



Let's Introduce Anxiety Management (LIAM)

LIAM Intervention Process Handbook NHS Greater Glasgow & Clyde (Version 10: January 2021)

Contents

	<i>Page</i>
<u>LIAM Summary</u>	3
<u>Role of the GG&C EI-TIPS Team</u>	3
<u>Overview of the LIAM Intervention</u>	4
<u>Requirements for delivering the LIAM intervention</u>	4
<u>LIAM Criteria</u>	5
<u>Making a request for LIAM</u>	6
<u>LIAM Process from request to completion</u>	7
<u>Delivering the LIAM intervention</u>	8
<u>Information Required by EI-TIPS</u>	9
<u>LIAM Outcome Measures</u>	9
<u>LIAM Outcome Measures Required by Age</u>	10
<u>LIAM Skills Coaching & Case Review Sessions</u>	12
<u>Contacting the EI-TIPS Team</u>	13

Let's Introduce Anxiety Management Summary

Let's Introduce Anxiety Management (LIAM) is a training and intervention package based on Cognitive Behavioural Therapy (CBT). The LIAM package was developed by NHS Education for Scotland (NES) and it is being offered in various health boards across Scotland. Within the Greater Glasgow and Clyde (GG&C) area, this is delivered by the NHS Early Intervention Training in Psychological Skills (EI-TIPS) team.

The LIAM training package may suit a range of professionals who work with children and young people. There is a short e-learning module and a half day of training both of which can be completed by a wide range of staff (e.g. all teaching staff within a school) to increase awareness of anxiety in children and young people and to help recognise when further support is required.

In order to deliver the LIAM intervention to children and young people practitioners must also complete two further days of training and commit to attending ongoing regular skills coaching sessions delivered by an EI-TIPS psychologist. This full LIAM training and coaching package supports practitioners to deliver the LIAM CBT-informed intervention to children and young people (8-18 years) who are experiencing milder difficulties with anxiety. The intervention is designed to help children and young people learn more about anxiety, including how anxiety is linked with our thoughts, physical sensations and our actions. It also helps children and young people find ways to cope with feelings of anxiety.

This handbook details the processes involved in delivering the LIAM intervention across the Greater Glasgow & Clyde area.

Role of the GG&C EI-TIPS Team

The NHS GG&C EI-TIPS team will:

- Provide LIAM training
- Provide copies of the resources involved in LIAM sessions
- Provide regular skills coaching and case review sessions and support practitioners with the delivery of LIAM outwith these sessions as required
- Review all requests for LIAM to ensure LIAM is the most appropriate support for each individual child or young person
- Provide a database for LIAM practitioners to collate and score LIAM routine outcome measures, review this and send to NES
- Add to the child/young person's shared NHS electronic health record

Overview of the LIAM Intervention

LIAM is a CBT-informed intervention for children and young people (8-18 years) who are experiencing milder difficulties with anxiety. It can be delivered in a one-to-one or group format. LIAM is a structured intervention with a series of workbooks to work through with the child/young person in sessions and session plans to guide the practitioner. There are materials for nine sessions, however, not all of these are required for everyone and children/young people will vary in how many sessions they need to complete LIAM. LIAM is a very active and goal-focussed intervention. Children and young people set their own goals and are asked to complete tasks in between sessions. There is also information for parents/carers to accompany each session.

Overall, the intervention is designed to help children and young people learn more about anxiety, including how anxiety is linked with our thoughts, physical sensations and our actions. It also helps children and young people find ways to cope with feelings of anxiety. The focus of each session is as follows:

<i>Session 1:</i> What is LIAM?	<i>Session 6:</i> Anxiety tools – thinking tools
<i>Session 2:</i> Understanding anxiety	<i>Session 7:</i> Facing anxiety
<i>Session 3:</i> Understanding my anxiety	<i>Session 8:</i> Facing anxiety - review
<i>Session 4:</i> Understanding my anxiety trap & anxiety tools	<i>Session 9:</i> Planning ahead
<i>Session 5:</i> Anxiety tools – body tools	

