

MICE

Transforming the Mental Health of Children with Epilepsy

Booster Training Session



M.I.C.E.

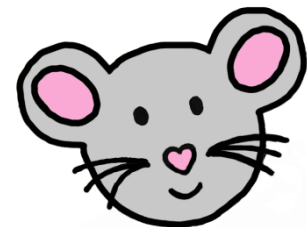
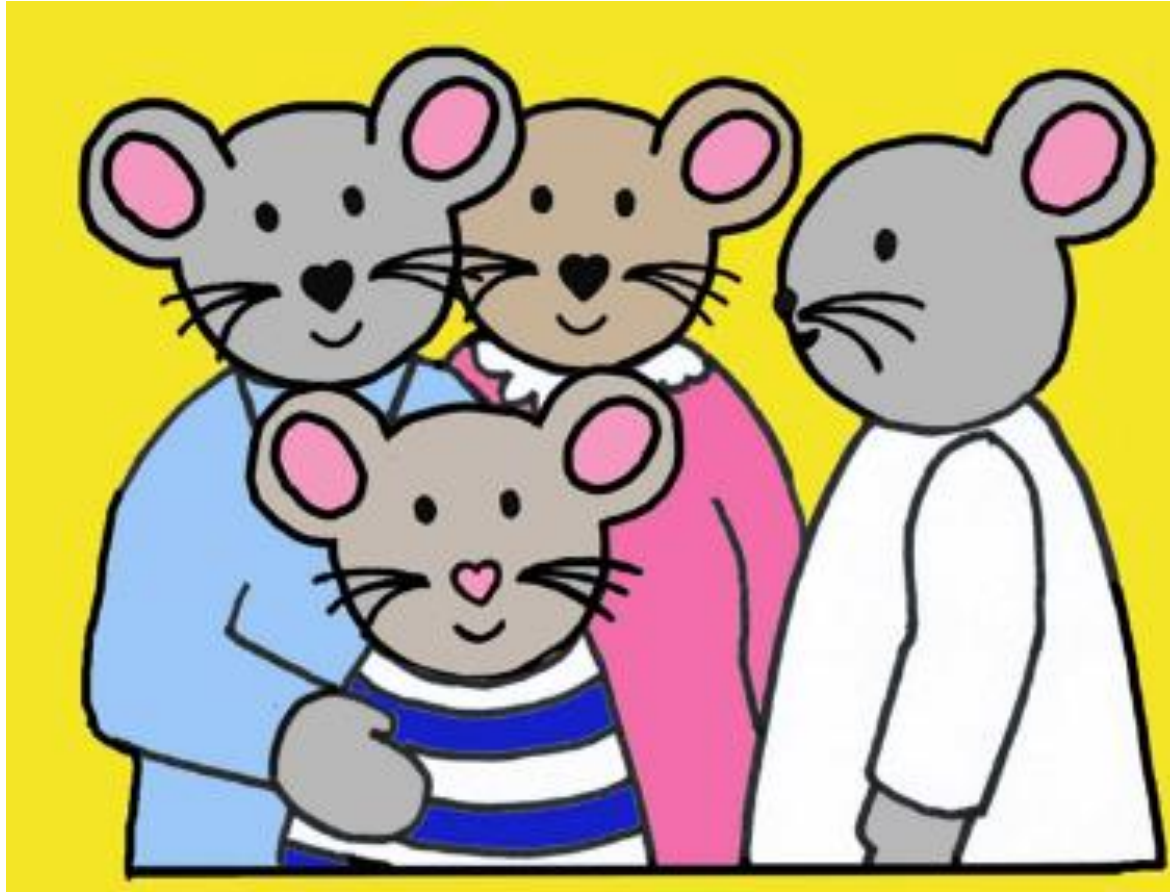
Mental Health Intervention for
Children with Epilepsy

