

# CHOOSING WHAT'S BEST FOR YOU

What scientists have found  
helps children and young people  
who are sad, worried or troubled

First Edition July 2007



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Copies of this booklet can be obtained from:  
Child and Adolescent Mental Health Services (CAMHS)  
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© 2007 CAMHS Publications  
ISBN 978-0-9553956-2-8

Design: [www.chapmandesign.net](http://www.chapmandesign.net)  
Illustration: Clive Goodyer  
Print: Captiv8 UK Ltd.



# How this booklet can help you

CHOOSING  
WHAT'S  
BEST FOR  
**YOU**

This booklet was written to help **you** make the best choices for you.

Knowing “the facts” makes it easier to make choices, but working out what “the facts” are is not always easy.

This is our first attempt to make this information available to children and young people in this way.

This does not mean you have to decide to go with any of the ways of helping listed here.

This booklet describes what scientists have found out so far, after comparing different ways of helping with large numbers of people.

By knowing what scientists have found out so far, you can have better conversations with those who are trying to help you.

We would really like to know what you think of this booklet so we can make future versions better.

We have included some quotes from young people about their experience of getting help.

Remember...

Let us know what you think: [ebpu@annafreud.org](mailto:ebpu@annafreud.org)

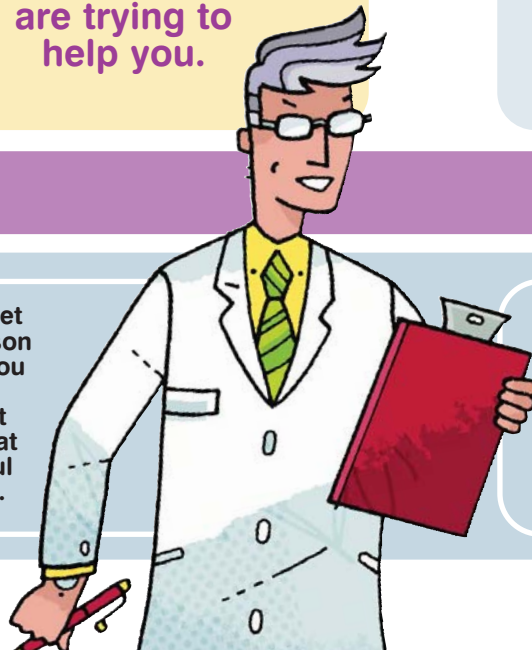
There are many ways of trying to help that haven't been properly tested yet by scientists, but which might help some individuals. We haven't written about them here.

How well you get on with the person trying to help you is likely to be important – let them know what you find helpful and unhelpful.

There are things for and against all types of help and they all mean you doing something new - ask about what is involved

This was written in 2007. Our knowledge will grow with time and this advice might change. Check out the links on p36 for the latest info.

Knowledge  
is **power**



# What the different types of difficulty mean

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## Note

You may have been told you have one or more of the following difficulties.

You are not alone.

Millions of children and young people in the UK have difficulties like these at any one time.

Often they have more than one difficulty at the same time.

For all the difficulties listed here, there are things that you and others can do to make things better and make life easier.

This booklet tells you about ways of helping that have been tested by scientists.

Different people trying to help you may use different names to describe the difficulties.

We have used these names because they are the ones the scientists used.

If you want to know more, or talk to someone about a particular worry or difficulty, try "useful information and resources" listed on p36.

### Anxiety

People with anxiety difficulties get extremely worried about things. Phobias are when people are excessively frightened of something, e.g. spiders.

### Attention Deficit Hyperactivity Disorder (ADHD)

People with ADHD find it very difficult to sit still, to concentrate and/or focus on things and/or to think before they act.

### Autism and Asperger's

People with autism or Asperger's have difficulties communicating with others and understanding the world as others do.

### Conduct Disorder

People with conduct disorder behave in a way that is out of control and harmful to others.

### Deliberate Self-Harm

People who self-harm deliberately hurt themselves.

### Depression

People with depression are very sad over a long period of time and can see no way forward.