Requirements for Delivering the LIAM Intervention

The LIAM intervention can be delivered by a range of professionals. However, individuals are required to have the following qualities, skills and supports:

- Ability to build and maintain a trusting and supportive relationship with children and young people.
- General awareness of mental health difficulties in children and young people.
- Awareness of relevant organisational policies such as confidentiality, data protection, child and adult protection.
- Training or experience in asking questions about self-harm and suicidal thoughts if/when concerns arise and awareness of organisational procedures if/when risk is identified.
- Dedicated time in job plan to complete LIAM training, attend regular (e.g. fortnightly or monthly) skills coaching sessions, to complete required LIAM paperwork and to deliver regular LIAM sessions.
- Existing supervision and/or line management/case management supervision.
- Access to a quiet and private room or online delivery platform to deliver LIAM sessions.

Complete LIAM Training:

- E-learning module
- 2.5 days of face-to-face (or via MS Teams) LIAM training with the EI-TIPS team

Ongoing LIAM Commitments:

- Deliver regular LIAM sessions to children and young people.
- Attend and participate in regular skills coaching and case review sessions with the EI-TIPS team.
- Complete the LIAM Request form and send this to the EI-TIPS team prior to commencing LIAM.
- Complete LIAM consent form, routine outcomes measures and complete and send excel ROMS database to EI-TIPS team at end of LIAM intervention.

LIAM Criteria

All requests for LIAM are considered on an individual basis by practitioners delivering LIAM along with the EI-TIPS Psychologists to ensure that LIAM is the most appropriate intervention. The GG&C LIAM Criteria is detailed below.

Who might benefit from LIAM?

LIAM has been developed for children and young people who are **8-18 years old** presenting with **milder levels** of anxiety which **impact on their day to day life**.

This could include:

- Feeling anxious and worrying about being apart from a parent/carer
- Phobias: anxiety about specific things (e.g. dogs) or situations (e.g. the dentist)
- Experiencing frequent and persistent worries generally or about a specific event (e.g. exams, moving school)
- Social anxiety: feeling anxious in social situations (e.g. answering questions in class, talking to new people)
- Panic attacks: experiencing symptoms of panic or full panic attacks

For anxiety difficulties to be considered 'milder'; it may be that the difficulties have only developed recently, only started to impact for the child/young person recently and/or that feelings of anxiety interfere with some, but not all, aspects of day to day life.

When LIAM would not be recommended

LIAM is **not considered to be the most appropriate** intervention for children and young people who:

- Are under 8 years of age
- Would have significant difficulty understanding the materials discussed in LIAM despite the support of a LIAM practitioner
- Experience moderate to severe levels of anxiety or more complex anxiety presentations (e.g. OCD)
- Experience moderate to severe low mood as well as difficulties with anxiety
- Are experiencing current suicidal thinking
- Are currently engaging in significant self-harm

Additional Considerations

Additional consideration is required for any children, young people and families where there is complexity in order to decide whether LIAM is appropriate and how it might fit within their wider care plan.

For example, those with: neurodevelopmental diagnoses such as autism spectrum conditions or ADHD; physical health conditions; additional learning support needs; multi-agency input or who are looked after and accommodated; a caring role or who face practical challenges e.g. within their family, with housing or finances.

In these circumstances LIAM may still be helpful in providing coping strategies for feelings of anxiety however these children and young people are likely to need a broader range of practical supports in addition to LIAM in order to reduce anxiety. In some cases, a level of anxiety may still be anticipated despite intervention.

Making a Request for LIAM

At present, requests for LIAM are made by practitioners/teams who are delivering LIAM and should be sent to the EI-TIPS team for consideration before commencing LIAM.

When you identify a child/young person whom you think would benefit from the LIAM intervention the first step is to discuss LIAM with the young person and/or parent/carer and gain their consent to make a request for LIAM to the EI-TIPS team by completion of the LIAM request form.

In some cases, another member of staff may know the child/young person best (e.g. a guidance teacher) and therefore be better placed to complete the LIAM Request than the practitioner who plans to deliver this (e.g. LIAM trained pupil support teacher). In this case, they should ensure that the practitioner who plans to deliver LIAM is already aware of the request and in agreement before this is sent to the EI-TIPS team.

Sending Requests

Local arrangements will be agreed with each team/service around how they should send the LIAM Request form to the EI-TIPS team.

Health professionals should upload or scan the request to EMIS and task the EI-TIPS team ('TASKS CAMHS Early Intervention Service').

Other professionals should send requests via post (Dr Clare Roberts, Early Intervention TIPS, South CAMHS, New Gorbals Health and Care Centre, 2 Sandiefield Road, Glasgow, G5 9AB) unless another process has been agreed with EI-TIPS team.

If requests are sent via post, please contact the EI-TIPS team by email (earlyintervention.camhs@ggc.scot.nhs.uk) to confirm that you have sent this (with C/YP's initials only).

EI-TIPS Process for Requests

- The EI-TIPS team will review all LIAM Requests at least weekly.
- They will respond to the referring practitioner/team to discuss whether or not LIAM appears to be the most appropriate intervention for that child or young person or whether more information is required.
- If LIAM is not thought to be the most appropriate intervention, the EI-TIPS team will try to suggest alternative supports or other agencies that may be helpful to liaise with.

If practitioners are unsure about a possible request we would encourage them to discuss the request with us as decisions are made very much on a case-by-case basis.

LIAM Process from Request to Completion

- Request for assistance/referral/self-referral received by service (as per usual service process) and/or **mild difficulties with anxiety are identified**
- Seek consent from the family to make a request to NHS GG&C Early Intervention TIPS (EI-TIPS) team to consider whether LIAM would be appropriate (you may wish to provide LIAM Information sheet).

Complete LIAM Request Form and send this to EI-TIPS Team:

- For NHS Services, please add this to the C/YP's EMIS record and send a task to: **'TASKS CAMHS Early Intervention Service'**
- For other agencies, please **send by post** (Dr Clare Roberts, Early Intervention TIPS, South CAMHS, New Gorbals Health and Care Centre, 2 Sandiefield Road, Glasgow, G5 9AB) **and email to alert the team by email to expect this.**
- EI-TIPS team will review and consider whether LIAM would be an appropriate intervention and will contact you to discuss the outcome.
- EI-TIPS will put a note on the C/YP's shared electronic health record to document the outcome of the request and upload LIAM request form.

LIAM is **SUITABLE**

LIAM Practitioner arranges **initial meeting with the family/YP to:**

Complete LIAM Part 1:

- Discuss the LIAM Information Sheet
- Complete GG&C LIAM Consent Form with family/YP
- Complete Pre-Intervention Routine Outcome Measures

During every LIAM session:

- Meet with C/YP to deliver around 8 regular sessions of LIAM (45-60mins each) – one-to-one or LIAM group.
- Complete required routine outcome measures and review during each session to monitor risk & progress.
- Record in usual record keeping process for your service.
- Attend skills coaching and case review sessions throughout and existing line management supervision.

Final LIAM Session:

- Meet with C/YP (may involve parent/carer to feedback)
- Final session content (part 9)
- Complete post-intervention routine outcome measures.

At end of input (LIAM completed or C/YP disengaged)

- Update EI-TIPS team on outcome of LIAM for the C/YP, email Excel ROMS database with demographic information and any completed ROMS to EI-TIPS (**even if LIAM was not completed**).
- Consider if any further supports are required via discussion in skills coaching and/or usual process (e.g. line management supervision, TAC meeting).

LIAM is **NOT SUITABLE**

EI-TIPS team will provide reasons for this and will discuss alternative supports/services for you to consider if appropriate.

As Required;

- **If urgent/severe mental health risks or child protection concerns are identified** – follow usual organisational procedures.
- **If (non-urgent) mental health difficulties worsen/do not improve during LIAM** discuss with EI-TIPS Psychologist at coaching sessions to consider whether LIAM is still the most appropriate support.

