

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

INTRODUCTION

This brochure has been produced to showcase the work presented at this year's Shared Learning Event, to celebrate the third year of the CWP programme delivered by 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 emotional wellbeing and mental health problems. The third year of this program marks a new phase in this development where larger numbers of CWPs are offering interventions to more children and young people in services across London and the South East.

The CWP training programme was set up in response to the Government's 'Five Year Forward View for Mental Health' (2016) which acknowledged the need of greater mental health provision for children and young people. This set a target of offering interventions to 70,000 more children and young people annually by 2020, by training up 1,700 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 National Centre for Children and Families. These post graduate certificate 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)

CWP services have developed locally to provide emotional wellbeing and mental health support to children and young people, which has resulted in a wide variety of service models. This diversity in approach, data from the outcome of the interventions and service user feedback will be showcased at this year's Learning Event. We hope to take stock of everyone's achievements, reflect on the impact that this training has on service development and, most importantly, demonstrate how it offers effective support to children and young people with mild to moderate difficulties.

Claire Evans, Head of CYP MH Workforce Development at The Anna Freud National Centre for Children & Families

Wendy Geraghty, CWP Clinical Lead at KCL

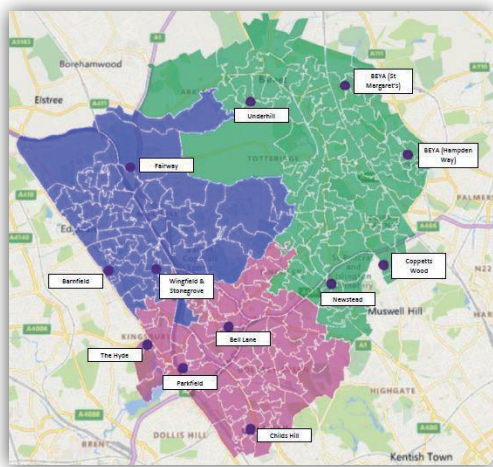
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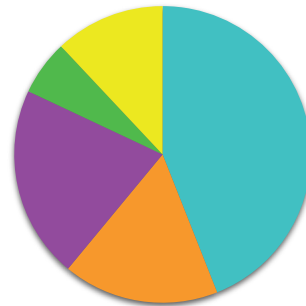
Beth Garrity
Marta Krajewska
Rosanna Roulston

We are part of a team of 8 Wellbeing Practitioners working as part of Barnet Integrated Clinical Services. We are based in the community and offer sessions to children, young people and parents in their homes, schools, children's centres and other community settings.



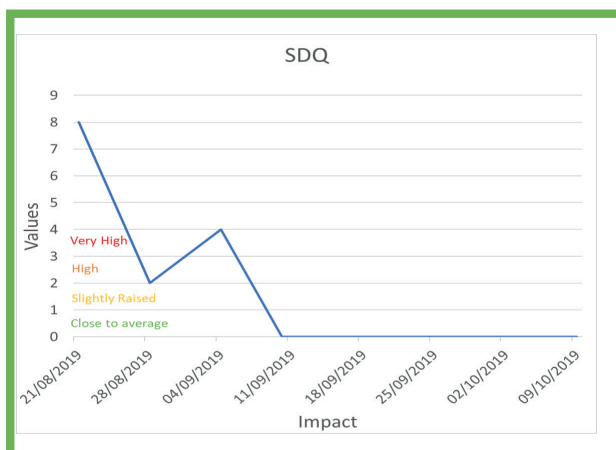
Barnet is a large borough and we work in a hub-based model across 3 sections, East, West and South.

Reasons for referral



■ Anxiety ■ Low mood ■ Behaviour ■ Other ■ Unspecified

Case study- SDQ results
Parent led intervention for 10 year old girl with anxiety separating from parents. 8 sessions of guided self-help.



I feel like I now have the skills to cope when I'm worried.

I'm really proud of myself.

It was really good to be able to see my progress in a graph each week.

I have learned that to make positive changes in my life, the power to change is in my hands.



CNWL (Brent, Harrow & Hillingdon)

6 CWP trainees across the outer boroughs of CNWL:
2 in Brent, 2 in Harrow, 2 in Hillingdon

Each CWP works in a CAMHS clinic, primary school and secondary school

TOTAL NUMBER OF ASSESSMENTS: 167

PRIMARY – 37% (62) SECONDARY – 37% (62) CAMHS - 26% (43)

Primary school

Accepted – 82% (51)
Declined – 18% (11)

Of those accepted

Child Anxiety 41% (21) Problem Behaviour 59% (30)

Outcome

Completed – 62% (18)
Opted Out – 17% (5)
Did not complete – 17% (5)
Stepped Up – 3% (1)

*Excluding 22 still in treatment on 04/11/19

Secondary school

Accepted – 79% (49)
Declined – 21% (13)

Of those accepted

Adolescent Anxiety 63% (31) Low Mood 37% (18)

Outcome

Completed – 73% (24)
Opted Out – 6% (2)
Did not complete – 12% (4)
Stepped Up – 6% (2)
Signposted – 3% (1)

*Excluding 16 still in treatment on 04/11/19

CAMHS

Accepted – 88% (38)
Declined – 12% (5)

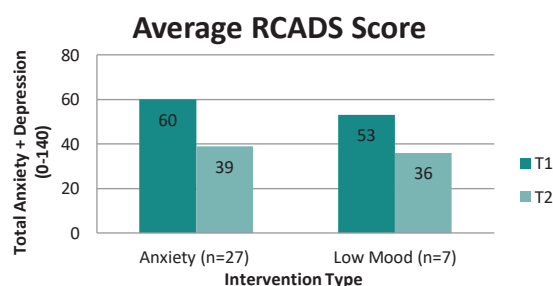
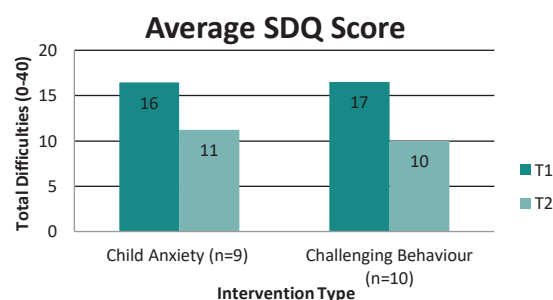
Of those accepted

Child Anxiety 11% (4) Problem Behaviour 5% (2)
Adolescent Anxiety 68% (26) Low mood 16% (6)

Outcome

Completed – 70% (14)
Opted Out – 25% (5)
Did not complete – 5% (1)

*Excluding 18 still in treatment on 04/11/19



ACHIEVEMENTS

- Reached children from 46 schools
- Established a strong interface with core CAMHS

CHALLENGES

- Managing inappropriate referrals
- Accommodating parent availability

GROUPS & WORKSHOPS

- Key Stage 2 Mental Health Awareness assembly
- Year 6 Transition workshop in 4 primary schools to 55 students
- Exam stress workshop at 2 schools
- Behavioural difficulties parent group sessions over 4 weeks
- Child Anxiety and Challenging Behaviour parent coffee morning
- Behavioural difficulties teacher workshop

FUTURE DEVELOPMENTS

- Increasing the rate of appropriate referrals from schools
- Working in partnership with third sector organisations

"I think the scheme is a great asset to parents at the school and will improve children's lives"

Parent



"It made me organise my life better and I learned methods that have helped me to change my life. Also, it has helped me manage with stress."

Young person

Central and North West London **NHS**
NHS Foundation Trust



Community Workshops

Empowering parents to manage their child's anxiety and maintaining young people's wellbeing through community-based prevention and promotion strategies.

Providing regular Parents' workshops at Local shopping centre



Providing Parents' Workshop at local primary schools.



What parents found useful:

FEEDBACK

Learning problem solving techniques: "Child can look through different solutions and work through them with my help".

"It was helpful to learn about grounding techniques; recognize and validate".

