

# **Adapting Current Systems to meet Mental Health needs for Young People**

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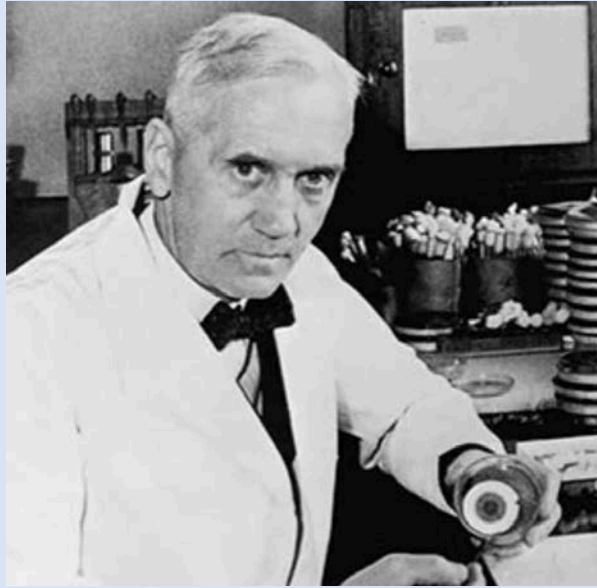
PMAC 2026

## General Paediatrician

- Adolescent Medicine
- Paediatric & Adolescent Rheumatology
- Adolescent Gynaecology
- Mental Health
- Safeguarding

'Parity of Esteem'



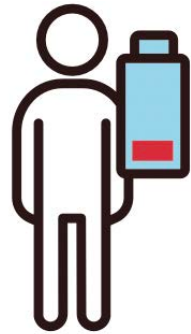
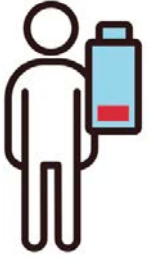
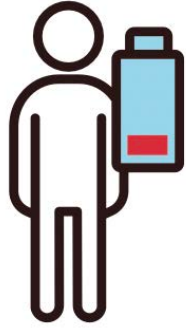


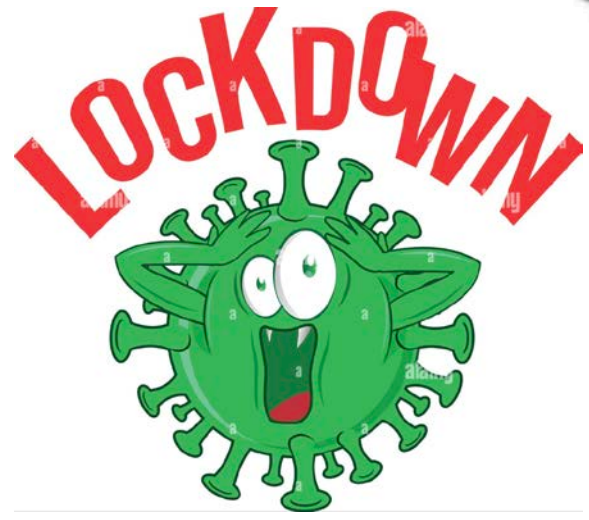
Why do we need change?



