

# London & South East Children & Young People's IAPT Learning Collaborative



**“Stuff the IT & let’s just get on with it!”:**  
**Using low tech solutions to hi tech problems**

**Isobel Fleming and Duncan Law**



Caring for young minds



# In an ideal world IT should

- Be easy to use and reliable
- Be able to support clinical practice
- Provide rapid feedback to the intended audience [clinicians, service users, managers, performance managers] in a meaningful way and at the most relevant level

# Which scenario do you identify with?

- We don't currently have any IT Systems for recording outcome measures
- We have a system – but it does not give us the information we would like instantly [or at all]
- Our system is great – but we work in a variety of settings and can't always access IT
- Our system is fantastic, extremely reliable and everyone relies on it – the only thing that would stop us using it would be a power cut!

# We know the world is not ideal

So what do you do when IT is not an  
option?

What is the minimum IT equipment  
needed to implement ROMs?

All the IT equipment you need to use  
outcomes and feedback tools clinically



Let's start with an easy one.....

# Goals Based Outcomes (GBOs)

# Goals Based Outcome Tool: What does it look like?



## Goal progress chart

You can turn this chart on its side for a quick look at progress over the sessions.

Goal N°



GOAL: .....

Session	Date	Today I would rate progress to this goal: (please circle the appropriate number below)										
Remember a score of <b>zero means no progress has been made towards a goal</b> , a score of ten means a goal has been reached fully, and a score of five is exactly half way between the two												
1		0	1	2	3	4	5	6	7	8	9	10
2		0	1	2	3	4	5	6	7	8	9	10
3		0	1	2	3	4	5	6	7	8	9	10
4		0	1	2	3	4	5	6	7	8	9	10
5		0	1	2	3	4	5	6	7	8	9	10
6		0	1	2	3	4	5	6	7	8	9	10
7		0	1	2	3	4	5	6	7	8	9	10
8		0	1	2	3	4	5	6	7	8	9	10
9		0	1	2	3	4	5	6	7	8	9	10
10		0	1	2	3	4	5	6	7	8	9	10
11		0	1	2	3	4	5	6	7	8	9	10
12		0	1	2	3	4	5	6	7	8	9	10

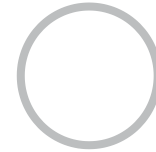


# How to use GBOs?



*Goal progress chart*

Goal N°



*You can turn this chart on its side for a quick look at progress over the sessions.*

**GOAL:** *To feel more confident*

Session	Date	Today I would rate progress to this goal: (please circle the appropriate number below)											
Remember a score of <b>zero means no progress has been made towards a goal</b> , a score of ten means a goal has been reached fully, and a score of five is exactly half way between the two													
1		0	1	2	3	4	5	6	7	8	9	10	
2		0	1	2	3	4	5	6	7	8	9	10	

# How to use GBOs?

Circle the score each time you use the GBO scale

Today I would rate progress to this goal:  
(please circle the appropriate number below)

Remember a score of zero means no progress has been made towards a goal, a score of ten means a goal has been reached fully, a score of five is exactly half way between the two

1		0	1	2	3	4	5	6	7	8	9	10
2		0	1	2	3	4	5	6	7	8	9	10
3		0	1	2	3	4	5	6	7	8	9	10
4		0	1	2	3	4	5	6	7	8	9	10
5		0	1	2	3	4	5	6	7	8	9	10
6		0	1	2	3	4	5	6	7	8	9	10
7		0	1	2	3	4	5	6	7	8	9	10
8		0	1	2	3	4	5	6	7	8	9	10
9		0	1	2	3	4	5	6	7	8	9	10
10		0	1	2	3	4	5	6	7	8	9	10

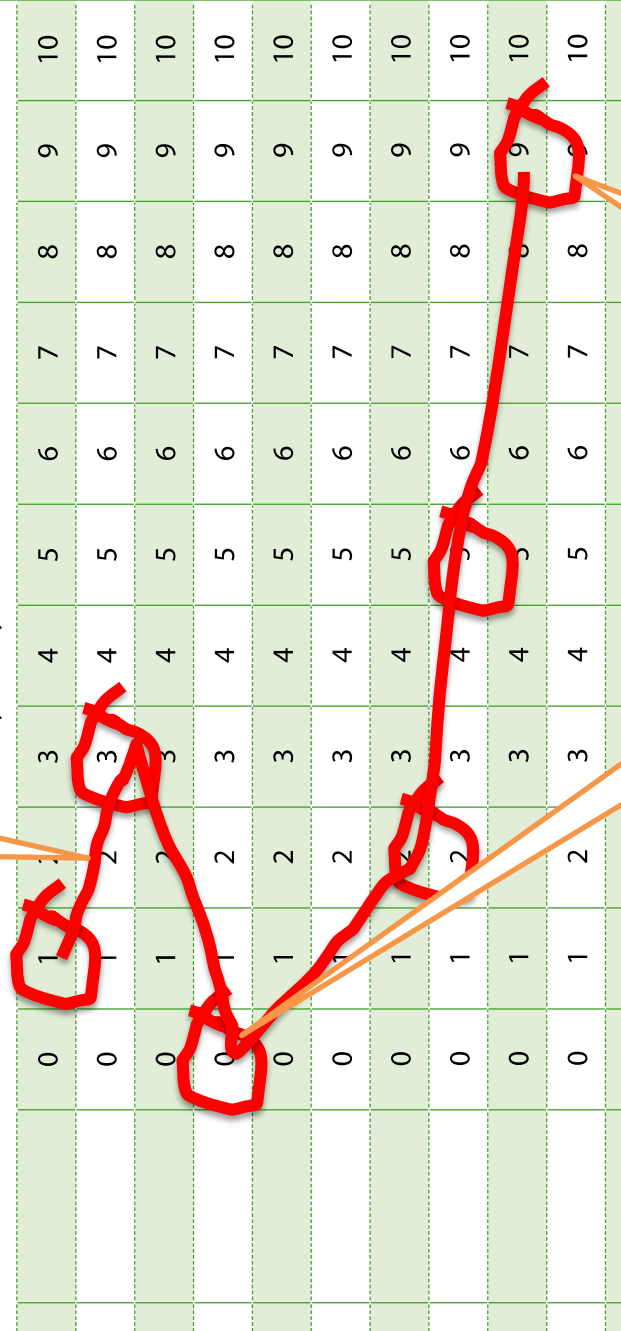
You don't have to score every session do what makes most clinical sense