Funded by



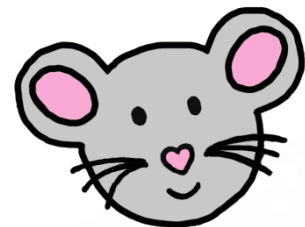
National Institute for
Health Research

Welcome Back



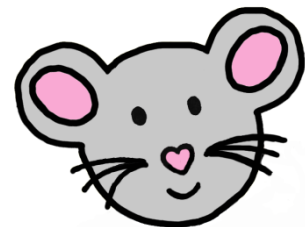
Agenda

- Update on progress (Success Stories Study)
- Reminder: User guide
- Momentum
- Q&A and Top Tips
- Session by Session Measures
- Introduction to WP3
- WP3 site initiation visit
- Consultation update
- Success Stories (you)
- Summary
- Therapist interviews



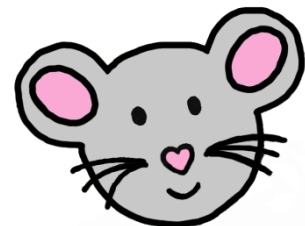
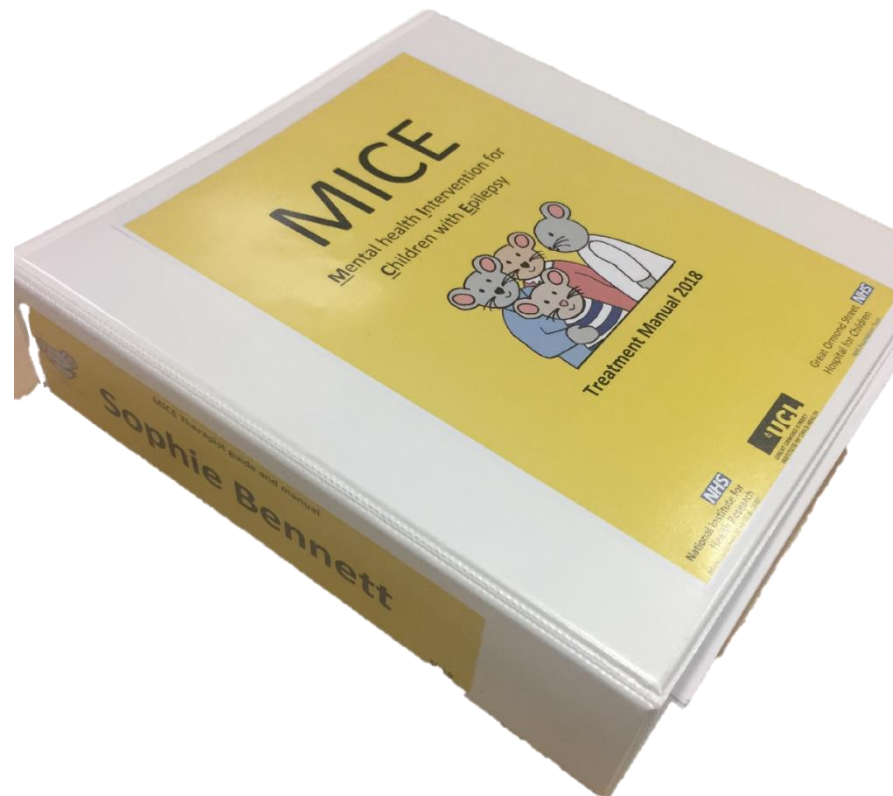
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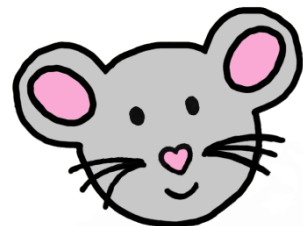
Update on progress: Success Stories Study

<https://www.rcpch.ac.uk/resources/case-investing-children-young-peoples-epilepsy-services>

