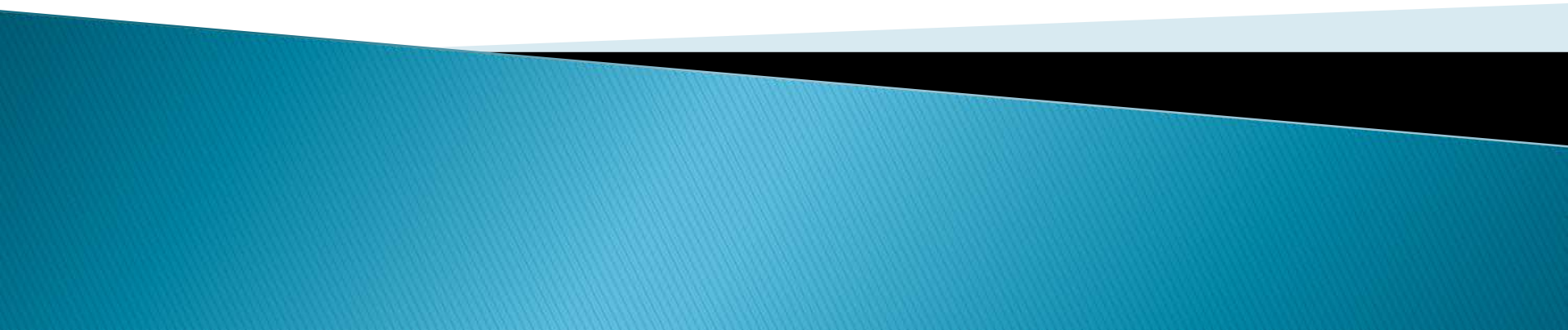


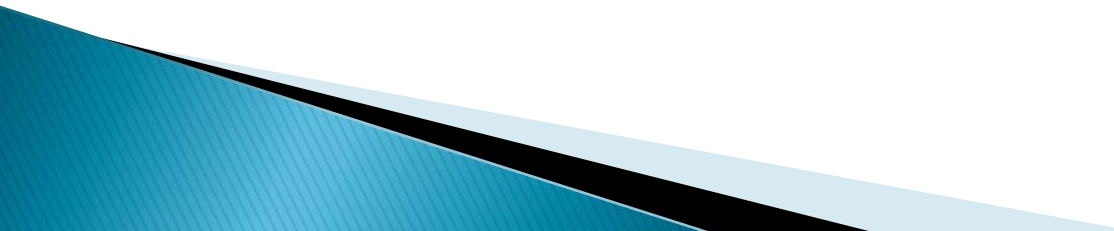
# LIAM: Let's Introduce anxiety management

Dr Jane Owens; Clinical psychologist, NHS Lothian  
CAMHS.

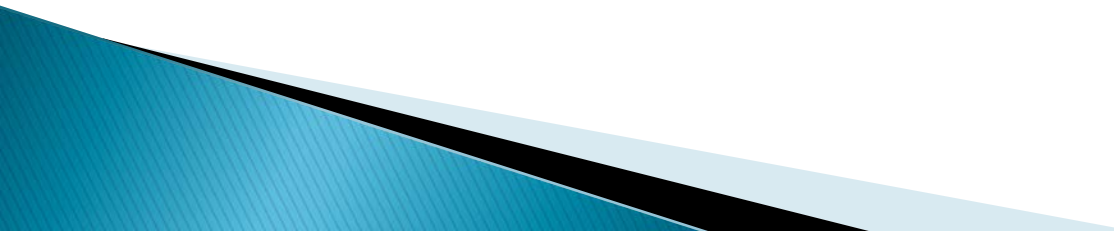
In collaboration with Cathy Richards, Lead Clinician/ Head of  
Psychology CAMHS



# Aims of today

- ▶ Background
  - ▶ What is LIAM
  - ▶ Initial implementation plan
  - ▶ Outcomes so far
  - ▶ Future directions
- 

