

# Children's Wellbeing Practitioner Programme for the London and South East: *Reflections from Year Two*



# INTRODUCTION

This brochure has been produced to showcase the work that will be presented at this year's Shared Learning Event, set up to celebrate the second year of the CWP programme run as part of the London and South East CYP IAPT Learning Collaborative. CWP stands for 'Children's Wellbeing Practitioner', a role that offers evidence-based interventions in the form of low intensity support to children and young people with mild/moderate mental health problems. The move into the second and subsequent training year of this initiative marks a new phase in this development in which services are starting to be mainstreamed and greater numbers of CWPs are offering services in more partnerships.

The CWP training programme was set up in response to the Government's 'Five Year Forward View for Mental Health' which acknowledged the need of greater mental health provision for children and young people. This set a target of offering intervention to 70,000 more children and young people annually by 2020, by training up 1700 new staff in evidence-based treatments.

CWPs and their Supervisors / Service Development Leads have received training delivered by King's College London and University College London, in collaboration with the Anna Freud Centre. These courses have trained the CWPs to offer brief, focused evidence-based interventions with children and young people experiencing:

- Anxiety (primary and secondary school age)
- Low mood (adolescents)
- Common behavioural difficulties (working with parents for under 8s)

During the second year of this development the CWP services have continued to develop with 15 services from the first cohort increasing their CWP provision by taking more trainees and 6 new services joining in cohort 2. These services have been developed to provide mental health support to children depending on local needs, which has resulted in a variety of service models. The diversity of approaches, outcome data and service user feedback will be showcased at this year's Learning Event. It is hoped that we will be able to take stock of our achievements and reflect on the impact of moving into the current phase of the CWP programme.

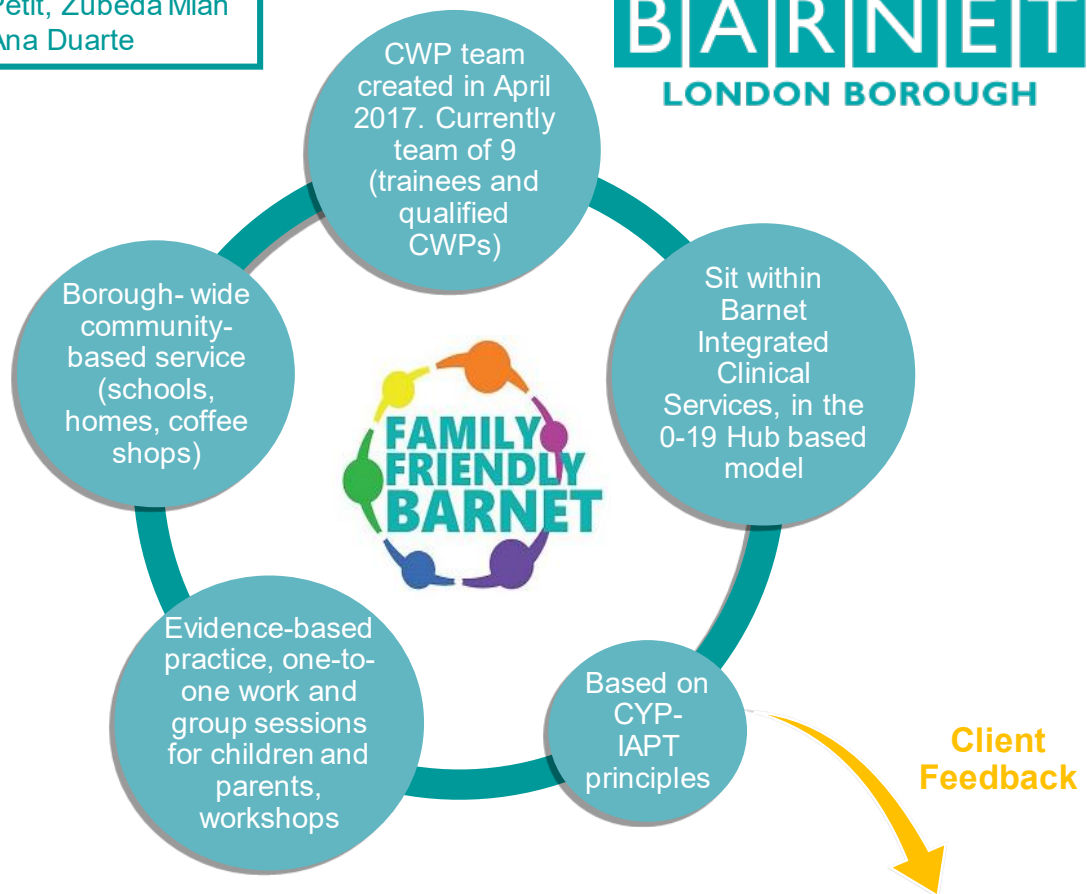
Dr. Wendy Geraghty  
CWP Clinical Lead for London and the South East.

# CONTENTS

Barnet CWP Team, Children and Young People's Psychological Wellbeing Service	1
Brent and Hillingdon CWP Team, Brent, Harrow and Hillingdon CAMHS	2
Bromley Y Wellbeing Service for Children and Young People	3
CHUMS CWP team, Mental Health and Wellbeing Service for Children and Young People, Bedford	4
Hammersmith and Fulham CWP Team, West London Mental Health NHS Trust	5
Hertfordshire CWP Team, Families First Team, Hertfordshire County Council	6
Hounslow CWP Team, West London Mental Health NHS Trust	7
Islington CWP Team, Families First and CAMHS, Whittington Health NHS Trust	8
Lambeth Child and Youth Wellbeing Team, South London and Maudsley NHS Foundation Trust	9
Lewisham Child Wellbeing Practitioner Service, South London and Maudsley NHS Foundation Trust	10
Norfolk CWP Team, part of Norfolk and Suffolk NHS Foundation Trust	11
Kingston CWP Service, South West London and St Georges NHS Trust	12
Suffolk CWP Team, part of Norfolk and Suffolk NHS Foundation Trust	13
Surrey CWP team, Eikon Charity and YMCA East Surrey	14
Sutton CWP Service, South West London and St Georges NHS Trust	15
Tower Hamlets CWP Service, East London NHS Foundation Trust	16
Westminster CAMHS Children's Wellbeing Project, Central & North West London NHS Foundation Trust	17

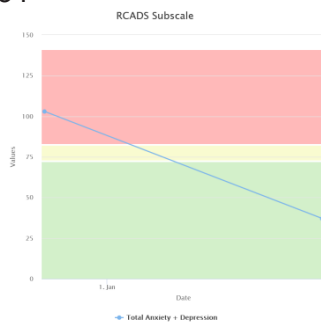
Emma Petit, Zubeda Miah  
Ana Duarte

**BARNET**  
LONDON BOROUGH



### Case study:

12 year old girl with social anxiety and low mood. X was offered 8 sessions of Guided Self Help. RCADS scores pre intervention – 103 and post intervention – 34



### Accessi- bility

- "I went to the headteacher at school and it was really easy"
- "I was quite hard to get a referral. It took a bit of time."

