About the Evidence Based Practice Unit

Founded in 2006 as a collaboration between UCL Faculty of Brain Sciences and the Anna Freud National Centre for Children and Families, the Evidence Based Practice Unit (EBPU) bridges cutting-edge research and innovative practice in children’s mental health.

EBPU's vision is for all children and young people’s wellbeing support to be informed by real-world evidence so that every child thrives.

Our mission is to bridge the worlds of academic research and clinical practice to ensure that tools, training and support are informed by the latest evidence.

ucl.ac.uk/ebpu
ebpu@annafreud.org
@EBPUunit

EPBU is a partnership of UCL and Anna Freud National Centre for Children and Families. Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 03819888, and a registered charity, number 1077106.
RESEARCH

EBPU’s research includes evaluating real-world interventions, undertaking epidemiological studies, systematic reviews and data linkage.

The research focuses on four areas related to children’s mental health and wellbeing:

**Risk** involves understanding the range of contexts and conditions that put a child or young person at risk of mental health issues. For example, EBPU’s research into the **development of measures of cumulative risk** in children and young people.

**Resilience** explores what it is that enables some children to cope better than others in difficult circumstances. The **HeadStart** programme focuses on resilience.

**Choice** contributes to the evidence base on **shared decision-making**, using learning from service users’ experience, and develops tools and materials to support choice, such as **Power Up**.

**Change** examines what influences change in children’s mental health and wellbeing over time. For example, our work on data from the Child Outcomes Research Consortium (CORC) considers **change over the course of therapy**.

For examples of recent research papers, visit [ucl.ac.uk/ebpu](http://ucl.ac.uk/ebpu)

---

**HeadStart**

HeadStart is a major programme funded by the Big Lottery, which involves areas across England trialing a broad range of initiatives for improving resilience in children and young people, aged 10 to 16, who may be facing challenges to their emotional wellbeing. The Big Lottery is funding six local authority-led partnerships – in Blackpool, Cornwall, Hull, Kent, Newham and Wolverhampton. EBPU is evaluating the impact of the programme, in partnership with the University of Manchester, London School of Economics, the Child Outcomes Research Consortium and Common Room.
TOOLS

EBPU produces a range of tools for children, young people and professionals.

EBPU Logic Model

The EBPU Logic Model helps mental health professionals to clarify their thinking and enables them to debate appropriate evaluation strategies more clearly.

School Wellbeing Measurement Framework

The HeadStart programme has developed a measurement framework for schools and colleges to assess a broad range of initiatives and their potential impact on children’s mental health and emotional wellbeing.

Current View Tool

The Current View Tool asks clinicians to rate a number of problems, and school, work or training difficulties, according to their understanding of the impact of the problems on the child or young person at that time.

Mental Health Toolkit for Schools and Colleges

The toolkit contains the range of validated tools that is available to help measure and monitor students’ mental wellbeing.

These and other tools are available from ucl.ac.uk/ebpu
DIGITAL TOOLS

Power Up

A research project to develop an app which enables young people, aged 11 to 19, to record and share ideas and decisions in ways that empower them to take a more active role in therapy.

EBPU is also working on two other versions of Power Up; one for parents and one for young people with additional needs.

ReZone

A digital platform that helps students to refocus when they are feeling agitated or stressed. It contains a range of activities, including mindful breathing and stress management activities.

Developing digital tools

Children and young people help us to develop ideas for digital tools. We particularly work with service user groups run by Common Room, a consultancy led by lived experience.

EBPU also works with Common Room and the Children and Young People’s Improving Access to Psychological Therapies (CYP IAPT) programme to run hackathons. These are digital meet-ups which support people to turn their ideas for improving children and young people’s emotional wellbeing and mental health, as well as for improving services, into open source (freely available) software and apps.
TRAINING AND TEACHING

EBPU runs courses for researchers and training for professionals, such as:

- Advances in Child Mental Health Services: International Perspectives
- Training in endings
- The ‘So What?’ seminar series, which asks the question: ‘So what does this mean for policy and practice?’ in response to research findings.

See ucl.ac.uk/ebpu/events for details of forthcoming events.
EBPU offers a research doctorate, in collaboration with UCL and the Anna Freud National Centre for Children and Families, which gives students the research skills needed for a career in child mental health.

Current research topics include:

• Considering limitations and endings in child and adolescent health: a comparison between mental and physical health
• Power Up for Parents: parental involvement and shared decision-making through technology (as part of a large European collaboration)
• What constitutes a good outcome in child and adolescent mental health?
SUPPORT
EBPU has developed a number of resources which are available for young people, practitioners and other professionals, such as policy makers.

Youth Wellbeing Directory
youthwellbeing.co.uk
This helps young people, parents and those who work with young people to find support more easily and provides useful mental health information. The directory also includes information about how you might judge what makes a good service.

My CAMHS Choices
mycamhschoices.org
This website has been created by young people with experience of child and adolescent mental health services. It features video interviews with real clinicians and young people. Young people attending CAMHS can use it to find out more about what to expect from the services.

‘My CAMHS Choices is a tool for putting you at the centre of your treatment and provides you with information that allows you to have some control over it.’
Young person
**Person-centred care in children and young people’s mental health services**
[ucl.ac.uk/ebpu](ucl.ac.uk/ebpu)

EBPU and CORC have collaborated with the Health Foundation and Common Room to create a set of guidance for children and young people, commissioners and practitioners.

---

**Child Policy Research Unit (CPRU)**
[ucl.ac.uk/cpru](ucl.ac.uk/cpru)

EBPU heads the mental health stream for this collaboration of researchers which is led from the UCL Great Ormond Street Institute of Child Health. CPRU’s role is to provide evidence from research to inform policy makers at the Department of Health in order to improve the health and wellbeing of children, young people and families.

---

**CAMHS Press publications**

CAMHS Press brings you academic research and mental health practice in support of children, young people and mental health practitioners, through booklets, leaflets and other publications.

Popular publications include the EBPU Logic Model, which helps professionals to clarify their thinking, and the Current View Tool, which provides an overview of the tool and guidance on how to use it.
Child Outcomes Research Consortium (CORC)

EBPU and CORC work together on a number of projects. CORC is the UK’s leading membership organisation that collects and uses evidence to improve children and young people’s mental health and wellbeing.

Founded in 2002 by a group of mental health professionals determined to understand the impact of their work, today the members include mental health service providers, schools, professional bodies and research institutions from across Europe and beyond.

CORC holds data relating to mental health and wellbeing outcomes of more than 400,000 children and young people in the UK, representing the largest data set of this kind worldwide.

corc.uk.net
‘We work with all those providing and using services to ensure that initiatives are rigorously evaluated, so that they can add to the growing evidence base. An alternative name for us might be the Practice Based Evidence Unit!’

Professor Miranda Wolpert, MBE
Founder and EBPU Director

ucl.ac.uk/ebpu
epbu@annafreud.org
@EPUUnit

EPBU is a partnership of UCL and Anna Freud National Centre for Children and Families. Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 03819888, and a registered charity, number 1077106.