# How to use GBOs?

You can turn the chart on its side and use it as a run chart to track progress

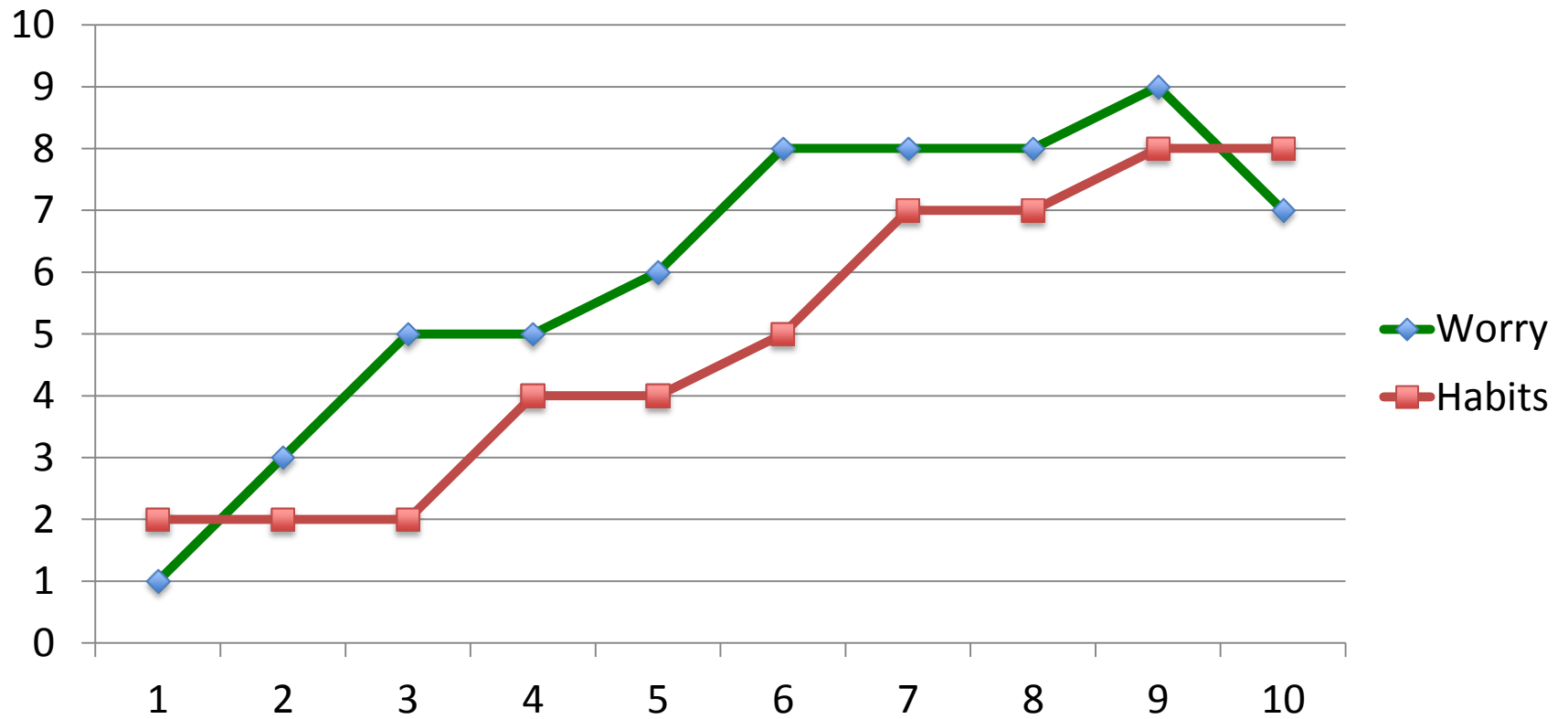
Today I would rate progress to this goal:  
Please circle the appropriate number below)

**en made towards a goal**, a score of ten means a goal has been reached fully, we is exactly half way between the two

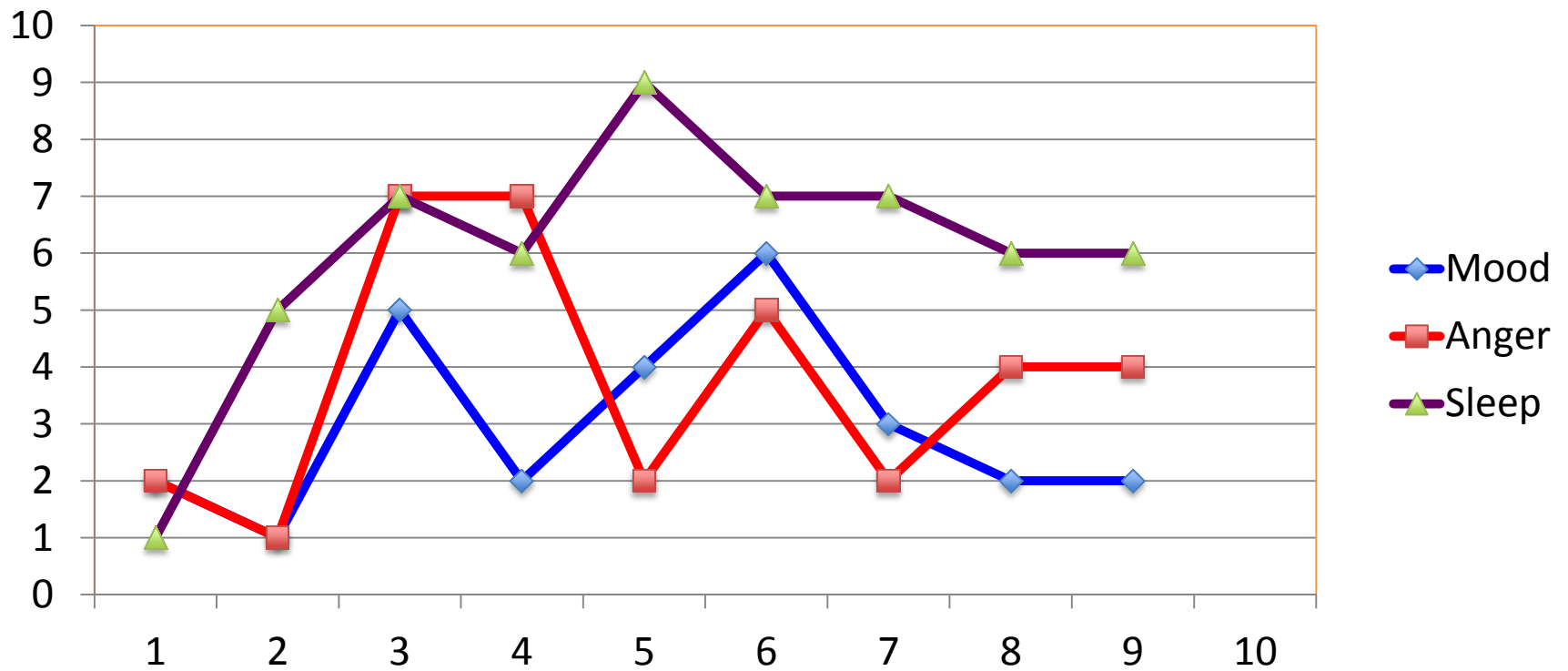


You can use the run chart to facilitate discussions about what is going well or less well

