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.
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CWP team created in April 2017. Currently team of 9 (trainees and qualified CWPs)

Sit within Barnet Integrated Clinical Services, in the 0-19 Hub based model

Based on CYP-IAPT principles

Evidence-based practice, one-to-one work and group sessions for children and parents, workshops

Borough-wide community-based service (schools, homes, coffee shops)

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

Client Feedback

Accessibility

"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."

Participation

"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."

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

Accountability

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

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

Awareness

"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."

Evidence 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.

Completed Interventions Goal Progression

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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

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.

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 after school 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.

‘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 Tureka moment being referred to this service ...it’s opened our eyes to thank you’- Parent

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

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.

Flexible, Adaptable, Tailored“
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:

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<th>100%</th>
<th>75%</th>
<th>50%</th>
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<tbody>
<tr>
<td>Yes</td>
<td>No</td>
<td>Have not had any ideas but would be happy to share them</td>
<td>Have not had any ideas and would not be happy to share them</td>
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“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
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 CWPs 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

**ADDITIONAL CWP ROLES WITHIN CHUMS**

**CYP and Parent Groups**
Piloted in March 2019, covering the following areas:
- Low Mood
- Anxiety
- School Transition

**‘Universal Training’**
Delivering mental health awareness training to all school staff including:
- Senior Leadership Team
- Governors
- Teaching staff
- Teaching Assistants
- Lunchtime Supervisors
- Catering staff

**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 Plus’**
Supporting senior clinicians from CHUMS and CAMHS to deliver training to, and consultations for, designated ‘Mental Health Leads from every school”
**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

**CWP Referral Pathway**

- **External referral into CAMHS from GP, Schools, Social Workers etc.**
- **Daily screening of referrals by CAMHS Clinician and Consultant Psychiatrist for team allocation**
- **Senior CWP and Supervisor assess suitability of referrals**
  - **Suitable CWP cases**
    - Telephone or face to face **triage** with Senior CWP
      - Allocated to CWP Caseloads
    - **Unsuitable CWP cases**
      - Senior CWP and Supervisor assess suitability of referrals
      - **Unsuitable CWP cases**

**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.
Our Children’s Wellbeing Team forms part of Hertfordshire Children’s Services’ Early Help Team. Our team is currently made up of 9 CWPs 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.

**Summer Anxiety Workshops.**
A 4 part workshop based on our anxiety intervention model.

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

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

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

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

**So what is 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 CWPs: 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

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."

Planning & Delivering Workshops

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

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

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

- Feedback & Development
  * Use evaluation forms to record outcomes
  * Implement feedback
Supporting young people and families who did not meet the CAMHS threshold

Based in a SE London Tier 3 CAMHS Service

98 referrals received

54 referrals accepted

8 sessions of Guided self help

Workshops delivered

‘Managing anxiety’

Parents at a Primary school

Students in Year 10/11

‘Coping with exam stress’

South London and Maudsley NHS Foundation Trust

LAMBETH CHILD & YOUTH WELLBEING TEAM

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

PRESENTING DIFFICULTIES

- Adolescent anxiety (24)
- Challenging behaviour (7)
- Child anxiety (8)
- Low mood (15)

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

Progress: Parenting Interventions

Progress: Adolescent Interventions

SDQ Score (avg)

Progress: Parenting Interventions

Pre intervention
Post intervention
Challenging behaviour
Child Anxiety

Progress: Adolescent Interventions

Pre intervention
Post intervention
Adolescent anxiety
Low Mood
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:
- One to one intervention 53%
- Co-worked with other services (e.g. I.Y parenting group, PSLA, Schools, Compass) 30%
- Co-worked by a Band 5 CWP and a trainee 11%
- Co-worked with a CWP and a CAMHS practitioner 3%
- Co-worked by a cohort 2 trainee and a cohort 3 trainee 3%

“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 4th 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....

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)

The road ahead....

Developing materials for panic and self-esteem
Creating manuals for younger children
Setting up parental workshops
Developing groups based on client...
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.

**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 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:**

**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

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

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

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.
Surrey Children’s Wellbeing Practitioners (CWPs)

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.

Referral pathway

- Receive referral form
- Initial assessment carried out within two weeks
- Continue with GSH sessions/signpost

Coffee mornings for parents
Delivered assemblies
Delivered one-to-one Guided Self Help
Delivered year 11 exam stress workshops
Outreach parent support group
Attended parents’ evenings
Delivered anxiety workshops
Attended head of year meetings
Private Facebook parent support group

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.

CWPs have delivered evidence-based interventions to 77% of children and young people referred to their service.

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.

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.

Type of referral/intervention

RCAD (symptom) Scores

Client’s Goals

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

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

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<tr>
<th>Presenting difficulties</th>
<th>Pre-intervention</th>
<th>Post-intervention</th>
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<tbody>
<tr>
<td>Child anxiety</td>
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<tr>
<td>Child behaviour</td>
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<td>Adolescent anxiety</td>
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<tr>
<td>Adolescent low mood</td>
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**Parent SDQ rating**

- SDQ total score
- Pre-intervention
- Post-intervention

**Parent mean goals rating**

- Goal ratings
- Pre-intervention
- Post-intervention

### Secondary schools
6 schools: 43 completed interventions

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<th>Adolescent RCADs subscale rating</th>
<th>Pre-intervention</th>
<th>Post-intervention</th>
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<tr>
<td>RCADs subscale t-score</td>
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**Adolescent mean goals rating**

- Goal ratings
- Pre-intervention
- Post-intervention

### Workshops

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<th>'How to manage your child's anxiety'</th>
<th>'Managing your child's emotions'</th>
<th>'Becoming a worry detective'</th>
<th>'Exam Stress'</th>
<th>'How to manage your child's anxiety'</th>
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<td>Primary</td>
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<td>4.6</td>
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<td>Post goal (av.)</td>
<td>6.4</td>
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### 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.”

**Parent of primary school child**

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

**School link worker**

**I was always listened to and taken seriously.**

**Young Person**

**The practitioners have been proactive, approachable and a pleasure to work with.**
Fighting Stigma!
Tower Hamlets CWP Service

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 CAMHS CWP Project

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

Feedback from Service Users

“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

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

Feedback from Schools

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

Year 1:
- 13 Schools

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

Year 1:
- Young Person, 14yrs

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.”

“...I felt well looked after and listened to. The social anxiety intervention was very helpful and effective...” - Young Person, 11yrs

Parent Feedback

Westminster School Nursing Team

Local Organisations

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

School Partners

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

Family Hubs & Children’s Centres

Wellbeing for life