### Participa- tion

- "I felt very involved because you always asked me what I wanted to talk about and I felt I could always talk about anything I wanted to."

### Account- ability

- "The graphs were very useful to see my progress. I was very happy to see my progress every week."

### Awaren- ess

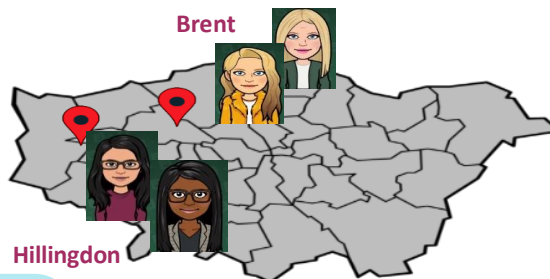
- "I knew a little bit about anxiety, but I learnt a lot more. I learnt how anxiety can affect your mood and that was one of the most impacting thing for me."

### Evidenc- e Based

- "It's good because I don't have all the information at once. I do one strategy at the time and it's easier to take it in and apply it. We discussed everything one by one and I understood what I was doing."

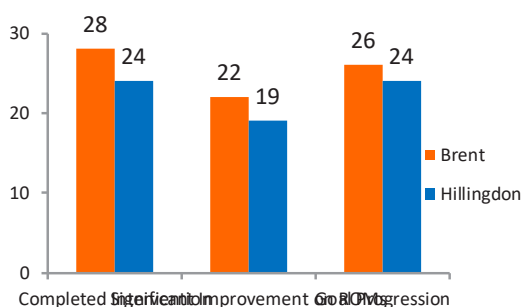
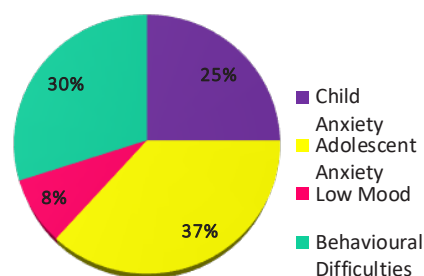
## Brent and Hillingdon Child Wellbeing Project

Child Wellbeing  
Services were set up  
to deliver  
interventions within



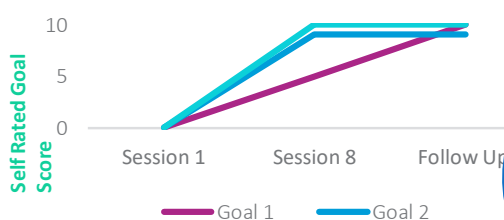
Brent and Hillingdon Child  
Wellbeing Practitioners have  
assessed every child and young  
person within 1 to 4 weeks of  
referral.

Main Presentations



Children and YP whose  
presentation was not suitable  
for a CBT Based Guided Self-  
Help intervention were  
signposted and supported to  
access more appropriate  
services.

Typical Goal Progression



“Flexible, Adaptable, Tailored”

### Case Study 1

Male: 13

Presenting problem: Social Anxiety

Intervention: Adolescent Anxiety

The challenges of working with a young person with dyslexia:

This 13 year old boy was identified as appropriate for a CBT based Guided Self Help Intervention by his teachers and parent as he presented as highly anxious about doing homework and performing well at school. During the sessions he became easily overwhelmed and when presented with large amounts of text combined with his difficulties in reading and comprehension made delivering the intervention a challenge.

What did we do?

1. Adapted written worksheets and psychoeducation materials into simple key texts so it was not overwhelming.
2. Illustrated concepts from psychoeducation using pictorial/visuals, videos or PowerPoint.
3. Assisted clients visibility of written text by using a green overlay over coloured paper in line with format for dyslexic students

Clients Goals

Despite challenges this client made significant progress and sustained improvement at follow up one month after the intervention ended.

‘Thank you for everything you have done for me helping me to feel better walking into class and feeling confident’-YP

‘Quick responsive and easy to access therapy’-Parent  
‘It was a Eureka moment being referred to this service.....It’s opened our eyes so thank you’-Parent

### Case Study 2

Female: 16

Presenting problem: Low Mood

Intervention: Adolescent Low Mood

Complicating factors:

A 16 year old female presenting with Low mood, anxiety about exams and history of hearing voices and using self-harming behaviors to cope.

What did we do?

1. At the start of the intervention she appeared to have retained her ability to function and engage in a number of afterschool activities, despite her low mood being in the clinical range.
2. The behaviour activation strategies were adapted to focus on clarifying priorities, planning, increasing motivation and improving organization skills. This supported the development of helpful routines and contributed to increased feelings of control, improvement in mood and decrease in anxiety around exams.



Bromley Community  
**wellbeing**  
Service for Children and Young People

# BROMLEY Y

Amy Warne, Obajide Alademerin and the Participation group

- Bromley Y is a long established local charity offering free therapeutic support to young people between the ages up to 18 years.
- Bromley Y hosts the Community Wellbeing Service: a single point of access service for CYP's emotional wellbeing.
- CYPs are referred in, triaged and either offered therapeutic support at *Bromley Y*, signposted or referred on to a more appropriate local service.

### As CWP's working in the Bromley wellbeing service we have:

- ✓ Assessed over 60 YP
- ✓ Delivered parent workshops for child anxiety
- ✓ Delivered an exam stress workshop
- ✓ Delivered the GSH programme to children, young people and families.
- ✓ Facilitated the participation group

### Participation group:

**Bromley Y's participation is a group of young people who want to contribute to how our service is designed, delivered and monitored. We aim to raise awareness about mental health issues and reduce the stigma around it. We have:**

- Developed a social media guide for mentors at our service to use to update them on apps young people are using.
- Carried out workshops in the borough to focusing on anxiety, low mood and eating disorders.
- Developed a step by step referral guide to put on our website.
- Created a wellbeing game.
- Reviewed wellbeing apps for young people.

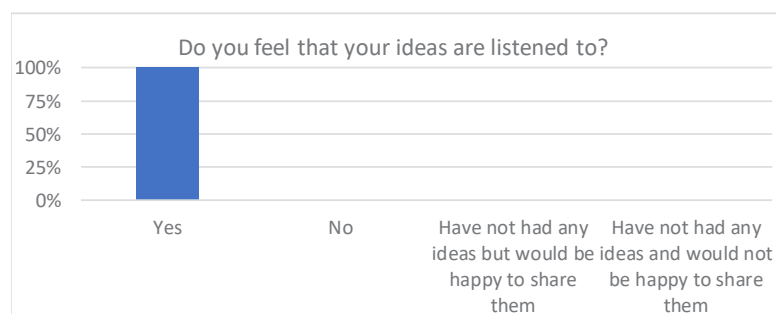
Our CWP training has been key in developing our understanding of mental health difficulties and participation.

### Group Goal:

- ✓ **To make all secondary schools in the Bromley borough aware of participation by December 2019.**

### Feedback:

Results from recent participation feedback survey:



**"I enjoy the idea of mini-projects and having a goal to work towards. Meeting others who are passionate about mental health also allows me to be part of a community."**

- Participation member

# Family Wellbeing Team (FWT)



We are Children's Wellbeing Practitioners providing support to children, young people and their families where it is identified that a child or young person has mild to moderate symptoms of common difficulties such as anxiety, low mood and behavioural problems. We work closely with other services to ensure that families receive the support that is right for them.