# Session-by session - Run Charts



# Case Example



# Children's Outcomes Rating Scale (CORS)

The CORS:  
What it  
looks like

**Child Outcome Rating Scale (CORS)**  
(Ages 6 to 12)

Name \_\_\_\_\_  
Age (Yrs): \_\_\_\_\_ Session # \_\_\_\_\_ Date: \_\_\_\_\_  
Who is filling out this form? Please check one: Child \_\_\_\_\_ Caretaker \_\_\_\_\_  
If caretaker, what is your relationship to this child? \_\_\_\_\_

How are you doing? How are things going in your life? Please make a mark on the scale to let us know. The closer to the smiley face, the better things are. The closer to the frowny face, things are not so good. If you are a caretaker filling out this form, please fill out according to how you think the child is doing.

**Me**  
(How am I doing?)

**Family**  
(How are things in my family?)

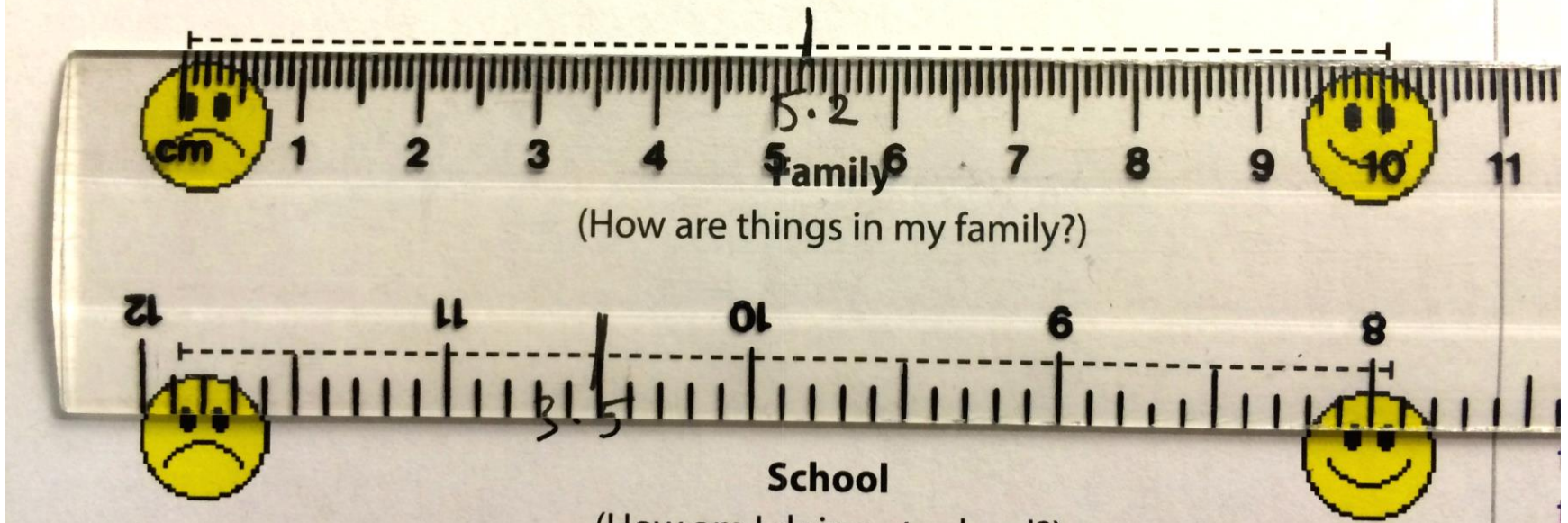
**School**  
(How am I doing at school?)

**Everything**  
(How is everything going?)

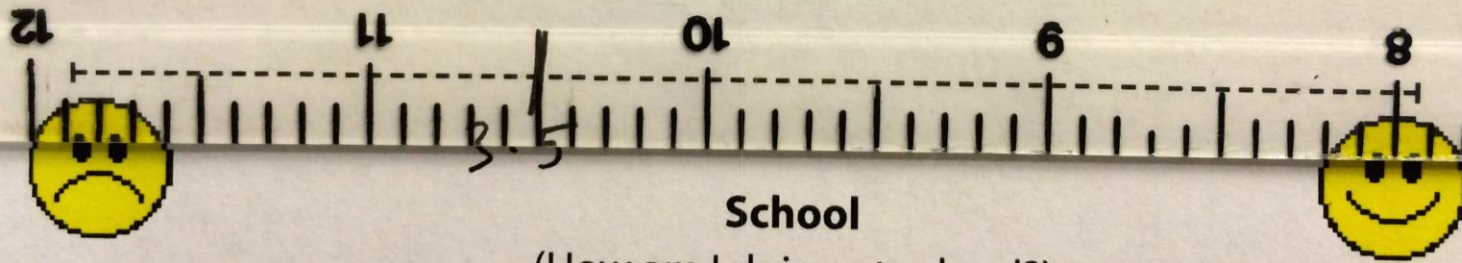
**SCORING**  
Each line is 10cm.  
Score with ruler  
e.g. 3.5cm = score  
of 3.5.  
Write the scores  
for each of the  
four lines here in  
the margin.  
Add the four  
scores for a total  
score.  
Plot overall score  
on the graph

# Get your IT equipment

Me  
(How am I doing?)