Delivering the LIAM Intervention

LIAM Sessions

LIAM sessions can be delivered to children and young people on a one-to-one basis or within a group setting. These should be delivered in around eight sessions (each lasting 45-60 minutes). For maximum benefit, LIAM sessions should be delivered weekly or fortnightly at prearranged times. LIAM sessions should be delivered in a quiet and private space or, if required, LIAM sessions can be delivered via a secure online platform.

LIAM Resources

Practitioners delivering LIAM will be provided with a printed copy of all LIAM workbooks and session plans during their LIAM training and electronic copies which they can print for each child/young person. Practitioners will also be provided with electronic copies of the routine outcome measures required for LIAM.

It can be helpful to have access to IT to use video and audio clips within LIAM sessions if possible. Otherwise, C/YP can be encouraged to access these out with sessions.

Record Keeping

Practitioners delivering LIAM should continue to follow their organisation's usual policies and procedures around record keeping (e.g. record sessions in usual notes system) and regarding any correspondence (e.g. whether they routinely write letters to update a referrer). The EI-TIPS team do not need access to these.

Clinical Governance

The EI-TIPS team are responsible for the information and advice they give in relation to the LIAM intervention and associated skills and techniques. Throughout the LIAM intervention, responsibility for the child/young person's overall care remains with the practitioner delivering LIAM and their service/agency.

LIAM Consent Form

In order to take part in LIAM, families are required to complete the GG&C LIAM consent form (**please note, this is not the generic consent form included in the LIAM workbook**). Families should be given a copy of the 'LIAM Information for Children, Young People and Parents/carers' at this time.

The family/young person must consent to the clinical processes involved in LIAM in order to receive the intervention. However, **they do not have to consent to their anonymised data being used by the EI-TIPS team and NHS Education for Scotland for evaluation.**

For the purposes of LIAM, young people aged 12 years or above can provide consent to take part in LIAM (so long as they are able to understand the content of the consent form). A parent/carer is required to complete the LIAM consent form for children under 12 years of age. LIAM practitioners may ask both the parent/carer and young person over 12 years to complete the LIAM consent forms if this is in-keeping with their usual service processes.

Information Required by EI-TIPS

For clinical purposes and service evaluation, the EI-TIPS team require the following information from practitioners delivering LIAM:

- The LIAM Request Form – to be sent to the team before commencing LIAM.
- Copies of completed excel database of the routine outcome measures sent at end of LIAM.

The EI-TIPS team will use anonymised data for a national evaluation led by NES. **No personal identifiable information (e.g. name or postcode) will be shared out-with the EI-TIPS team.**

LIAM ROMS Excel database

An Excel 'ROMS database' will be provided by the EI-TIPS team to collect demographic information and routine outcome measures for each child/young person that commences LIAM. It is important to send back the database for **every child/young person who starts LIAM** even if they do not complete this or have not completed all routine outcome measures. This ensures that their health record can be updated and allows NES to evaluate LIAM and to collate data about the demographics of children and young people who access LIAM.

LIAM Routine Outcome Measures

A number of routine outcome measures have been selected by NES and are embedded within the delivery of LIAM. This includes measures used at pre- and post-intervention time points and measures for completion at every session. These serve two functions; firstly as clinical measures for you as LIAM practitioners to monitor progress of the LIAM intervention and the level of risk for each child/young person. Secondly, these outcome measures have been selected to evaluate the effectiveness of LIAM across Scotland and will be reported to the Scottish Government.

Outcome measures should be completed by the child/young person at the start of each session. It is good practice to look over completed outcome measures to gain clinical information as well as to check for completeness. **We would also ask practitioners to ensure that they have reviewed specific items relating to risk at the start of each LIAM session** to allow them to gather further information or take steps to ensure the young person's safety if required. These are noted within session plans (these are: question 37 on the RCADS or parent/carer RCADS, question 4 on the YP-CORE and question 6 on CORE-10).

Any completed outcome measures should be entered in the LIAM excel ROMS database and submitted, via email, to the EI-TIPS Team who anonymise the data and send on to NES. Where possible, we recommend entering these throughout the course of the intervention to help to monitor progress and risk.