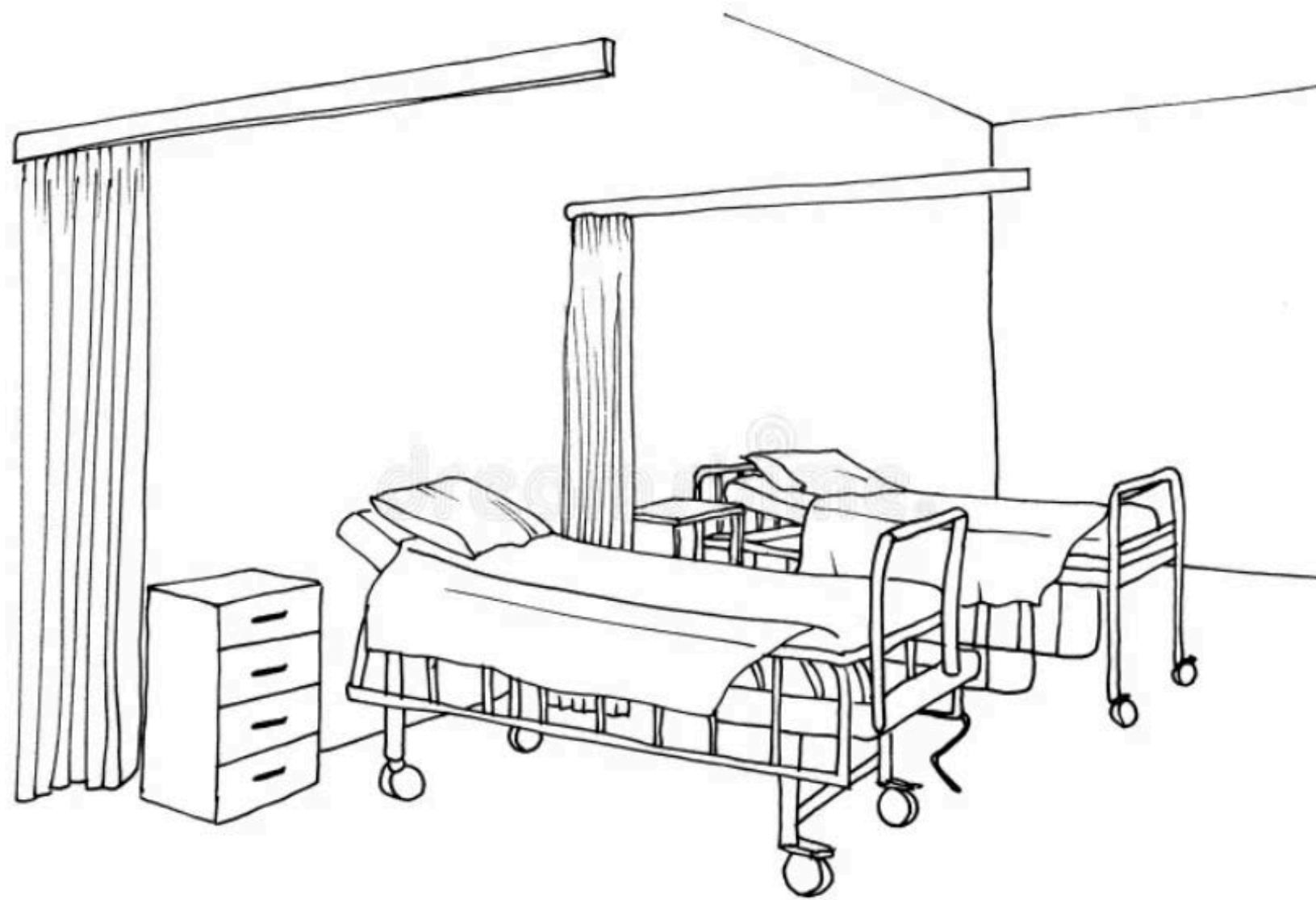
**In 2023, about 1 in 5 children and young people aged 8 to 25 years had a probable mental disorder.**

**This was 20.3% of 8 to 16 year olds, 23.3% of 17 to 19 year olds and 21.7% of 20 to 25 year olds.**











What?





# 3 work streams



**Leadership**



**Networking**



**Education**

How?

Hospital should give training  
training jn young people  
lot more training  
training in many areas  
child staff or other patients  
needed  
Regular training  
specific training mental health  
**training**  
patients training addresses  
health issues MH  
young person MH training  
actual training  
training should be mandatory

Tier one training



**Children and Young People's  
Mental Health Training**

# Tier two training

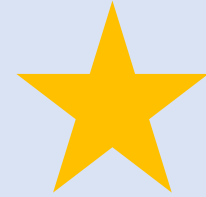




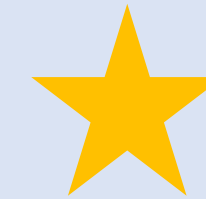
**29 sessions delivered over 3 years with total of 303 participants**