"Focus on not eliminating anxiety/over-reassurance but giving power to child to do so"

"Small groups, opportunity to ask specific questions".

"The workshop Helped me to understand why anxiety might happen".

OVERCOMING YOUR CHILD'S FEARS & WORRIES

A self-help guide using Cognitive Behavioral Techniques

"It based the no nonsense, practical approach which will be an empowering relief to parents, themselves plagued by the anxiety of their own child's worries."

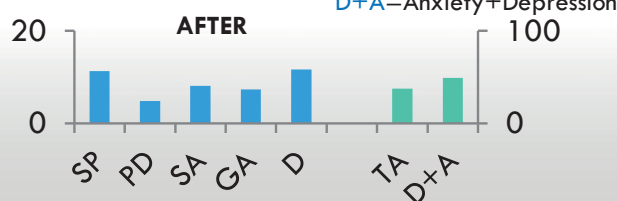
Dr. Tanya Ryan, Consultant Clinical Psychologist, House of Joy Therapies, BSO 19

CATHY CRESWELL & LUCY WILLETS

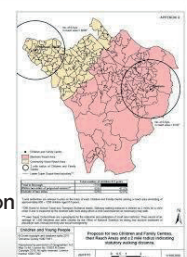
'Discussing issues with other parents, finding out what works and how to "push" an anxious child'.

5 weeks anxiety workshop at a Children Community Centre

Working in partnership with Children Centre to provide support to hard to reach parents.



SP=Separation anxiety
PD=Panic disorder
SA=Social anxiety
GA=General Anxiety
D=Depression
TA=Total Anxiety
D+A=Anxiety+Depression



Cambridgeshire and Peterborough

NHS



All trainees and CWPs are required to travel between geographical areas for sessions and meetings that are held within the community for example, within schools or clinics.

Our service base is in Huntingdon however we all work from different bases.



Lia—Trainee CWP

I am based in Peterborough and am often driving between schools and the clinic for sessions!

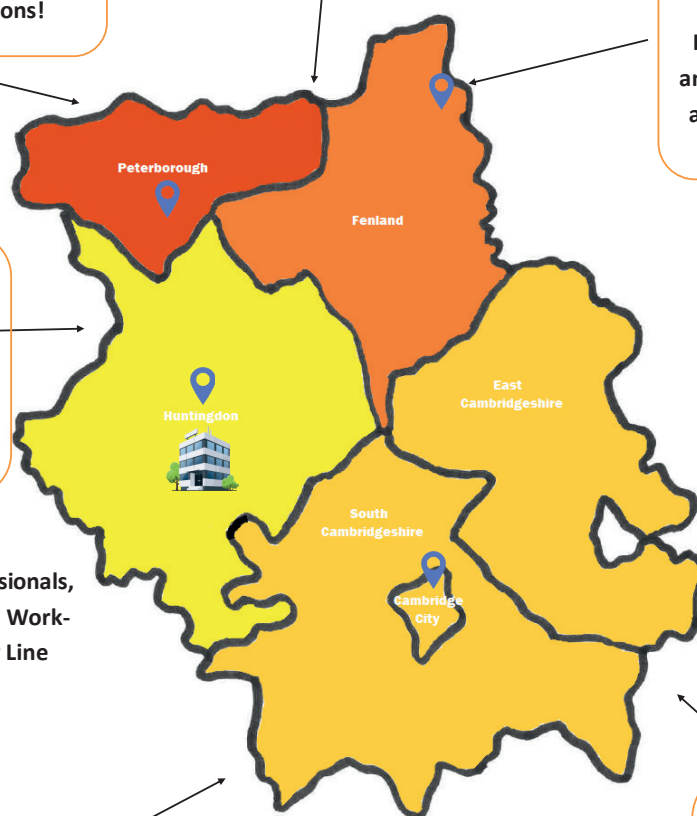
Kelsey— Qualified CWP

Becky—Trainee CWP

I am based in Wisbech, but I am often stuck behind tractors as I cover the entire Fenland.

Rachel—Trainee CWP

I am based in Huntingdon which is where we have all of our team meetings so it can get very busy!



Referrals come in from professionals, including GPs, Schools, Social Workers and Nurses via our Duty Line

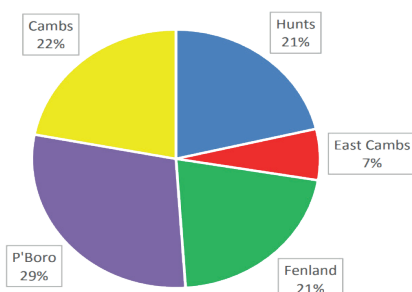


Cassie—Qualified CWP

Diana—Trainee CWP

I am based in Cambridge City, but also cover all of South and East Cambridgeshire. I allow myself time for fish and chips between sessions!

Geographical Area



Statistics from January—April 2019 show how referrals were spread across the county.

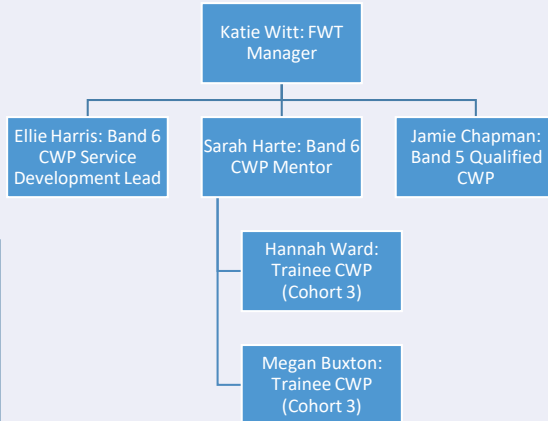


CHUMS Family Wellbeing Team

Anxiety Groups for children aged 8-12

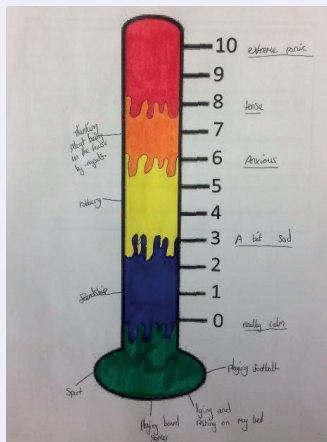
The Benefits of a group setting:

- Support for more children
- Faster waiting times
- Support for children and parents
- Sharing ideas
- Creating a support network
- Parent-Parent Support



The Intervention

Group Example Work



Week 1: Understanding what anxiety is

- Create a SMART goal
- Anxiety psychoeducation
- Worry thermometer

Week 2: Challenging anxious thoughts

- Worry cycle
- Thinking Traps
- Thought challenging

Week 3: Behaviour change

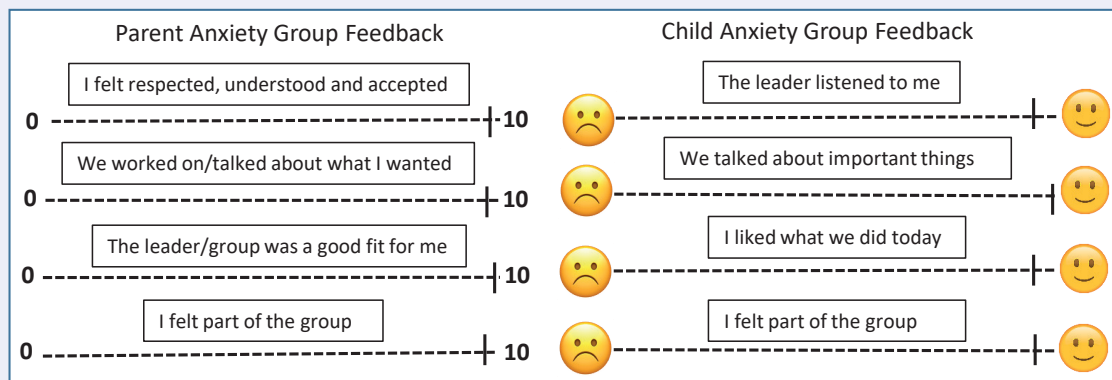
- Problem solving
- Anxiety and avoidance
- Exposure hierarchy

Week 4: Keeping it going

- Helping hand (back up team)
- Review of strategies

A relaxation strategy each week.

