



COMPREHENSIVE ASSESSMENT OF AT-RISK MENTAL STATES (CAARMS) FOR PSYCHOSIS TRAINING

Maudsley Learning, in collaboration with the Outreach and Support in South London (OASIS) team at South London and Maudsley NHS Foundation Trust and King's College London University, have been commissioned to deliver free, online CAARMS training to NHS England staff working in early detection or intervention psychosis services or similar services.

What is the CAARMS?

The Comprehensive Assessment of At-Risk Mental States (CAARMS) is an instrument for the assessment of psychopathology which could indicate risk of development of first episode psychosis (FEP). The At-Risk Mental State (ARMS) occurs before the onset of a FEP and is characterised by attenuated symptoms. Therefore, early detection and assessment of an ARMS allow preventive efforts to be implemented for psychosis. This approach is thought to provide the best possible outcome for patients. The CAARMS assessment and the associated package of care is recommended by the current NICE guidelines.

The Training

From July 2022 to February 2025, Maudsley Learning will deliver fully funded training to 300 practitioners and 100 supervisors annually. CAARMS practitioners will be empowered over two training days to learn core psychometric concepts through observation, skills practice, supervision and support to upskill and be able to deliver the assessment within early detection or intervention services for psychosis. CAARMS supervisors will receive advanced training over one day, with one refresher half day, to effectively supervise, evaluate and assess CAARMS practitioners to build sustainability and impact. All trainees will benefit from an annual networking event to promote sharing of good practices at the end of each training year. The training will be delivered remotely via a bespoke digital platform.

Eligibility

The eligibility criteria for practitioners and supervisors will be assessed prior to enrolling on the programme. For practitioner training, Maudsley Learning will request that you state if you are working for the NHS in early intervention for psychosis, early detection for psychosis, general practices or any other clinical services where you may assess young people with emerging mental disorders. For supervisor training, you must have acquired Comprehensive Assessment of At Risk Mental State (CAARMS) practitioner certification (or pass an initial psychometric reliability test) and demonstrate experience as a senior lead within a specialised clinical service. Scores from each application will determine eligibility onto the programme.

Contact Us

If you are interested in this training or have any queries. Please contact us at CAARMStraining@slam.nhs.uk and we will aim to respond within 2 working days.
