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
CONTENTS

Barnet CWP Team, Children and Young People’s Psychological Wellbeing Service 1

Brent, Harrow & Hillingdon CWP Team, Brent, Harrow and Hillingdon CAMHS 2

Bromley Y Wellbeing Service for Children and Young People 3

Cambridgeshire and Peterborough CWP Team, Cambridgeshire and Peterborough Foundation Trust 4

CHUMS CWP team, Mental Health and Wellbeing Service for Children and Young People, Bedford 5

Croydon's CWP Service, South London and Maudsley NHS 6

Ealing CWP Team, West London NHS Trust 7

Enfield CWP Team, Barnet, Enfield and Haringey Mental Health NHS Trust 8

Hammersmith and Fulham CWP Team, West London NHS Trust 9

Haringey CWP Team, The Tavistock and Portman NHS Foundation Trust 10

Hertfordshire CWP Team, Hertfordshire County Council 11

Hounslow CWP Team, West London NHS Trust 12

Kent & Medway CWP team, NELFT NHS Foundation Trust 13

Lewisham Child Wellbeing Practitioner Service, South London and Maudsley NHS Foundation Trust 14

Richmond & Kingston CWP Service, South West London and St Georges NHS Trust 15

Suffolk CWP Team, part of Norfolk and Suffolk NHS Foundation Trust 16

Surrey CWP Team, Eikon Charity and YMCA East Surrey 17

The Hive CWP Team, Camden 18

Wandsworth CWP Service, South West London and St Georges NHS Trust 19

West Sussex Youth Emotional Support Service, West Sussex County Council 20
Barnet is a large borough and we work in a hub-based model across 3 sections, East, West and South.

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.

Reasons for referral

![Pie chart showing reasons for referral]

- Anxiety
- Low mood
- Behaviour
- Other
- Unspecified

Beth Garrity
Marta Krajewska
Rosanna Roulston

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

I’m really proud of myself.

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

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
- Managing inappropriate referrals
- Accommodating parent availability

**CHALLENGES**
- 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

**GROUPS & WORKSHOPS**
- Managing inappropriate 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*
**Community Workshops**

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

**What parents found useful:**

- **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".

**5 weeks anxiety workshop at a Children Community Centre**

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

<table>
<thead>
<tr>
<th>BEFORE</th>
<th>AFTER</th>
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<tbody>
<tr>
<td>SP</td>
<td>PD</td>
</tr>
<tr>
<td>20</td>
<td>100</td>
</tr>
<tr>
<td>10</td>
<td>50</td>
</tr>
</tbody>
</table>

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

**Providing regular Parents' workshops at Local shopping centre**

**Providing Parents' Workshop at local primary schools.**
Referrals come in from professionals, including GPs, Schools, Social Workers and Nurses via our Duty Line.

Lia—Trainee CWP
I am based in Peterborough and am often driving between schools and the clinic for sessions!

Kelsey—Qualified 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!

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!

Cassie—Qualified CWP

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

Cambridgeshire and Peterborough

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.
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

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.

Group Example Work

The Data

Parent Anxiety Group Feedback

Child Anxiety Group Feedback

What was good about your care?

“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

“Simple and easy to follow plans to tackle issues”
Parent Anxiety Group
Croydon’s CWP Service
Cohort 3

Referral pathway

- GP (65%)
- School (14%)
- Internal (17%)
- Other (4%)

Reasons for referral

- Child Anxiety
- Adolescent Anxiety
- Low Mood
- Challenging Behaviour

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

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

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.
Enfield Child Wellbeing Practitioner Service

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

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.
Hammersmith and Fulham CAMHS
Building links with the local community

Introduction:

Traditionally H&F CWPs 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.

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.