The Data



What was good about your care?

"Simple and easy to follow plans to tackle issues"

Parent Anxiety Group

"It was fun"

Children's anxiety group

"It was easy to open up and not feel silly about the problem and worries I had"

Parent Anxiety Group

Croydon's CWP Service

Cohort 3



South London
and Maudsley
NHS Foundation Trust



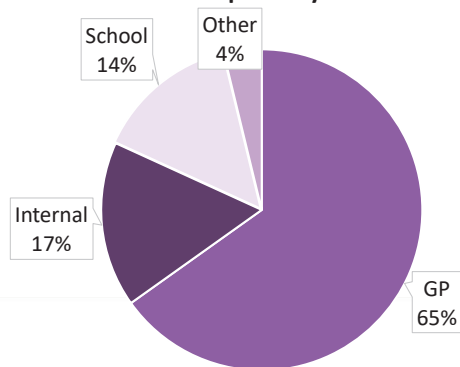
Charlotte

Maria

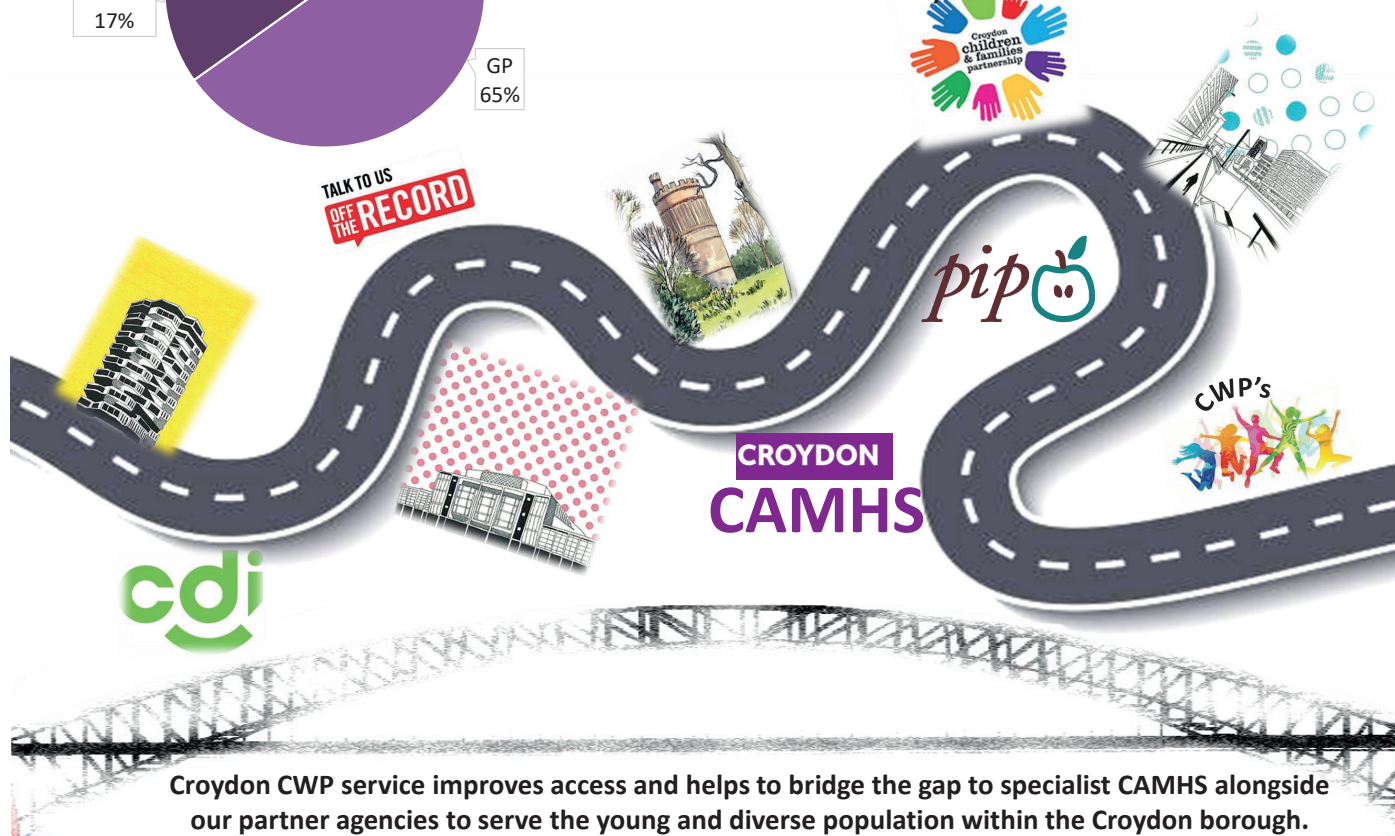
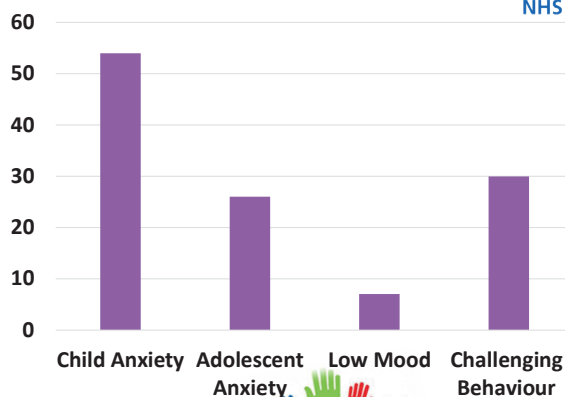
Tyler

Rachel

Referral pathway



Reasons for referral



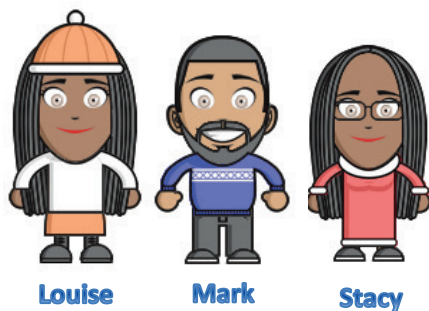
Croydon CWP service improves access and helps to bridge the gap to specialist CAMHS alongside our partner agencies to serve the young and diverse population within the Croydon borough.

Our waiting times are less than a month on average.

Population estimates for all persons by 5-year age group for 2018

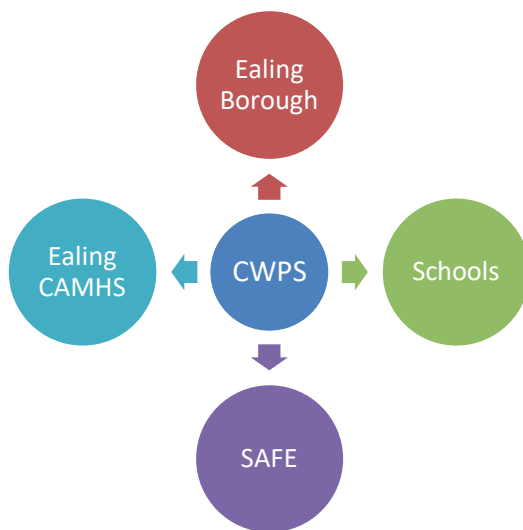


Croydon Observatory – Population. (2018). Retrieved from <https://www.croydonobservatory.org/population/>



EALING CWP SERVICE

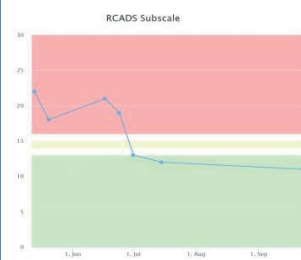
Introduction



- Ealing is a diverse borough, with recent NHS West London figures indicating that the demographic mix of the borough was 30.4% White British, 30% Asian, 13% Black and 15.1% White Other
- Ealing CWPs were the first set of CWPs to work within the borough of Ealing
- Ealing CWPS work within a number of local schools delivering both individual GSH sessions as well as workshops and groups
- Ealing CWPs are based in the Ealing SAFE (Supportive Action for Families) and Families alongside a number of other teams including MAST, DVIP & CONNECT
- Ealing CWPs work alongside a number of other professionals including Clinical psychologists, family support workers, therapists and social workers – and occasionally co-work cases with other professionals such as social workers

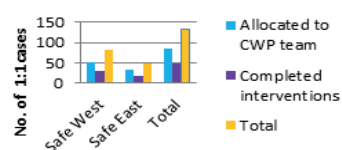
CASE STUDY

12 year old girl referred to the CWP service via school for low mood. Following 8 sessions of GSH her MDD score dropped from 22 to 11. This difference was maintained through to 6 week follow-up.