### Eating Disorders (Anorexia and Bulimia)

People with anorexia nervosa more or less stop eating altogether. People with bulimia nervosa eat, but are then sick or take laxatives to get rid of the food.

### Obsessive-Compulsive Disorder (OCD)

People with OCD feel they have to do something over and over again, e.g. wash their hands.

### Post Traumatic Stress Disorder (PTSD)

People with PTSD continue to be very disturbed by an upsetting event.

### Psychosis (Bipolar Disorder and Schizophrenia)

People with psychosis have very serious problems that affect how they think, feel and act.

People with **Bipolar Disorder** feel alternately very manic (very high) and then very depressed.

People with **Schizophrenia** can imagine they are hearing things and that they are being controlled by others.

### Substance Misuse

People with substance misuse difficulties are addicted to, or being harmed by, their use of drugs or alcohol.

### Tourette's Syndrome

People with Tourette's shout out, or have multiple repetitive behaviours (tics) that they cannot control.



# What the different types of help mean

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## Behaviour Therapy

Learning and practising new behaviour that will make life easier for you and others.

## Cognitive Behaviour Therapy

Learning and practising new ways of thinking and behaving to make life easier for you and others.

## Debriefing

Talking in detail about an upsetting event immediately after it has happened.

## Diet

Changing what you eat. This might mean no longer eating some foods and/or taking in extra amounts of others.

## Eye Movement Desensitisation Reprocessing (EMDR)

Focussing on a particular physical action whilst thinking about difficult things, in order to change your thoughts and feelings about those things.

## Group Therapy

Talking about things in a group on a regular basis with other people who are having difficulties.

## Information and Support

Learning about how to understand difficulties, and talking things through.

## Intensive Behaviour Training

Parents and others provide intensive training to help a child develop basic skills.

## Interpersonal Therapy

Talking about key issues in your relationships and agreeing ways forward.

## Medicine

Taking medicine as a pill or as a liquid to help you think, feel or behave differently. For more information about particular medicines, go to [www.netdoctor.co.uk](http://www.netdoctor.co.uk)

## Motivational Interviewing

Having conversations which focus on the advantages and disadvantages of changing your behaviour.

## Multi-systemic Therapy

Lots of different types of help for you and your family, all working together to try to sort out the problems.

## Parent Training

Help and practical advice for parents and carers on how to change their own and their child's behaviour.

## Problem-solving Training

Learning and practising new ways of tackling problems in a helpful way.

## Psychodynamic Psychotherapy

Exploring unconscious processes and past relationships to try to understand the causes of the problems.

## Social Skills Training

Learning and practising new ways of getting on better with others.

## Systemic Family Therapy

Helping families work together to find new solutions that work for them.

## Therapeutic Foster Care

Living with foster parents who are trained and supported in helping you with difficulties.

## Watchful Waiting

Waiting and checking to see if things get better by themselves.

# Note

Many of the ways of helping listed here involve you meeting with an adult who is trained to help children and young people when they are troubled.

This sort of help may sometimes be lumped together as “therapy” or “support and advice”.

In fact, there are many different sorts of “therapy” and “support and advice”.

This booklet aims to let you know which of them scientists have found to be most helpful.

We have kept the descriptions very short.

You can find out more about the different types of help mentioned here by asking the person who is offering to help you or by searching the internet.

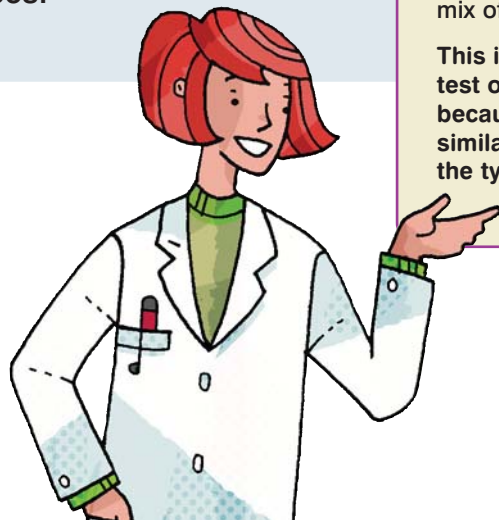


# How different types of help are rated

# What the ratings mean

CHOOSING WHAT'S BEST FOR YOU

- This booklet rates what scientists have found helps, based on how sure we can be about what they have found out.
- All the tests by scientists reported here have been checked to see how much we can trust the findings.
- Ways of checking scientific findings include looking at: how scientists have tested something; who paid for the research; whether other scientists have found that the same things help different people in different places.