# Background

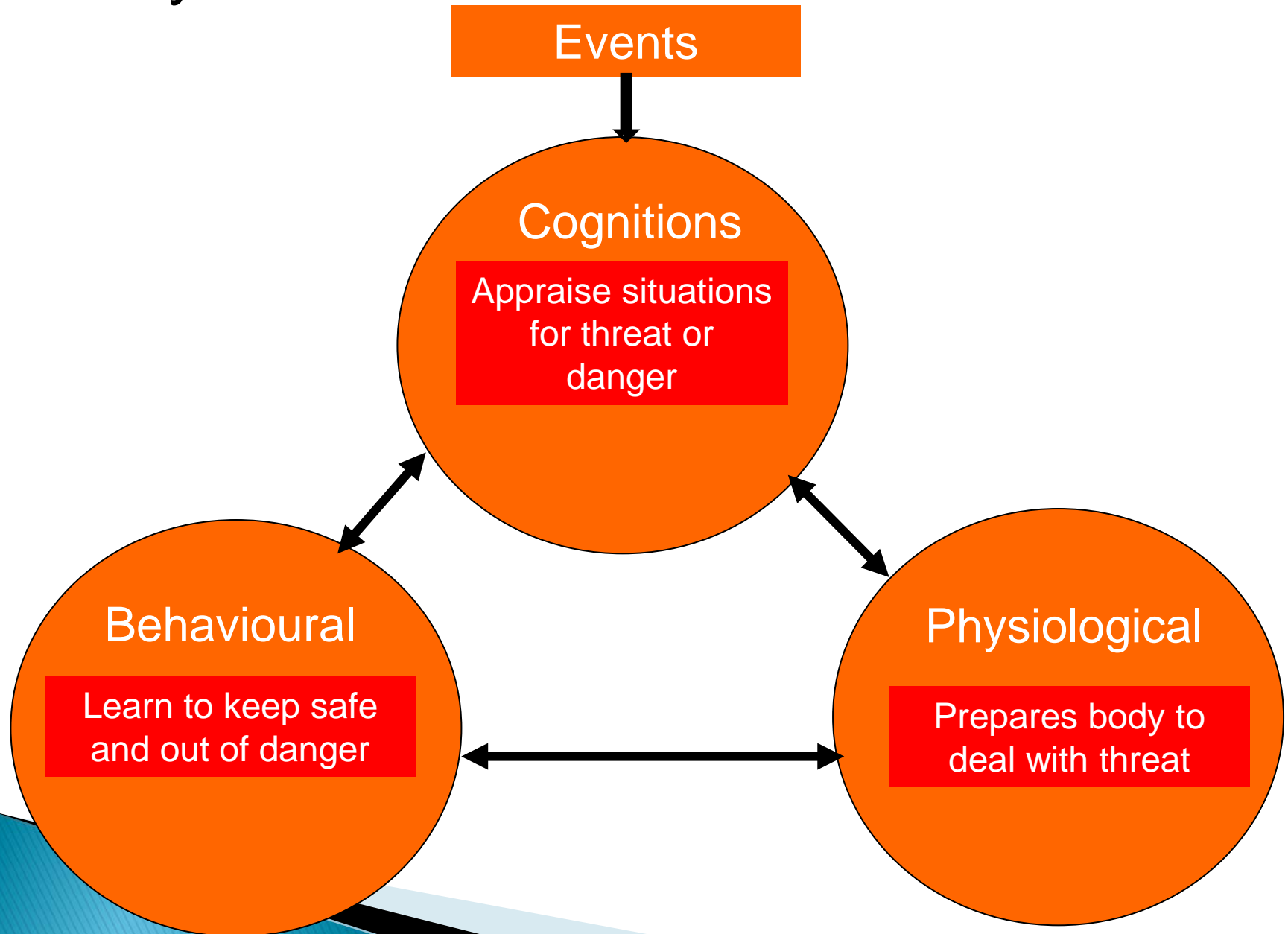
- ▶ Early intervention is highlighted as a key priority of the Mental Health Strategy 2017–2027
  - ▶ The school system has been identified as an ideal avenue for the promotion of prevention and early intervention programs (Masia-Warner, Nangle, & Hansen, 2006).
- 

