

Box 2: Strategies to help the implementation of youth mental health and substance-use interventions in general practice.

Training

Training for practice nurses

Training for GPs/CPD course (build confidence, lessen stigma)

Skills development

Knowledge development

Consultation Improvements

List of appropriate agencies or web resources located in central location

Treatment guides are easy to use – evidence summaries

Not overestimating what the patient knows – plain English, drawings for leaflets, presume no knowledge

Specific wording for questions which may be awkward to ask

Service-Level Changes

Role of opportunistic screening - computer aided reminders

Access provided to young people without cost ('teen visit' for those without medical cards using a Special

Treatment form/outreach clinics by GPs local to youths)

Creating appropriate time and space to explore the YP's issues

Collaboration

Interagency collaboration – all services have the same knowledge on what happens re: treatment, flexible interface still maintained

Interagency guidelines

Role of youth worker/key worker

Access to services, especially for psych interventions – which service can help appropriately, seeking accountability and standardization.

Inclusion of schools (point of contact, info sharing, visit to PCT)

Healthcare-system Changes

Which interventions can be initiated in primary care? Which in general practice?

Development of 'Youth friendly practices' – accreditation or listing, allowing teens to attend these listed services even if registered with other GP or PCT.

Formalising role of GP/PCT input across youth environments – social, home, health and social services

Primary care as an agent of social change in the community – more active role

Role of stepped care