STAR RATING
☆☆☆
VERY LIKELY TO HELP
WHAT IT MEANS
Scientists are very sure about this way of helping.
WHY THIS RATING?
Several different scientists have done the most careful kind of study where they split people into different groups, each of which got a different type of help.
The groups people were put in were decided 'randomly', e.g. someone might toss a coin to see who goes in which group – so that each group has roughly the same mix of people in it.
This is thought to be the fairest test of whether something helps because people in the groups are similar in every way, except for the type of help they get.

STAR RATING
☆☆
LIKELY TO HELP
WHAT IT MEANS
Scientists are pretty sure about this way of helping.
WHY THIS RATING?
Scientists have done several good studies where they have split people up into different groups and given them different sorts of help.
People got to choose – or were chosen – to be in each group.
This is not as fair a test, because people in the different groups may be different in some way that affects whether they get better or not.

STAR RATING
☆
MIGHT HELP
WHAT IT MEANS
Scientists are not so sure about this way of helping.
WHY THIS RATING?
Scientists have not yet done many good studies, or they have only looked at what people are already doing and compared one group with another.
This is thought to be the least fair test because it is quite likely that the people in the different groups are different in some way that affects whether they get better or not.



For more information about how scientists decide what helps: *Testing Treatments: Better Research for Better Healthcare* Imogen Evans, Hazel Thornton and Iain Chalmers (2006, University of Toronto)

“I HAVE BEEN GIVEN ADVICE ABOUT HOW TO HELP MYSELF, WHICH HAS BEEN REALLY USEFUL”

SOPHIE, AGED 11



**Remember**  
There may be other ways of helping not yet tested by scientists that might help you.

**Remember**  
Our knowledge is still growing – check the links on p36 for the latest info.

## What scientists have found helps with...

### Anxiety

People with anxiety difficulties get extremely worried about things. Phobias are when people are excessively frightened of something, e.g. spiders.

#### Behaviour Therapy

VERY LIKELY TO HELP ★★★

Learning and practising new behaviour that will make life easier for you and others.

#### Cognitive Behaviour Therapy

VERY LIKELY TO HELP ★★★

Learning and practising new ways of thinking and behaving that make life easier for you and others.

Can be done as a group or individually.

If you are under 11 years old and/or if your parents worry a lot, it can be helpful if they take part too.



#### Medicine

VERY LIKELY TO HELP ★★★

Taking medicine as a pill or as a liquid to help you think, feel or behave differently.

Any medicine may have side effects – you need to talk this over with your doctor. For more information about particular medicines go to [www.netdoctor.co.uk](http://www.netdoctor.co.uk)

Anti-depressant medicines called “SSRIs” can help people with social anxiety when other forms of help have not worked.



#### Information and Support

LIKELY TO HELP ★★

Learning about how to understand the difficulties, and talking things through.

May help if you are very anxious about going to school.



**Remember**  
We are all different; what helps others may not help you.

**Remember**  
You may need to try more than one thing.

**Remember**  
Never be afraid to ask questions or to tell people how you are finding things.

# What scientists have found helps with...

## Attention Deficit Hyperactivity Disorder (ADHD)

People with ADHD find it very difficult to sit still, to concentrate and/or focus on things and/or to think before they act.

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### Medicine

**VERY LIKELY TO HELP** ★★★

Taking medicine as a pill or as a liquid to help you think, feel or behave differently.

Any medicine may have side effects – you need to talk this over with your doctor. For more information about particular medicines go to [www.netdoctor.co.uk](http://www.netdoctor.co.uk)

If you are taking stimulant medicines it may help to have breaks, to make sure you continue to grow properly.