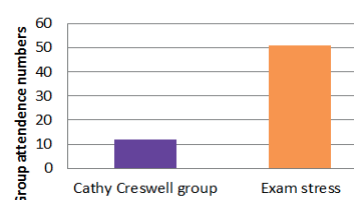


CWP IMPACT

Ealing CWP service impact - individual cases



Ealing CWP service impact - group work



Across Ealing the CWP service has facilitated both 1:1 interventions and group work across 6 secondary schools and clinic settings

Individual work

Total No. of client contacts: 133
No. of completed interventions: 48

Group work

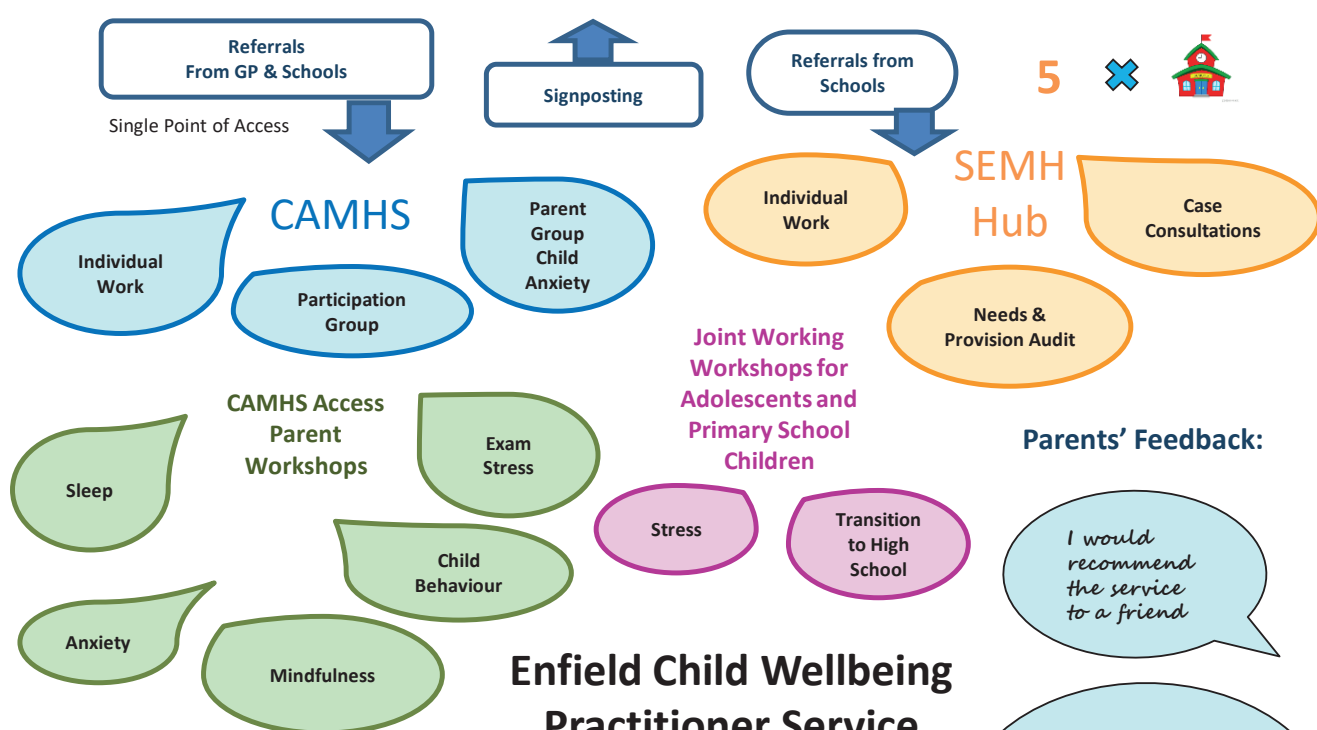
No. of client contacts: 63

FEEDBACK

The CWP was funny and easy to talk to so made sessions easier to get through. She's very helpful and I feel it makes a real difference

I felt as if I was constantly being pushed to get better and was listened to.

The person I was allocated to was very patient and understanding, gave useful advice and I was very comfortable explaining myself to her.



Case Study
Male, 5yrs
Presenting problem: Selective mutism & generalised anxiety

Intervention: Cathy Creswell model delivered to parent

What did we do?

- 8 one to one sessions with parent, very motivated so we also used 'My Inner Chimp' book with the child so he understood his experiences
- Child was very motivated by school achievements so a specialised reward system used between school and home was made to reward brave behaviours

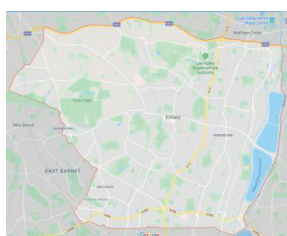
Outcome:

- Was able to use an exposure hierarchy to overcome the fear of a particular restaurant
- Became more vocal and social at school
- Spoke in front of strangers on public transport
- Parent became very confident in managing her child's anxiety

Barnet, Enfield and Haringey **NHS**
Mental Health NHS Trust



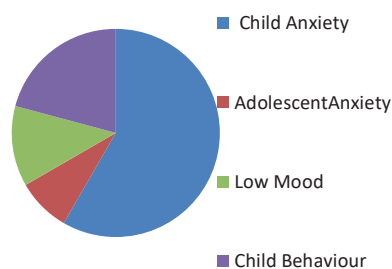
History of Joint Partnership Working



Enfield is the fourth largest London borough and is very culturally diverse. Over 90,000 children and young people live in Enfield with 65% coming from black and ethnic minority backgrounds (these include individuals from black African, Turkish, Caribbean, Greek Cypriot and Asian backgrounds).

Enfield is fifth the most deprived borough with deprivation concentrated within the eastern and southern corridors.

Presenting Difficulties



CWP Team



Sarah-Jayne Johnson



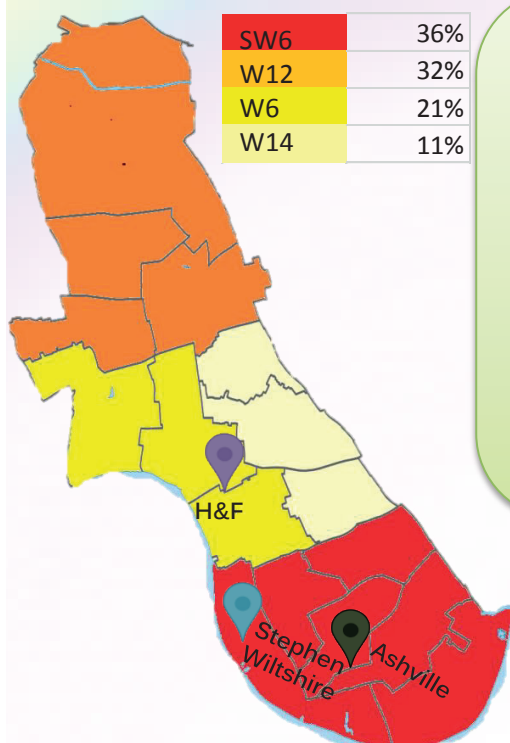
Lauren Slade

Hammersmith and Fulham CAMHS

Building links with the local community

Introduction:

Traditionally H&F CWP's have worked in schools and CAMHS. However, the introduction of EMHPS have brought new opportunities to adapt and change our approach to supporting adolescents and their families.