We work with young people and their families to provide Guided Self Help. Through this, we hope to empower young people and their families by equipping them with the skills necessary to manage the difficulties. We offer up to eight sessions.

The Family Wellbeing Team is made up of 3 qualified CWP's from Cohort 1, 2 newly qualified CWOs from cohort 2 and 2 new trainees in Cohort 3. The FWT is now an established service within CHUMS' Emotional Wellbeing Service.

## From referral to intervention

- CHUMS receives a referral
- Referral discussed at SPOE (Single Point of Entry) meeting with CHUMS, CAMHS and Early Help Clinicians
- CWP receives referral
- CWP contacts family for triage call (information gathering)
- FWT discuss triage call in weekly team meeting
- Case is allocated to a specific CWP
- Allocated CWP contacts family to offer support / initial assessment
- Guided Self-Help intervention begins

### CYP and Parent Groups

Piloted in March 2019, covering the following areas:

- Low Mood
- Anxiety
- School Transition

### ADDITIONAL CWP ROLES WITHIN CHUMS

### Parent Workshops

Delivering workshops to parents at local schools covering:

- Childhood Anxiety
- Managing Difficult Behaviour
- Understanding Emotions
- Diet and Exercise (piloted in March 2019)

### 'Universal Training'

Delivering mental health awareness training to all school staff including:

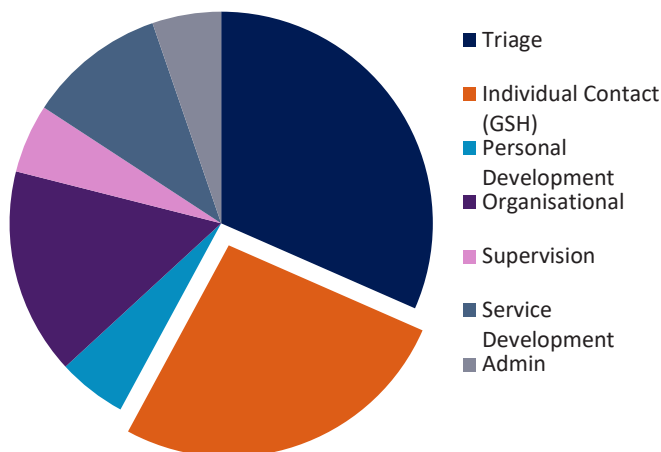
- Senior Leadership Team
- Governors
- Teaching staff
- Teaching Assistants
- Lunchtime Supervisors
- Catering staff

### 'Universal Plus'

Supporting senior clinicians from CHUMS and CAMHS to deliver training to, and consultations for, designated 'Mental Health Leads from every school



## Band 5 Duties

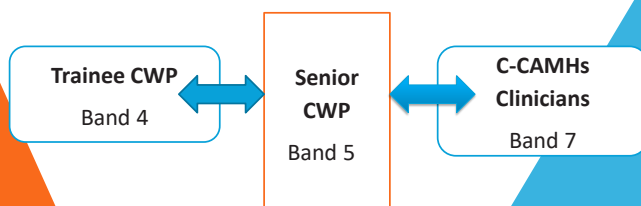


## Introduction

The Band 5 Senior CWP role helps to bridge the gap between band 4 CWP trainees and band 7 CAMHS clinicians.

An essential role of the Senior CWP is to refine the referral pathway for CWP low intensity interventions. This requires offering triage and risk assessments at the point of referral before allocating to the CWP team.

## Bridging the Gap



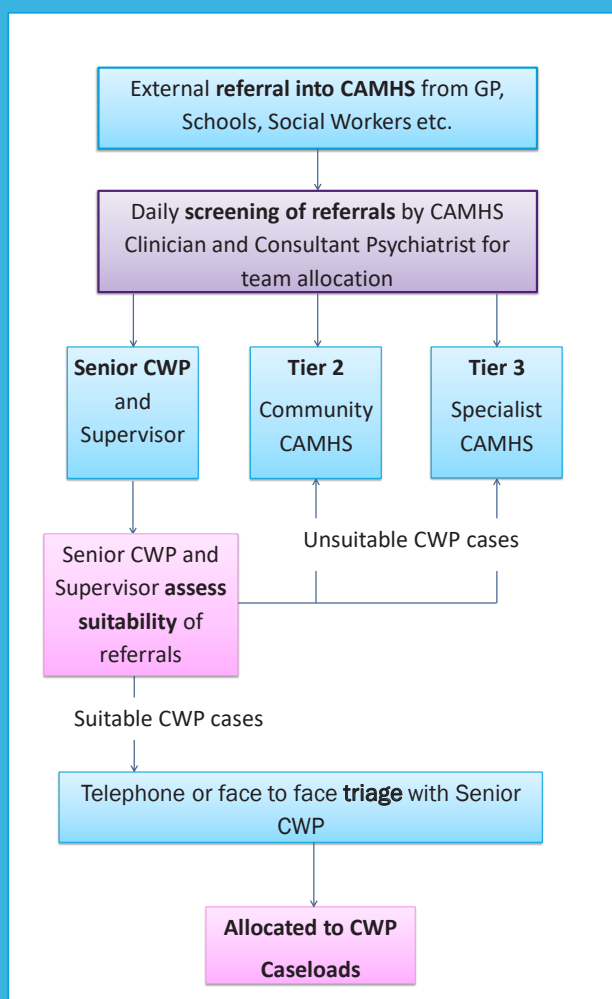
### The Senior CWP :

- Completes triage assessments (telephone and face to face) for access to service
- Liaises with multiple agencies e.g. Schools, Social Services and GPs as part of assessment process
- Evaluates suitability of more complex cases for CWP work
- Signposts and/or refers to appropriate external services
- Supports new trainees in post
- Carries out school observations for CWP & CCAMHS teams

## Conclusion

The Band 5 Senior role supports the stability and consistency of the CWP programme. It enables the smoother access of suitable cases to the CWP team, and contributes towards the efficiency of case allocation within the wider team. The support provided in-service also offers valuable learning and skill development for trainees. These factors highlight the importance of the Senior Role in upholding best practice.

## CWP Referral Pathway



Our Children's Wellbeing Team forms part of Hertfordshire Children's Services' Early Help Team. Our team is currently made up of 9 CWP's with 3 Senior Practitioners who work for both our service and Step 2. We deliver our interventions at family homes, schools or other suitable meeting points travelling across the whole of the county. Our team provides a range of services to support our local children, young people and families.




**Crucial Crew.**  
An innovative and interactive way of delivering anxiety workshops to year 6 children. These workshops run across the county throughout the year covering as many schools as possible. We provide 10 minute sessions which include psychoeducation on anxiety and some relaxation strategies.


**How does it affect our bodies?** **Deep Breathing**




**Emotional Wellbeing Masterclass.**  
A 3 hour workshop facilitated by Senior Practitioners to support parents to respond to the mental health and emotional well-being



**Triage Panels.**  
A multi-disciplinary panel discussing complex cases with a view to allocating it to suitable services and identifying a key worker.