### Behaviour Therapy

**LIKELY TO HELP** ★★

Learning and practising new behaviour that will make life easier for you and others.

This can be tried first or along with medicine and might mean you don't have to take so much medicine.

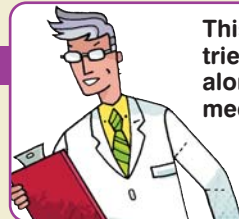
This should also happen in school to make sure it helps your behaviour there as well.



### Parent Training

**LIKELY TO HELP** ★★

Help and practical advice for parents and carers on how to change their own and their children's behaviour.



This can be tried first or along with medicine.

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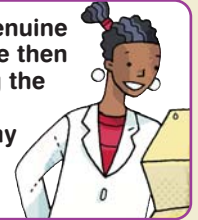
**Remember**  
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### Diet: avoiding certain foods

**LIKELY TO HELP** ★★

Changing what you eat so that you no longer eat some foods.

If you have a genuine food intolerance then stopping eating the foods you are intolerant to may help your behaviour.



### Diet: taking Omega 3 and Omega 6 oils

**MIGHT HELP** ★

Changing what you eat so that you take capsules that contain fish oils.



Not many studies have been made so far to find out whether this helps.

**Remember**  
Our knowledge is still growing – check the links on p36 for the latest info.

**Remember**  
There may be other ways of helping not yet tested by scientists that might help you.

**Remember**  
You may need to try more than one thing.





“THE PEOPLE TRYING TO HELP ME DON'T JUDGE ME, THEY LET ME SAY WHAT I WANT”

TALV, AGED 13



## What scientists have found helps with... Autism and Asperger's

People with autism or Asperger's have difficulties communicating with others and understanding the world as others do.

### Intensive Behavioural Training

LIKELY TO HELP ★★

Parents and others provide intensive training to help a child develop basic skills.

Can be done individually or as part of a group.

Can help improve general abilities and social skills.



### Medicine

LIKELY TO HELP ★★

Taking medicine as a pill or as a liquid to help you think, feel or behave differently.

Any medicine may have side effects – you need to talk this over with your doctor. For more information about particular medicines go to [www.netdoctor.co.uk](http://www.netdoctor.co.uk)

No medicine has been found to help the underlying problems of autism itself, but there are medicines that can help with some of the other difficulties that people with autism may have.



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#### Remember

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#### Remember

There may be other ways of helping not yet tested by scientists that might help you.



# What scientists have found helps with...

## Conduct Disorder

People with conduct disorder behave in a way that is out of control and harmful to others.

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### Parent Training

**VERY LIKELY TO HELP** ★★ ★

Help and practical advice for parents and carers on how to change their own and their child's behaviour.

Most likely to help on its own if you are under 10 years old and the difficulties are not severe.



### Problem-solving Training

**VERY LIKELY TO HELP** ★★ ★

Learning and practising new ways of tackling problems in a helpful way.

### Social Skills Training

**VERY LIKELY TO HELP** ★★ ★

Learning and practising new ways of getting on better with others.

Helpful alongside parent training if you are 8-12 years old or if the difficulties are quite severe.



### Systemic Family Therapy

**VERY LIKELY TO HELP** ★★ ★

Helping families work together to find new solutions that work for them.

Works best if it includes advice on and practice in changing behaviour.



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**Remember**  
You may need to try more than one thing.

**Remember**  
Never be afraid to ask questions or to tell people how you are finding things.

### Multi-Systemic Therapy

**VERY LIKELY TO HELP** ★★ ★

Lots of different types of help for you and your family, all working together to try to sort out the problems.

Helpful if you have had a lot of difficulties for a long time.



### Therapeutic Foster Care

**VERY LIKELY TO HELP** ★★ ★

Living with foster parents who are trained and supported in working with difficulties.

Only necessary if you have had very serious difficulties over a long time.