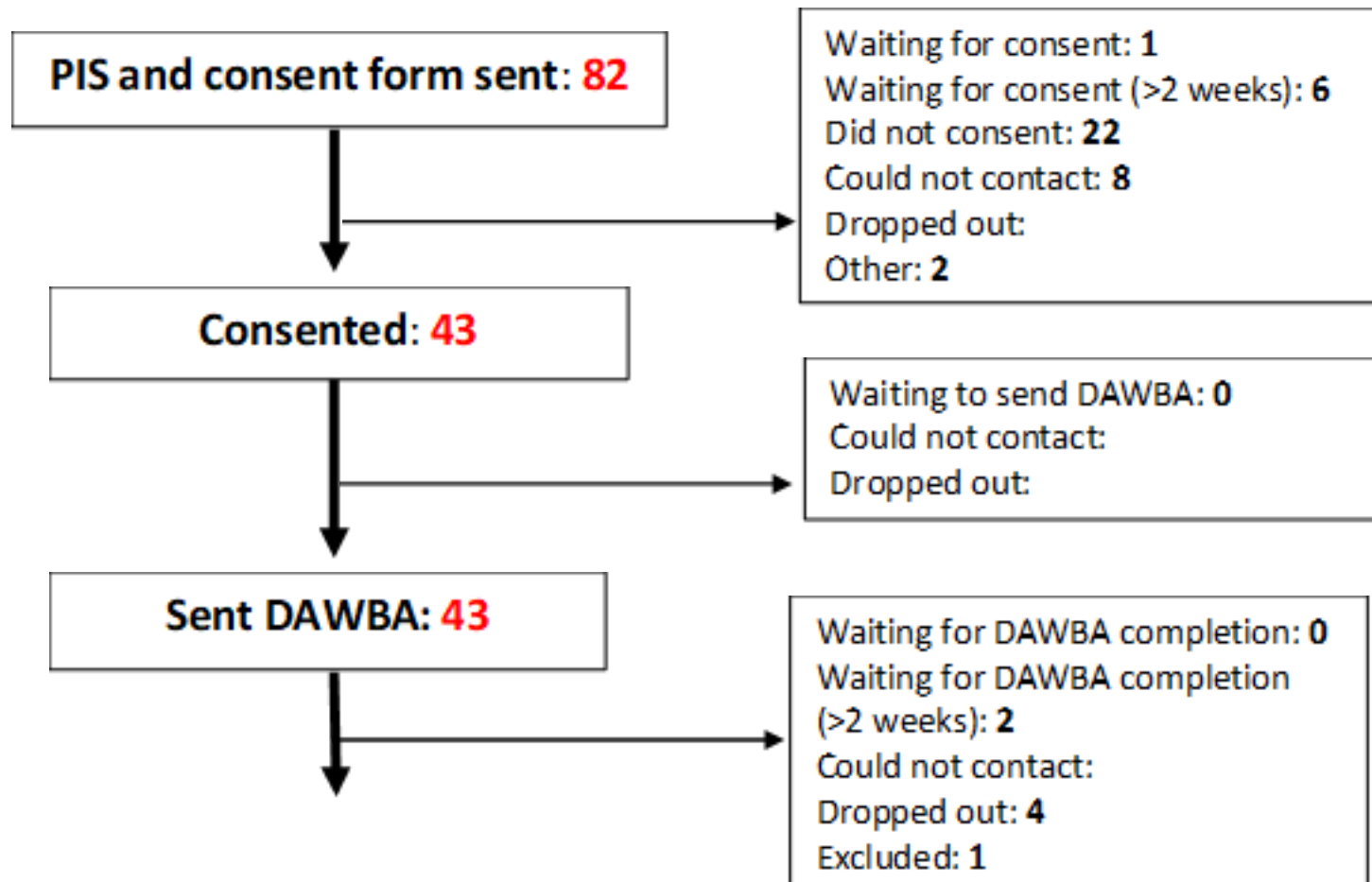


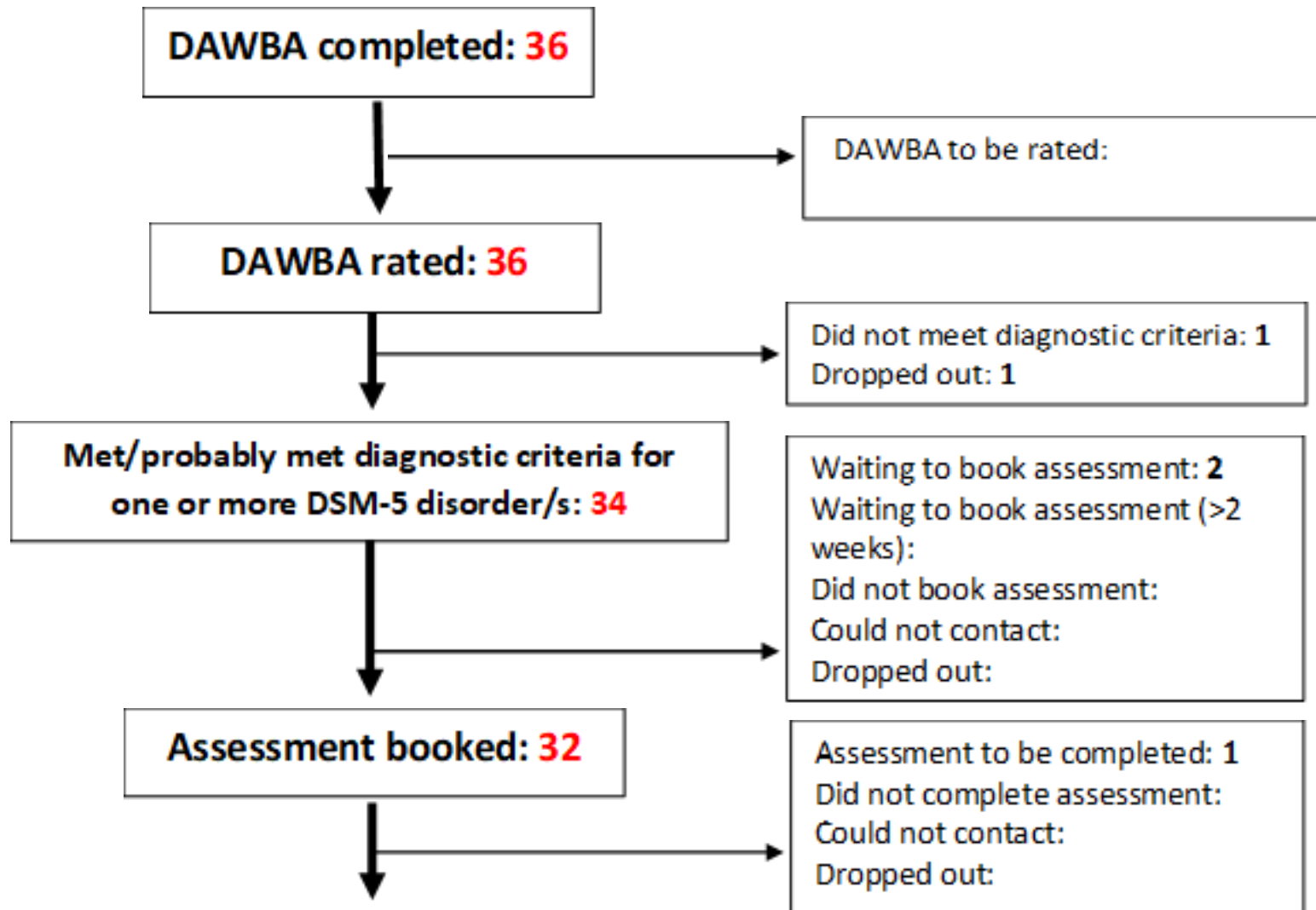
Work Package 2: Aims

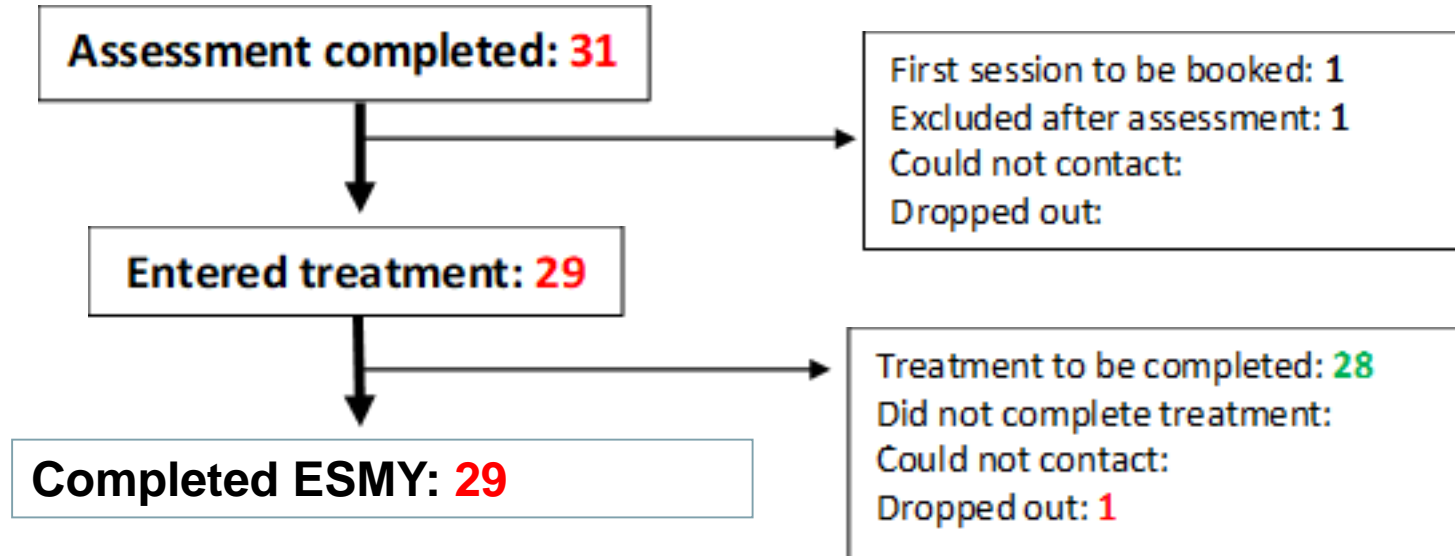
- Train at least 12 therapists and their clinical supervisors across sites to deliver MATCH
- Use MATCH portfolio system to ensure therapist competence and adherence
- Therapist and patient perspectives on the intervention assessed using qualitative interviews



Recruitment







https://www.youtube.com/watch?v=lb_QYj_FhFo

I like the practical element, we had therapy before and although it was useful [information], was not practical advice

Very, very pleased with the therapists and their flexibility, have been very accommodating to family's needs.

Would really hope that the treatment is accessible for other families locally and nationally

I have found it really useful in the sense that it has made me think a little bit more about how to interact with x and how other people are interacting with him

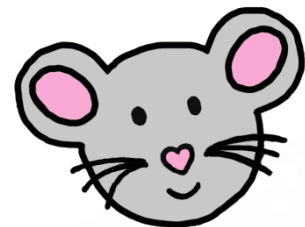
I like the fact I will become more aware of how epilepsy and mental health are linked

We're enjoying treatment – particularly the structure e.g. having an agenda and summary each session