**Summer Anxiety Workshops.**  
A 4 part workshop based on our anxiety intervention model. So what is anxiety... Together, let's think about how we can describe anxiety using words



**Hertfordshire**


\*\*\*\* was really helpful, gave great advice!  
Parent, Childhood Anxiety – Creswell Model

"Brilliant staff throughout, they have helped me manage the behaviour of my boys"  
Parent, Manchester Model

"I've now got lots of tips and tricks to help me!"  
Parent, Manchester Model

"Everything was taken seriously and I was listened to"  
Young Person, Richmond Adolescent Anxiety

**Staff Inset Days.**  
Training teachers to recognise and manage their pupils' anxiety.





**School Group Work.**  
Supporting Year 11s to manage exam stress


"I've felt listened to and spoke about everything I wanted to, thank you" Pupil attending Group Work



**1:1 Interventions.**  
Supporting young people who are presenting with low level anxiety, low mood or challenging behaviour as a result of anxiety.

**Network Meetings.**  
Advising professionals on the CWP role and criteria.



The CWP team receives referrals from a range of sources:

- Self-Referrals
- Schools/Schools Partnership
- Children's Centres
- CAMHS
- Police
- Health
- Intensive Family Support Teams
- Step 2
- GPs
- Hertfordshire Youth Teams

The team receives direct referrals as well as referrals that come from discussions at Triage Panels.

2017- 2018: The CWP team received 150 referrals.  
We accepted 66 of these. Only 16 of these disengaged or were unsuccessful

2018- 2019: So far the CWP team have received 296 referrals.  
We have accepted 200 for 1:1 work, group work or to be signposted to the Emotional Wellbeing Masterclass.

# Hounslow cohort 2 CWP's: Child anxiety parenting groups.

Kimberley Rowles, Emily Willmore, Shayo Bryan-Fenelon



## Purpose of the course

Early Interventions support for Parents with children who experience anxiety based in the community.

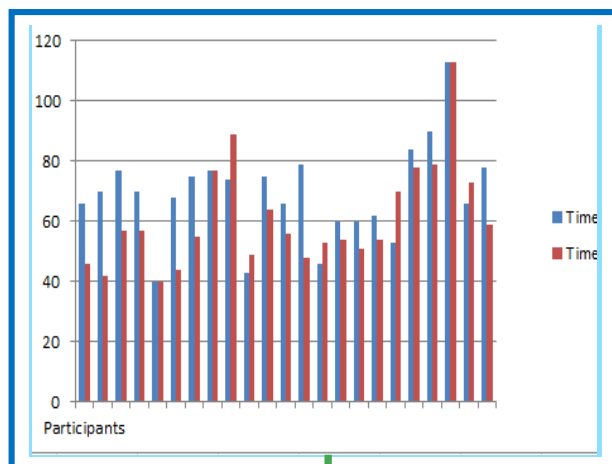
## Referrals

We contacted **46** SENDCo's in primary schools across Hounslow to either, host the Child Anxiety course, and/or send promotional material to their parents across school and refer any identified parents.

## Course structure

6 weekly group sessions facilitated across 3 schools in Hounslow borough

Each CWP co-facilitated with a senior member of Tier 2 CAMHS



## Progress of the parenting groups:

**39** parents signed up to attend the course across the 3 schools.

**30** parents completed the course

## Parental Feedback:

- It was helpful learning to understand how worries/anxiety can be helped or changed using the techniques
- Challenging thoughts is one of the main ones for me but generally the entire course was useful.

## Reflection:

At times additional resources were needed to support parents. Parents were signposted to other services when needed.

Better if both child and parent complete RCADS

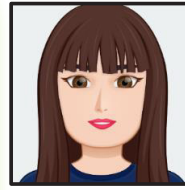
Parents often confused anxiety and behavioral concerns, a more robust selection criteria is needed

Developed good relationships with schools.

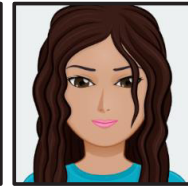
# ISLINGTON

- CWP service based in **CAMHS**
- **40,500** children and young people live in Islington
- **40%** White British · **60%** other ethnicities · **120** languages
- **4<sup>th</sup> most deprived** local authority in London and 12<sup>th</sup> in England
- Prevalence of **mental health disorders: 14%** compared to the national average of 10%
- Conduct disorders are the most prevalent, followed by emotional disorders and hyperkinetic disorders

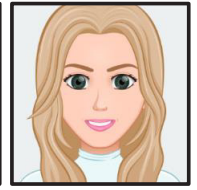
## Cohort 2 CWP Team



**Zoe Thompson**



**Nicola Byatt**



**Lette Vaessen**

## Parents' Feedback

*"The way anxiety was explained was very helpful. I learnt a lot from the workshop about how to deal with my children when they are anxious."*

*"The workshop has inspired me to make changes."*

*"The workshop was very interactive and informative. I think more workshops should be run throughout the year."*

## Islington CWP Workshops

### Parent Anxiety

268 parents attended 23 workshops at primary schools and CAMHS

### Parent Anxiety delivered in Turkish

15 parents attended a workshop at a local charity

### Behaviour

19 parents attended a two-part workshop at a children's centre

### Emotion Regulation

31 parents attended a workshop at a primary school

### Transition from Primary to Secondary

Two workshops delivered to parents of Year 6 children

### Exam Stress

66 young people attended two workshops at a secondary school and a medical PRU

### Possible Future Workshops

Low Mood & Emotional Wellbeing workshops at local youth hubs

Behaviour Workshop delivered in Turkish

## Planning & Delivering Workshops

### Logistics

- \* Find a venue
- \* Agree a date, time and use of resources
- \* Advertise and sign up attendees

### Multiagency Working

- \* Who are your community links and other facilitators?
- \* Agree roles and responsibilities

### Safety

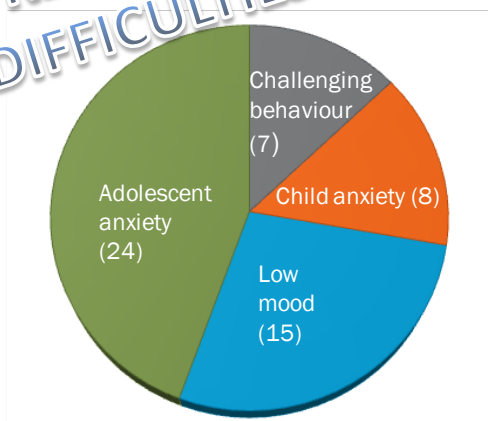
- \* Explain the limits of confidentiality and set ground rules
- \* Devise a safety plan in the event of risk

### Feedback & Development

- \* Use evaluation forms to record outcomes
- \* Implement feedback



## PRESENTING DIFFICULTIES



## FEEDBACK

**"I felt like I was listened to and received explanations and guidance for my concerns."**  
Boy, 12

**"I talked about everything and I learned a lot of techniques to help if I ever need it."**  
Girl, 15

**"Using the service has made a huge impact on my son and I. It made me realise where I was going wrong and what changes I could make. We are very pleased and grateful for the help."** Parent of 6 year-old boy