### Medicine

**LIKELY TO HELP** ★★

Taking medicine as a pill or as a liquid to help you think, feel or behave differently.

Medicines for conduct disorder should only be used in special circumstances. Try other things first.



Any medicine may have side effects – you need to talk this over with your doctor. For more information about particular medicines go to [www.netdoctor.co.uk](http://www.netdoctor.co.uk)

**Remember**  
Our knowledge is still growing – check the links on p36 for the latest info.

**Remember**  
There may be other ways of helping not yet tested by scientists that might help you.



# What scientists have found helps with...

## Deliberate Self-Harm

People who self-harm deliberately hurt themselves.

### Systemic Family Therapy

LIKELY TO HELP ★★

Helping families work together to find new solutions that work for them.

Meeting a few times to focus on solving key problems can help after a child or young person has self-harmed.



### Group Therapy

LIKELY TO HELP ★★

Talking about things in a group on a regular basis with other people who are having difficulties.



Helps young people who have self-harmed several times.

### Problem-solving Training

LIKELY TO HELP ★★

Learning and practising new ways of tackling problems in a helpful way.

It is likely to be helpful to include family members.



#### Remember

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#### Remember

You may need to try more than one thing.

#### Remember

Never be afraid to ask questions or to tell people how you are finding things.

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#### Remember

There may be other ways of helping not yet tested by scientists that might help you.

CHOOSING  
WHAT'S  
BEST FOR  
YOU

“I’VE BEEN ABLE TO TALK ABOUT MY PROBLEMS AND I’VE LEARNED TO OPEN UP AND NOT HIDE AWAY ANY MORE”

CORRINE, AGED 17



# What scientists have found helps with...

## Depression

People with depression are very sad over a long period of time and can see no way forward.

CHOOSING  
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YOU

### Watchful Waiting

LIKELY TO HELP ★★

Waiting and checking to see if things get better by themselves.

Sometimes people get better by themselves without any help – this is only suggested if the difficulties are not severe.



### Interpersonal Therapy

LIKELY TO HELP ★★

Talking about key issues in your relationships and agreeing ways forward.

### Cognitive Behaviour Therapy

LIKELY TO HELP ★★

Learning and practising new ways of thinking and behaving that will make life easier for you and others.

### Systemic Family Therapy

LIKELY TO HELP ★★

Helping families work together to find new solutions that work for them.

Can be helpful where difficulties are not too severe.

Because people can get depressed again, it may help to have a few meetings, even after you are feeling better, to help stop this happening.



### Medicine

VERY LIKELY TO HELP ★★★

Taking medicine as a pill or as a liquid to help you think, feel or behave differently.

Any medicine may have side effects – you need to talk this over with your doctor. For more information about particular medicines go to [www.netdoctor.co.uk](http://www.netdoctor.co.uk)

If things are very bad, or if other things are not helping, anti-depressant medicines called “SSRIs” can be helpful for teenagers (and possibly for younger children).

These should be used alongside Cognitive Behaviour Therapy, Interpersonal Therapy or Systemic Family Therapy.

Note: antidepressants known as “tricyclics” have been shown NOT to help.



**Remember**  
Our knowledge is still growing – check the links on p36 for the latest info.

**Remember**  
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**Remember**  
There may be other ways of helping not yet tested by scientists that might help you.

**Remember**  
Never be afraid to ask questions or to tell people how you are finding things.

**Remember**  
You may need to try more than one thing.

## What scientists have found helps with...

# Eating Disorders (Anorexia and Bulimia)

People with anorexia nervosa more or less stop eating altogether. People with bulimia nervosa eat, but are then sick or take laxatives to get rid of the food.

### Systemic Family Therapy

**VERY LIKELY TO HELP** ★★★

Helping families work together to find new solutions that work for them.

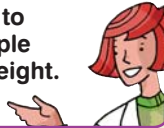


Helps teenagers with anorexia.

### Behaviour Therapy

**LIKELY TO HELP** ★★

Learning and practising new behaviour that will make life easier for you and others.



Can be used in hospital, to help people put on weight.