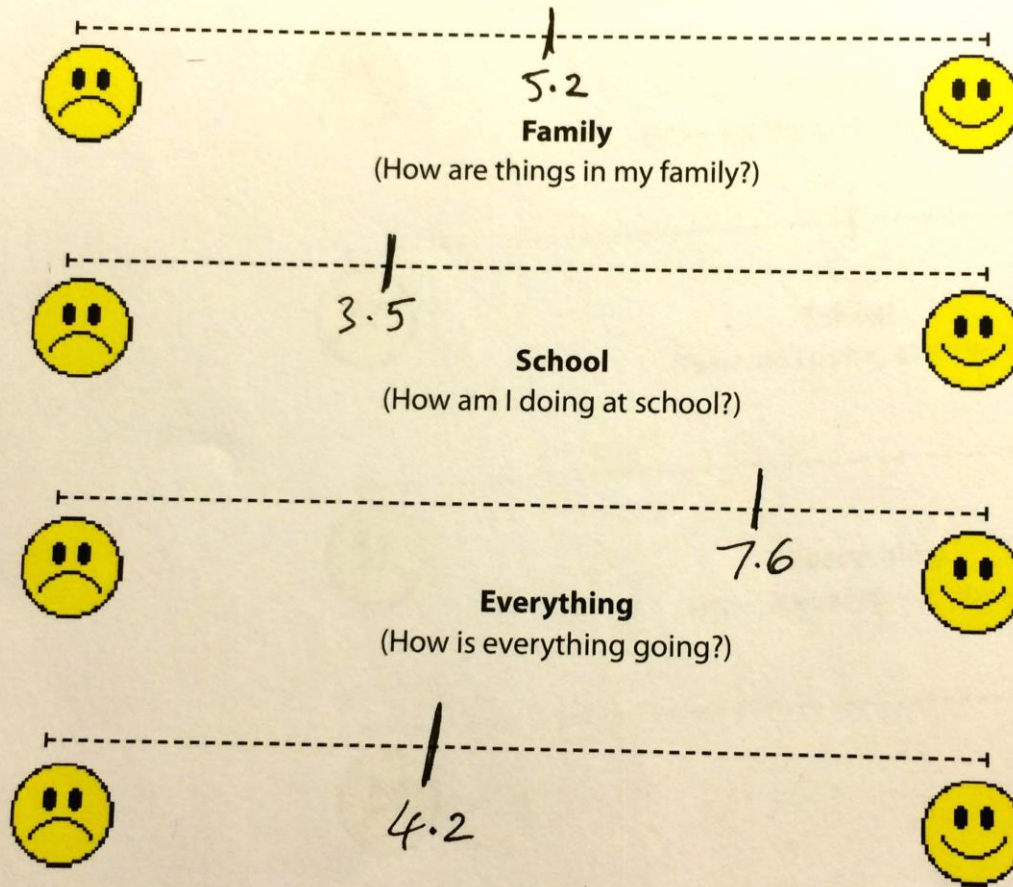
Family  
(How are things in my family?)



School  
(How am I doing?)



# Score it using your statistical algorithm



## SCORING

Each line is 10cm.

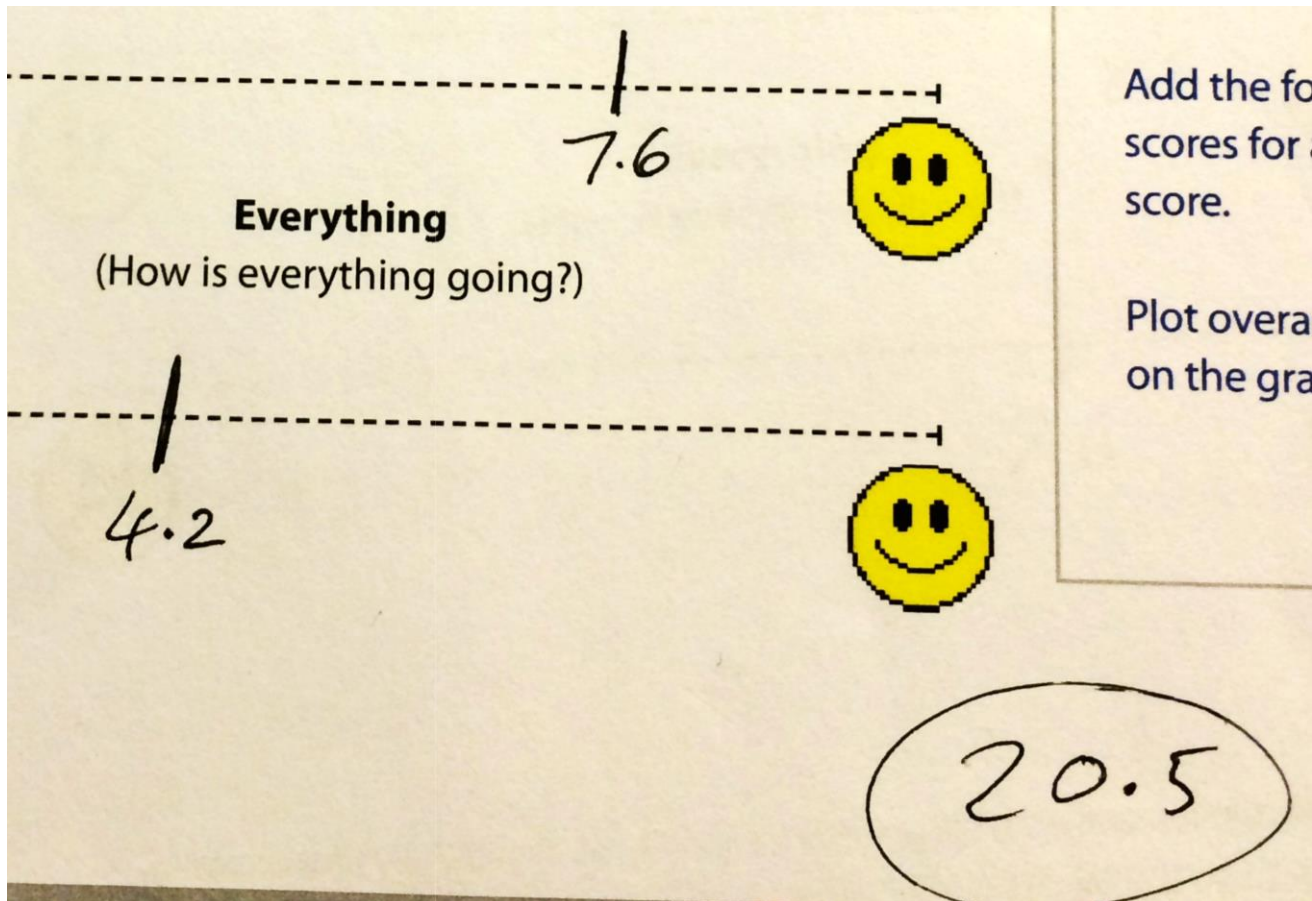
Score with ruler  
e.g. 3.5cm = score  
of 3.5.

Write the scores  
for each of the  
four lines here in  
the margin.

Add the four  
scores for a total  
score.

