Improving ASD Parenting Interventions in CAMHS

**Aim**

- Make parent group interventions more accessible
- Identify clinically appropriate resources

**Primary Drivers**

- To develop an ASD parent group intervention that is relevant, accessible and effective for families as measured by:
  - Increase in number of parents attending groups (50% of ASD parents attending at least one group in 1 year)
  - Increase parents ability to manage their child’s difficulties
  - Parent satisfaction in the intervention

**Secondary Drivers**

- Increase accessibility of the group
- Identify additional ways to advertise the group and implement ideas

**Change Ideas**

- Focus group to find new venue for groups
- Leaflet in accessible areas: flyers, email, CAMHS website, feedback from previous group
- Research appropriate tools and discuss with team / S Users
- Routinely collect measures in group to ensure its completion
- Call out measures following each group
- Ask parents for feedback and discuss with team on clinical appropriateness
- Drop in groups for each management

**Tests of Change**

- To re-advertise the parents groups (50 letters were sent out in August 2015 to see if this increased attendance) highlighting the date and time of the next group and selling the topic to parents.
- A focus group was facilitated for parents within the pathway to plan the future group programme (Completed in December 2015). Ideas from parents included: a regular slot (First Friday of the Month); topics relevant to parents needs; copies of handouts sent to parents.
- Introduced an email based reminder system. System devised to routinely collect consent for email addresses at ASD assessment (May 2016); monthly reminders and handouts sent via email.
- Service user involvement in running the groups. Parent-Led group was well attended. Have introduced guest speakers for some topics (e.g. Educational psychologist (school) / voluntary sector services).

**Learning**

- An effective use of limited resources offering intervention to a large group of clients with similar needs.
- Using systematic research methodology (QI) is an helpful way to monitor changes and improve clinical practice.
- Developed efficient systems and cost-effective ways to advertise groups and ensure good use of the interventions provided.
- Groups provide parents with ongoing support that keeps them out of specialist services.

**Patient User Satisfaction:** Overall 91% of the attendees were either “Quite Satisfied” or “Extremely Satisfied” with the groups