### Psychodynamic Psychotherapy

**LIKELY TO HELP** ★★

Exploring unconscious processes and past relationships to try to understand the causes of the problems.



May help older teenagers and young adults with anorexia.

### Cognitive Behaviour Therapy

**MIGHT HELP** ★

Learning and practising new ways of thinking and behaving that make life easier for you and others.



May help older teenagers with bulimia

#### Remember

We are all different; what helps others may not help you.

#### Remember

There may be other ways of helping not yet tested by scientists that might help you.

#### Remember

Never be afraid to ask questions or to tell people how you are finding things.

CHOOSING  
WHAT'S  
BEST FOR  
YOU

“BEING ABLE TO  
TALK TO  
SOMEONE HAS  
REALLY HELPED”

AMY, AGED 11



#### Remember

Our knowledge is still growing – check the links on p36 for the latest info.

#### Remember

You may need to try more than one thing.

“MEDICATION  
HAS HELPED ME  
AND PEOPLE  
HAVE HELPED  
ME ACHIEVE  
THINGS”

EDWARD, AGED 15



**Remember**  
There may be other ways of helping not yet tested by scientists that might help you.

**Remember**  
Our knowledge is still growing – check the links on p36 for the latest info.

## What scientists have found helps with... Obsessive-Compulsive Disorder (OCD)

People with OCD feel they have to do something over and over again, e.g. washing their hands.

### Behaviour Therapy

VERY LIKELY TO HELP ★★★

Learning and practising new behaviour that will make life easier for you and others.

### Cognitive Behaviour Therapy

VERY LIKELY TO HELP ★★★

Learning and practising new ways of thinking and behaving that make life easier for you and others.

If you are under 11 years old or if your parents worry a lot about things, it may be helpful if they take part too.



### Medicine

VERY LIKELY TO HELP ★★★

Taking medicine as a pill or as a liquid to help you think, feel or behave differently.

Any medicine may have side effects – you need to talk this over with your doctor. For more information about particular medicines go to [www.netdoctor.co.uk](http://www.netdoctor.co.uk)

Taking anti-depressant medicines called SSRIs or a medicine called “clomipramine” can be helpful when other things have not helped.



**Remember**  
We are all different; what helps others may not help you.



**Remember**  
You may need to try more than one thing.

**Remember**  
Never be afraid to ask questions or to tell people how you are finding things.

# What scientists have found helps with... Post Traumatic Stress Disorder (PTSD)

People with PTSD continue to be very disturbed by an upsetting event.

## Cognitive Behaviour Therapy

**LIKELY TO HELP** ★★

Learning and practising new ways of thinking and behaving that make life easier for you and others.

This should look at your specific problems, and should be suitable for your age.



## Eye Movement Desensitisation and Reprocessing (EMDR)

**MIGHT HELP** ★

Focussing on a particular physical action whilst thinking about difficult things in order to change your thoughts and feelings about those things.

Not many studies have been made so far to find out if this helps.



Note: Whilst talking can be helpful, being encouraged to talk to new people in detail about an upsetting event immediately after it has happened (debriefing) if you don't want to may not be helpful  
Medicines have NOT been found to help children and young people directly with PTSD

### Remember

We are all different; what helps others may not help you.

### Remember

You may need to try more than one thing.

### Remember

Never be afraid to ask questions or to tell people how you are finding things.

### Remember

There may be other ways of helping not yet tested by scientists that might help you.

### Remember

Our knowledge is still growing – check the links on p36 for the latest info.



CHOOSING  
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BEST FOR  
YOU

“I FEEL RESPECTED  
AND LISTENED TO”

ADAM, AGED 12



# What scientists have found helps with...

## Psychosis (Bipolar Disorder and Schizophrenia)

People with psychosis have very serious problems that affect how they think, feel and act.

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YOU

### Bipolar Disorder

People with bipolar disorder feel alternately very manic (very high) and then very depressed.

#### Medicine when you are first ill

**LIKELY TO HELP ★★**

Taking medicine as a pill or as a liquid to help you think, feel or behave differently.