98 referrals received

54 referrals accepted

8 sessions of Guided self help

Workshops delivered

Supporting young people and families who did not meet the CAMHS threshold

South London and Maudsley **NHS**  
NHS Foundation Trust

## LAMBETH CHILD & YOUTH WELLBEING TEAM

Vera Costa, Shinola Edwards, Phoebe Mansfield  
Supervisor: Annette Allen

Based in a SE London Tier 3 CAMHS Service

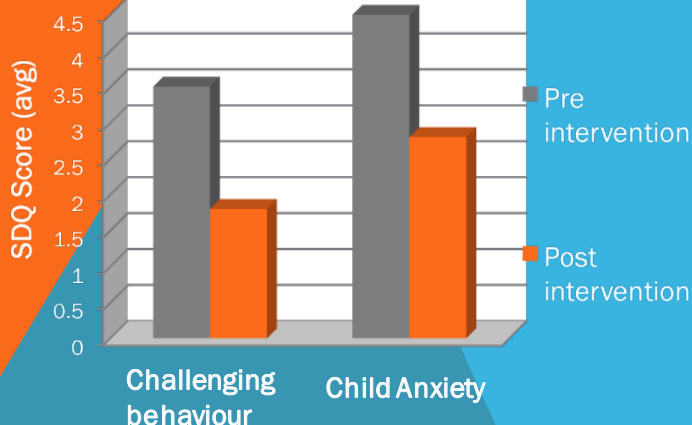
'Managing anxiety'

Parents at a Primary school

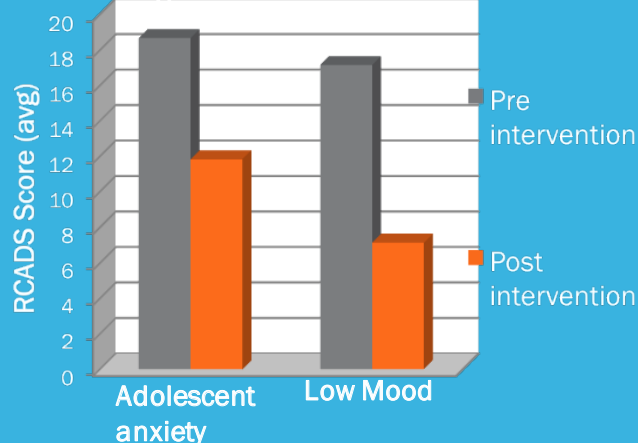
Students in Year 10/11

'Coping with exam stress'

Progress: Parenting Interventions



Progress: Adolescent Interventions



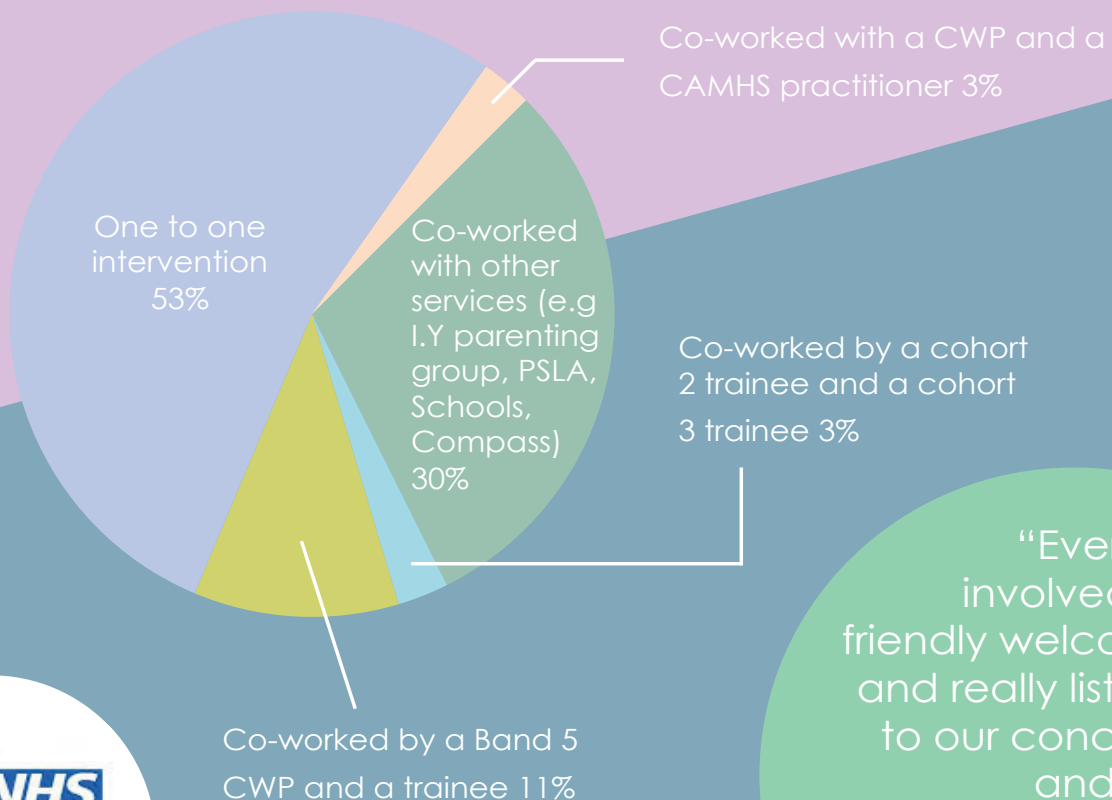
# Lewisham Child Wellbeing (CWPs)



## 18/19 Service Developments:

- Initiated a drop-in service for CAMHS
- Started the Waiting List Initiative
- Formally requested to work with ADHD & ASD
  - Co-ran Incredible Years Group
  - Developed joint working with other agencies

## Breakdown of service caseload:



"Everyone involved was friendly welcoming and really listened to our concerns - and most importantly worked with us to achieve our aims."

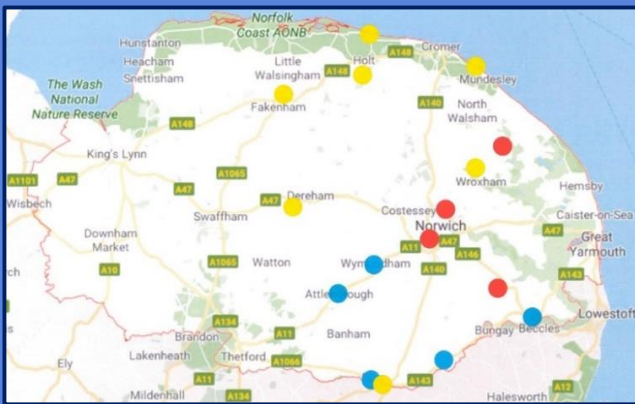
## What is unique about our service?

### Accessibility

Norfolk is the the 4<sup>th</sup> largest county in the UK with limited public transport links into the city. Accessibility to mental health services can be difficult for families.

