

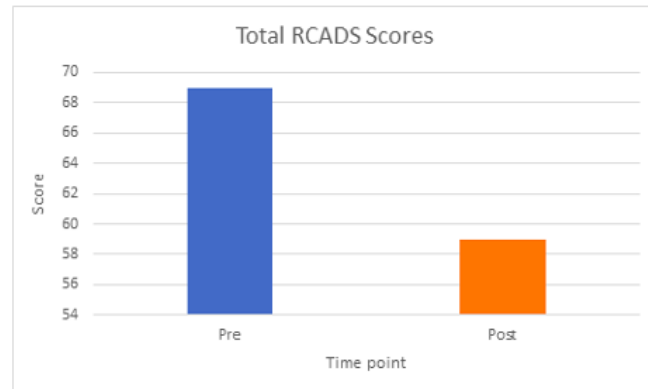
**Parent Support Pilot Programme
CAMHS Treatment Waiting Lists
Condensed Outcome Report Summary: Cohort 1 (June-August 2022)**

RCADS-P:

Table 1.

	Pre	Post
Overall RCADS	69	59
Major depressive disorder	16	15
Overall anxiety	39	32
Panic Disorder	9	6
Separation anxiety	8	7
Social phobia	18	16
Generalised anxiety disorder	9	8
Obsessive compulsive disorder	8	6

Figure 1.



Qualitative feedback:

Table 2.

“{I found it helpful} to share our situation with people who understand and have insight into this.”	“The relationship between me and my child has improved especially in the mornings when going to school causes so many arguments I try to use the strategies (facilitator name) told us about (validating) and it helps.”
“Very helpful resources and tools used in the sessions including mentalizing. Well explained.”	“Honestly, I strongly recommend this support group to any parent whose child suffers mental health disorder. The group's leaders provide professional guidance and advice in many aspects in a kind, respectful and sympathetic manner. It is just great!”
“The information and strategies to help your child. Look after your own well-being so you are able to look after your child. The videos. Plus listening to other people knowing you’re not alone.”	“It was the first space I got to reflect about the mental health and how the children facing mental health issues can be supported.”

Post Group Evaluation:

Figure 2.

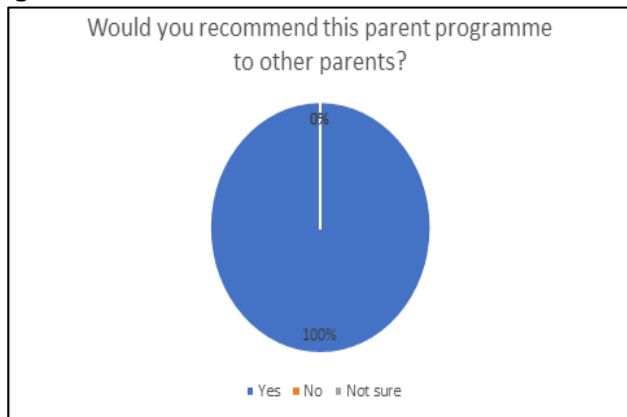


Figure 3.

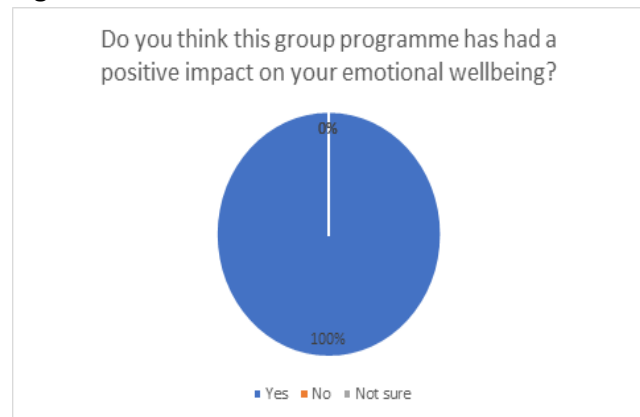


Figure 4.