The following routine outcome measures are included in LIAM (*please note that only some will be required dependant on the child/young person's age*):

- The Revised Child Anxiety and Depression Scale (RCADS)
- Parent/Carer Revised Child Anxiety and Depression Scale (RCADS-P) (for younger children)
- Goal Based Outcomes (GBOs)
- Young People's Clinical Outcomes in Routine Evaluation (YP-CORE) (age 11-16)
- Clinical Outcomes in Routine Evaluation-10 (CORE-10) (age 17 & 18)
- Experience of Service Questionnaire (ESQ) (for C/YP 9-11, 12-18 & Parent/Carer)

Additional GG&C LIAM Feedback Forms (for C/YP and Parent/Carer) are available if practitioners wish to collect more specific feedback about LIAM. These are not a requirement.

LIAM Outcome Measures Required by Age

Below are the outcome measures required for the LIAM pilot by age. Additional measures e.g. SDQ and LIAM Feedback Form for Professionals can be completed for the practitioners benefit if this is helpful however, these are not essential for the EI-TIPS team.

Primary School Age:

	Pre-Intervention (Session 1)	Every Session	Post-Intervention (Final session)
8 years	<ul style="list-style-type: none"> • Parent/Carer RCADS • Set Goal Based Outcomes 	<ul style="list-style-type: none"> • Review Goal Based Outcomes 	<ul style="list-style-type: none"> • Parent/Carer RCADS • Review Goal Based Outcomes • Experience of Service Questionnaire (ESQ) for Parent/Carer
9 years	<ul style="list-style-type: none"> • Parent/Carer RCADS • Set Goal Based Outcomes 	<ul style="list-style-type: none"> • Review Goal Based Outcomes 	<ul style="list-style-type: none"> • Parent/Carer RCADS • Review Goal Based Outcomes • ESQ for Parent/Carer and/or Child 9-11 years
10 years	<ul style="list-style-type: none"> • Parent/Carer or YP RCADS • Set Goal Based Outcomes 	<ul style="list-style-type: none"> • Review Goal Based Outcomes 	<ul style="list-style-type: none"> • Parent/Carer or YP RCADS • Review Goal Based Outcomes • ESQ for Parent/Carer and/or Child 9-11 years
11 years	<ul style="list-style-type: none"> • Parent/Carer or YP RCADS • Set Goal Based Outcomes 	<ul style="list-style-type: none"> • YP-CORE • Review Goal Based Outcomes 	<ul style="list-style-type: none"> • Parent/Carer or YP RCADS • Review Goal Based Outcomes • ESQ for Parent/Carer and/or Child 9-11 years
12 years	<ul style="list-style-type: none"> • YP RCADS • Set Goal Based Outcomes 	<ul style="list-style-type: none"> • YP-CORE • Review Goal Based Outcomes 	<ul style="list-style-type: none"> • YP RCADS • Review Goal Based Outcomes • ESQ for Parent/Carer and/or YP 12-18 years

Secondary School Age:

	Pre-Intervention (Session 1)	Every Session	Post-Intervention (Final session)
12 years	<ul style="list-style-type: none"> • YP RCADS • Set Goal Based Outcomes 	<ul style="list-style-type: none"> • YP-CORE • Review Goal Based Outcomes 	<ul style="list-style-type: none"> • YP RCADS • Review Goal Based Outcomes • Experience of Service Questionnaire (ESQ) for YP 12-18 years
13 years	<ul style="list-style-type: none"> • YP RCADS • Set Goal Based Outcomes 	<ul style="list-style-type: none"> • YP-CORE • Review Goal Based Outcomes 	<ul style="list-style-type: none"> • YP RCADS • Review Goal Based Outcomes • ESQ for YP 12-18 years
14 years	<ul style="list-style-type: none"> • YP RCADS • Set Goal Based Outcomes 	<ul style="list-style-type: none"> • YP-CORE • Review Goal Based Outcomes 	<ul style="list-style-type: none"> • YP RCADS • Review Goal Based Outcomes • ESQ for YP 12-18 years
15 years	<ul style="list-style-type: none"> • YP RCADS • Set Goal Based Outcomes 	<ul style="list-style-type: none"> • YP-CORE • Review Goal Based Outcomes 	<ul style="list-style-type: none"> • YP RCADS • Review Goal Based Outcomes • ESQ for YP 12-18 years
16 years	<ul style="list-style-type: none"> • YP RCADS • Set Goal Based Outcomes 	<ul style="list-style-type: none"> • YP-CORE • Review Goal Based Outcomes 	<ul style="list-style-type: none"> • YP RCADS • Review Goal Based Outcomes • ESQ for YP 12-18 years
17 years	<ul style="list-style-type: none"> • YP RCADS • Set Goal Based Outcomes 	<ul style="list-style-type: none"> • CORE-10 • Review Goal Based Outcomes 	<ul style="list-style-type: none"> • YP RCADS • Review Goal Based Outcomes • ESQ for YP 12-18 years
18 years	<ul style="list-style-type: none"> • YP RCADS • Set Goal Based Outcomes 	<ul style="list-style-type: none"> • CORE-10 • Review Goal Based Outcomes 	<ul style="list-style-type: none"> • YP RCADS • Review Goal Based Outcomes • ESQ for YP 12-18 years