Referral Audit

- **South of the borough** has the highest percentage of referrals to H&F CAMHS.
- **North of the borough** hold the second largest referrals and is amongst top 20% of London boroughs with the highest incapacity benefits claimants due to mental health (JNSA,2012).
- **Central Hammersmith** where we are located, holds the third and fourth largest referrals.

Goals for the future

To build links and partnerships to work in community spaces and child care centres North of the borough where need has also been identified.

Built partnerships and links to work in community spaces in the South of the borough, such as **Ashville Surgery** and **Stephen Wiltshire Centre**.

Service development over the past three Cohorts:

- Embedding into CAMHS service .
- Establishing GSH intervention into primary, secondary and sixth form.
- Group work in exam stress and Friends for life .

- Creation of CWP Band 5 post in H&F.
- Piloted mental health awareness workshops in schools.

- Piloted and established parent-led anxiety intervention in a group format.
- Embedded into community venues/organisations.
- Raised awareness of GSH intervention through workshops and school presentations.

Cohort 1

Cohort 2

Cohort 3

JSNA (2012). Prioritising Health and Wellbeing Needs H&F. Retrieved from <https://www.hammersmithfulhamccg.nhs.uk/media/43526/05-Hammersmith-and-Fulham-CCG-JSNA-highlight-report-2012-12th-October-2012.pdf>

Haringey CWP Service

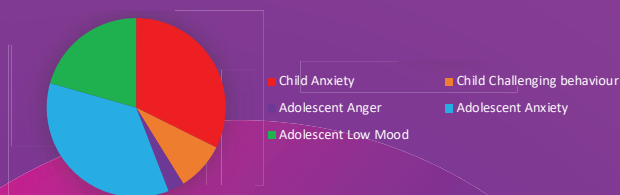
Offering early intervention support to families and young people aged 4-18 who are experiencing common mental health difficulties.



What are our referral pathways?



What do we help people with?



Feedback



"I get to say my own thoughts and feelings and they took it seriously."

Year 6 workshop attendee



"(CWP) listened to our worries and worked hard to help us work out strategies. It has made a really big difference." **Parent**

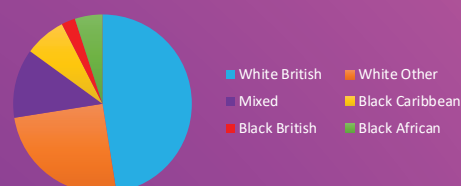


"You guys are amazing and the feedback I have received from parents has been very positive." **Referrer**

Haringey at a glance

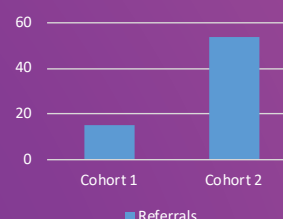
Haringey is one of the most diverse boroughs in the UK. 38% of residents are from BAME groups and 26% identify as 'white other'. 180+ languages are spoken, and deprivation levels are high, particularly in the northeast of the borough.

Who have we seen?

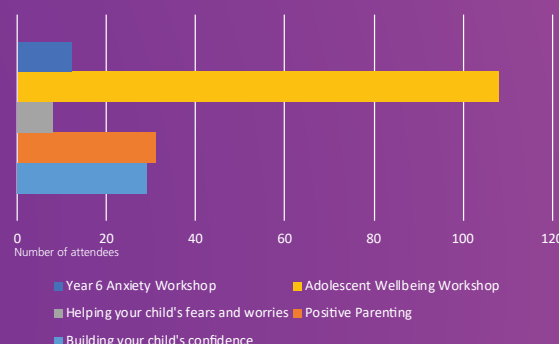


How has our service developed?

We have established strong working partnerships with educational settings and partner agencies that has led to an increase in referrals received this year by the team.



What workshops have we delivered?



Wheels to Wellbeing

School Anxiety Awareness over 6 weeks (6 delivered).

Anxiety Awareness Workshop (11 delivered).

Parent Training Anxiety Awareness over 6 weeks (7 delivered).



Children's Wellbeing Team

Yasmin Ansbro,
Margaret Obiora &
Molly Webster

Teacher Inset Days (8 delivered).

1:1 GSH Sessions over 8 weeks (91 interventions).



Hounslow CWP's

Third cohort trainees:
Koralia Bentivoglio & Selina Edwards

Based in Tier 2 CAMHS



CWP's are located in primary and secondary schools

CWP's co-facilitate school based group work

Friends for Life:

- 10 week social skills and resilience building programme
- Run with primary school for Year 6 students and secondary school for Year 8 students
- Recommended by the World Health Organisation
- Suitable for both targeted and universal groups
- Co-facilitated with a member of school staff
- RCADs questionnaires administered pre and post programme
- Encourages ongoing partnerships with schools



Anxiety parenting groups:

- Six-week parenting group
- Run with parents of primary school children presenting with anxiety
- Based on the book Overcoming your child's fears and worries by Cathy Creswell & Lucy Willetts
- Enables parents to understand and manage child anxiety
- RCADs questionnaires administered pre and post programme
- Facilitated with an Educational Mental Health Practitioner



Case study

- LI, 12, ♀, low mood
- Parental loss, reduction in activity, low motivation, anger issues, sadness
- 8 weeks: behavioural activation, activity log, weekly values, thought challenging and problem solving
- Initial difficulty in engaging in activity log
- Increase in meaningful activities
- Engaging in meaningful and achievable activities helped LI to feel better, and as a result increased her mood

Feedback from young people and parents

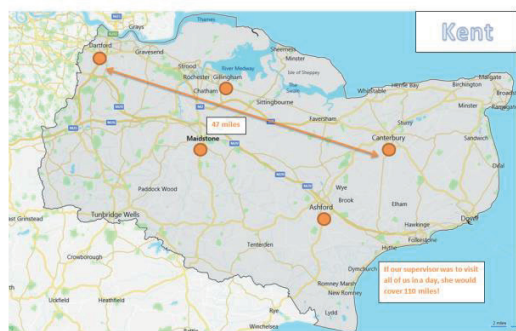


"Friendly, welcoming and open environment. CWP made it easy to talk to."

"I was listened to and given great strategies overall."

"The way that the CWP was dealing with the issues was very efficient."

Kent & Medway Children's Wellbeing Practitioners (CWPs)



We are 6 CWPs integrated across 5 clinics in a targeted and specialist children and young people's (CYP) mental health service. We cover a large geographical area, seen on the map to the left. This has presented itself with challenges as a CWP team.

However, within our training year we have managed to overcome these challenges to establish the Kent & Medway CWP workforce with many successes.

Success of delivering Evidence Based Interventions in Kent & Medway

Between March and mid November, we received 230 referrals from our local clinics. We accepted 71% of these referrals for a guided self-help intervention including individual interventions, groups interventions and workshops.

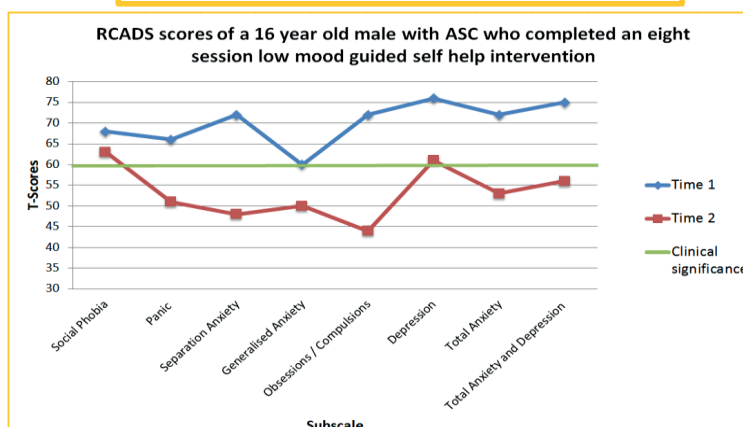
The most common intervention we have delivered is adolescent anxiety, totalling 57% of cases.