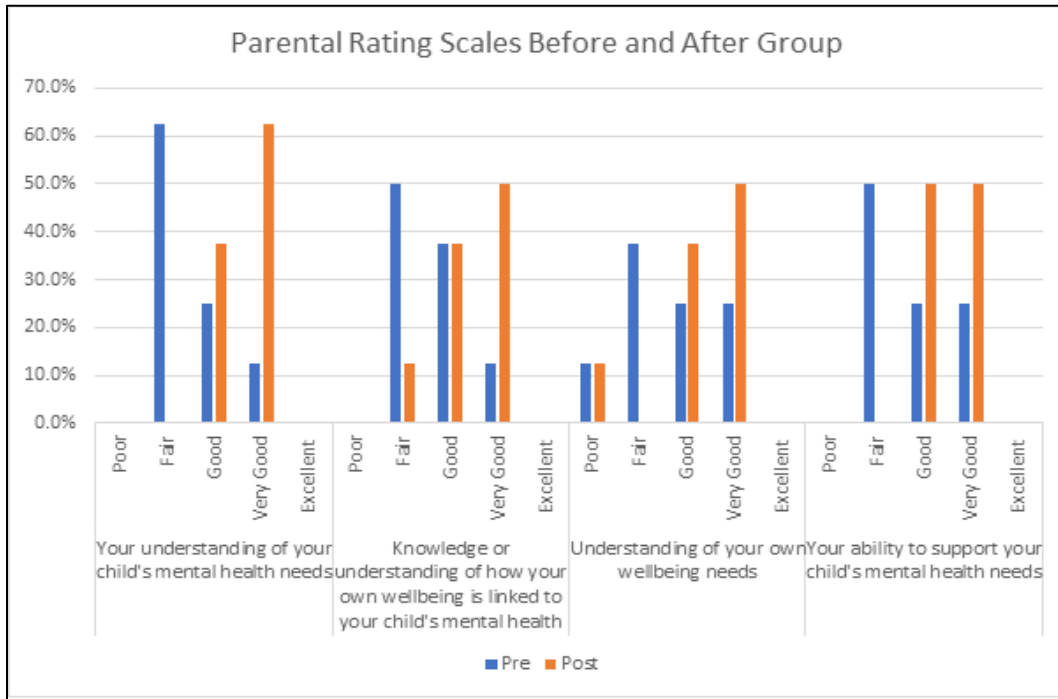


Figure 5:

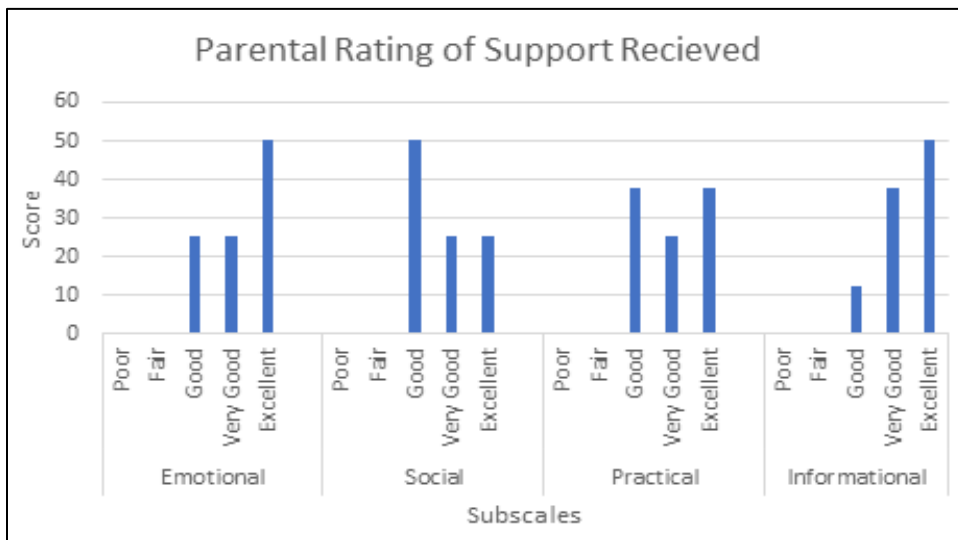
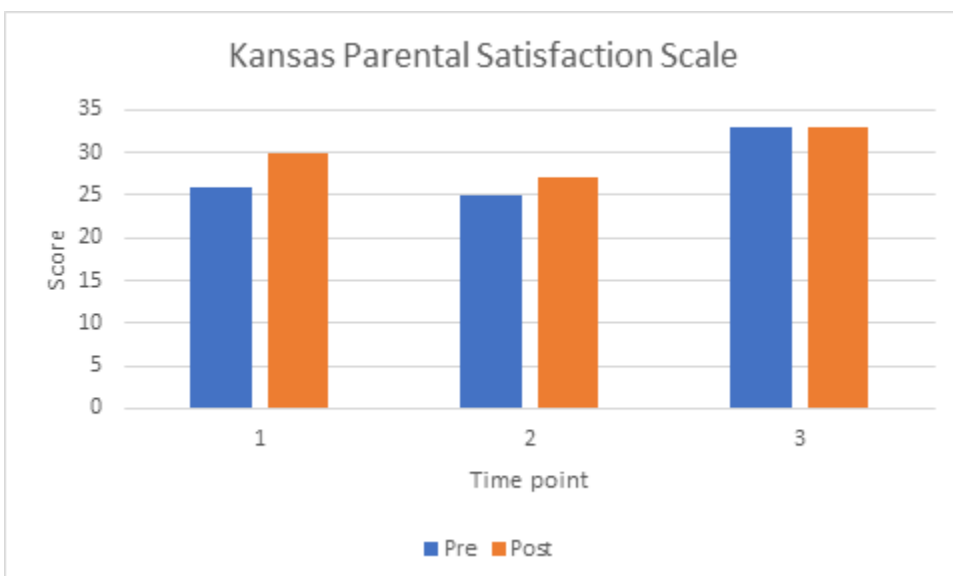


Figure 6:



1= themselves as parents 2=Relationship with child/young person 3= child/young person's behaviour