

# Exploring how nature-based approaches can help Children and young people.

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'Child and Adolescent Mental Health Services (CAMHS) Goes Wild' explored the benefits of exposure to, and connection with nature in the context of CAMHS provision in Cornwall. Views and experiences of using nature-based approaches (NBAs) within clinical work in Cornwall Partnership NHS Trust were explored. To help us to build on our understanding of staff views of NBAs, young people who are CAMHS service users (n=5) participated in a 2-hour workshop to help us to understand how NBAs might help children and young People (CYP).

## Findings

The tree represents the thoughts and reflections of CYP on NBAs. From this we have been able to co-design meaningful outcome measures to assess the acceptability and effectiveness of NBAs.

## Summary

The outcomes described by CYP centered around the following areas:

- Anxiety reduction
- Autonomy and choice
- Grounding
- Greater individualisation of care
- Engagement
- Connection - to others and to nature
- Sense of perspective

## Reflections and future implications

- Combining CYP perspectives with what we have learnt from the data from the CGW project gives us a more rounded picture.
- Key themes from the CGW staff perspectives like risk, did not come up in discussions with CYP, telling us not only what is important to CYP, but where focus can be skewed by not gaining their views.
- Future research in this space needs to understand which things are important to CYP and what aspects of NBAs increase engagement as part of their care within CAMHS. Through conducting this work, we can bring together contextual factors that impact NBAs and inform ongoing investigations making them more meaningful.