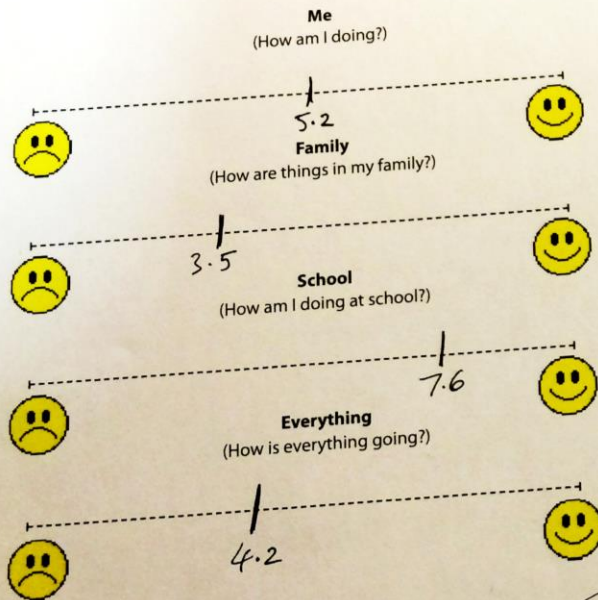
Plot overall score  
on the graph

# Compute.....



# Share and discuss....

How are things going in your life? Please make a mark on the scale to let us know. The closer to the frowny face, things are not so good. If you are a caretaker filling out this form, please fill out according to how you think the child is doing.



## SCORING

Each line is 10cm.

Score with ruler  
e.g. 3.5cm = score  
of 3.5.

Write the scores  
for each of the  
four lines here in  
the margin.

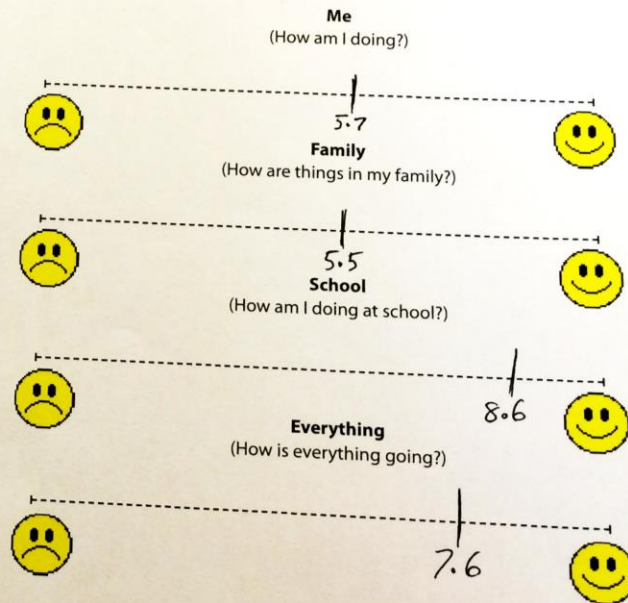
Add the four  
scores for a total  
score.

Plot overall score  
on the graph

20.5

The information on this page is for illustration purposes only.  
Please go to <http://scottdmiller.com> and follow the link for  
"Metrics" to download the measure

How are things going in your life? Please make a mark on the scale to let us know. The closer to the frowny face, the better things are. The closer to the frowny face, things are not so good. If you are a caretaker filling out this form, please fill out according to how you think the child is doing.



## SCORING

Each line is

Score with  
e.g. 3.5cm  
of 3.5.

Write the  
for each  
four line  
the mar

Add the  
scores f  
score.

Plot ov  
on the

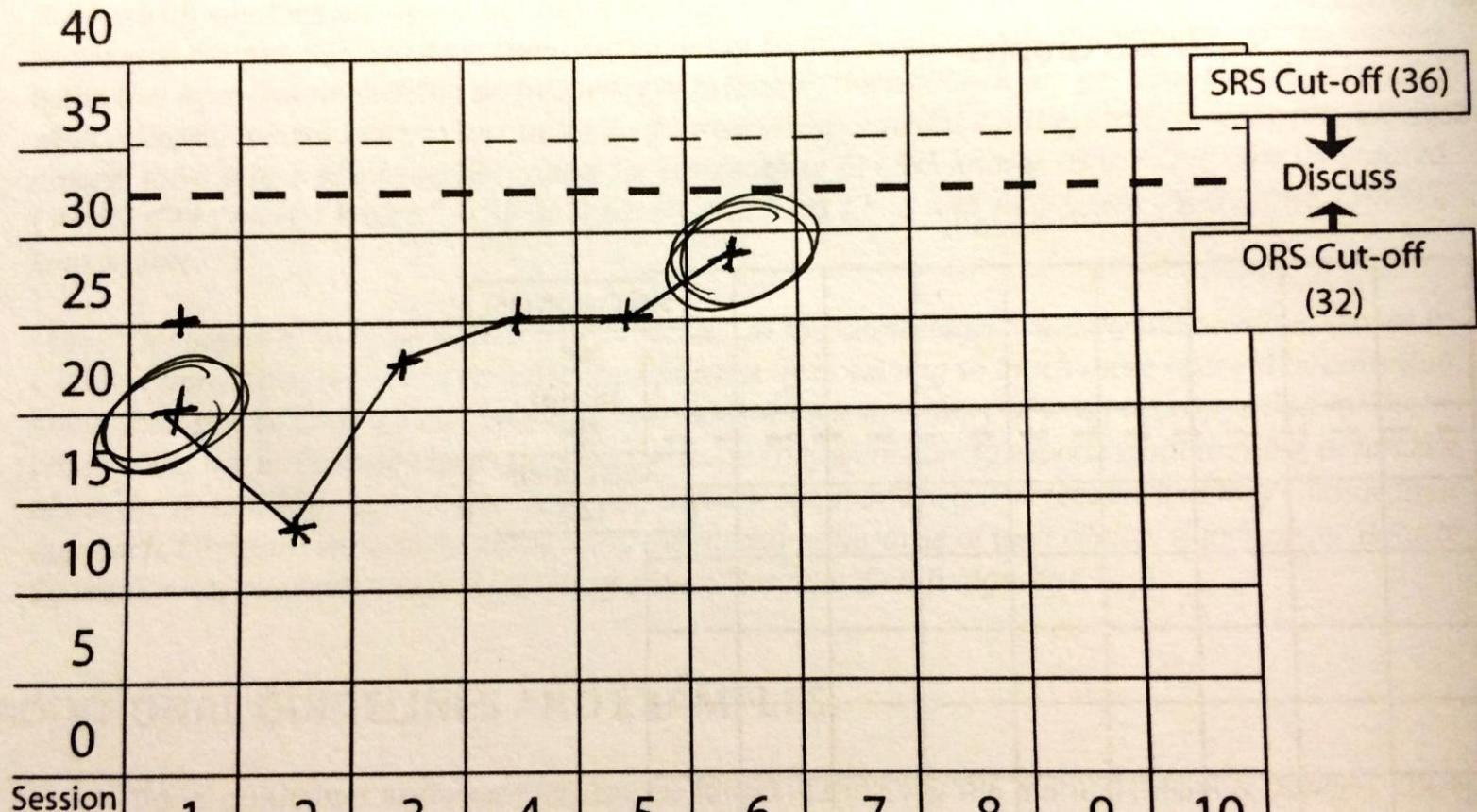
27.4

The information on this page is for illustration purposes only.  
Please go to <http://scottdmiller.com> and follow the link for  
"Metrics" to download the measure



# Share and discuss....

Child Scale (Age 6 – 12)



You can do the same with  
symptom trackers

Symptom  
Trackers:  
an example of  
what they look  
like?