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Reminder: user guide

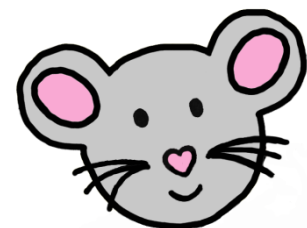
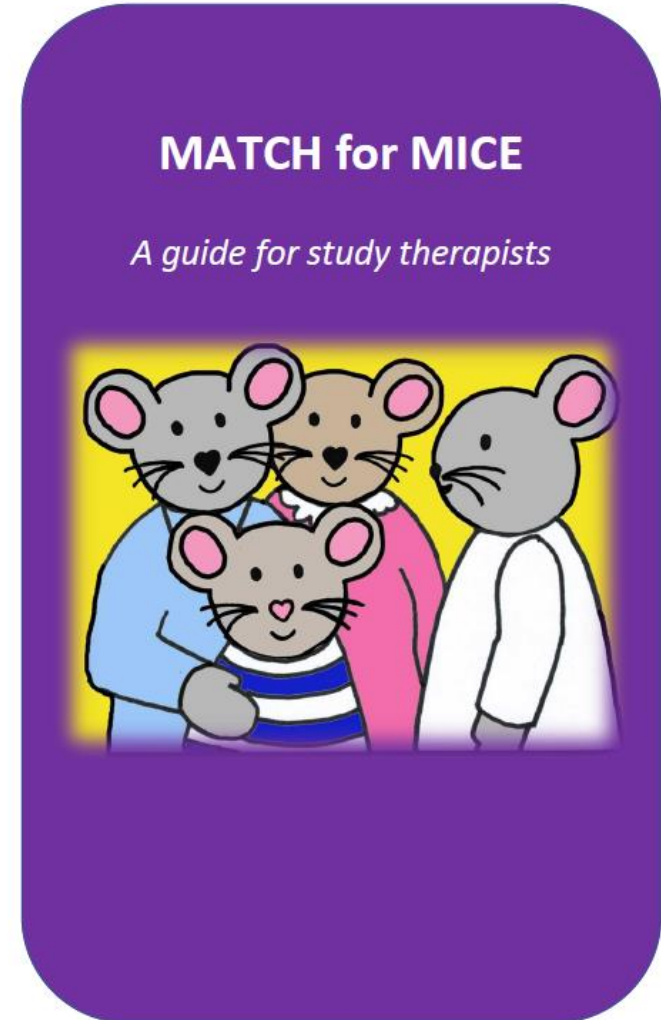
This is a key resource!

It will answer your questions on:

- Delivery via the telephone
- Completing weekly measures
- The structure of sessions
- Patient homework

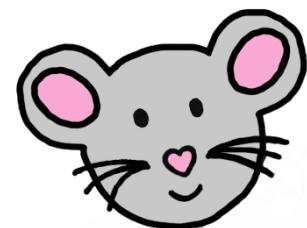
...And lots more!

You can find it at the front of your manual and on the online platform



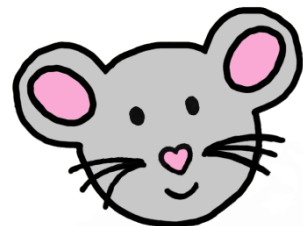
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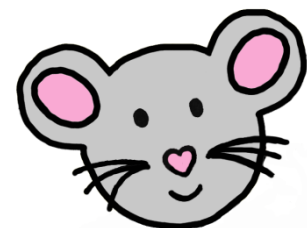
Keeping up momentum

- Importance of regular weekly sessions to maintain momentum
- Planning calls
- Arranging cover if away or ill (including asking your site liaison officer)
- If all else fails, reschedule rather than cancel
- Timetable re: letters and support available
- P.S. Remember pre/post amble into recorder



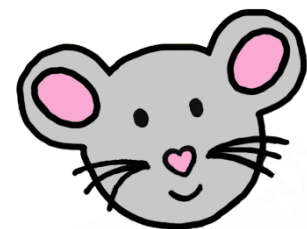
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Q&A

- Delivering anxiety sessions when only the parent is on the call
- How to set goals in each individual case



Top tips from therapists

If you are doing the Active Ignoring (behaviour) module, it is helpful to give parents lots of reassurance around any concerns that they have around their child's safety – i.e. what behaviours should/should not be ignored.

If you are doing the Effective Instructions (behaviour) module, it may be more effective to introduce the 'Follow-through training' activity at the start of the session. Once the parents have understood this, they can then build up to giving Effective Instructions to their child more broadly.

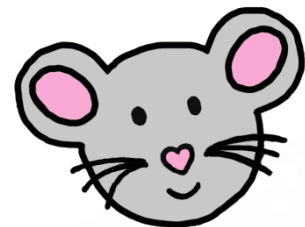
Top tips from therapists

Parents have a huge amount of anxiety themselves. I find it important to spend lots of time on the 'Understanding Anxiety' handout to give them some understanding of how their own anxiety might be feeding into their child's anxiety.

If you are doing the learning about anxiety module with the parent, it is helpful to ask the parent about their own feelings, sensations etc.

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Session by Session Measures

What?

- The Weekly Questionnaires that parents/families fill in and send back to their therapist.
- These are goal-based measures and our primary focus in terms of the research study.

Why?

