

## Exeter SPCR internship projects 2025

**Name & email supervisor(s):**

Co-supervisors

Hollie Gay h.c.gay@exeter.ac.uk

Professor Anna Adlam a.r.adlam@exeter.ac.uk

**Length and dates of internship:**

Monday 28<sup>th</sup> July to Friday 22<sup>nd</sup> August, inclusive.

35 hours per week

**Host department:**

Exeter Collaboration for Academic Primary Care, University of Exeter

**How will the internship be conducted:**

In person at the university

Virtual/ from home

Both are possible, depending on preference of student

**Title internship project:**

Supporting the publication of low intensity CBT interventions in children and young people's mental health.

**Summary of the internship project:** *(max 250 words, can include hyperlinks to further information)*

In Cedar Create, we evaluate two NHS England funded workforces; Children's Wellbeing Practitioner (CWP) and Education Mental Health Practitioner (EMHP). Practitioners provide low-intensity cognitive behavioural therapy (CBT) interventions for children and young people experiencing anxiety, depression, and behavioural difficulties. We support the evaluation of these roles in NHS and voluntary services across the southwest and try to improve the overall experience of young people accessing mental health services. We have data from over 10,000 children and young people accessing mental health services since 2017 and are keen to publish the data.

You would help the lead researcher to prepare a paper for publication. This could include data cleaning, analysis and contribution to writing.

**Learning objectives:**

- Gain an understanding of Cedar's low intensity workforce training programmes.
- Understand the impact of service evaluations, including role sustainability, workforce retention and the use of routine outcome monitoring.
- Become familiar with the governments initiatives to improve children and young people's mental health.
- Learn how to reformat data ready for analysis.
- Supporting the researcher to prepare a paper for publication.

**Any further information:**