Referral Audit Table:

<table>
<thead>
<tr>
<th>SW6</th>
<th>36%</th>
</tr>
</thead>
<tbody>
<tr>
<td>W12</td>
<td>32%</td>
</tr>
<tr>
<td>W6</td>
<td>21%</td>
</tr>
<tr>
<td>W14</td>
<td>11%</td>
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</tbody>
</table>

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

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?
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?
Feedback
"(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
"I get to say my own thoughts and feelings and they took it seriously." Year 6 workshop attendee

What are our referral pathways?
Us! CAMHS
Schools
Charitable Sector

What do we help people with?
Child Anxiety
Child Challenging behaviour
Adolescent Anger
Adolescent Anxiety
Adolescent Low Mood

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

School Anxiety Awareness over 6 weeks (5 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

1:1 GSH Sessions over 8 weeks (91 interventions).
Third cohort trainees: Koralia Bentivoglio & Selina Edwards

Based in Tier 2 CAMHS

CWPs are located in primary and secondary schools

CWPs 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

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

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

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)

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.

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.

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.

Case studies

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.

Goal progress of 6 year old female whose parent completed eight session anxiety intervention

Goal progress of 16 year old male with ASC who completed an eight session low mood guided self help intervention
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:

“It was transformative and gratefully received”

“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”

“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

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

**Workshops**
We deliver parent and year 6 anxiety workshops in primary 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.

**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 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 exam stress workshops to YP in secondary schools.
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 CWPs 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.

Feedback
That was really helpful, thank you.
I will try those strategies, thanks!
It was useful.

Webinars for young people

Parenting Webinars

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

Building Resilience in Children
Parenting the Anxious Child
Dealing with Feeling Down
Dealing with Anxiety
Successful Study
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:

- “I like that it was only one person so they knew me the best”
- “I felt listened to and I feel like I can cope with situations easier now.”
- “I was listened to at all times and we talked about what I wanted to talk about”
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

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

Presenting problems (N=17)

- Anxiety, n=8
- Low Mood, n=3
- Other, n=6

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

- Meeting criteria at assessment -> then inappropriate 35%
- Not meeting criteria 30%
- Meeting criteria 35%

3. Conclusions

- Early Identification of discrepancies
- Mentalising Service expectations
- Mentalising University expectations
- Mentalising Network’s needs
- Problem-solving collaboratively
- Establishing appropriate referral pathways

Improved outcomes

Cohort 3 Shared Learning Event

Bridging the gap: CWP service at the Hive in Camden
Establishing the...

Wandsworth CWP Service

- Attended Tier 2 meetings
- Developed leaflets/posters
- Met with services within the community
- Introduced ourselves to local schools

Initially only 56% of referrals were appropriate...

...now 82% of our referrals are appropriate

Average goal-based outcome scores:

<table>
<thead>
<tr>
<th></th>
<th>First session</th>
<th>Final session</th>
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<tbody>
<tr>
<td>Child anxiety</td>
<td></td>
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<tr>
<td>Adolescent anxiety</td>
<td></td>
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<tr>
<td>Adolescent low mood</td>
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<tr>
<td>School workshops</td>
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100% of feedback said they would recommend our service to a friend

“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

Next steps

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

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

Meet our team

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

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

- 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’

“'Worry workshops’ help to refer cases directly following consultation and to have useful conversations about support” – Access Clinician

We work with the CWP towards identified goals and have the capacity to do so (e.g. relatively low-level anxiety issues were well understood and not the primary reason for the intervention (case by case – unless well-managed and not the primary reason for the intervention (case by case)

Please note: given that this is a brief low-intensity intervention, clients should be motivated to continue to work with the CWP towards identified goals and have the capacity to do so (e.g. relatively low-level anxiety issues were well understood and not the primary reason for the intervention (case by case – unless well-managed and not the primary reason for the intervention (case by case

Average goal-based outcome scores:
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

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<tr>
<th>Subscale</th>
<th>Pre-Intervention</th>
<th>Post-Intervention</th>
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<tbody>
<tr>
<td>Social phobia</td>
<td>16</td>
<td>3</td>
</tr>
<tr>
<td>Panic disorder</td>
<td>8</td>
<td>3</td>
</tr>
<tr>
<td>Separation anxiety</td>
<td>13</td>
<td>1</td>
</tr>
<tr>
<td>Sad</td>
<td>8</td>
<td>1</td>
</tr>
<tr>
<td>OCD</td>
<td>10</td>
<td>0</td>
</tr>
<tr>
<td>Total anxiety</td>
<td>55</td>
<td>8</td>
</tr>
</tbody>
</table>

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”