



School reintegration following inpatient mental health hospitalisation: The perspectives of children, young people and parents

Find the full study here: [2023FanceSEdPsyD.pdf \(uea.ac.uk\)](https://uea.ac.uk/2023/FanceSEdPsyD.pdf)



Aims/Background context



(why did we do it)

- There has been an increased rate of mental health difficulties for children and young people since 2017. In 2023, 1 in 5 children and young people aged 8 – 25 had a “probable mental disorder” (Newlove-Delgado et al., 2023).
- There is very limited prior research in this area, particularly in the context of the UK and gathering the voices of children and young people and their parents or carers.
- The study aimed to explore the experiences children and young people who had successfully reintegrated into school following inpatient hospitalisation within a Tier 4 mental health setting, what supported them to reintegrate and what could have been improved about their reintegration experiences.
- It was hoped that the findings and implications of the study would support children and young people reintegrating into school in the future.

Design/Methods



(what did we do)

- The study consisted of a qualitative, multiple case study design.
- Semi-structured interviews took place with children and young people and their parents within 4 individual case studies.
- Interview transcripts were analysed using Reflexive Thematic Analysis.

Four main themes were identified, in addition to a number of subthemes, some of which are also detailed below:

- Individual and family factors (including for example, skills and strengths of young people).
- Supporting relationships (including for example, parents as advocates).
- Inclusive education (including for example, school culture: fear or understanding).
- Wider system factors (including for example, education as part of recovery).

Results/Discussion/Impact



(what does this mean for children & families in Suffolk)

- A tentative **FRESH START** framework of implications and recommendations was devised for professionals involved in supporting children and young people to reintegrate into school following inpatient mental health hospitalisation.
- Further details of these implications have been shared widely with professionals across systems, including Educational Psychologists and education staff working within Tier 4 settings, in Suffolk and beyond.

- **Family-centred**
- **Relationships**
- **Education**
- **Strengths-based**
- **Healthy minds**
- **Safety**
- **Trauma-informed**
- **Advocates**
- **Responsive**
- **Teamwork**

Additional training and/or support is warranted for key stakeholders involved in and supporting children and young people and their families with this transition.

Summary provided by Dr Sara Fance, Educational Psychologist, September 2024