

Strategic Aims and Objectives 2021-2030

The Association of Child Psychotherapists has been working to improve the mental health of infants, children, young people and families since 1949

Good mental health for the whole population is our core long-term ambition.

The ACP Board of Directors has agreed a 10-year strategic plan to focus our work on those areas where we can make a difference and employ the skills and experience of Child and Adolescent Psychotherapists with most impact.

Strategic Aims

These are the longer terms aims and ambitions for child and adolescent mental health and for the ACP and the profession. They are where we want to see society, services and our contribution to child and adolescent mental health to be in five to ten years.

Our ambitions for infants, children, young people and families are:

- 1. the parity of esteem of mental and physical health to become a reality** and for this to include recognition of the central importance of investing in the mental health of infants, children, young people and families;
- 2. the understanding of good mental health in infants, children, young people and families to be informed by the psychoanalytic,** developmental and observational research and practice of Child and Adolescent Psychotherapists and for this knowledge to be incorporated into service delivery models across health, social care, education and justice;
- 3. all infants, children, young people and families who need it to have access to mental health care** that is timely and effective, that is appropriate to their individual needs and choices, and includes child and adolescent psychotherapy where this is indicated;

Our ambitions for the profession of child and adolescent psychotherapy:

- 4. the Association of Child Psychotherapists to be at the forefront of developments as a collaborative partner** to all stakeholders and to be recognized as a leading voice in the regulation, design and delivery of child and adolescent mental health prevention, early intervention and treatment services;
- 5. the scientific knowledge base of psychoanalytic psychotherapy with infants, children, young people and families** to be further developed, evidenced and communicated;
- 6. the Association of Child Psychotherapists be a robust, sustainable and well-led organisation** that supports and involves its members to develop a diverse and innovative profession able to meet new challenges;
- 7. child and adolescent psychotherapy to be a profession that attracts and welcomes people from all sections of society**, is anti-racist and non-discriminatory in all aspects of its work and is truly representative of the communities it serves;
- 8. the Association of Child Psychotherapists to be valued by its members in all parts of the UK and overseas and in all settings** through the provision of support, advice and resources and that they see themselves as part of a professional body that represents their interests.

Medium-Term Objectives

To achieve these ambitions, we need to focus on specific actions in order to move towards achieving the long-term aims over the next three to five years. We will take action to:

- 1. ensure we are meeting our obligations to uphold standards** and work towards a regulatory system that better recognises the specific competences of Child and Adolescent Psychotherapists;
- 2. provide greater support for members and their practice in public, independent and third sector settings** and further develop member engagement in all aspects of the work of the ACP;
- 3. consolidate and develop psychoanalytic practice as our core identity**, together with its theoretical and research base, and communicate what this means to professionals and the public in an effective way;
- 4. embed anti-discriminatory practice in all aspects of our work** and ensure the profession actively welcomes people from all backgrounds;
- 5. work to expand and strengthen the profession across the UK** including sustainable and accessible pathways to training;
- 6. further develop the ACP as a robust organisation** with long term financial security, effective management and governance;
- 7. develop ways of measuring our success against these objectives.**