

# Childrens Wellbeing Practitioner (CWP) Programme London & South East

## Candidate FAQs

*Please note, these FAQs will be regularly monitored and updated in line with new information and updates.*

### CWP Basics

#### What is a CWP?

CWP stands for Children's Wellbeing Practitioner. It is a relatively new role in children and young peoples mental health which has been developed in response to the target for offering evidence based intervention to 70,000 more children and young people annually by 2020, by training up 1,700 new staff in evidence based treatments, outlined in Implementing the Five Year Forward View for Mental Health.

CWPs will constitute a sub-service, equipped to see young people who wouldn't otherwise reach local thresholds for CAMHS; they will be **distinct roles**, and not assistants to existing therapists. The CWPs will be trained over the course of a year to offer brief, focused evidence- based interventions in the form of low intensity support and guided self-help to young people who demonstrate mild/moderate:

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

The work of CWPs is very varied as each service will be tailored to local need and provision but can include assessments, face to face sessions, telephone work, workshops, groups, signposting and service user involvement activities.

#### Where do CWP's work?

CWPs work in a variety of settings with an emphasis on early intervention work within primary care, schools, early help providers and voluntary providers.

Examples include placement of CWPs within:

- Local GP practices;
- Single Point of Access (SPA) services;
- Early Help Hubs;
- Family Support/Families First Teams;
- Community Teams;
- School's Projects

## CWP Recruitment

### How do I apply to be a CWP?

CWPs will be recruited and employed by either an NHS, voluntary or third sector service involved in provided mental health provision to children and young people.

Candidates will need to apply for a role within one of the recruiting services and for the University training course at either UCL or KCL depending on that service's allocation to a particular university.

Services will release job adverts at different times – we recommend that interested candidates set up job alerts for terms such as

- 'Children's Wellbeing Practitioner'
- 'Child Wellbeing Practitioner'
- 'Psychological Wellbeing Practitioner for Children and Young People'

Trainees will not be accepted onto the training programme if they have only applied to the job or the university course. Details on how to apply for the university course will be embedded into the job adverts.

### What experience will candidates need?

Each service will have specific requirements for their roles – please pay particular attention to the person specification of the role you are applying for. In general, services will require evidence of working with children and young people with mental health difficulties

### What qualifications will candidates need?

Both UCL and KCL request the following in relation to the CWP training programme:

- A minimum of a second-class Bachelor's degree from a UK university or an overseas qualification of an equivalent standard in a relevant subject (e.g. psychology)
- Motivation to undertake and complete the course
- If your education has not been conducted in the English language, you will be expected to demonstrate evidence of an adequate level of English proficiency. The English language requirement for this programme is: Good
- **Please note that candidates must meet the minimum criteria as outlined in the UCL/KCL guidance document.**

### Can candidates still apply if they haven't yet finished their degree, by demonstrating a predicted degree award?

Candidates will need to have passed their degree when they are appointed to the role – by showing their degree certificate or a letter demonstrating that their degree award is pending. Candidates will not be accepted based on predictions alone.

**Please also note that candidates will not be able to apply for this role with KCL or UCL if they are already enrolled on another course within the HEI.**

### How can candidates receive information about recruitment?

Candidates can express their interest in the CWP role by filling in this form [bit.ly/2fwU91b](https://bit.ly/2fwU91b). We aim to alert this mailing list to job adverts as they come out (but this is not always possible).

### How many CWPs will be recruited?

This will vary from year to year depending on demand but usually each service would advertise for 2-4 CWPs. In previous years, the total number of CWP places for each cohort has been around 60.

### Do candidates need to apply to UCL/KCL more than once?

Only one candidate application is needed per university. Many candidates will apply for various CWP trainee roles within an application cycle that may be aligned with the same or different universities. Candidates should apply to both KCL and/or UCL as required by the job adverts, but repeated applications to one university is not necessary.

## CWP Training

### Do I have to pay the course fees or get a student loan?

No, the course fees and your salary are paid by Health Education England

### How is the role split between in-service work and University led teaching?

In the first instance, CWP trainees will undertake 3 days of training a week at either UCL or KCL, with the additional 2 days a week used for in-service work. Following this, their attendance will reduce to in general, one day a week (generally Fridays) to focus specifically on clinical skills.

### Will training continue over the summer holidays and half term?

As with other university led teaching, the training aspect of the CWP programme will not take place over the summer term. As a result, CWPs will be based within their service full time over this period to allow them to put their skills into practice and see their own caseload (under close supervision).

### Will trainees be given study time?

We recommend that CWPs have half a day a week protected study time during weeks that have teaching. On the weeks that there is no teaching, we recommend the CWPs have a day a week protected study time. Study time may be on or offsite depending on the service and covers a variety of course related activities including assignments and preparing for case work.

### What does the CWP training curriculum look like?

Training will be delivered as part of lectures, seminars and skills sessions; allowing CWPs to put the skills they have learnt into practice as part of role plays and group discussions. Over the course of the year, training will focus on:

- Fundamental Skills: Children and Young People's Mental Health Settings: Context and Values
- Fundamental Skills: Assessment and Engagement
- Evidence Based Interventions: Theory and Skills

More specifically, trainees will focus on developing skills in the following areas:

- An understanding of the CWP role within local and national contexts, including links with other professionals, the wider network and external and multi-agency working;
- An overview of a range of CYP mental health therapies and their evidence base, focusing particularly on developing guided self-help interventions for low mood, anxiety and behavioural difficulties;
- An understanding of issues surrounding diversity, culture and social inclusion;
- Caseload management and clinical decision-making under close supervision;
- An understanding of the importance of service-user engagement, participation and collaborative practice;
- An understanding of CYP mental health policy;
- An understanding of issues surrounding confidentiality, ethics, capacity and consent/safeguarding procedures;
- Outcomes informed practice

*\*there will be a key focus on goals, self-management, assessment skills, outcome skills, session by session monitoring throughout the training programme.*

### What is meant by the term 'guided self-help'?

- CWPs will not be expected to treat young people. 'Treatment' implies an obligation to cure which is not the model for this programme. Instead, young people will be guided by their CWP, through a course of self-help and self-management.
- Focus should be on working collaboratively with young people and their families towards a model of self-help.
- Focus will be on links with other agencies and, where possible, encouraging young people and families to self-help and seek support from these agencies.
- CWPs will be asked to adopt techniques used in other therapeutic modalities such as Interpersonal Therapy – encouraging young people to build a 'team' around them who can provide support.
- Goal setting and monitoring will not just be specific to young person but will incorporate their support 'team'.

### Can candidates do the course part time?

No, the CWP course is full time only (teaching and service based casework)

## Supervision

### What supervision can CWPs expect?

For the duration of CWP training, CWPs should receive close supervision that should include:

- Regular (weekly) case review
- Group supervision

- Support with skills development, such as video review and feedback.

### Will supervisors receive training?

Yes, supervisors will be expected to attend two different types of training; independent training sessions and co-taught training sessions alongside their CWPs.

## Contact

Please contact [cwp@annafreud.org](mailto:cwp@annafreud.org) with any enquiries