

# Children and Young People: Acute Psychiatric and Psychosocial Emergencies (CYP APEX)



## What is the CYP APEX Course?



All Behaviour is Communication

The primary aim of the Children and Young People: Acute Psychiatric and Psychosocial Emergencies (CYP APEX) course is to equip health professionals caring for children and young people in acute distress or crisis with the knowledge, skills, and attitudes needed to provide safe, effective, high-quality care with competence, confidence, and compassion. The course focuses on the immediate management of crisis through a structured approach, underpinned by the principle that all behaviour is a form of communication.

## What are the benefits of the course?

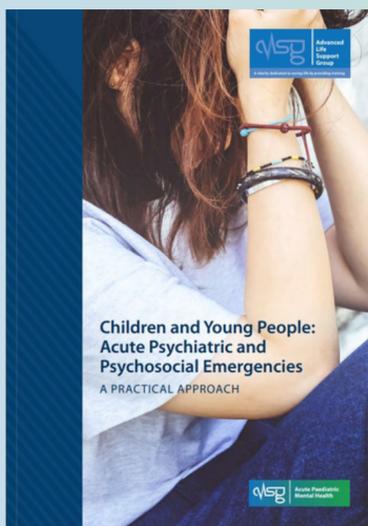
AEIO-U will provide a framework that will enable you to safely and effectively manage the CYP in acute distress until an onward care plan is in place.

### AEIO-U

- A** Agitation - Is the CYP agitated, pacing, shouting, threatening or are they calm?
- E** Environment - Is the CYP in a space that is safe and suitable for their level of distress? Is it ligature point free? Are there two exits? Alarms? Or are they in a busy waiting room?
- I** Intent - Is there a current intent to harm themselves, to harm others, or to abscond?
- O** Objects - Do they have any objects on them, or in the environment around them, that may be used to harm themselves or others?
- U** Unified - Assessment of ABC (Airway Breathing Circulation) should be done concurrently to safely assess physical, psychiatric and psychosocial risk factors.

The course provides the learner with structure to the assessment and management of a CYP presenting in acute distress, considering all potential physical, psychiatric and psychosocial contributing factors. Common presentations with self-harm, suicidal intent and food/fluid refusal are covered with an emphasis on de-escalation using safe, effective and compassionate approaches until an onward care plan is in place.

## What to expect from CYP APEX



The programme consists of a manual; a series of online e-modules for learners to begin to apply some of the knowledge acquired through reading the manual; and a two-day face-to-face component with lectures, small group workshops, and scenarios with simulated patients.



## Who can attend?

The course is multiprofessional with an emphasis on team working across physical and mental health professionals and learning with, from and about each other. CYP APEX is ideal for emergency physicians, psychiatrists, emergency and mental health nurses, paramedics and other crisis care professionals.

## Making it happen

Click on the QR code to book your place.



## Learning together

- Take an (ABC) 'All Behaviour is Communication' approach
- Practise developmentally appropriate communication
- Keep self and the CYP safe
- Be compassionate to self and others
- Practise de-escalating an acutely dysregulated CYP
- Carry out a mental state examination
- Identify different reasons for acute food/fluid refusal and appropriate responses
- Carry out a HEEADSSS psychosocial interview
- Show an awareness of risk factors and approaches to reducing restrictive practice
- Explain the CYP legal position regarding capacity, consent and capability
- Describe environmental modifications
- Use a trauma informed approach
- Actively consider protected characteristics and special considerations
- Recognise when to call for help