

Developing a Comprehensive Training Plan for NHS Grampian CAMHS Based on the MATRIX Recommendations: A Strategic Approach



Background:

Aligned with NES and the Scottish Government's vision, the MATRIX aims to ensure timely access to high-quality, evidence-based psychological therapies, promoting the well-being and health of the people of Scotland.

Introduction:

The MATRIX is designed to support evidence-based practice in the delivery of psychological therapies and interventions within NHS services. It comprises four key elements:

- An overview of psychological services in Scotland
- Evidence summaries
- Recommended interventions and therapies
- Essential supports for training and implementation.

This comprehensive tool addresses the need for effective and efficient psychological services in Scotland by providing accessible evidence summaries and guidance on implementing recommended therapies.

Aim:

To develop and implement a comprehensive training plan within NHS Grampian CAMHS based on the MATRIX recommendations. This initiative aims to bridge identified training gaps, enhance staff proficiency in the recommended therapies, and improve overall service delivery for optimal safe, effective and efficient patient care. By emphasizing continuous professional development and the integration of evidence based psychological therapies, this quality improvement seeks to ensure that the MATRIX guidelines are effectively implemented, fostering a culture of ongoing learning and excellence within the NHS.



Fig.1 The MATRIX

