

Let's Introduce Anxiety Management (LIAM) Group Information Sheet

Information for children, young people and families

Anxiety in children and young people:

Experiencing anxiety and worry is normal and common in people of all ages. While we all experience anxiety sometimes, there are times when anxiety and worry can feel very difficult to manage and can have a big impact on really important aspects of our lives.

Anxiety can, for example, make us feel very upset and get in the way of the things that we would like to do. Common types of anxiety in children and young people include:

- Fear of specific things (e.g. dogs) or of places, (e.g. the dentist)
- Fear of being separated from your family
- Fear of the unknown or uncertainty
- Fear of social situations
- Panic: Fear of disaster or being out of control
- Worries about upcoming changes- such as changing school.

For children and young people experiencing these difficulties, learning a little more about anxiety and ways of overcoming it can be helpful.

Let's Introduce Anxiety Management (LIAM)

LIAM is designed to help you to learn more about anxiety and ways to overcome it. It is based on cognitive behavioural therapy (CBT) principles and focuses on what happens to our thoughts, feelings and behaviour when we feel anxious. Importantly, LIAM helps people to learn new ways of dealing with anxiety.

In your school, LIAM is being offered to young people who are experiencing anxiety that they are finding upsetting or difficult to manage. LIAM involves meeting with members of the LIAM Team and other young people in a group setting to work through anxiety management resources. With current COVID-19 restrictions, this will likely be in an online format.

Before beginning the group session, you will be offered an initial appointment with a member of the LIAM team to discuss whether LIAM seems like a suitable option for you and to give you the opportunity to ask any questions you may have before joining the group. The Group takes place over eight, 1 hour meetings.

How your information is collected and shared

This group is a collaboration between your school and NHS Lothian Child and Adolescent Mental Health Services (CAMHS). NHS Lothian will keep a record of your attendance at the group and your progress through this on your medical record. This information will be stored in line with the General Data Protection Regulations (GDPR).

If you would like to take part in group LIAM and you are already on the CAMHS treatment waitlist, we will contact your local CAMHS team to establish whether this seems like a suitable intervention to offer while you await further input from this service.

Your school will be updated about your attendance at the group but information relating to your progress through the group will not be shared without your consent. We will contact your school if you choose not to attend. In circumstances where we have a concern for your well being, or the well being of others, we may need to discuss this with other parties including your parents/guardians and your school. We would make every effort to discuss this with you first.

Service evaluation, audit and research

We are keen to evaluate how useful LIAM is for children and young people in the school environment.

In order to do this, we will ask you to complete questionnaires during your appointments and consent to us using this information for current and future service evaluation and research. Information from your questionnaire responses will be stored by NHS Lothian for these purposes. The help you get from the LIAM staff will not be affected if you decide at any time that you do not want to take part in this evaluation.

If you do decide to take part, we will ask for your consent to allow us to:

- Use the information collected to evaluate LIAM. This information will be completely anonymous (your name and other identifiable information will not be used).
- Use this information for current and future research and evaluation. This information will be used by NHS Lothian and NHS Education for Scotland (NES). It will be stored securely and confidentially within these organisations.

We will make sure we keep information which relates to you safe and secure and you will not be identified in any reports that follow.

Further information

If you have any questions, please speak with school staff or with your LIAM worker and they will be happy to discuss any of the above in more detail with you.