# LIAM: Lets introduce anxiety management

- ▶ Low intensity anxiety management (LIAM)
- ▶ Developed by experts in the field in collaboration with NHS Education Scotland
- ▶ 6 modules of CBT informed approaches to anxiety management including:
  - Psycho-education
  - Self monitoring
  - Emotional awareness and management
  - Coping thoughts
  - Exposure

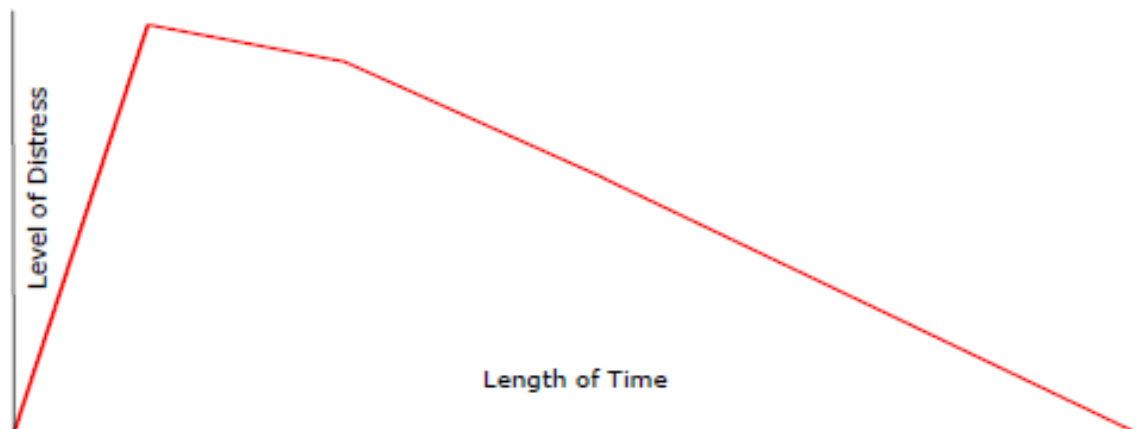


# Anxiety Model

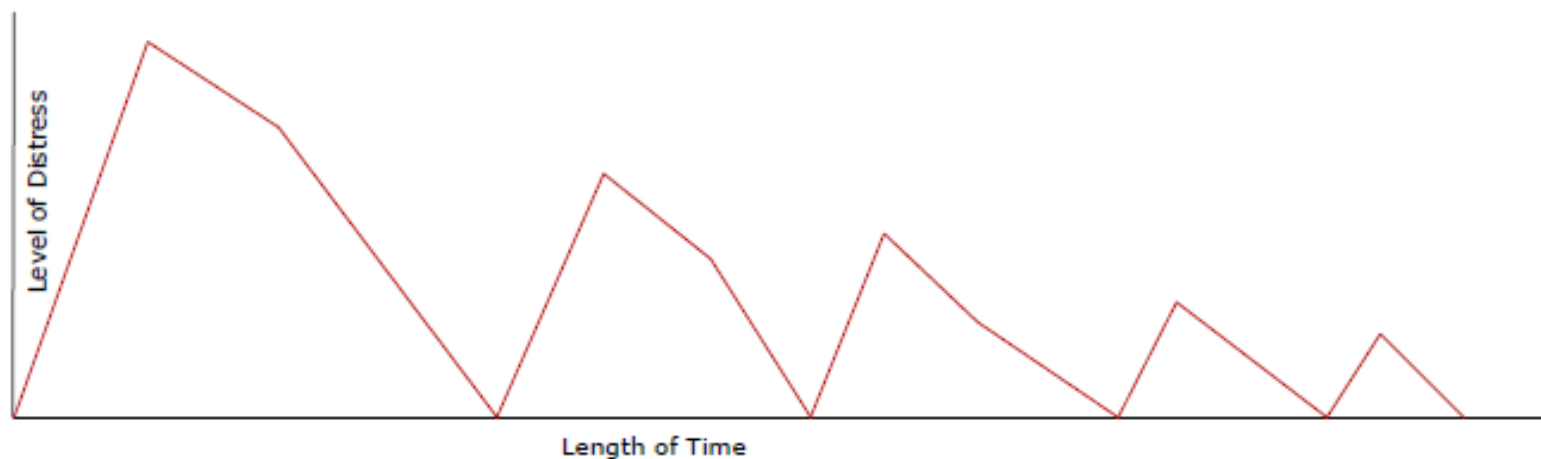


# **FIGHT OR FLIGHT**

When we avoid situations because we get too anxious or distressed, if we think about or find ourselves in those situations, our anxiety rises sharply, stays on a level for a while, then slowly starts to decrease gradually....