- Research has shown that treatment outcomes are better when measures are used each session
- They are important to help monitor progress of treatment and identify areas to work on and decisions
- They can be used therapeutically to guide the session discussion.
- **Critical for assessment of competence**

weekly_measures_template_mice_conduct_example.xlsx - E

File Home Insert Page Layout Formulas Data Review View Tell me what you want to do...

Calibri 11 A A

Normal Bad

Check Cell Explanatory ...

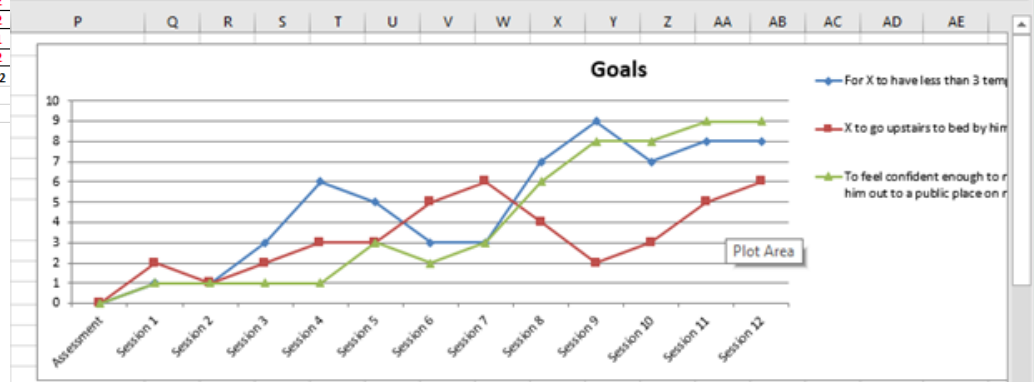
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N.B Alice Welch on behalf of MICE team has devised this based on principles of MATCH/MAP

Weekly measures (Patient NHS no: xxxxxxxxx) CONDUCT EXAMPLE

Goals	Assessment	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8	Session 9	Session 10	Session 11	Session 12
For X to have less than 3 temper tantrums a day	n/a	1	1	3	6	5	3	3	7	9	7	8	8
X to go upstairs to bed by himself calmly	n/a	2	1	2	3	3	5	6	4	2	3	5	6
To feel confident enough to manage X's behaviour to take him out to a public place on my own	n/a	1	1	1	1	3	2	3	6	8	8	9	9
Average	#DIV/0!	1.3333333	1	2	3.3333333	3.6666667	3.3333333	4	5.6666667	6.3333333	6	7.3333333	7.6666667
How are things	Assessment	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8	Session 9	Session 10	Session 11	Session 12
XX is angry and resentful	n/a	2	1	2	1	1	1	1	0	1	1	0	0
XX loses his/her temper	n/a	2	2	2	2	1	1	1	1	1	1	1	1
XX blames others for his/her mistakes and misbehaviour	n/a	2	2	2	2	2	2	2	1	2	2	2	1
XX argues with adults	n/a	2	2	2	2	1	2	2	2	2	1	1	1
XX actively defies or refuses to comply with adults' requests	n/a	2	2	1	2	2	2	2	2	2	1	1	1
XX deliberately annoys people	n/a	2	2	1	2	2	2	2	2	2	1	1	1
XX is spiteful or vindictive	n/a	0	0	0	0	0	1	1	1	1	1	1	1
XX is touchy or easily annoyed by others	n/a	2	1	2	2	2	2	2	2	2	2	2	2
Total	0	14	12	12	13	12	12	12	12	12	11	11	11
0 = not true, 1 = somewhat true, 2 = certainly true													



Strategies ticklist	Ax	1	2	3	4	5	6	7	8	9	10	11	12
1:1 time				YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Praise					YES	YES	YES	YES	YES	YES	YES	YES	YES
Active Ignoring						YES	YES	YES	YES	YES	YES	YES	YES
Effective instruction								YES			YES	YES	YES
Rewards										YES		YES	YES
Time out													
Making a Plan												YES	YES
Daily report cards													
Relapse													
Problem Solving									YES		YES	YES	

How to complete the spreadsheet

You can ensure your spreadsheet it up-to-date by:

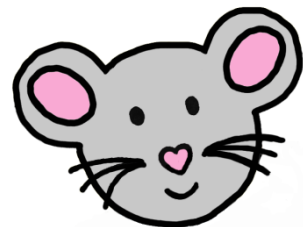
- Completing the personalised spreadsheet that you/SLO created post assessment (i.e. insert patient specific goals) after each call.