Low  
mood/Depressio  
n



**How are things?**

Date: / / 20

Please put a circle around the word that shows how often each of these things happen to you.  
There are no right or wrong answers.


Time: h

Session N°

	0	1	2	3
1 I feel sad or empty	Never	Sometimes	Often	Always
2 Nothing is much fun anymore	Never	Sometimes	Often	Always
3 I have trouble sleeping	Never	Sometimes	Often	Always
4 I have problems with my appetite	Never	Sometimes	Often	Always
5 I have no energy for things	Never	Sometimes	Often	Always
6 I am tired a lot	Never	Sometimes	Often	Always
7 I cannot think clearly	Never	Sometimes	Often	Always
8 I feel worthless	Never	Sometimes	Often	Always
9 I feel like I don't want to move	Never	Sometimes	Often	Always
10 I feel restless	Never	Sometimes	Often	Always

# An Example of a Symptom Tracker

Anxious away  
from home  
(Separation  
Anxiety)



**How are things?**

Date: // 20

Please put a circle around the word that shows how often each of these things happen to you.  
There are no right or wrong answers.

Time: h m

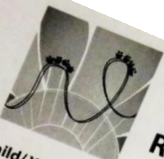
Session N°

	0	1	2	3
1 I worry about things	Never	Sometimes	Often	Always
2 I worry that something awful will happen to someone in my family	Never	Sometimes	Often	Always
3 I worry that bad things will happen to me	Never	Sometimes	Often	Always
4 I worry that something bad will happen to me	Never	Sometimes	Often	Always
5 I worry about what is going to happen	Never	Sometimes	Often	Always
6 I think about death	Never	Sometimes	Often	Always

What about the really difficult  
stuff?



# The RCADS: What it looks like

 **RCADS**

Child/Young Person's NAME: \_\_\_\_\_

Date:  /  / 20

NHS ID: \_\_\_\_\_

Time:  h  m

Please put a circle around the word that shows how often each of these things happens to you.  
There are no right or wrong answers.

1	I worry about things	Never	Sometimes	Often	Always
2	I feel sad or empty	Never	Sometimes	Often	Always
3	When I have a problem, I get a funny feeling in my stomach	Never	Sometimes	Often	Always
4	I worry when I think I have done poorly at something	Never	Sometimes	Often	Always
5	I would feel afraid of being on my own at home	Never	Sometimes	Often	Always
6	Nothing is much fun anymore	Never	Sometimes	Often	Always
7	I feel scared when I have to take a test	Never	Sometimes	Often	Always
8	I feel worried when I think someone is angry with me	Never	Sometimes	Often	Always
9	I worry about being away from my parent	Never	Sometimes	Often	Always
10	I am bothered by bad or silly thoughts or pictures in my mind	Never	Sometimes	Often	Always
11	I have trouble sleeping	Never	Sometimes	Often	Always
12	I worry that I will do badly at my school work	Never	Sometimes	Often	Always
13	I worry that something awful will happen to someone in my family	Never	Sometimes	Often	Always
14	I suddenly feel as if I can't breathe when there is no reason for this	Never	Sometimes	Often	Always
15	I have problems with my appetite	Never	Sometimes	Often	Always
16	I have to keep checking that I have done things right (like the switch is off, or the door is locked)	Never	Sometimes	Often	Always
17	I feel scared if I have to sleep on my own	Never	Sometimes	Often	Always
18	I have trouble going to school in the mornings because I feel nervous or afraid	Never	Sometimes	Often	Always
19	I have no energy for things	Never	Sometimes	Often	Always
20	I worry I might look foolish	Never	Sometimes	Often	Always

RCADS—Child/Young Person

18

# What can you see?

1	I worry about things	Never	Sometimes	Often	Always
2	I feel sad or empty	Never	Sometimes	Often	Always
3	When I have a problem, I get a funny feeling in my stomach	Never	Sometimes	Often	Always
4	I worry when I think I have done poorly at something	Never	Sometimes	Often	Always
5	I would feel afraid of being on my own at home	Never	Sometimes	Often	Always
6	Nothing is much fun anymore	Never	Sometimes	Often	Always
7	I feel scared when I have to take a test	Never	Sometimes	Often	Always
8	I feel worried when I think someone is angry with me	Never	Sometimes	Often	Always
9	I worry about being away from my parent	Never	Sometimes	Often	Always
10	I am bothered by bad or silly thoughts or pictures in my mind	Never	Sometimes	Often	Always
11	I have trouble sleeping	Never	Sometimes	Often	Always
12	I worry that I will do badly at my school work	Never	Sometimes	Often	Always