If you become ill very quickly, medicines called "neuroleptics" or "mood stabilisers" may help.

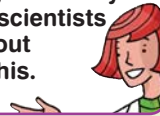


#### Taking medicine to stop you getting ill again

**MAY HELP ★**

Taking medicine as a pill or as a liquid to help you think, feel or behave differently.

Mood stabilisers may be helpful in stopping you become ill again once you are well, but scientists need to find out more about this.



Any medicine may have side effects – you need to talk this over with your doctor. For more information about particular medicines go to [www.netdoctor.co.uk](http://www.netdoctor.co.uk)

### Schizophrenia

People with schizophrenia can imagine they are hearing things and that they are being controlled by others.

#### Medicine

**VERY LIKELY TO HELP ★★★**

Taking medicine as a pill or as a liquid to help you think, feel or behave differently.

Anti-psychotic medicines called "atypical neuroleptics" may be very helpful.



### Cognitive Behaviour Therapy

**MAY HELP ★**

Learning and practising new ways of thinking and behaving that to make life easier for you and others.

### Systemic Family Therapy

**MAY HELP ★**

Helping families work together to find new solutions that work for them

These have been found to help adults with psychosis, but scientists don't know how well they will help younger people.



#### Remember

Our knowledge is still growing – check the links on p36 for the latest info.

#### Remember

There may be other ways of helping not yet tested by scientists that might help you.

#### Remember

You may need to try more than one thing.

#### Remember

We are all different; what helps others may not help you.

#### Remember

Never be afraid to ask questions or to tell people how you are finding things.





## What scientists have found helps with...

# Substance Misuse

People with substance misuse difficulties are addicted to, or being harmed by, their use of drugs or alcohol.

### Systemic Family Therapy

**VERY LIKELY TO HELP** ★★★

Helping families work together to find new solutions that work for them.

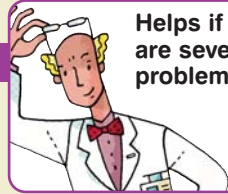
Helps people who have difficulties with drugs and alcohol.



### Multi-Systemic Therapy

**LIKELY TO HELP** ★★

Lots of different types of help for you and your family, all working together to try to sort out the problems.



Helps if there are several problems.

### Motivational Interviewing

**LIKELY TO HELP** ★★

Having conversations which focus on the advantages and disadvantages of changing your behaviour.



Can help people limit or stop their drug and alcohol intake.

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CHOOSING  
WHAT'S  
BEST FOR  
YOU

“I HAVE BEEN TOLD ABOUT TECHNIQUES I CAN USE TO HELP MYSELF”

BRYN, AGED 16



## What scientists have found helps with...

# Tourette's Syndrome

People with Tourette's shout out or have multiple repetitive behaviours (tics) that they cannot control.

### Medicine

**VERY LIKELY TO HELP** ★★ ★

Taking medicine as a pill or as a liquid to help you think, feel or behave differently.

Medicines called "neuroleptics" and a medicine called "clonidine" can help.



Any medicine may have side effects – you need to talk this over with your doctor. For more information about particular medicines go to [www.netdoctor.co.uk](http://www.netdoctor.co.uk)

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## Things to bear in mind

CHOOSING  
WHAT'S  
BEST FOR  
YOU

Doing scientific studies to work out what helps most is not easy.

There is still a lot we don't know.

Never be afraid to ask those people offering to help you why they are suggesting particular ways of helping, and what other options there are.

Some questions you might like to ask those who are trying to help you.

What have scientists found out that most helps people like me?

Are there any reasons why I should try something different?

What are the advantages and disadvantages of the different options open to me?



