

## Aplos Youth Wellbeing Clinic

### Overview:

With evidence of widening health inequalities and mental health difficulties for YP in the borough, a dedicated YP clinic was set up in the primary care network to provide care for 11-19 YO who can self refer or be booked by their GP. A strengths & needs approach is used & the clinic has a GP & 2 MH coaches. Following identification of needs we collaboratively decide on next steps including follow-up within clinic, escalation when needed, own GP liaison/referrals to developmental service/specialist/paediatrics or mental health service (CAMHS) or liaising with the voluntary sector.

### Objectives:

- A dedicated clinic and longer appointments to increase understanding of physical health concerns, address MH concerns, improve health literacy and relationship with own GP
- Increased prevention of future harms and address wider inequalities with social prescribing etc. to address housing or social needs

### Results:

90% attendances for mental health (MH) concerns  
10% for MH & physical health concerns  
90% would recommend to their friends

### Learning:

*Enablers:* Extended appointments enable GPs to understand YP's ecosystem & address deeper needs.  
Posters with diversity.  
Dedicated time for lead GP.  
Care co-ordinator to support admin, MDT etc.

*Barriers:* Having to establish own links with community as no local 18yo social prescribing.  
Only funded for direct GP clinical time, not wider work required.



Aplos Health  
primary care network

More information: [https://www.aploshealth.co.uk/our\\_projects/adolescent-clinic/](https://www.aploshealth.co.uk/our_projects/adolescent-clinic/)