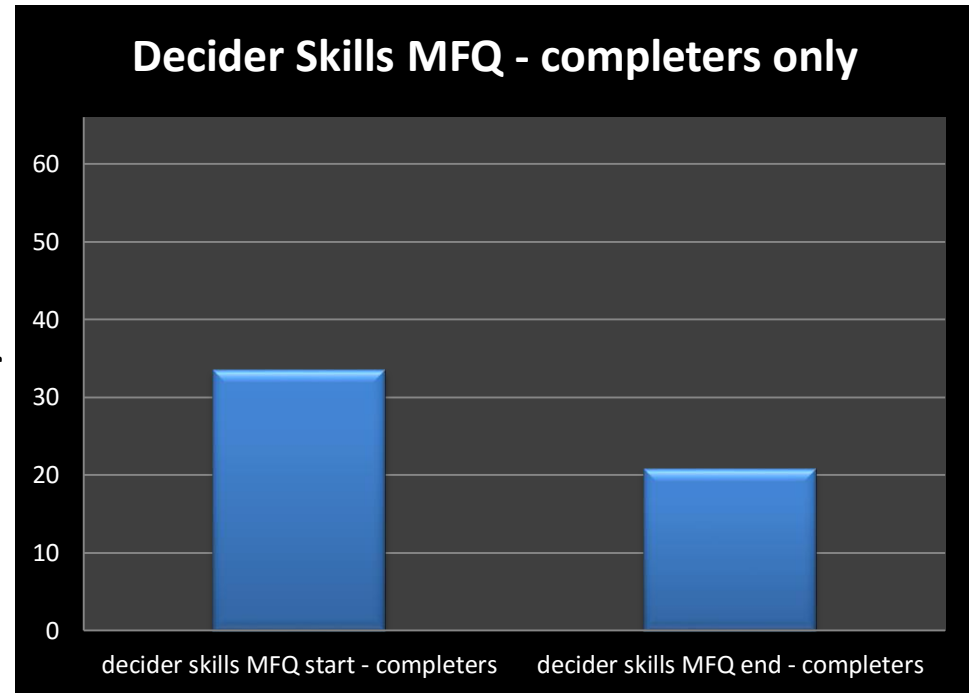


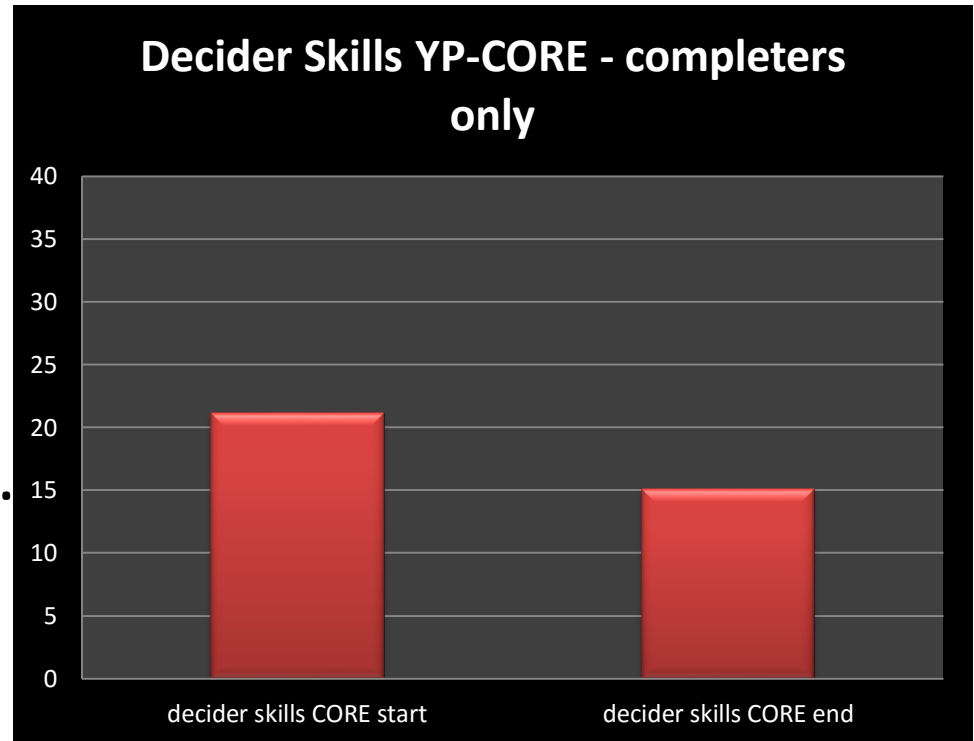
Decider Skills

CAMHS outcome data

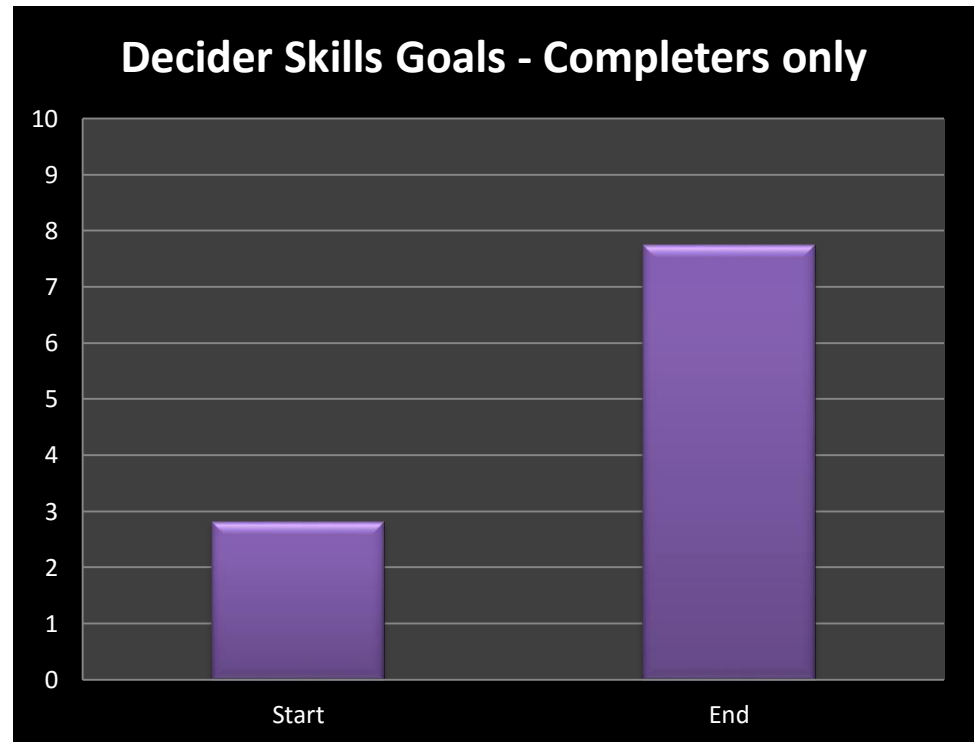
- The MFQ is a standardized measure of low mood for children and adolescents. The cut-off for major depressive episode is 28.



- The YP-CORE is a 10 item self-report measure assessing common mental health symptoms.
- The clinical cut-off is 10.



- Clients set up to 3 of their own goals, and rate them 0 (not achieved) to 10 (completely achieved).
- The graph shows the mean score for clients' goals



Outcome measures

- The challenge is to choose the right outcome measure for the programme.
- Decider Skills targets emotional regulation and communication
- CAMHS did not have a measure for this, and so substituted measures of mental health symptoms and low mood
- Client-chosen Goals are probably the most important outcome

- 50 clients began the programme; 34 completed.
- 8 / 50 are boys
- Data is shown for the 34 completers.
- For 17 of the clients, Decider Skills was the only intervention they had at CAMHS
- The other clients had had previous/ongoing other treatment (e.g. ADHD clinic; medication monitoring)
- Clients complete the programme in approximately 8 sessions
- Treatment is given by Psychological Wellbeing Practitioners
- Age range 10-18

- Data from Dr James Murray, consultant clinical psychologist, Guernsey CAMHS