If we didn't avoid the situation, just do it anyway and stick with it, then the first time will be the worst. Each time after that, we'll find that we won't be quite so anxious as the time before, and the anxiety will start to pass a little quicker than the previous time, so the diagram might look something like:





## Next step up the ladder



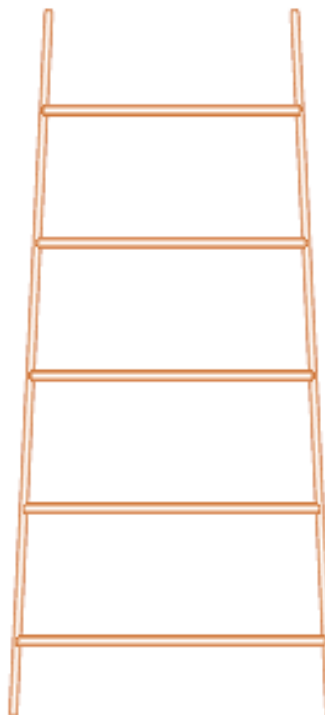
There are probably lots of things you would like to do. Some of them will seem fairly easy and others will feel more difficult.

Write or draw all of the things you would like to do on a piece of paper. Cut them out and arrange them on the ladder below.

Put those that feel easiest at the bottom, the most difficult ones at the top, and the slightly easier ones in the middle.

Start at the bottom and see if you can complete your next task up the ladder. When you are successful, climb up to the next step and try that one. Taking small steps will help you to climb your ladder.

Hardest



Easiest



What I would like to do

Sleep over at Tim's

Have tea & stay until bedtime

Have tea at Tim's and come home

Play at Tim's without mum for 1 hr

Play at Tim's without mum for ½ hr

Play at Tim's with mum for 1 hr

Call at Tim's house with mum

Can't stay at Tim's house without mum

Where I am now

## Calming pictures

With this method you make yourself feel more pleasant by thinking about the things that you find pleasant or restful.

Think about your dream place. It could be somewhere you have been or an imaginary place. Imagine a picture of it and make the picture as restful and peaceful as possible. Try to make the picture as real as you can, and think about the following:



- ▶ the noise of the waves crashing on the beach
- ▶ the wind blowing in the trees
- ▶ the smell of the sea or the scent of pine forests
- ▶ the warm sun shining on your face
- ▶ the wind blowing gently in your hair.

Practise imagining your relaxing place, and if you start to feel unpleasant, then try turning the picture on. Really concentrate hard on your restful scene and see if it helps you to relax.

## Relaxing activities

There will probably be some things that you enjoy doing and which make you feel good. Examples of these might include:

- ▶ reading a book
- ▶ watching TV
- ▶ listening to music
- ▶ taking the dog for a walk.

## My relaxing activities



Fill in the thought bubbles by writing or drawing the things that help you to relax and feel calm.

Everyone will  
laugh if they  
see me  
looking like  
this

I look  
really cool  
in these  
sun  
glasses



Which thought would make the dog feel most worried?



## Coping self-talk



Some of our thoughts are not helpful. In fact, they make us feel more anxious or worried. These thoughts make us think that things will go wrong and make us expect that bad things will happen. Learning to identify and replace these thoughts with coping self-talk will help you to feel better.

With the help of the Thought Tracker, think about a situation or event that makes you feel anxious or unpleasant. When you are in this situation, write down or draw a picture of the thoughts that race through your mind. Once you have done this, think about how you can challenge these thoughts with coping self-talk.

