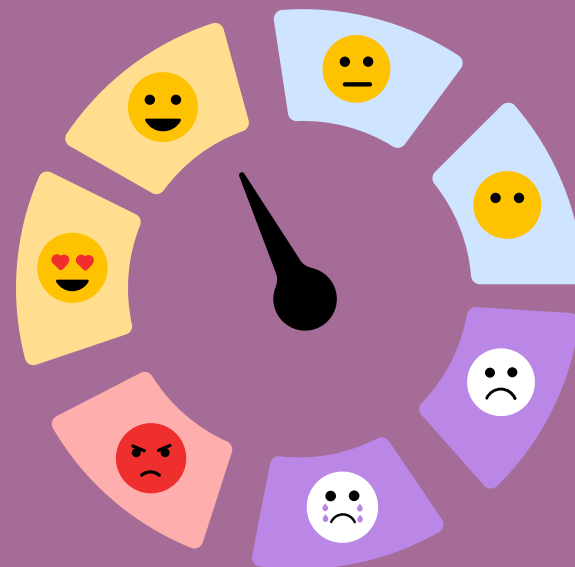


THE CHIMES STUDY

Care-experienced children and young people's Interventions to improve Mental health and well-being outcomes

What did we learn?



Why was this study needed?



- Some care-experienced children and young people will have poorer mental health and well-being than those who have not been in care.
 - In the UK, there have been policies and recommendations to improve mental health service provision, but it is not clear what works.

What does 'care-experienced' mean?

Children and young people with experience of care may include those who live with foster carers, kinship carers or in residential care.

What were the aims of CHIMES?

To gather and review international evidence on interventions that:

- Improve the mental health and well-being of children and young people
- Assess whether these programs could be successfully used in the UK



What methods were used?

Our mixed methods review combined:

- Organising and reviewing evidence
- Detailed analysis of results
- Cost-effectiveness evaluations

What were the main findings?

- We identified two priority interventions to be considered for delivery in the UK:
 1. Mentoring by individuals who have knowledge and experience of care;
 2. System and ethos change to build harmony and relationships between organisations.NIHR are commissioning evaluations in relation to this.
- We also developed a set of ten core questions for policy-makers and practitioners to consider when implementing interventions targeting the mental health and well-being of care-experienced children and young people. You can access these questions via the QR code below.



Scan for CHIMES papers:



CHIMES core questions:

