

Needs, Gaps and Opportunities in the Provision of Psychological Therapies for Children and Young People Experiencing PTSD/CPTSD in Gwent

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Background

Many existing health services in Gwent support children and young people (CYPs) who have experienced trauma(s) and this is an ever-changing picture. These services work in different ways and offer different interventions to help reduce exposure to and mitigate the impact of trauma.

Aims

To understand some of the different approaches, opinions, obstacles and further opportunities of working with CYPs in Gwent who have experienced trauma(s), particularly in relation to identifying presentations of PTSD and delivering evidence-based therapies outlined in the Matrics Plant evidence tables.

Method

A mixed methodology approach was used.

1. Semi-structured interviews with over 30 multi-disciplinary professionals working with CYP services in Gwent.
2. An additional survey was completed by 31 professionals in numerous CYP health teams.

Respondents provided information regarding approaches used, examples of good practice, possible obstacles to CYPs being offered and/or accessing support and ideas for development in the ABUHB trauma pathway.



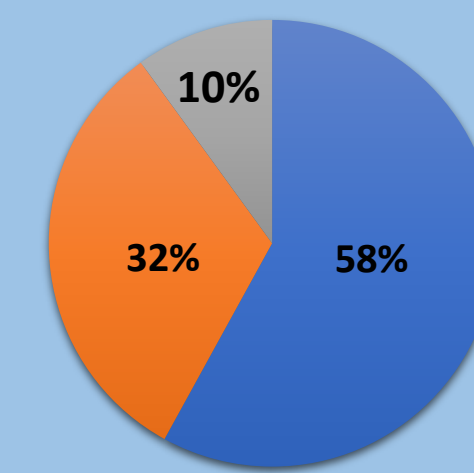
Results

Professionals engaged well with this quality improvement project and full results are summarised in a report. Key themes, and most endorsed responses, are presented here.

Key themes:

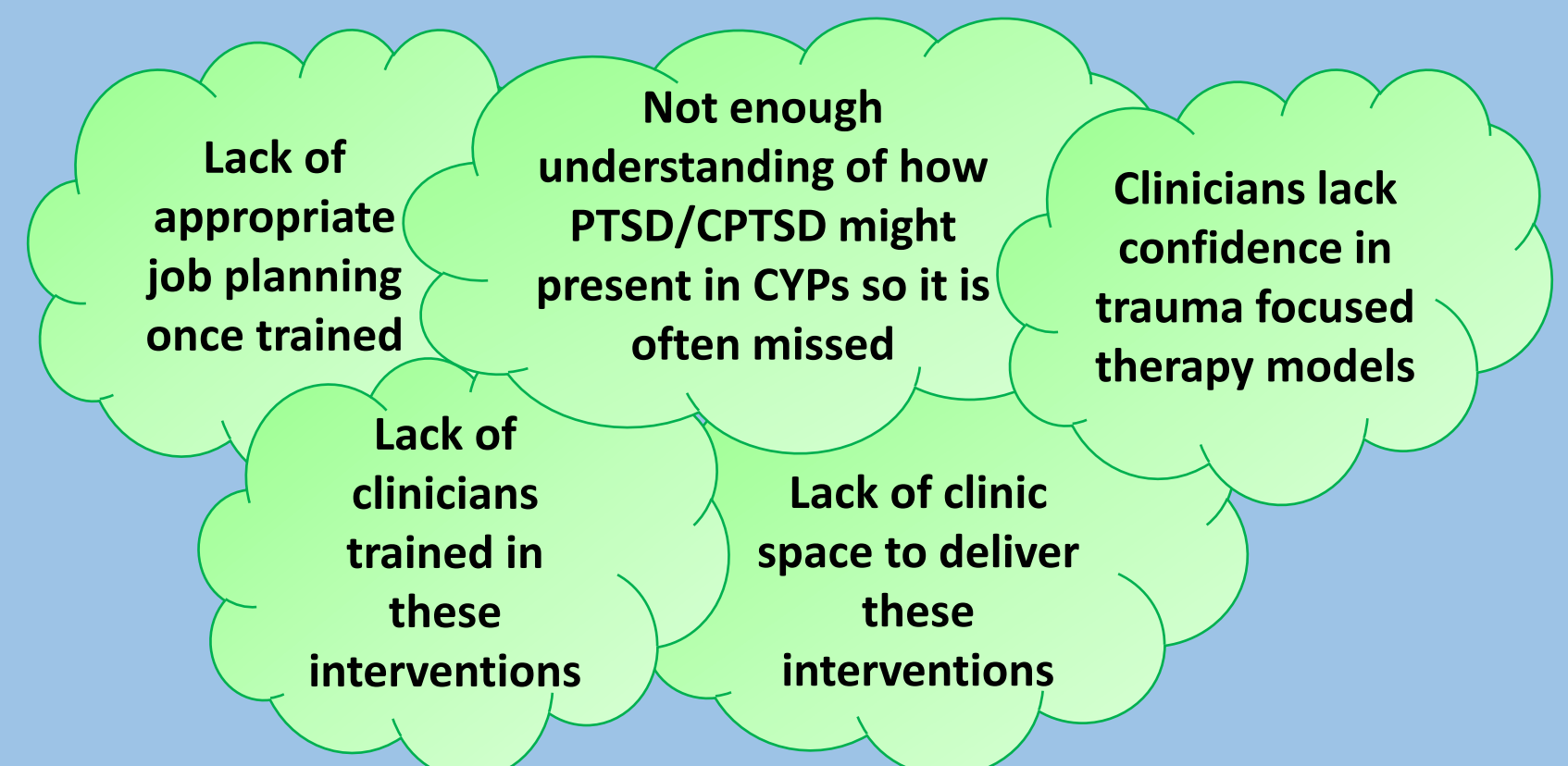
1. There are difficulties with the assessment and identification of PTSD/CPTSD. Many CYPs in Gwent who may be experiencing PTSD/CPTSD are not being identified and supported.