- ❖ For example: the furthest point away from our base is Wells-next-the-Sea which is 31 miles away. It would take a family **2 hours and 22 minutes** to get to our base by public transport.

To combat this issue we work out and about in the community. We visit children, young people and families where it is most convenient to them e.g. in schools, community centres and GP surgeries.



Each CWP in our team covers one locality: North, Central and South Norfolk. The dots above show where we have outreached to date.

### Working Across Tiers

We are based in an Under 14's CAMHS service in Central Norfolk (Norwich). During our pilot year, we have been implementing the CWP model at a tier 2.5 level. Norfolk mental health services currently operate within a stepped care model.

### Our Referral Pathway

Referral received from either: CAMHS (Tier 3), MAP (Tier 2) or Early Help (Social Services)



Weekly team meeting where we discuss and allocate referrals.



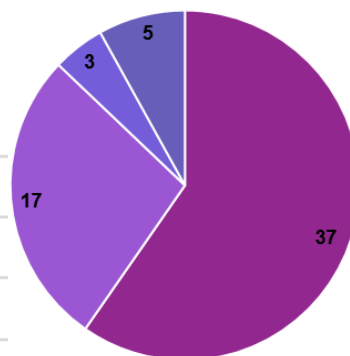
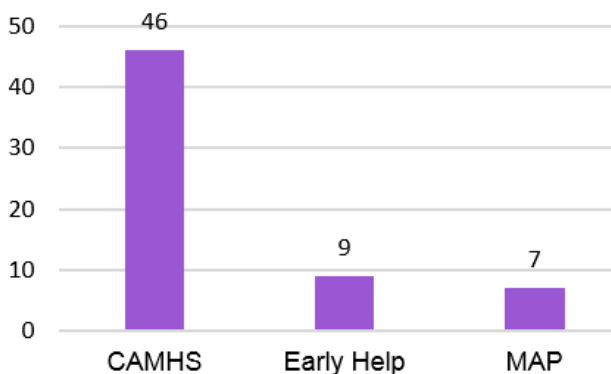
Choice Appointment (family/young people accept or decline intervention)

### Does CWP work in a 2.5 service?

**Challenges:** Some of the main challenges encountered are: co-morbid difficulties, parental mental health difficulties and setting up new referral pathways.

However, working at tier 2.5 has been largely successful....

### Source of Referrals



**CWP Referrals**  
(Total referrals accepted since August 2018 = 62)

- Currently in treatment (37)
- Successful discharges (17)
- Stepped up/signposted (3)
- CWP intervention not appropriate (5)

**Parent:** "The treatment was tailored around my child's needs."

**YP:** "I felt understood and cared about."

**Parent:** "I was surprised how fast we were offered treatment."

**Parent:** "Appointments were very flexible to fit with my work and around my daughter's schooling."

**YP:** "Having someone to trust and talk to"

### The road ahead....

Developing materials for panic and self-esteem

Creating manuals for younger children

Setting up parental workshops

Developing groups based on client

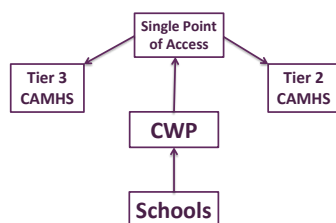
## Kingston CWP Service

We are the Kingston CWP team. We work with children, young people and families who are experiencing mild to moderate anxiety, low mood or behavioural difficulties. We are based in schools in the borough of Kingston.



### Where do we fit?

As our focus is on early intervention, we see children and young people in schools before they meet the threshold for CAMHS.



#### Referral Process:

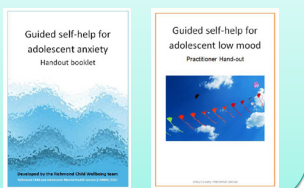
- We provided teachers and YP with info leaflets about our services
- Young people were encouraged to self-refer
- Teachers were encouraged to identify pupils
  - Discussed referrals with supervisor

#### What we've been working on:

- Delivering GSH interventions for mild to moderate low mood or anxiety
  - 6 x 1 hour face to face sessions
- Families and teachers encouraged to play an active part in the intervention

#### Manuals:

We have been using the SWLSTG anxiety manual. As a team, we have also been developing a low mood manual:

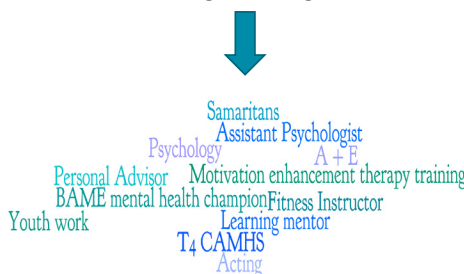


Teachers reported that they found it difficult to identify low mood in young people so we created a teacher info leaflet to help identify how low mood can present in YP:



### Who we are:

As a team, we have come from a diverse range of backgrounds.



### Location:

While we work for Kingston Tier 3 CAMHS, we are based in schools in the borough of Kingston.



#### Referral Process:

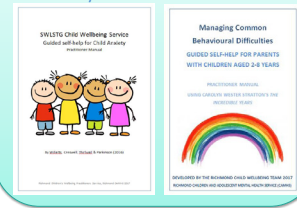
- Provided schools with info about the service and put into 'parent mail'
- Parents encouraged to self-refer
- Supervisor assessed whether referrals were appropriate for a CWP

#### What we've been working on:

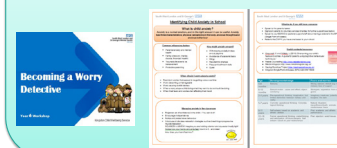
- Delivering interventions to tackle challenging behaviour and anxiety
- 4 x face to face and 4 x telephone sessions of Guided Self-Help

#### Manuals:

We have been using the SWLSTG Child Anxiety and Behaviour manuals:



We have been delivering parent and year 6 anxiety workshops in primary schools. We also created a leaflet to help teachers identify anxiety in children at school:



### What Next?

The Kingston CWP pilot year provided support in 12 different primary and secondary schools in Kingston with the hope that they will buy into the service next year. Having started with four Children's Wellbeing Practitioners in Kingston, we are now part of a service of ten CWP's across Richmond and Kingston and the South West London and St Georges (SWLSTG) CWP service continues to grow to support children and young people.