LIAM Skills Coaching & Case Review Sessions

Skills-coaching and case review sessions are an essential part of delivering the LIAM intervention. They are run as group sessions (around 3-5 practitioners) and led by a psychologist from the EI-TIPS project. Further information about all aspects of sessions is included in the skills coaching and case review agreement, emailed to you separately.

Aims:

- To support the development of required skills involved in LIAM and confidence in delivering this
- To ensure that the package is delivered as intended according to the evidence-base
- To review cases e.g. to ensure that LIAM is the most appropriate intervention, review progress with children and young people accessing LIAM and consider further supports/services if required during or after LIAM

Frequency:

Practitioners will initially attend weekly, then fortnightly for one and a half hour sessions. Once skills are embedded the frequency of ongoing sessions will reduce however, the sessions will continue and practitioners are required to attend regularly if they are delivering LIAM.

Content:

At every skills coaching and case review session, the EI-TIPS Psychologist will;

- Ask for updates on sessions that practitioners have delivered; including reflections on what they felt did and did not go well, anything that they were unsure of or any issues that arose in the delivery of LIAM.
- Monitor children and young people's progress through LIAM to ensure that LIAM remains an appropriate intervention.
- Facilitate discussion and practice of specific skills and strategies associated with LIAM.

LIAM practitioners are encouraged to discuss:

- Any aspects of the LIAM intervention that they feel unsure about or wish to refine
- Experiences and reflections about delivering LIAM to children and young people.
- If any other (non-urgent) mental health difficulties arise or child/young person's difficulties worsen/do not improve during LIAM.

Dealing with urgent concerns:

Urgent concerns about a child or young person **should not wait** for skills coaching

- ***If urgent/severe mental health risks are identified*** (e.g. concerns that a child/young person is actively suicidal) please follow usual organisational procedures (e.g. discussing with local Tier 3 CAMHS Duty Worker).
- ***If child protection concerns are identified*** – follow usual organisational procedures.

Contacting the EI-TIPS Team

Between skills coaching and case review sessions, we encourage practitioners to contact us with any (non-urgent) queries via contact details below.

Please note **we would encourage you to contact us via email** if possible at the team email below or contact your LIAM skills coach directly.

NHS GG&C Early Intervention Training in Psychological Skills (TIPS) Project:

Email: earlyintervention.camhs@ggc.scot.nhs.uk

Phone: 0141 277 7526

NHS GG&C EI-TIPS Project Lead: Dr Clare Roberts

Email: Clare.Roberts@ggc.scot.nhs.uk

LIAM Requests

By post: If sending LIAM Requests by post, please send to: Dr Clare Roberts, Early Intervention TIPS, South CAMHS, New Gorbals Health and Care Centre, 2 Sandiefield Road, Glasgow, G5 9AB

By EMIS (NHS Staff): please upload the LIAM Request to the child/young person's EMIS record and send a task to 'TASKS CAMHS Early Intervention Service'