89% of cases were discharged from the service after completing their intervention. 96% made progress on **one or more** of their goals and 57% made progress on **all** of their goals.

Case studies

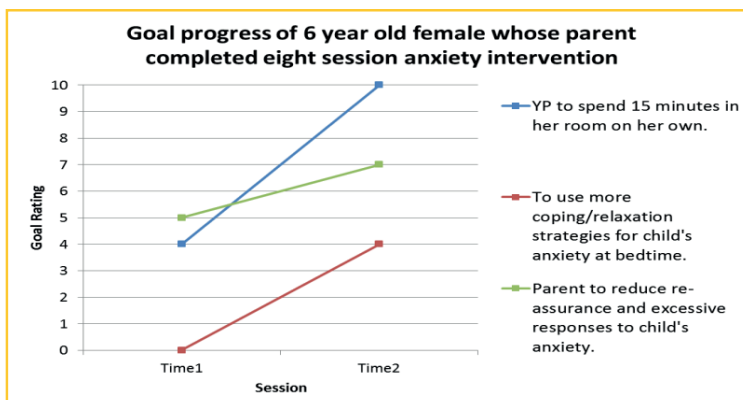
Autism Spectrum Condition (ASC)

41% of the CYP we have seen have an ASC diagnosis or are awaiting a full assessment. We created new materials and adapted materials from the standard manuals to suit the needs of these CYP. These include visual aids such as comic strips and social stories as well as additional worksheets on emotional regulation and social communication skills.



Parent-led Cognitive Behavioural Therapy informed Group

We created supplementary materials for the group intervention based on the needs identified within referrals for child anxiety. These focused on managing worry and addressing parental anxiety.





Lewisham Child Wellbeing Practitioner Service

The CWP service is part of Lewisham CAMHS and offers interventions to children, young people and their families who are experiencing mild to moderate mental health difficulties related to anxiety, low mood or behavioural challenges.

"Practitioner has been fantastic, really supportive towards CYP and gave him the exact tools he needed to take with him on his trip. Brilliant practitioner."

Guided Signposting & linking with the wider community;

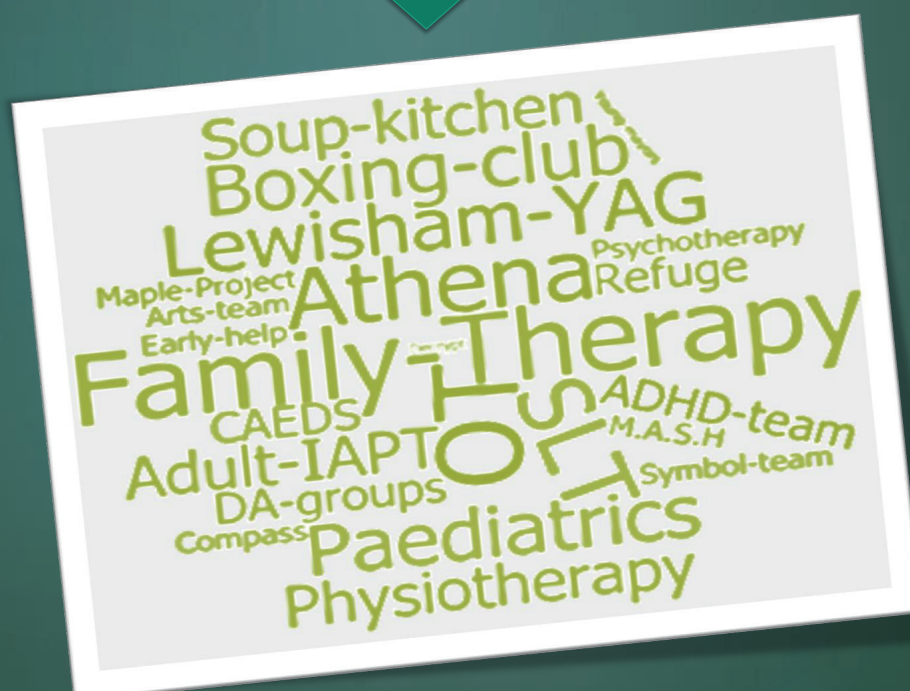
The values of SLAM states we should ensure service users "are offered services that best meet their needs." (Changing Lives – Our Strategy, 2019).

To implement this value the Lewisham CWP team has liaised with the following services:

"I got loads of ideas of how to help my child. We tried new tactics and they worked. Very happy as my child is confident and happy"

"It was transformative and gratefully received"

"Thank you so much for a great session I always come away feeling very positive"



Richmond and Kingston CWP Service

Kezia Ward, Hattie Smart, Samantha Terry
Supervised by Dr. Sarah Wilson

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

Primary

Referral Process:

- Provide schools with information about the service, advertised in school newsletters
- Parents encouraged to self-refer
- Introduction to the service presentation to parents

What we do:

- Deliver interventions tackling challenging behaviour and anxiety
- Assessment followed by 4 face-to-face and 4 telephone sessions of guided self-help



Secondary

Referral Process:

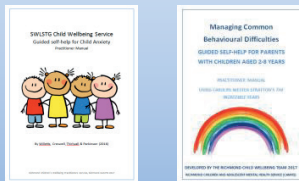
- Provide teachers and YP with information leaflets about the service
- Young people encouraged to self-refer
- Introduction to the service presentation to young people

What we do:

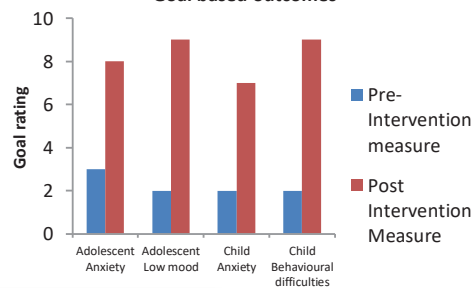
- Deliver guided self-help interventions for mild to moderate low mood or anxiety
- Assessment followed by 6 face-to-face sessions of guided self-help

Manuals

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



Goal based outcomes



Manuals

We have been using the SWLSTG anxiety and low mood manuals. As a collaborative team we have also been developing a new, modular version of the anxiety manual.



Workshops

We deliver parent and year 6 anxiety workshops in primary schools.



'The feedback we have received from parents has been overwhelmingly positive; they feel very supported and more equipped with day-to-day both behaviourally and emotionally – doing so together as a family'
School link person

'I was listened to the whole time and not once, at any point, did I feel uncomfortable. When I did feel down, I was always made to feel happier by amazing support'
Young Person

'Leant useful strategies'
'We felt listened to and valued'
'...was a great listener and really helped'
Parent of primary school child

Workshops

We deliver exam stress workshops to YP in secondary schools.



What now?

The Richmond and Kingston CWP trainees have provided ongoing support in primary and secondary schools across Richmond and Kingston, introducing the service to 2 new secondary and 3 new primary schools during our training year. Having started as four CWP's in Richmond, SWLSTG CWP service has since grown to a phenomenal team of 25 CWP's.

How does the Suffolk Wellbeing Youth Service use online platforms to engage with children and young people?

By Gemma Dutton & Hannah Cheesman

Introduction

This is a review of the online work supported by CWP in addition to face to face interventions and group work. Suffolk Wellbeing Youth Service provides webinars on a range of topics. These webinars are available to young people and parents. We are looking at the registration of webinars to consider how webinars engage young people and parents in CWP work.