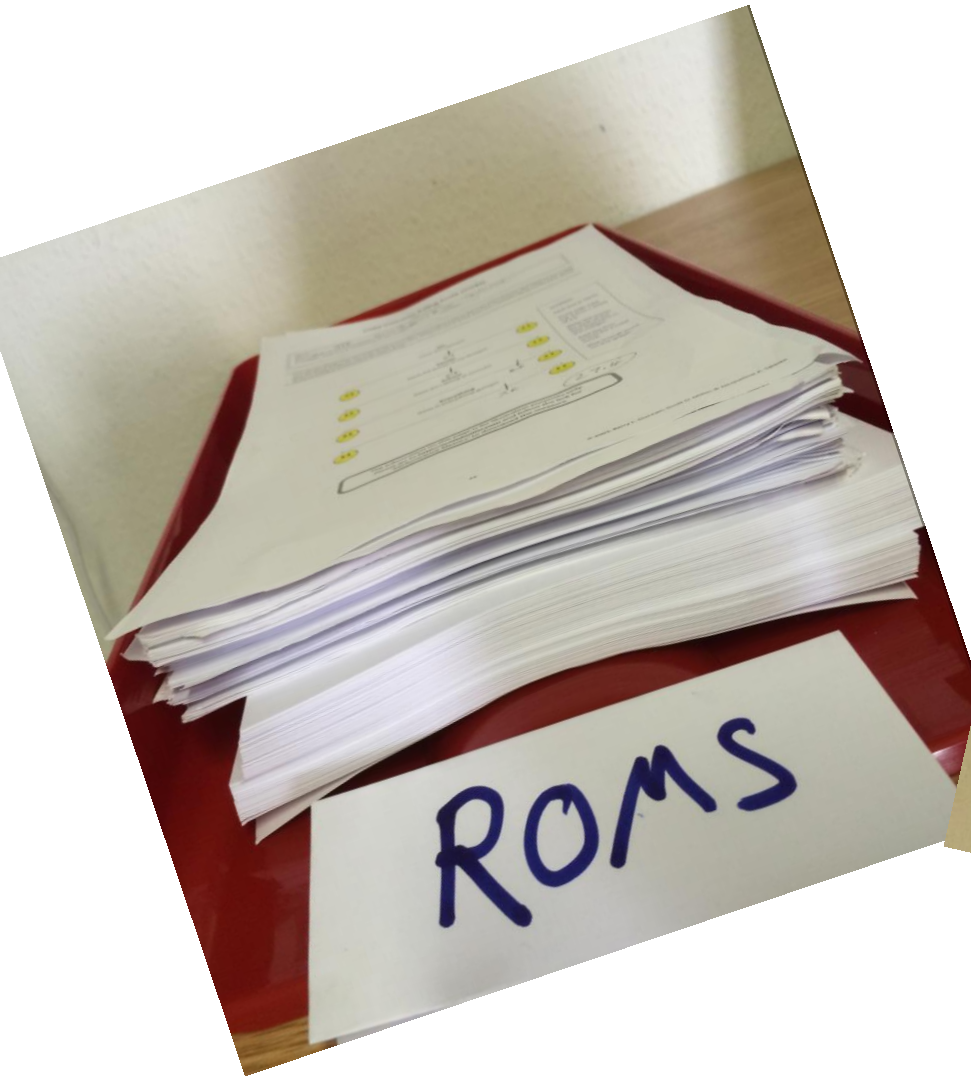
# Anything you might want to discuss?

The image shows a close-up of a self-assessment form with several rows of statements and response options. The response options are: Never, Sometimes, Often, and Always. Several of these options are circled in black ink.

Statement	Never	Sometimes	Often	Always
... I feel sick				
... making mistakes				
... think of special thoughts (like numbers or stop bad things from happening	Never	Sometimes	Often	Always
... what other people think of me	Never	Sometimes	Often	Always
... afraid of being in crowded places (like shopping centers, the movies, buses, busy playgrounds)	Never	Sometimes	Often	Always
... all of a sudden I feel really scared for no reason at all	Never	Sometimes	Often	Always
... I worry about what is going to happen	Never	Sometimes	Often	Always
... I suddenly become dizzy or faint when there is no reason for this	Never	Sometimes	Often	Always
36 I think about death	Never	Sometimes	Often	Always
37 I feel afraid if I have to talk in front of my class	Never	Sometimes	Often	Always
38 I feel heart suddenly starts to beat too quickly for no reason	Never	Sometimes	Often	Always
... I don't want to move	Never	Sometimes	Often	Always
... get a scared feeling when	Never	Sometimes	Often	Always
... in (like washing order)	Never	Sometimes	Often	Always
... sometimes	Never	Sometimes	Often	Always

What about implementation  
tracking?

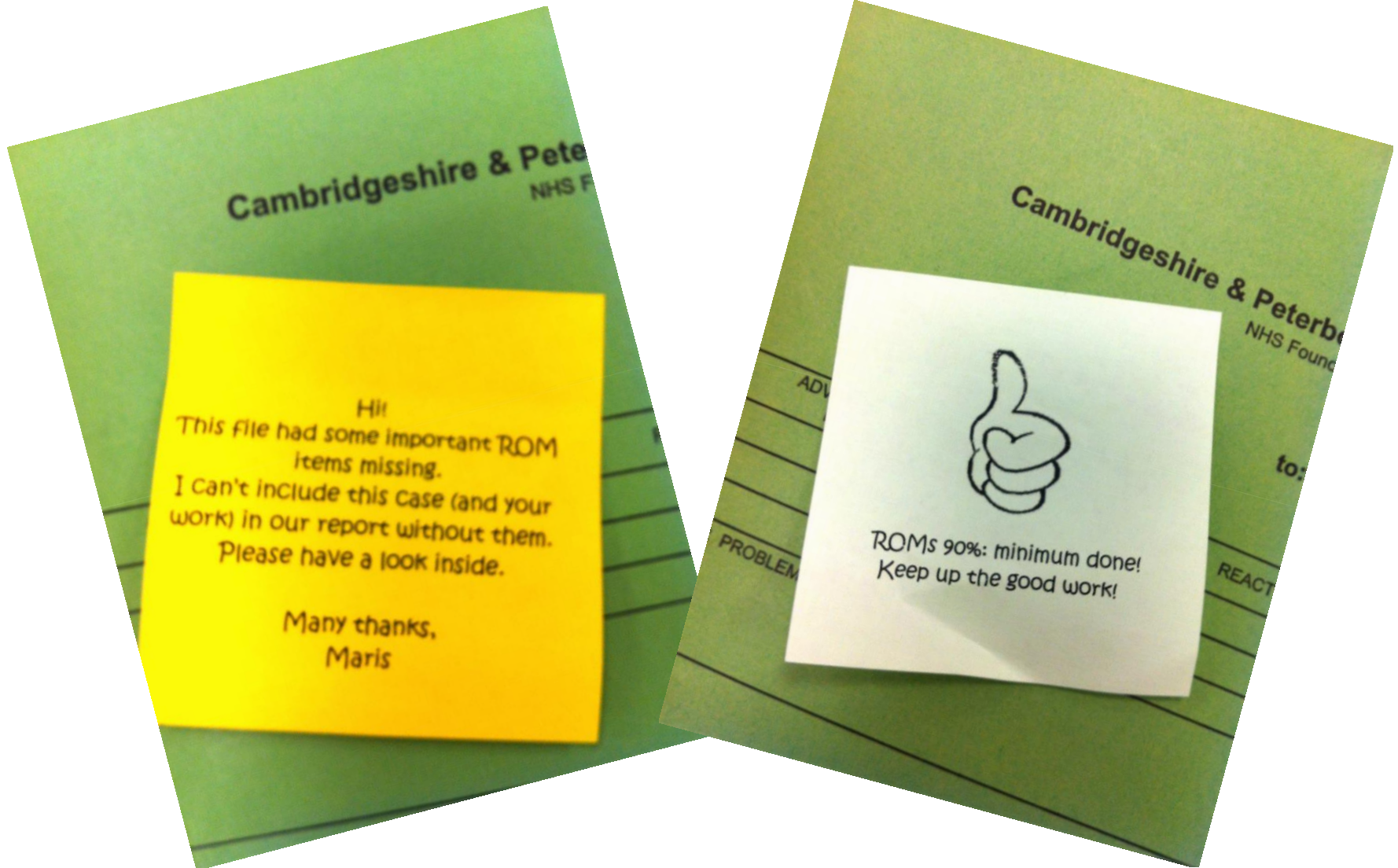
Who is doing better:  
Service A or Service B?





