

Grow2Grow

Combined mental health and vocational support in a non-NHS setting

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1 Introduction

Underpinned by an applied psychodynamic model, Grow2Grow offers young people with complex mental health difficulties combined mental health and vocational support in an organic farm and education centre environment (Commonwork). Supported by a multidisciplinary team, the young people attend the project for up to two days a week for a maximum of two years, working in social enterprises such as the market garden and receiving weekly therapeutic keyworking. The aim of this poster is to describe this innovative service and the clinical and vocational outcomes achieved.

2 Method

As part of ongoing service evaluation, outcome data is routinely collected from young people and clinicians at three monthly intervals, using the measures listed below. In addition, educational and vocational outcomes such as enrolling at college, securing paid or voluntary employment are recorded.

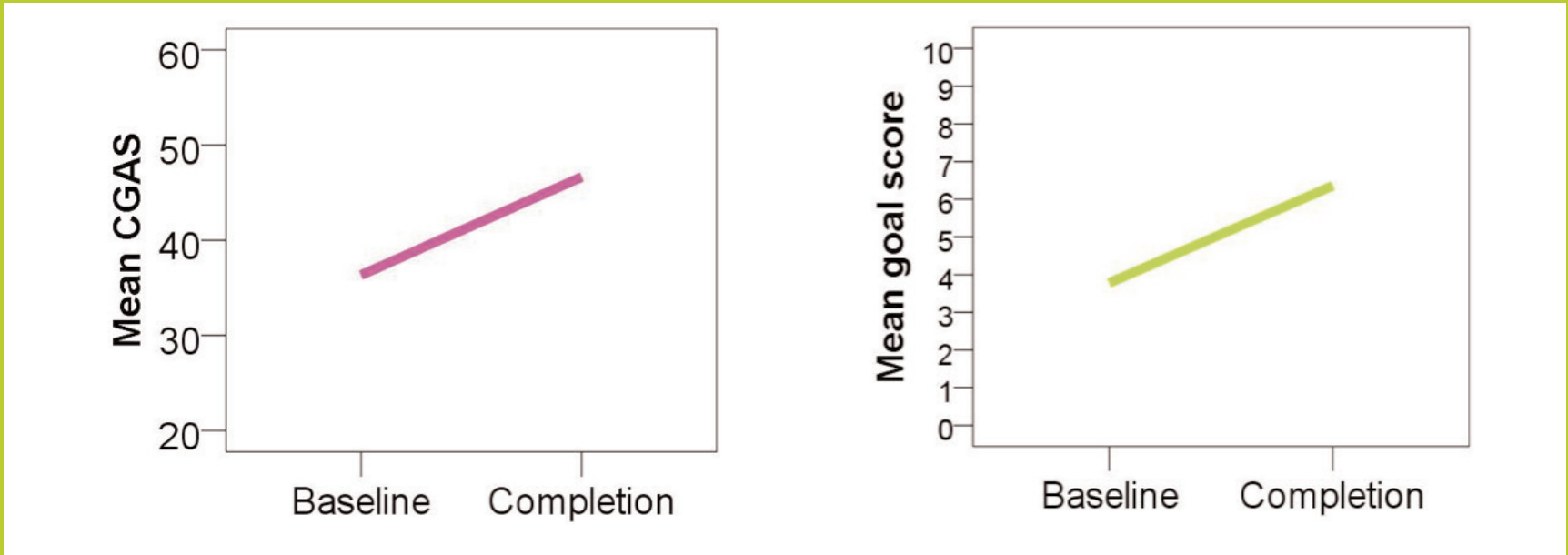
Clinician-rated (introduced 2010)	Client-rated (introduced 2012)
Child Global Assessment Scale (CGAS)¹ Social, emotional and behavioural functioning is rated on a scale from 0 (very poor) to 100 (very high) following case discussion in the team meeting.	Goal based outcomes² Young people set up to three goals with their keyworker at the beginning of their placement and assess progress towards their goals using a scale from 0-10.

Mean CGAS scores and personal goal scores on entry to Grow2Grow and at placement completion were compared using repeated measures t-tests. Client goals were subjected to content analysis to explore what young people wanted to get out of the project. Educational and vocational outcomes were analysed using descriptive statistics (frequencies).

3 Sample overview

26 (16 male, 10 female)	• Young people completed G2G placements
16.5 years (range 14-25)	• Median age on entry to the project
14.4 months (s.d. = 8.1)	• Mean placement length
6 (23%)	• Looked after children
20 (77%)	• Comorbidity (eg, ASD, ADHD)

4 Results



There was a significant increase in CGAS scores ($t(25) = -5.85$, $p < 0.001$) and goal scores ($t(12) = -2.9$, $p < 0.05$) over the course of Grow2Grow placements. Since introducing client-rated outcomes in 2012, 13 young people have set 35 personal goals. These were classified into four themes (see graph below). Most young people set at least one social and vocational goal.



21 (81%) young people achieved educational or vocational outcomes
For example:

- 7 young people completed paid work placements at Commonwork and in the local community (eg, working with the dairy herd, selling produce at local markets).
- 16 young people sustained precarious school places and/or made a transition to college.
- 7 young people made a transition from Grow2Grow into paid employment (eg, one young man has set up his own gardening business and now has over 30 clients; another has secured a job at a garden centre).

5 Conclusion

Young people attending Grow2Grow demonstrate improved functioning and progress towards personal goals, based on clinician- and client-rated outcome measures. They also achieve impressive educational and vocational outcomes. This may in part be due to the innovative approach of combining vocational and mental health support within one service, and to the applied psychodynamic model underpinning the work.

Vocational development



Vocational development is supported through work experience in the market garden, opportunities for paid work placements at Commonwork and in the local community and 1:1 vocational sessions with an occupational therapist.

Social enterprise



The organic market garden operates as a social enterprise, with produce sold to Commonwork's conference centre chef, pubs and restaurants, through a box scheme and at local markets. Profits are fed back into the project.

Therapeutic keyworking



Young people have weekly therapeutic keyworking. This work is underpinned by an applied developmental psychodynamic model that addresses both a 'healthy' part of each young person, geared towards progress and a 'destructive' part that actively sabotages their efforts to move forward.³

Life and social skills



Young people are supported in traveling independently to local stations where they are collected in a minibus. Each day the group cooks and shares a meal, using freshly harvested organic produce.

Network support



Support is offered to those in the network around the young people attending Grow2Grow. They are invited to attend three-monthly client review meetings and individual consultations where appropriate. Training is also provided on the model underpinning the work.

Reflective team



In addition to clinical supervision, all staff participate in a weekly reflective team meeting, enabling in-depth consideration of the individual clients and group dynamics.

1 Shaffer, D., et al.(1983). A children's global assessment scale (CGAS). Archives of General Psychiatry, 40, 1228-1231.
2 Law, D. (2013). Goals and goal based outcomes: Some useful information. Hertfordshire Partnership NHS Foundation Trust: CAMHS Outcome Research Consortium (CORG)/CAMHS Press.
3 Conway, P., & Ginkell, A. (2014). Engaging with Psychosis: A psychodynamic developmental approach to social dysfunction and withdrawal in psychosis. Psychosis, 6, 313-326.



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