The situation or event that makes me feel anxious or worried is:



The thoughts that make me feel anxious are:

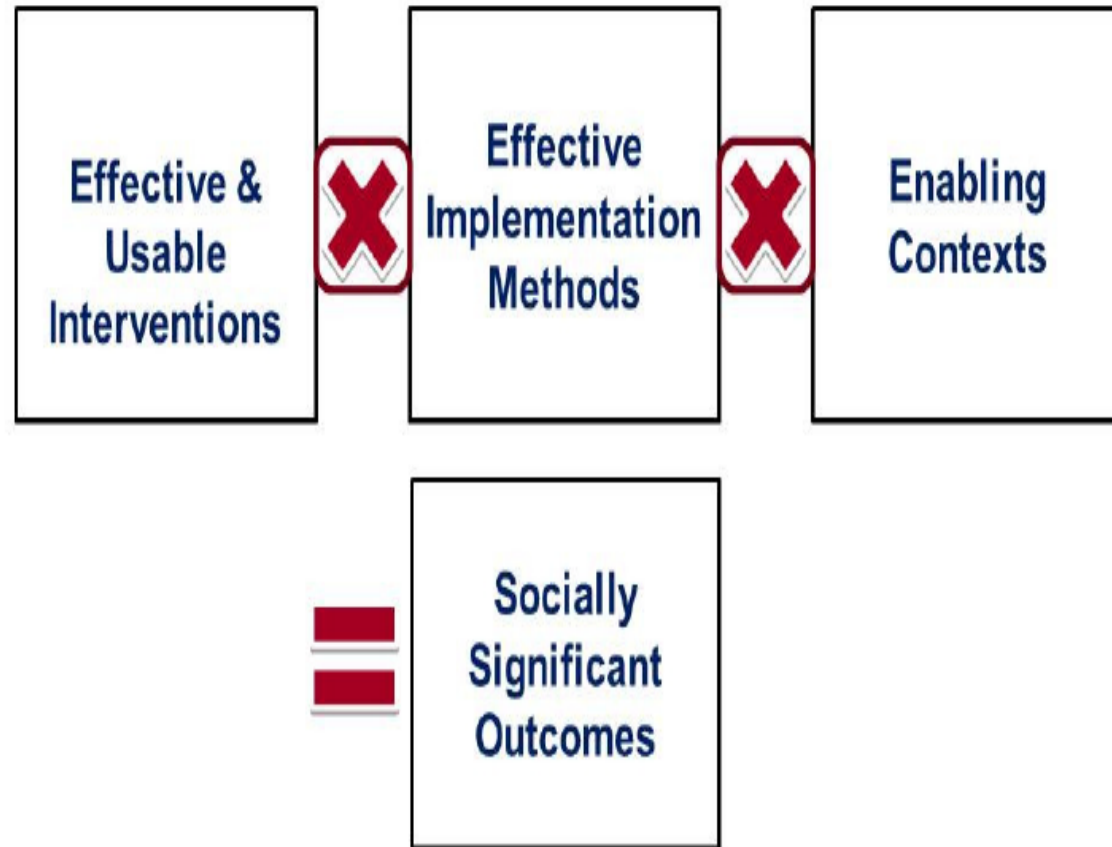


My coping self-talk is:

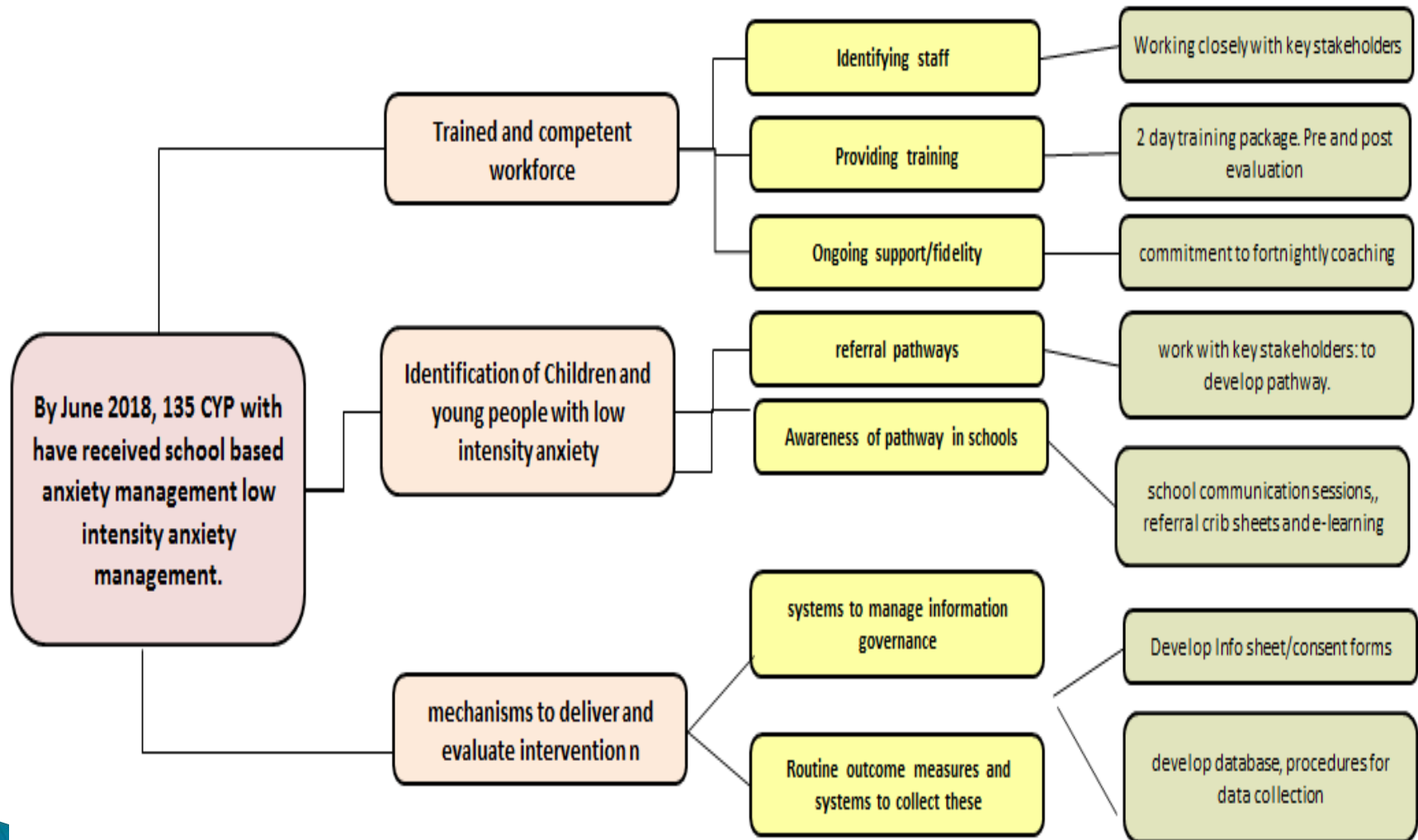


The next time you are in that situation, use coping self-talk to help you to feel better.