OR

- 2. Forwarding the Weekly Questionnaires you receive from patients (every week) to your Site Liaison Officer who will update the spreadsheet for you.

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Introduction to WP3

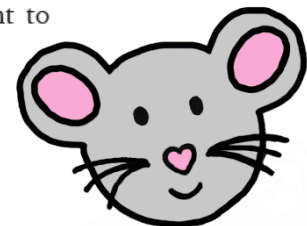


Leading article

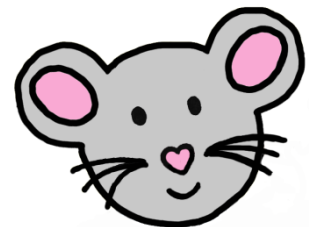
Assessing feasibility of routine identification tools for mental health disorder in neurology clinics

assessment or intervention for mental health difficulties in neurology services. In line with the National Institute for Health Research (NIHR) guidance on feasibility studies,²¹ the specific objectives were to determine the:

- ▶ Numbers of families who consent to

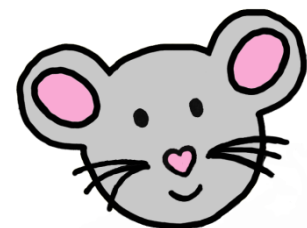


Break



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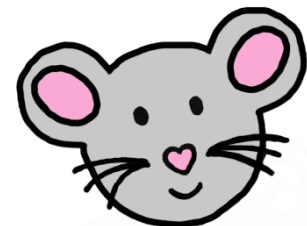
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Site Initiation Visit

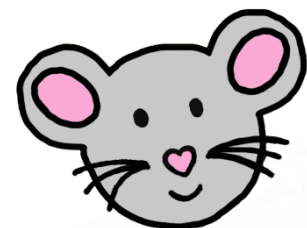


**COMPREHENSIVE
CLINICAL TRIALS UNIT**

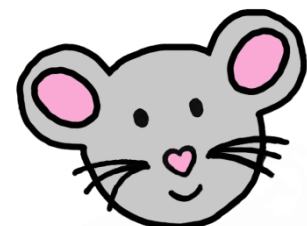


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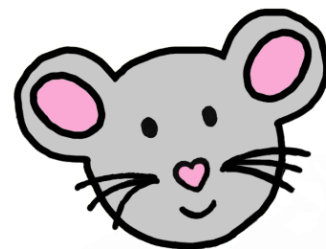
Consultation & support



Consultation going forward

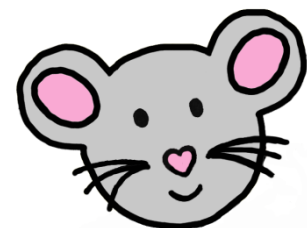
- Move towards a “consultation on demand” model
- Consultation session after assessment to agree goals and treatment pathway
- Minimum one fixed session per month
- Additional consultation sessions triggered if:
 - Requested by therapist
 - No change/decline in weekly session measures over two sessions
 - Concerns raised in regular tape reviews

- Evaluation Form



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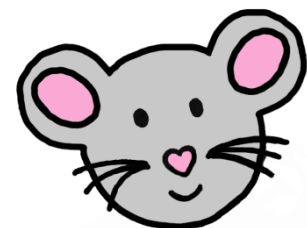
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Success Stories (You)

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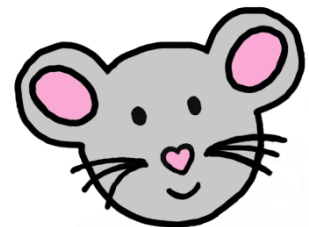
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Summary

Consultation evaluation form

Therapist interviews



thanks!

