

# Addressing the trauma- related mental health needs of young people in care



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# Background on young people in care

- ~70,000 young people in care in England
- Most have experienced trauma and/or adversity
- Most enter care from school-age
- Can experience ongoing instability within the care system
- 5x more likely to meet criteria for a psychiatric disorder compared to their peers
- Unaddressed mental needs identified as key driver of a range of poor health and wellbeing outcomes

# Background research

- How to mental health difficulties develop once a young person enters care?
- What are the key predictors of mental health difficulties?
  - Specific focus on posttraumatic stress disorder (PTSD)
- What are the individual and service-level barriers and facilitators to help-seeking?

# Cross-sector implementation of TF-CBT

- Proposed cross-ARC project

High rates of  
PTSD

Same models of  
PTSD apply

TF-CBT

Rarely  
identified and  
treated

# Cross-sector implementation of TF-CBT

**Aim 1:** Identifying barriers and facilitators of services delivering TF-CBT, including individual, clinicians, and service-level predictors of treatment use and fidelity.

**Aim 2:** Add to the existing evidence-base for the use of TF-CBT, via exploring:

- (i) Symptom reduction in (complex) PTSD and common comorbidities
- (ii) Predictors of treatment success (e.g., IQ, initial symptoms, involvement of carer)

# Questions?



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