Method

Sample size
117 children were referred for the two plus one model of consultation in the CAMHS between the period December 2003 and November 2004. 8 clinicians (5 clinical psychologists, 2 psychiatrists and a mental health practitioner) were used to deliver consultations. Clinicians received a manual (Heywood et al., 2003) and two hours training in the model, which involved role-play scenarios.

Clinicians applied the model for a half day on a weekly basis. Clinicians met for peer supervision once fortnightly, to discuss the application of the model.

From the available data one may deduce that of the 82 service users whom had opted in for the 2+1 model of consultation, 45% (n=37) were discharged, 6% (n=5) were referred to different services (Paediatrics, education service, social services, child and adolescent psychiatry or other child psychology services), 14.5% (n=12) did not attend the initial consultation and 18.3% (n=15) received more than three sessions of consultation and data is missing for the remainder of the service users.

41% of parents completed a parent satisfaction questionnaire. 95% rated that they were satisfied with the consultations and advice using this model. 100% thought they had been listened to and understood. 93% were satisfied with information and advice given and 78% felt better able to cope with the problems. It may be criticised that a high attrition rate may have biased findings, as it may be that only those parents who felt sufficiently satisfied returned the questionnaire.