

Mental Health Support from the Children and Family Well-being Service

Group Work

There are groups on offer for young people and parents with mental health as a theme.

Due to Covid-19, groups are not taking place at the moment but referrals can be made and where appropriate, support is being offered virtually to address needs identified.

Group	Description
Bounce Back 8-12/13+	A course for children and young people who are worried or anxious with low level mental health concerns
Managing Anxiety	The aim of the managing anxiety group is to provide young people with an understanding of anxiety and support them to learn strategies to manage their anxious thoughts, feelings and behaviours using CBT based interventions
Parental Mental Health	A group targeted around increasing parent's emotional health and well-being

Well-being Practitioners

Wellbeing Practitioners have been trained as part of the Improving Access to Psychological Therapies (IAPT) initiative. WP's are able to offer CBT based interventions to support Children and Young People experiencing common mental health difficulties.

Wellbeing Practitioners can work with Children and Young People (CYP) experiencing any of the following.

- Low mood
- Worry
- Generalized anxiety & social anxiety
- Panic
- Sleep problems due to anxiety/low-mood
- Simple phobias (excluding blood, needles and vomit)
- Stress management

A day in the life of...

My name is Bee and I am a Psychological Wellbeing Practitioner with Leicestershire County Council. I am based within the Children and Family Wellbeing Service and cover the North West Leicestershire locality.

I offer low intensity CBT based interventions for mild to moderate common mental health problems such as depression, generalised anxiety, some mild phobias, panic and mild OCD. I offer up to 8 face to face sessions with the child or young person and additional sessions for parents/family if required.

A typical day for me would look like the following

9am- I start my day checking and responding to emails and double checking my diary to make sure I know who I'm seeing that day. Gather all resources I need for my sessions. Allow enough travel time to get to my first visit.

10am- initial visit to family in Measham- The initial visit is usually my first meeting with the young person and the family at their home address. This usually lasts from 30-45 mins. During the visit I will complete a risk assessment, gather relevant information from parent's perspective and complete initial Revised Child's Anxiety and Depression Scale (RCADS) outcome measure questionnaires with parent and young person. A further assessment session is offered if the presenting symptoms are appropriate for me to work with.

11.15- Treatment Session at a secondary school in Ashby- this was our second session for the young person who is experiencing panic attacks at school. Our session focused around the flight and flight response and understanding what is going on in our body when he experiences the physical panic symptoms. Risk reviewed, outcome measures completed, and voice recorded.

12pm- back to the nearest office base and grab some lunch

12.30pm Write up case note from initial visit, liaise with school to arrange further assessment session for young person just seen, speak to school pastoral team to gather info any concerns or support in place

1.30-input RCADS answers into scoring tool and generate graph. Liaise with colleagues who want to discuss cases.

2.15pm – Next visit in a primary school in Worthington- This is my assessment session with a young 9-year-old who is experiencing separation anxiety and struggles to come into school. The session is used to get a real understanding of what the child feels is their main worry/problem. They set a goal they want to work towards and I discuss what this may look like in further sessions. Risk assessment is completed, and further sessions booked with the school.

3.30pm back to nearest office base

3.45pm- Parent telephone consultation- This is usually a pre-booked telephone call which the parents are expecting. This call was to a mum who is supporting her 13yr old son with the graded exposure intervention. The young person is afraid of the phone at home so I have worked closely with the parents to enable them to carry out the steps required at home. Mum informed me that the intervention was going well and that they had already seen a difference. Mum is happy to move onto the next step.

4.15pm- writing up case notes from earlier sessions and phone call.

5pm- Home time

Any professional or practitioner wanting to make a request for support for a child or family should complete the online Multi-agency Referral Form:

<https://resources.leicestershire.gov.uk/education-and-children/child-protection-and-safeguarding/multi-agency-referral-form-for-early-help-and-social-care-services-marf>