

Implementation of transdiagnostic psychosocial group interventions and peer work in a community youth mental health setting

 @Mindgardens

 @MindgardensAU

O Ardill-Young^{1,2,3}, S Teasdale^{1,2,3}, P Rich³, T Ottavio³, B Lueck³, L Treen³, M Hodgins¹, J Curtis^{1,2,3}

¹School of Clinical Medicine, UNSW, Sydney, Australia
²Mindgardens Neuroscience Network, Sydney, Australia
³South Eastern Sydney Local Health District, Sydney, Australia

BACKGROUND

Group Interventions are valuable for young people with mental ill-health, yet are under researched



In **2022**, headspace implemented a range of group programs:

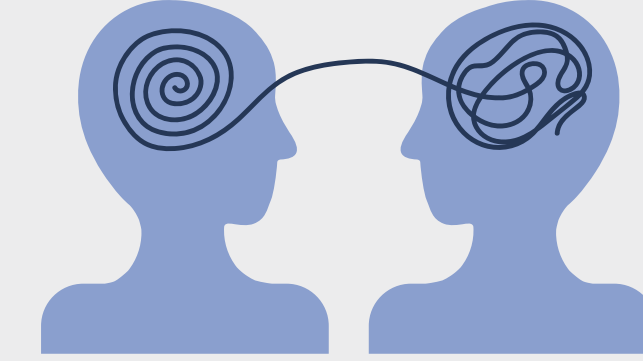
Art Therapy



Body image psychoeducation



CBT/DBT skills



Exercise



Groups were:

- Co-facilitated by a peer worker and clinician
- 4–7 weeks long



121 referrals received

AIMS

1. Evaluate the feasibility and acceptability of group interventions and a Group Coordinator peer work role in a headspace centre in Sydney, Australia.

2. Explore the perspectives of young people, carers and staff on implementation.

METHODS



Retrospective chart audit
(Jan 2022 – June 2023)



Surveys from young people
(44 completed)



Semi-structured interviews
(8 young people, 7 carers, 11 staff)



Thematic analysis mapped to the Comprehensive Framework for implementation Research

RESULTS



High demand

Young people less likely to engage if referred before ongoing 1:1 therapy

Majority of referrals:



But young people perceived groups as inferior to 1:1



Young people with lower SOFAS scores more likely to engage

Highly acceptable across all survey domains

Intervention characteristics

- Social nature +/-
- Logistical compatibility -
- Observable benefits for young people +
- Peer support +
- Relevancy -

Organisational culture

Organisational structure

- Dedicated time & infrastructure +/-
- Staff turnover -

Community expectations of care

- Beliefs about care +/-
- Clinical team communication +/-
- Confidence -

- Preference for individual care +/-
- Communication with young people & carers +/-

Facilitator +
Barrier -
Facilitator & Barrier +/-

FULL ARTICLE



CONCLUSIONS

Groups demonstrate broad acceptability within youth primary mental healthcare but limited feasibility as a standalone care option.

Key for sustainability:

- A Group Coordinator role
- Co-facilitation
- Ongoing training for clinicians and peer workers