# Low tech implementation

thanks to Maris Vainre



Cambridgeshire & Peterborough  
NHS Foundation Trust

Hi!  
This file had some important ROM  
items missing.  
I can't include this case (and your  
work) in our report without them.  
Please have a look inside.

Many thanks,  
Maris

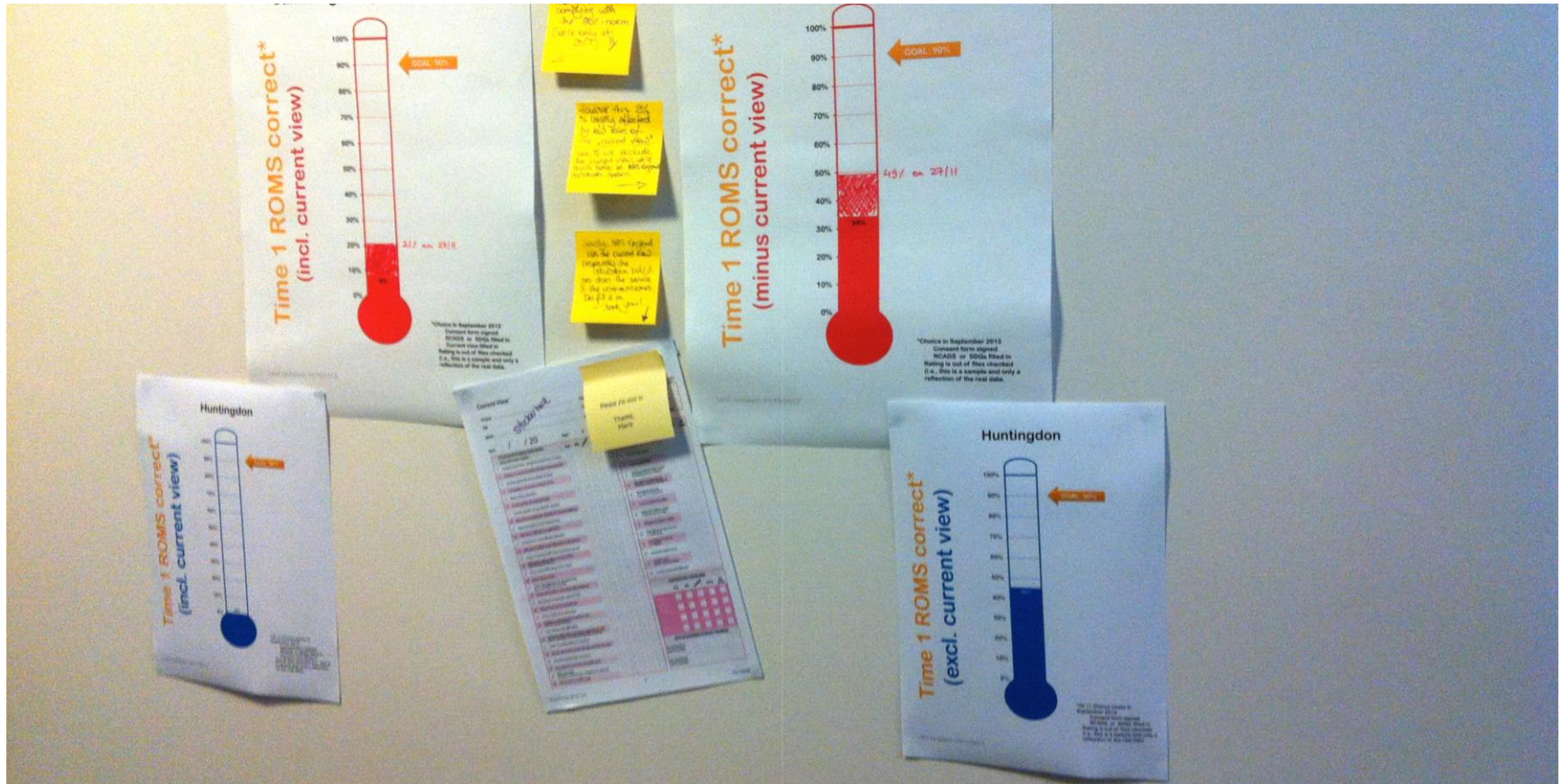
Cambridgeshire & Peterborough  
NHS Foundation Trust



ROMs 90%: minimum done!  
Keep up the good work!

# Low tech implementation

thanks to Maris Vainre



<https://www.youtube.com/watch?v=oQbibOeLi-g>



A collage of logos from various NHS Foundation Trusts and mental health organizations across London. The logos include:

- iapt**: Improving Access to Psychological Therapies
- Anna Freud Centre**: Living the young truth
- NHS East London**
- Hertfordshire Partnership NHS Foundation Trust**
- The Tavistock and Portman NHS Foundation Trust**
- Barnet, Enfield & Haringey Mental Health NHS Trust**
- Cambridgeshire and Peterborough NHS Foundation Trust**
- YOUNG MINDS**: Young people's mental health charity
- Oxleas NHS Foundation Trust**
- DOKMANS OUTREACH**: Helping East London's young people to help themselves
- KING'S College LONDON**
- Sussex Partnership NHS Foundation Trust**
- South London and Maudsley NHS Foundation Trust**
- North East London NHS Foundation Trust**
- Central and North West London NHS Foundation Trust**
- South West London and St George's Mental Health NHS Trust**
- Whittington Health NHS Foundation Trust**
- P26**: Talking and Together Clinical Commissioning Group
- dost**: Talking and Together Clinical Commissioning Group
- NHS Fegans**
- PRE SCHOOL LEARNING ALLIANCE**
- YMCA**
- GLAXO CENTRAL**
- Harmony Family Centre**
- GIFT**
- THE ABANDON CENTRE**
- TALK TO US OFF THE RECORD**
- COMMUNITY BARNET**: Supporting community organisations
- Eating Clinics**: Commissioning Group
- UCL**

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