

FPSA Grant Report

I am a Registered Mental Health Nurse and BABCP Accredited CBT Therapist working within a Youth Justice Service. My role is to assess the needs of young people coming into the justice system, and then provide intervention, or signpost/refer as appropriate.

I was given a grant from the FPSA to attend an Autism Diagnostic Interview – Revised (ADI-R) course to make more appropriate formulations to explain a young person's behaviour. This includes being able to try and tease apart if a behaviour is due to Autism Spectrum Disorder, or due to another reason such as developmental trauma. Having an accurate formulation is vital to the young person receiving the right intervention.

The course took place online, using Zoom, between 19th and 21st April 2023. This was a convenient way for me to attend as usually courses of this nature are in London (or other big cities) which then require accommodation costs and also trying to find someone to look after my children!

Although video conferencing can often come with difficulty (i.e. connection issues, speed of internet etc) this course ran flawlessly. The training itself was very well delivered and it was a small group allowing ample time to talk through our own thoughts and scenarios with the facilitator. It was a very practical course, watching several videos of ADI-R assessments, which I found a very good way to learn. Course administration was done well, with packs being sent out ahead of the course, and the course facilitator, Emma, was always on hand whenever I had some questions about the content of the course.

I am very grateful to the FPSA for giving me the opportunity to complete this course, and it is having a massive impact on young people in our service every day.

Registered Mental Health Nurse and CBT Therapist.