## Children's Wellbeing Practitioner's

Camille Jitka Lisa

### Our Service Step 3

Cognitive Behaviour Therapy,  
Interpersonal Therapy for  
Adolescents, Video Interactive  
Guidance (VIG)

### Step 2

Group work, CWP intervention,  
Assistant Psychologist intervention

### Step 1

Webinars, assessment &  
consultation by Primary Mental  
Health worker



## Wellbeing Suffolk Under 18's Service Referral Pathway to CWP

Referral to Emotional Wellbeing Hub (single point of contact)

Triage by PMHW's

PMHW assessment and request CWP intervention

CWP supervisor assesses if case appropriate for CWP intervention

CWP waiting list

Anxiety

Webinars  
for  
parents &  
children

Timid  
to Tiger

Our Role

Cathy Creswell  
Overcoming  
intervention

Low mood

## Case Study

**Name:** 'Owen'

**Age:** 16

**Gender:** Male

**Presenting problem:**  
Low mood including  
suicidal ideation

**Intervention:**  
Behavioural Activation

**Manual:** Moodjuice Depression

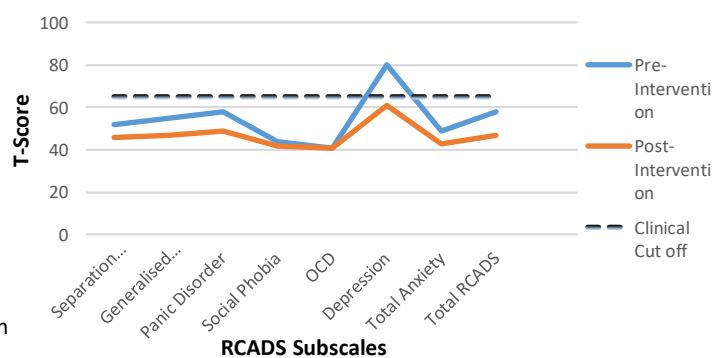
**Goal 1:** Learn strategies to deal  
with low mood better

**Goal 2:** Learn strategies to help  
Owen feel more motivated to  
engage with school

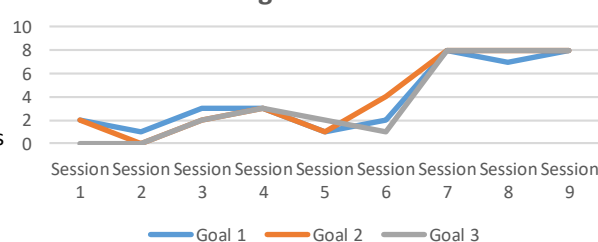
**Goal 3:** Gain better understanding  
of triggers of low mood

**Outcome:** Owen coped well with his  
mock exams with good results. His  
motivation improved. His energy  
levels increased. He engaged  
throughout the intervention.

### RCADS Measures



### Goal Progress Chart





# Surrey Children's Wellbeing Practitioners (CWPs)

YMCA EAST SURREY  
**HEADS TOGETHER**  
Information, support and counselling  
for young people and their families

Eikon is an award-winning Surrey based charity that offers a wide range of programs to help schools, parents and young people tackle mental health, build resilience and foster wellbeing. Eikon has a reputation for helping young people transform their lives.

## Meet the CWP team



Joe Scholfield



Dawn Green



Daniella Chow

The Eikon charity is working in partnership with YMCA Heads Together to develop a team of CWPs in Surrey. Eikon's and YMCA Heads Together CWPs are embedded in primary and secondary schools in Surrey to provide swift, early identification of young people in need of mental health support and parents/carers in need of parenting support. CWPs deliver evidence-based interventions to parents of children with anxiety and behavioural difficulties, and to young people experiencing anxiety and low mood.

- CWPs work in close partnership with pastoral staff in schools to meet the emerging needs of the school community.
- Self-referrals are accepted.
- CWPs will also accept referrals from Mindsight Surrey CAMHS from May 2019.

YMCA Heads Together provides free and confidential counselling to young people aged 14-24 in East Surrey. YMCA provides a creative, supportive and inclusive space where young people can truly belong, contribute and thrive.

## Referral pathway

Receive referral form

Initial assessment carried out within two weeks

Continue with GSH sessions/signpost

Coffee mornings for parents

Delivered assemblies

Delivered year 11 exam stress workshops

Delivered one-to-one Guided Self Help

Outreach parent support group

Attended parents' evenings

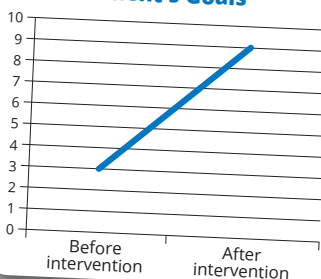
Delivered anxiety workshops

Attended head of year meetings

Private Facebook parent support group



## Client's Goals



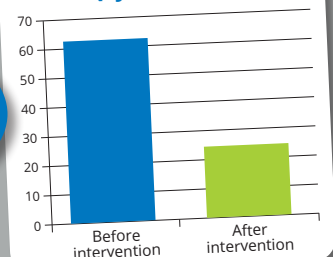
Thank you! I've really noticed a difference in my daughter, since coming to your service.

Care and consideration given to my feelings as well as to my child. Excellent service.

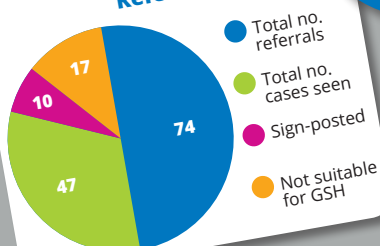
Helped me through my problems and worries.

I felt listened to and taken seriously.

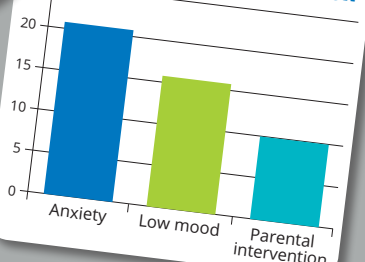
## RCAD (symptom) Scores



## Referrals



## Type of referral/intervention





Sutton Children and Young People's Wellbeing Service

## Sutton CWP Team

Jennifer Cross, Holly Tricker, Davinia Wilson, Stefania Zarri  
Supervised by Dr. Lucy Vento

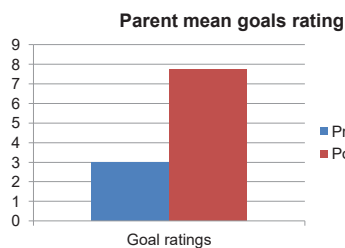
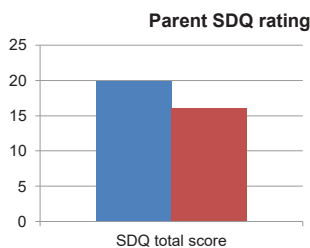


South West London and  
St George's Mental Health  
NHS Trust

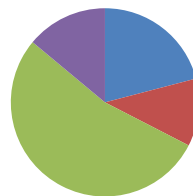
A CAMHS early-intervention service working in primary schools with parents of children who experience difficulties with anxiety or challenging behaviour and secondary schools with young people who experience difficulties with anxiety or low mood.

### Primary schools

6 schools: 19 completed interventions



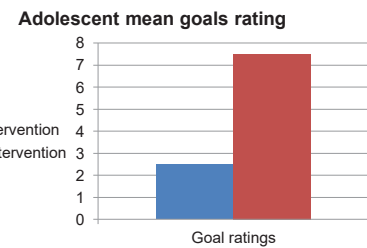
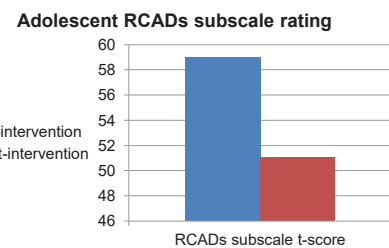
**Presenting difficulties**



workshops

### Secondary schools

6 schools: 43 completed interventions



	'How to manage your child's anxiety' Primary	'Managing your child's emotions' Year 6	'Becoming a worry detective' Year 6	'Exam Stress' Year 10/11/12/13	'How to manage your child's anxiety' Year 7/8
Number of workshops	3	2	3	10	4
Attendees	40	79	83	130	87
Pre goal (av.)	3.9	4.5	4.6	3.1	4.1
Post goal (av.)	6.4	7.03	7.3	6.9	8.01

#### Case study: Adolescent anxiety



White British twelve year old boy.  
*"I was worried about getting things wrong in class and getting a detention."*  
 Goals: To tolerate getting something wrong and to learn how to manage unhelpful thoughts.  
*"I found thought challenging and behaviour experiments helpful."*

Very knowledgeable, lots of ideas and suggestions given. Handouts are very useful.