Method

Q: How can we assess the visibility of online webinars for young people and parents?

A: An audit of webinar registration over the last 6 months.

A: An audit of social media advertisement of webinars over the last 6 months

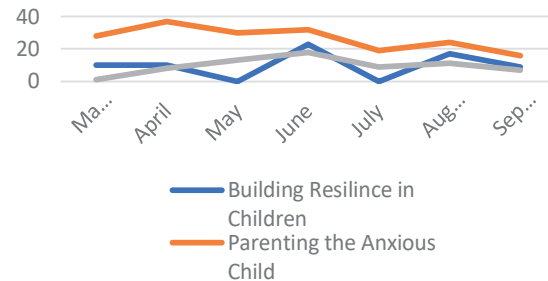
Conclusion

A: Webinars appear to be better supported by parents.

A: Social media advertisement is limited and is targeted at the successful study and dealing with feeling down webinars. There is not equal representation of all webinars across social media platforms.

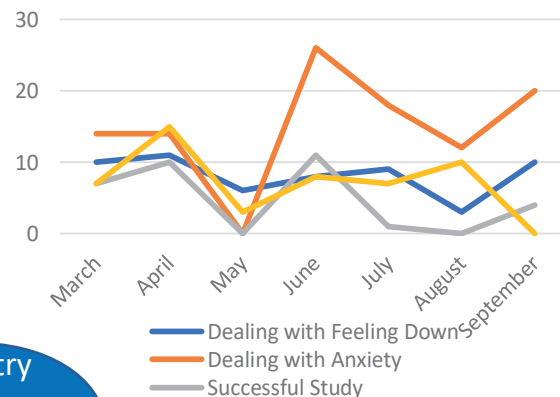
A: Webinars covering Anxiety for parents and children have the most registrants but no social media advertisement.

Parenting Webinars

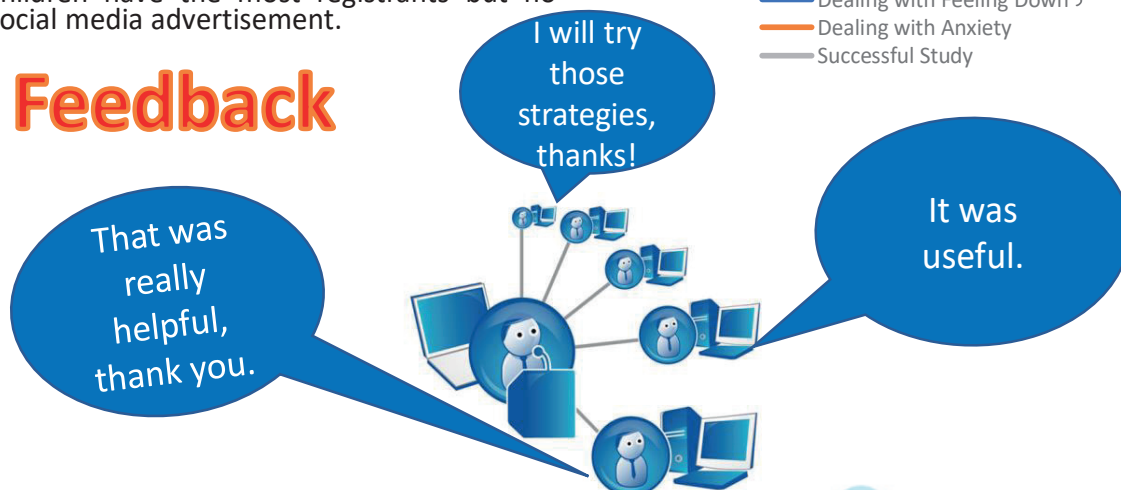


Graphs to show the attendance of webinars over a 6 month period

Webinars for young people



Feedback





Surrey CYP IAPT Partnership

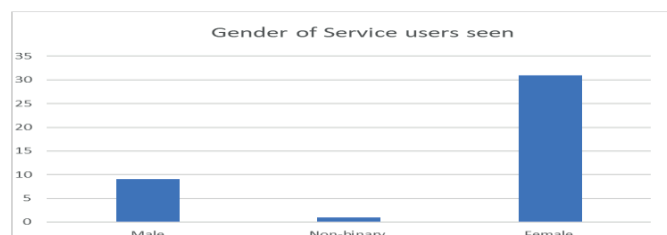
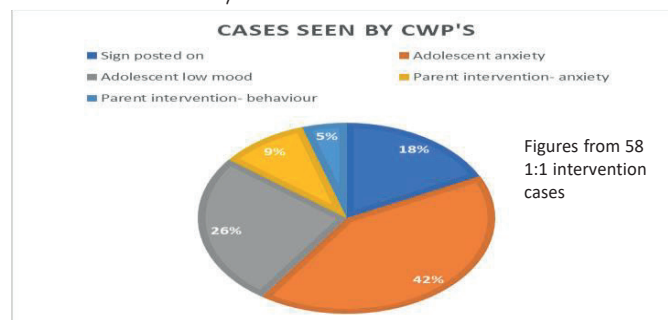
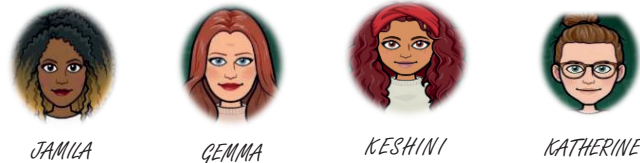
WE ARE THE SURREY CYP IAPT PARTNERSHIP TRAINEE CHILDREN'S WELLBEING PRACTITIONERS. WE WORK FOR A CHARITY PARTNERSHIP BETWEEN HEADS TOGETHER AND EIKON.



Over the course of the year we have provided a range of low intensity psychological interventions based on CBT principles for children and young people who experience early ones low mood, anxiety and behaviour difficulties.

The interventions we use are:

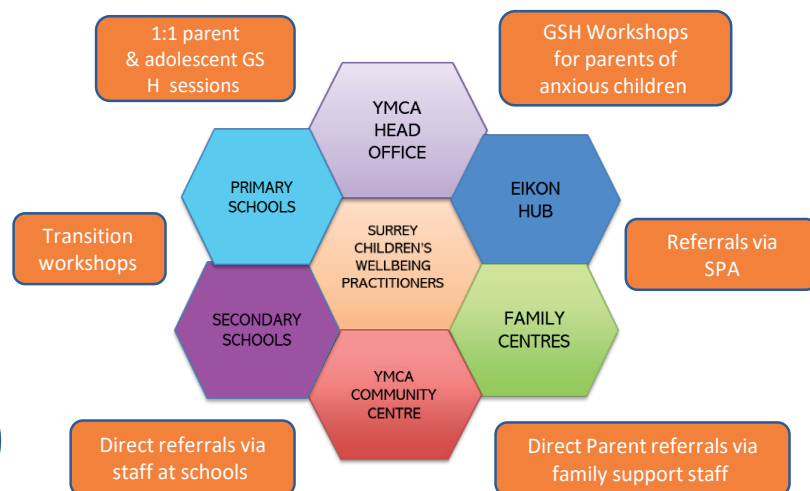
- Guided self-help (GSH) in the form of behavioural activation for low mood
- Graded exposure for anxiety
- All sessions are collaborative, and the interventions contain psycho-education, so the young person understands the experience they are going through.
- For younger children who experience anxiety or behaviour problems we provide GSH for their parents or guardians, aimed at developing their skills to help their child to overcome anxiety or behaviour difficulties through 1:1 session or a manual based guided workshop.