# Implementation Science: How to make things happen



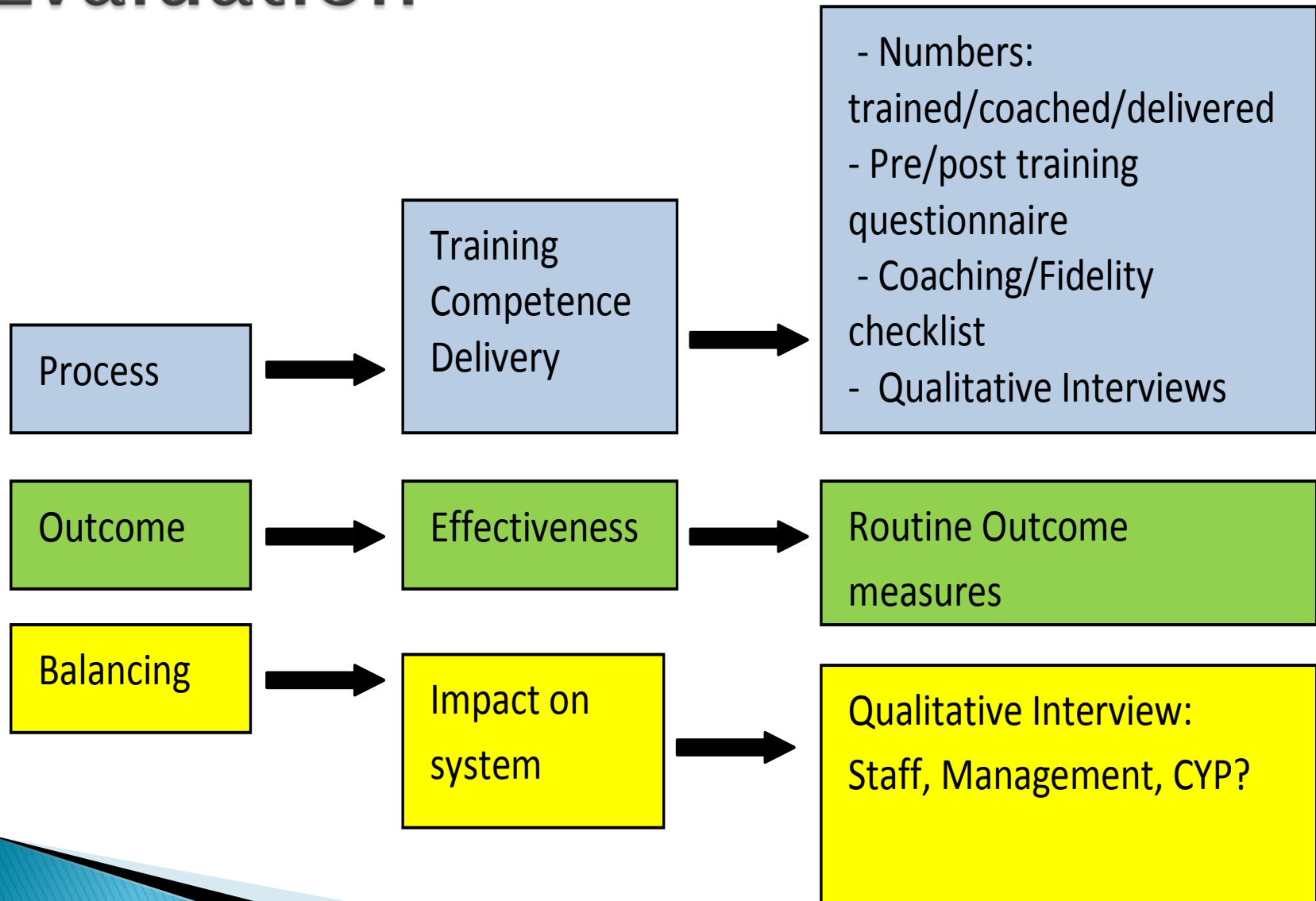
# Driver Diagram:



# Effective implementation methods and enabling contexts:

- ▶ Identifying and engaging workforce
  - ▶ Training plus follow up coaching
    - Maximising impact of training (Use is or lose it; Bennett–Levy & Pedesky; 2014)
  - ▶ Systems to identify young people/referral pathways
  - ▶ Managing governance/risk issues
  - ▶ Safe and private spaces to see young people
  - ▶ Systems for confidential record keeping
  - ▶ Access to resources (printing, books)
- 