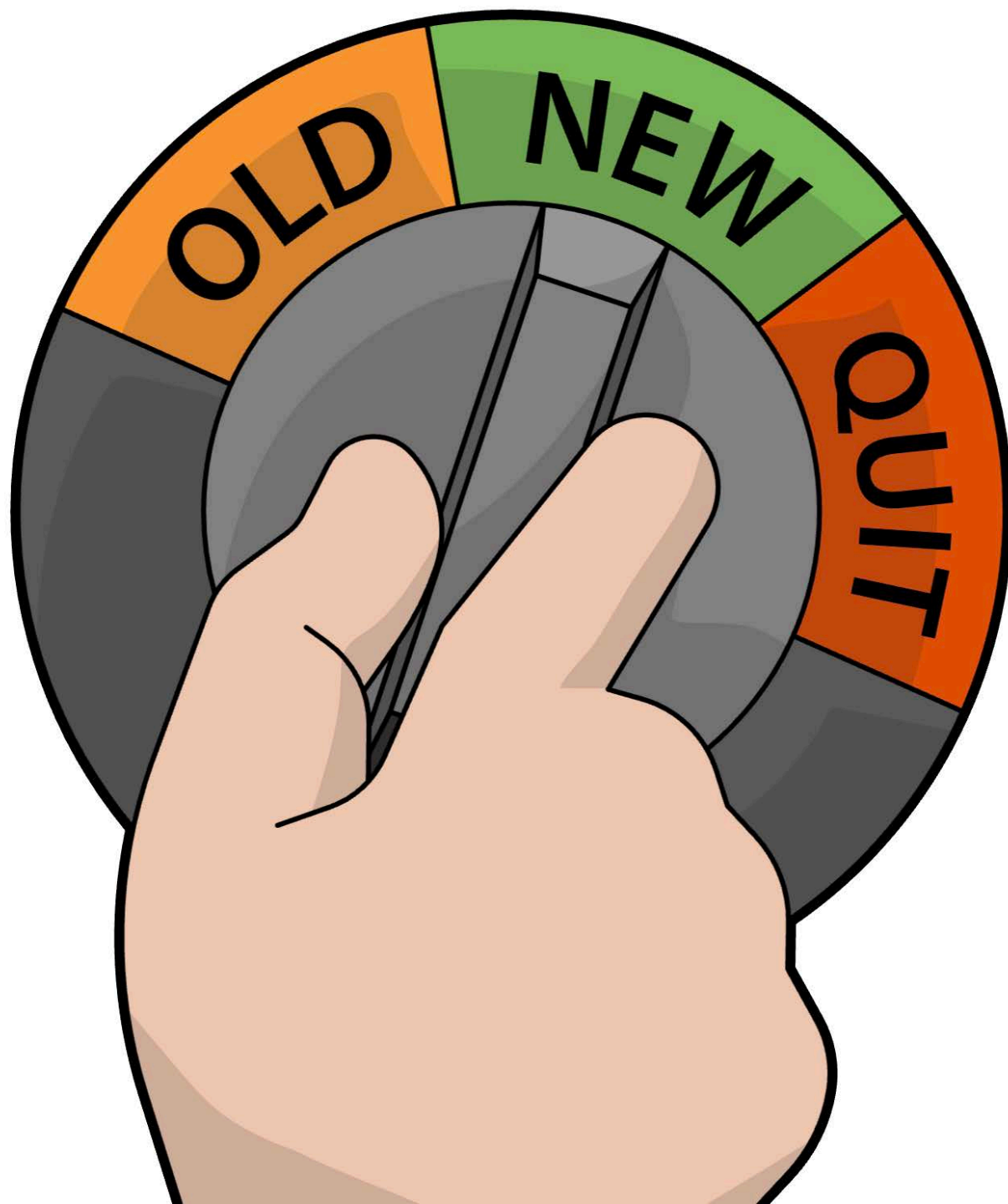
**Multidisciplinary attendance**

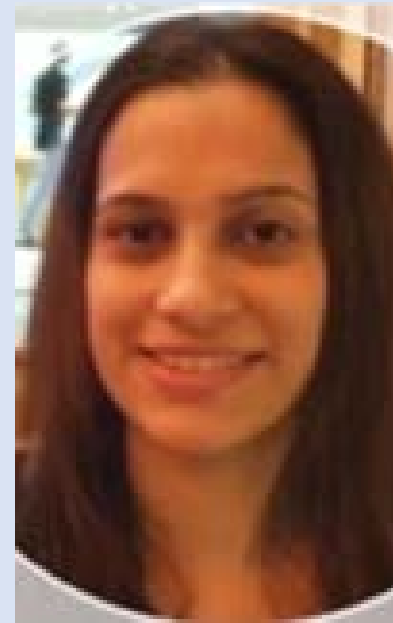
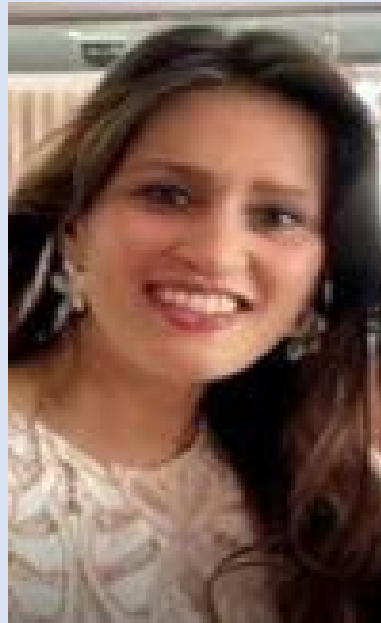
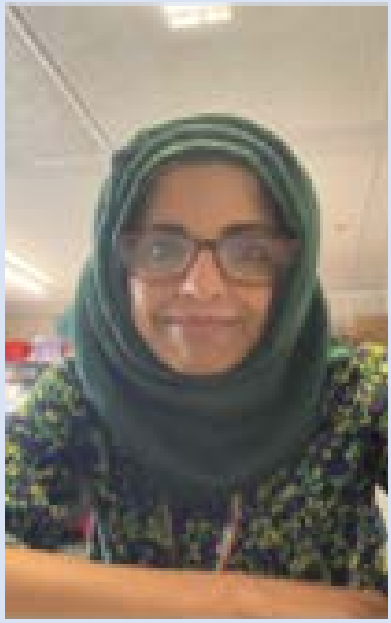


**Scenarios adapted to be appropriate for mix of attendees**



**Train the trainer model put in place**





# Thanks to the team

**Dr Rumina Hassan-Ali**

**Dr Sudeshna Ghosh**

**Dr Monica Gupta**

**Dr Priya Kumar**

**Dr Mando Watson**

**Gemma Buttinger**

# Thank you

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