# Useful Information and Resources

## For more information about particular problems:

- **ADDiSS** (The National Attention Deficit Disorder Information and Support Service)  
[www.addiss.co.uk](http://www.addiss.co.uk)
- **Beat** (Beating Eating Disorders)  
[www.b-eat.co.uk/Home](http://www.b-eat.co.uk/Home)
- **Frank** (for info about drugs)  
[www.talktofrank.com](http://www.talktofrank.com)
- **Mental Health Foundation** (produce leaflets on several subjects)  
[www.mhf.org.uk](http://www.mhf.org.uk)
- **National Autistic Society**  
[www.nas.org.uk](http://www.nas.org.uk)
- **Parentline**  
[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)
- **Royal College of Psychiatrists**  
[www.rcpsych.ac.uk/mentalhealthinformation.aspx](http://www.rcpsych.ac.uk/mentalhealthinformation.aspx)
- **RU-OK** (website for young people)  
[www.ru-ok.com](http://www.ru-ok.com)
- **There4Me** (website aimed at 12-16 year-olds)  
[www.there4me.com](http://www.there4me.com)
- **Tourette's Syndrome**  
[www.tsa.org.uk](http://www.tsa.org.uk)
- **YoungMinds**  
[www.youngminds.org.uk](http://www.youngminds.org.uk)
- **Youth In Mind** (for parents and teachers as well as children and young people)  
[www.youthinmind.co.uk](http://www.youthinmind.co.uk)

## For the latest advice on the ways of helping that should be available to you:

- **National Institute for Health and Clinical Excellence (NICE)** – this organisation advises the NHS on the best ways of helping people with health problems. Not everything has

been covered by NICE but, where it has, they can tell you what types of help should be offered to you.  
[www.nice.org.uk](http://www.nice.org.uk)



## If you have concerns or worries you want to discuss privately

- **Childline** (free helpline 0800 1111)  
[www.childline.org.uk](http://www.childline.org.uk)
- **Get Connected** (free helpline 0808 808 4994)  
[www.getconnected.org.uk](http://www.getconnected.org.uk)
- **Samaritans** (free helpline 08457 90 90 90)  
email [jo@samaritans.org](mailto:jo@samaritans.org) or [www.samaritans.org.uk](http://www.samaritans.org.uk)
- **YoungMinds Parent Information Service** (free helpline 0800 018 2138)  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

## This booklet is based on:

*Drawing on the Evidence. Advice for mental health professionals working with children and adolescents* (Second Edition, 2006, CAMHS Publications)  
by Miranda Wolpert, Peter Fuggle, David Cottrell, Peter Fonagy, Jenette Phillips, Steven Pilling, Samuel Stein, and Mary Target.

**For more information:**  
*What Works for Whom? A critical review of treatments for children and adolescents* (Guilford Press, 2003)  
Peter Fonagy, Mary Target, David Cottrell, Jeanette Phillips and Zarrina Kurtz.

Free copies of *Drawing on the Evidence* can be downloaded from [www.annafreud.org/ebpu](http://www.annafreud.org/ebpu)



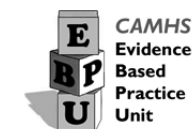
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## Thanks

Thanks to all those who offered advice and comments. In particular: the 64 young people and their helpers who attended the YoungMinds East Midlands Children and Young People's Conference (March 2007); members of the YoungMinds HealthyHeads and VIK children and young people's panel; Sir Michael Rutter; Dr Michael Clark; Sir Iain Chalmers; Sir Muir Gray; Hamish Chalmers; Professor Eric Taylor; Professor Peter Fonagy; Otilie Dugmore of QINMAC and the psychologists of Bedfordshire and Luton.

Thanks to the National CAMHS Support Service and YoungMinds who paid for copies of this booklet to be printed.



THE ANNA FREUD CENTRE  
DEDICATED TO THE EMOTIONAL WELL-BEING OF CHILDREN



Care Services Improvement Partnership **CSIP**

Children Young People and Families  
Programmes

This booklet is designed to be given out to children and young people by those trying to help them.

It aims to help people make more informed choices about different treatment options.

It does not tell people what to do; it simply says what scientist have found out so far for particular emotional and behavioural difficulties.

We are interested in your feedback - let us know how future versions of this booklet might be improved:

[ebpu@annafreud.org](mailto:ebpu@annafreud.org)

For free copies and more information go to:

[www.annafreud.org/ebpu](http://www.annafreud.org/ebpu)