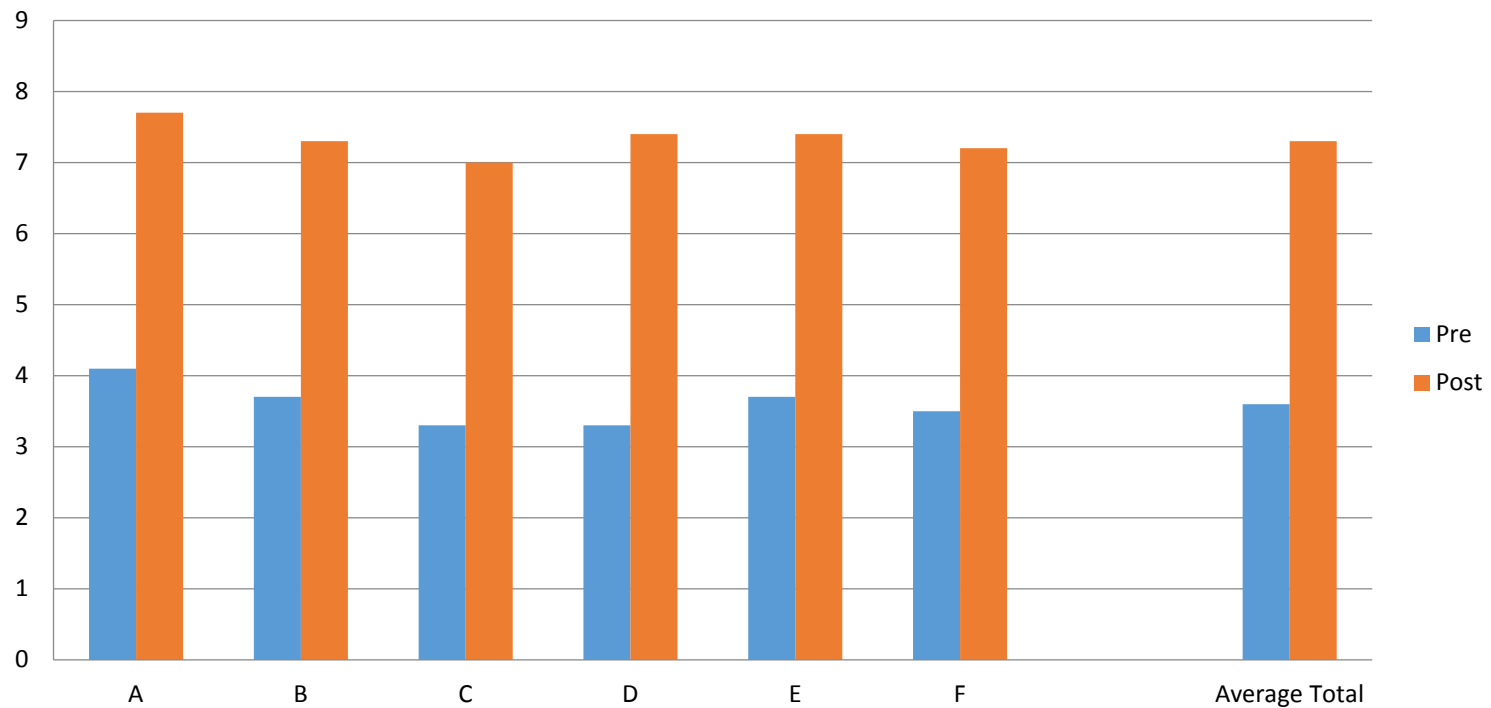
# Evaluation





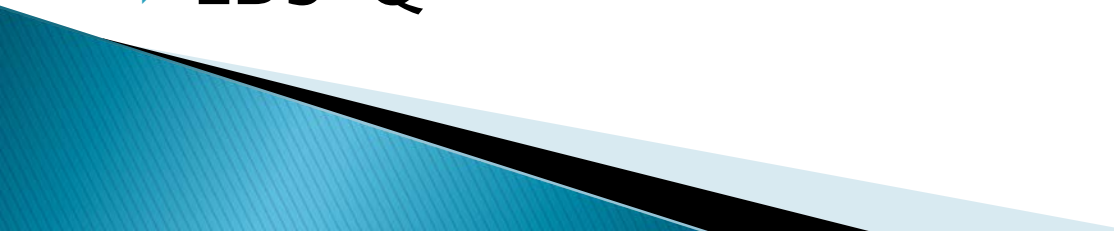
# Outcomes so far:

**Learning Outcomes:  
Rating Confidence Levels**



# Effectiveness Outcomes:

n.b. Preliminary data, Small N at present:

- ▶ RCADS: Significant reductions in low mood and anxiety subscales (Moderate effect size).
  - ▶ GBO: Mean 2.65 pre and 7.23 post. Significant increase to individualised goals (Large effect size).
  - ▶ Significant reduction in YP-core Scores (large effect size)
  - ▶ EDS-Q
- 

# Thank you

