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

This work was funded by the Public Engagement Springboard Fund. The authors are supported by the National Institute for Health Research Applied Research Collaboration South West Peninsula.

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and the beach.

breathe the fresh

div. Calming and

'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).

equal basis humanises,

you keel hor a walk makes in hore connected,

woods, it's peaceful and

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 nature, rather than just

Feeling of being less trapped.

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.

looking at it, is more

- 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.

Being in the water calms me, just bobbing about in the water and letting the waves push you around, it's very relaxing.

like the breeze, the wind is

nice and cooling. Looking at

the sky is really calming. I

like birds they sing

and fly.

You can use things in

nature to ground you by

touching feeling, smelling,

tasting, looking, listening.

