



Individual Development Award (IDA) Springboard Award

Aimed at individuals employed by a health or social care organisation who are an [ARC KSS member organisation](#) to undertake activities aimed at developing research skills.

Development of Crisis-Dialectical Behaviour Therapy (DBT) for Adolescents: Participation and Research Application Development



Hampshire Child and Adolescent
Mental Health Services

What did you achieve through this award?

The Hampshire CAMHS i2i team had been working to adapt DBT for young people presenting in crisis. As a result of the award we were able to run events to get feedback from young people who had experienced this intervention. The feedback has led to the development of new materials and use of new approaches in the intervention.

We were also able to get feedback on how young people and their parents would measure success in the intervention which has helped to identify outcome measures for evaluation of the intervention.

What has this award meant for you? What has it enabled you to do?

As a result of the award I have been able to do the liaison and ground work needed to make an application for Research for Patient Benefit funding.

What's next?

We are awaiting the outcome of the Research for Patient Benefit funding application. If we are successful we will be completing a 12 month research project to evaluate the current delivery of the intervention and to assess the transferability of the intervention to another service.

What is your experience of receiving mentorship as part of this award?

My mentor was able to help point in the right direction. The world of making research applications is hugely complex and confusing. Having someone who is familiar with the process to guide me through the stages was invaluable.