

Beth Cumber, Symposium Poster

IROC: A novel approach to supporting children and young people with complex psychological needs.

IROC is a new approach to providing systemic support to children and young people in the West Midlands to help safely avoid admittance to inpatient Child and Adolescent Mental Health units. This novel service has been developed in response to rising numbers of admissions to CAMHS inpatient units and calls to reform UK CAMHS systems due to long waiting lists, a lack of integrated and coordinated care and high levels of dissatisfaction. IROC aims to provide Security, Stabilisation, Support and Sustainable changes for vulnerable children and young people by delivering psychologically and trauma informed consultation, formulation, supervision and psychoeducation. IROC hopes that this approach will result in more resilient and compassionate professional systems, improved staff retention, improved mental health, education, social and economic outcomes for children and young people and broken generational cycles of trauma. Ensuring a thorough evaluation of novel interventions such as IROC will help to disseminate learning and work towards a gold standard model of care for children and young people.