Future service goals:

- Continue to develop our relationship with CYP participation groups in Surrey
- Continue to build relationships with partner schools to promote access to services
- Develop an anxiety intervention group for parents and guardians of anxious children on a rolling basis
- Track demographics of our service users to ensure the service is provided to a diverse and inclusive population

Our young people have said:



1. Description

- The Hive – Camden (North London)
- Community service supporting Young People (YP) 16-24 years old
- Team of 2 new Child Wellbeing Practitioners (CWPs)

Network of Services

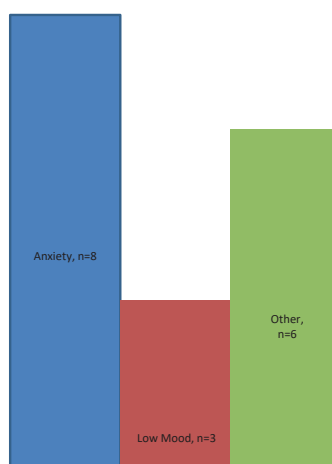


Discrepancies between services

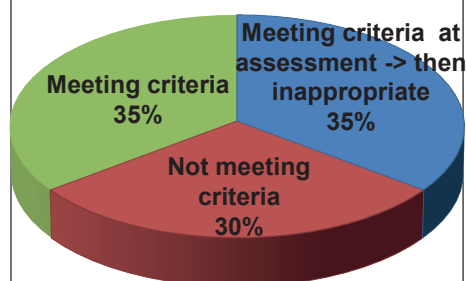
The Hive	CWP
• Age group (16-24)	• Age group (0-18)
• YP with moderate to severe difficulties	• YP with mild/moderate difficulties
• Holistic approach – education, employment, housing, sexual health, substance misuse, life skills, wellbeing	• Specific approach – early intervention for anxiety, depression, challenging behaviours

2. Statistics

Presenting problems (N=17)



Total Cases (N=17) seen by CWPs according to CWP inclusion criteria



3. Conclusions

Early Identification of discrepancies

Mentalising Service expectations

Mentalising University expectations

Mentalising Network's needs

Problem-solving collaboratively

Establishing appropriate referral pathways



Establishing the...

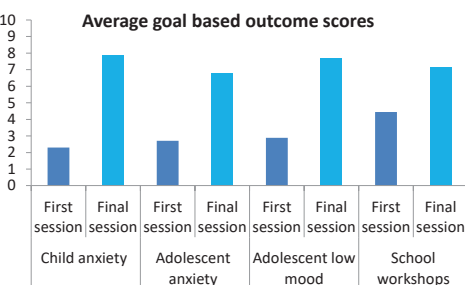
Wandsworth CWP Service



Meet our team



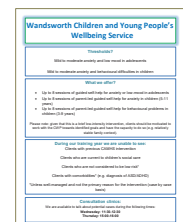
We are Shannon, Molly, Milly, Grace and Phoebe.
We are based within Wandsworth CAMHS.



Initially only 56% of referrals were appropriate...

Other clinicians thought our service was at a higher level within Tier 2. We spent a large amount of our time assessing and referring onward.

- Consultation clinics
- Screening referrals from Triage
- Developed leaflet describing thresholds – educating the team
- Joint assessments with Access clinicians

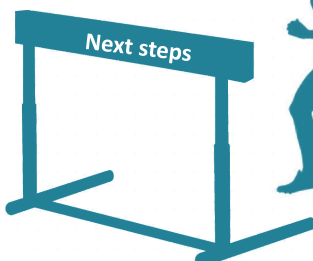


...now 82% of our referrals are appropriate

"Having you as part of Access has been genuinely excellent... it has helped to refer cases directly following consultation and to have useful conversations about support" – Access Clinician

- To produce resources to overcome language barriers
- Explore gaps within the service and onward referral pathways

100% of feedback said they would recommend our service to a friend

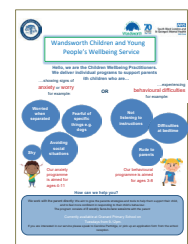


"I now know that worries are normal and how to control them if they get unmanageable" – age 10

"It felt like my problems and issues were well understood and the recommended actions have really started to benefit my son and us as a family altogether." – parent of child, age 9

"I felt like I was taken seriously and that during my sessions I was able to say everything I wanted." – age 15

- Attended meetings with educational psychologists to identify local schools in need of support
- Evening groups
- Resources in parent mail
- Offering years 5 & 6 'worry workshops'



WEST SUSSEX – YOUTH EMOTIONAL SUPPORT (YES) SERVICE



CWPs: Jasmine Hubbard & Vicky Machin

WHO ARE WE?

We are two Children's Wellbeing Practitioners offering guided self-help (GSH) for anxiety, low mood and challenging behaviour. We are part of the **Youth Emotional Support (YES)** service, which sits within **Early Help** services of **West Sussex County Council**. The team consists of support workers and caseworkers, who support young people aged 11-18 with their wellbeing.

A unique quality of YES is that workers are community based, meeting young people in places that are convenient for them. E.g., school, youth centre, home, coffee shop, library.



INTERVENTION OVERVIEW

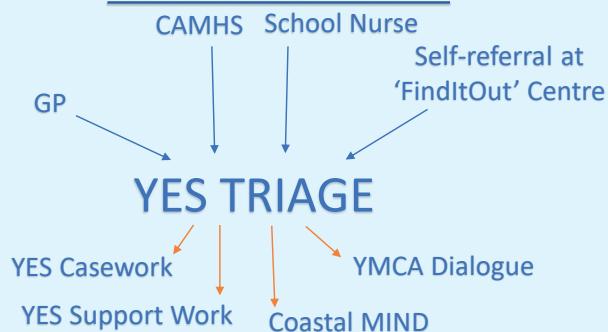
- 70 assessments completed → 61 suitable for CWP intervention
- 27 - adolescent anxiety, 17 - low mood, 1 - challenging behaviour, 12 - transition group, 4 - wellbeing workshops, 6 - extended assemblies, 10 - wellbeing drop-ins.
- Two ongoing parent groups (5 sessions over 8 weeks) for child anxiety and challenging behaviour, 9 - child anxiety, 4 - challenging behaviour.

CASE STUDY

- 12-year-old white-British male presenting with separation anxiety received 8 sessions of GSH for anxiety.
- Sessions based on exposure to anxiety triggering situations, alongside behavioural experiments, thought challenging, psychoeducation, and coping techniques.
- Client met all of his goals: 1) To be able to stay at home on his own for an hour, 2) To be able to confidently use strategies to calm his anxious feelings, 3) To be able to fall asleep within ten minutes most evenings.

RCADS SUBSCALES	PRE-INTERVENTION	POST-INTERVENTION
SOCIAL PHOBIA	16	3
PANIC DISORDER	8	3
SEPARATION ANXIETY	13	1
GAD	8	1
OCD	10	0
LOW MOOD	9	7
TOTAL ANXIETY	55	8

YES REFERRAL PATHWAY



Initially, we attended **YES triage**, and took on referrals that met the CWP criteria.

CHALLENGES

- No work base or team office
- With only two CWPs for the county and referrals widely geographically spread, lots of time was spent travelling between sessions and finding/ booking rooms
- No YES referral route for under 11's – we wanted to reach primary aged children but couldn't open up primary referrals to YES triage as we would be have been unable to meet the demand



SOLUTIONS

- To be based in **schools** – We identified schools with need and then liaised with pastoral leads to get suitable referrals. We have 2 secondary schools each and 1 primary (running ongoing groups).



REFLECTIONS AND MOVING FORWARDS

- Whilst reducing flexibility, this approach allows us to reach more young people and families by spending more time delivering sessions, rather than travelling.
- Ongoing groups were challenging due to parents many not being able to attend weekly. Resultantly, we will deliver one-to-one sessions in schools, but introduce parent workshops in the future.
- Eight EMHPs have just started in West Sussex, but no further CWPs. We are currently having discussions about how we will work alongside each other.

FEEDBACK FROM YOUNG PEOPLE AND PARENTS

"I felt really listened to which is great"
 "I was listened to and taken seriously and treated kindly"
 "I was listened to and it was convenient and well put together"
 "Vicky was so friendly and made the whole process run smoothly, hurrah"

NOTES

NOTES