Parent of primary school child

The practitioners have been proactive, approachable and a pleasure to work with.

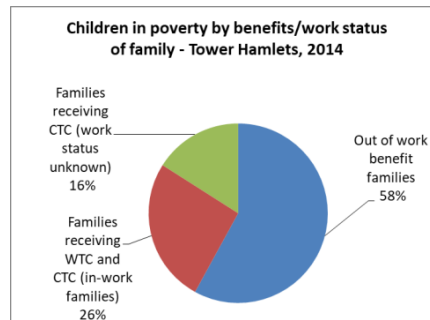
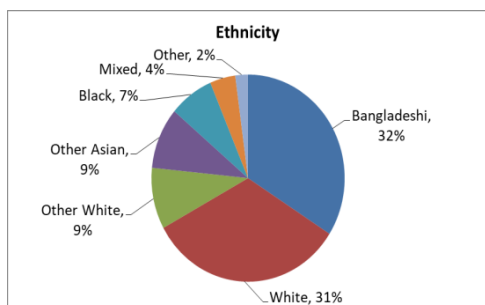
School link worker

I was always listened to and taken seriously.

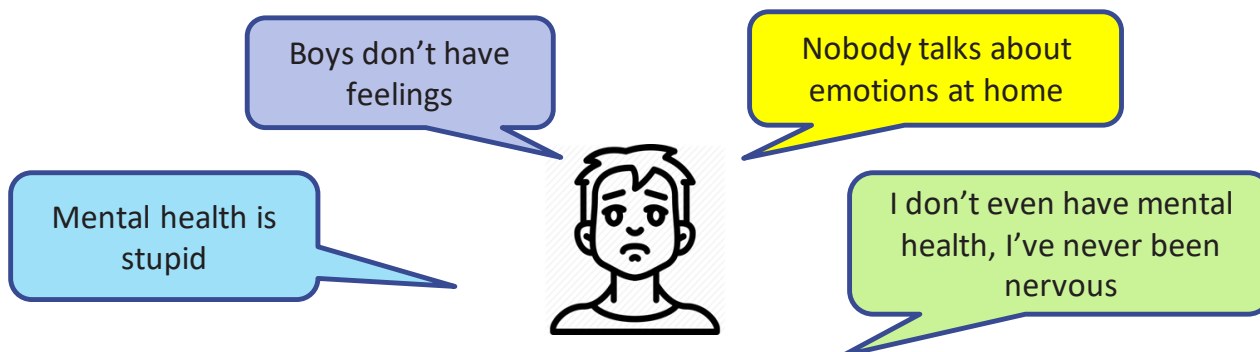
Young Person

## Fighting Stigma! Tower Hamlets CWP Service

### Ethnicity and Poverty in Tower Hamlets



### What did we hear from Young People?



### What did we do?

Created a mental health poster for schools, children's centres and GP surgeries



Prepared young people friendly material for the workshop

Delivered the Mental Health Stigma Presentation to over 150 students



***"The mental health workshop was very helpful and I would recommend it to other students!"*** (Feedback from one of the students)

**Manuela Sannino, Amy Williams, Yasmin Rahman**  
Supervisor: Pennie Haywood

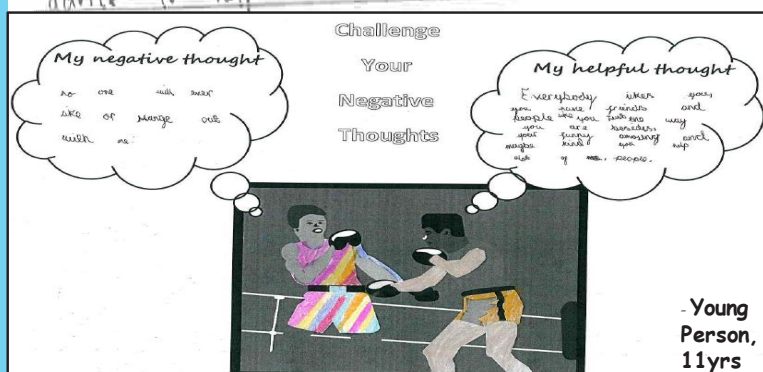




**Westminster Children's Wellbeing Team have been strengthening our Outreach Support within the local Community**

## Feedback from Service Users

I felt like I was listened to and was given good advice to help me. - Young Person, 16yrs



I felt understood and listened to. The social anxiety intervention was very helpful and effective. I was ~~offered~~ <sup>shown</sup> many ways of supporting myself e.g. distraction techniques.

- Young Person,  
14yrs

Therapist was very friendly and understanding.  
Gave many useful ideas and information

## Feedback from Schools

"All families who have accessed the programme have been very happy with the support they have received. It has allowed support for parents and has also led to a more joint up approach to supporting children at school." SENCO King Solomon Primary

"The team have been extremely grateful to have the support of the CWP programme in our school. This has been an invaluable resource which has enabled us to access support for many students who have struggled with their well-being."

Learning Mentor,  
Grey Coats Hospital School

Year 1:  
13 Schools

**Year 2:**  
18 Schools,  
1 College &  
1 Referral  
Unit

## New Schools

1. King Solomon Academy
2. St. Georges Catholic School
3. King Solomon Primary
4. St. Vincent De Paul Catholic School
5. Edward Wilson Primary

## School Partners

**Westminster School  
Nursing Team**

## Family Hubs & Children's Centres

- Young Westminster Foundation
- Working With Men
- Paddington Dream Arts
- St. Johns Wood Child Bereavement Service
- Terrence Higgins Trust

## Local Organisations

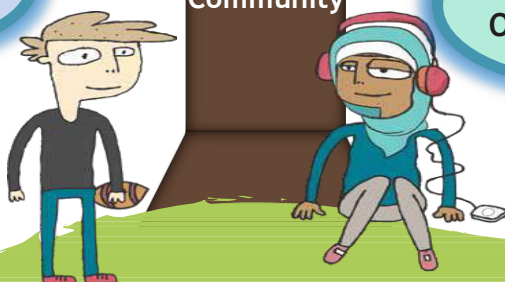
**GP Hubs:**  
Attending meetings,  
spreading awareness  
& increasing  
Referrals

## Service Users

## Trailblazer Site

We will collaborate with **Education Mental Health Practitioners (EMHPs)** at Schools across North Westminster

**Growing  
links  
with  
our  
Community**



# NOTES



