

8. Structured care



8.1. Psychoeducation

- An ability to draw on knowledge that psychoeducation aims to empower children/young people and their family/carers by providing information and resources about:

- the psychological difficulties and conditions they are experiencing
- the interventions that may help (both psychological and pharmacological) and how they might be implemented in the service

- An ability to tailor psychoeducation to the child/young person and their family/carer's needs, taking account of:

- the particular difficulties they are experiencing and the areas that concern them
- the personal and cultural explanatory models to which they ascribe, and that they use to understand their difficulties
- the extent to which their explanatory models represent flexible or fixed views
- what they already know
- their developmental stage and intellectual ability

- An ability to offer psychoeducation specific to the inpatient context (e.g. focused on common reactions to transitions such as admission to, and discharge from, the unit)

- An ability to offer psychoeducation in a way that is supportive and empathic, bearing in mind that some material maybe emotive, and:

- an ability to draw on knowledge that psychoeducation may increase distress and this needs to be monitored and addressed (e.g. feeling more pessimistic about their future or seeing themselves more negatively)

- An ability to deliver relevant information:

- in a systematic and structured way that also invites questions and comments
- using a range of user-friendly formats, adapted to the child/young person's developmental stage and capacities

- An ability to determine how much information the child/young person and family/carers can take on board in a session, and to adapt the pace and content to reflect e.g. their concentration or readiness to consider new information

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	An ability to check the child/young person and family/carer’s understanding of, and agreement with, psychoeducation materials, and:
	<div> to openly discuss differences between the child/young person and family/carers’ understanding of the relevant issues, and that of the service</div>
	An ability to deliver psychoeducation individually and in groups

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