The Junction’s Children and Young People’s Improving Access to Psychological Therapies Programme (CYP IAPT)

By 2020/21, there will be a significant expansion in access to high-quality mental health care for children and young people across the country. At least 70,000 additional children and young people each year will receive evidence-based treatment – representing an increase in access to NHS-funded community services to meet the needs of at least 35% of those with diagnosable mental health conditions. To support this objective, all local areas have expanded, refreshed and republished their Local Transformation Plans for children and young people’s mental health.

Delivering the increase in access to mental health services will require a significant expansion in the workforce nationally. By 2020/21, at least 1,700 more therapists and supervisors will need to be employed to meet the additional demand, in addition to actions to improve retention of existing staff, based on recommended caseloads. This will require new staff to be trained and supervised by more experience staff, as well as return to practice schemes and local recruitment. CCG baseline funding has been increased to address the need to increase mental health services workforce.

The Junction is part of this developing approach and is a partner in the South Tees Children and Young People’s Improving Access to Psychological Therapies (CYP IAPT) programme.

The CYP IAPT programme

- Works with existing services that deliver mental health care for children and young people across the system (provided by NHS, Local Authority, Voluntary Sector, Youth Justice)
- Creates within teams a culture of full collaboration between child, young person and/or their parents or carers by embedding the following principles:
Within The Junction

Through The Junction’s Children and Young People’s IAPT Service (CYP IAPT) we have committed to upskilling our existing work force and creating new posts in line with IAPT Principles and national strategies and guidance.

Internally CYP IAPT delivery sits under the umbrella of the Children and Young People’s Emotional Wellbeing Services which also houses our Specialist Children and Young People’s Counselling Service and our school and community based emotional wellbeing support staff.

We have a number of other umbrella services within The Junction all working towards shared goals and all focusing on making a difference to the lives of children, young people and their families, including:

Youth Employment Services
Young Carers’ Services
Youth Services
Children and Young People’s Specialist Transport Services

We pride ourselves on being able to provide multiple specialist services ‘under one roof’ with our umbrella services interacting with each other to provide the best possible seamless service to children and young people. We employ multi-disciplinary teams of professionals with backgrounds in psychology, social work, counselling, youth work and youth unemployment as well as other qualified and experienced practitioners who:

- Understand the issues facing children and young people
- Have the skills to effectively support them
- Can deliver evidence based interventions to improve the mental health and emotional wellbeing of children and young people

We have developed a unique service delivery models to ensure that clients are able to access a service that supports their individual needs. However, we very much hope the ethos of The Junction ensures our services do not work in silos, although we recognise the need for service identities and separate lines of accountability to stakeholders.

All of our services are young person centred, outcome focused and outcome driven with an increased need to evidence the impact our services have on children, young people and their families. We routinely use a number of outcome measures to evidence positive change which are CYP IAPT compliant as well as other evidence based and bespoke outcome measurement tools.