Do you screen for PTSD?

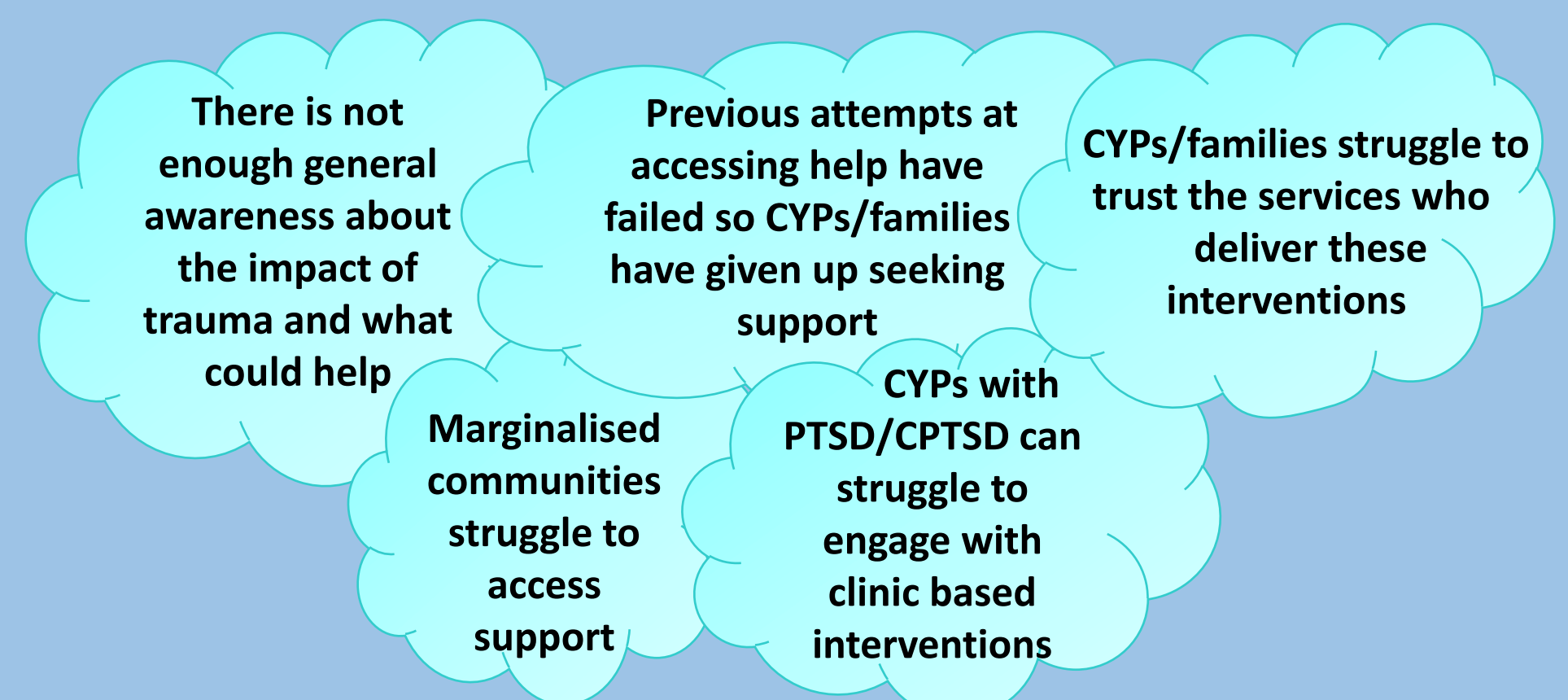


■ Yes ■ No ■ Unsure

2. Barriers to **clinicians** providing evidence-based interventions.



3. Barriers to **CYPs** engaging with evidence-based interventions.



Conclusions

Results have helped to highlight the excellent work that is already being undertaken within Gwent. They have also provided an insight into the perceived barriers faced by clinicians and CYPs when providing/assessing evidence-based care for PTSD/CPTSD. Results will be used to set priorities for future work within ABUHB.

Acknowledgements:

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