

# Chilypep Children's Wellbeing Practitioners (CWPs) Information Letter for Children and Young People



## Overview

CWPs (Children's Wellbeing Practitioners) work with children and young people who might be struggling with their mental health and emotional wellbeing. They work together with the child, young person and family/carers to help find ways to manage and overcome their difficulties.

Chilypep's CWPs are currently in training so are called "Trainee CWPs". This means they are currently studying to support you the best they can!



## CWP's can support children and young people...

- Up to the age of 18
- Struggling with their mental health and wellbeing
- With mild to moderate difficulties
- Where their difficulties started within the last two years
- Who want to take part
- Willing to take part in a 30-40 minute session, assessment up to 1 hour
- Willing to meet on Zoom or over the phone during the lockdown (with the option to meet face to face following the easing of restrictions)
- Willing to meet at either our Sheffield or Barnsley base (once lockdown restrictions are eased)

## What will happen?

**Step 1** - Firstly, we need you to fill out a referral form, or ask a parent/carer or worker to do this for you. You can contact Olivia or Amber (details at the end of this letter), to be sent a referral form. If you are under 16 you will need parental permission for this.

**Step 2** - A CWP worker will contact you to arrange an initial meeting. They will send you some information about themselves, explain the first meeting and answer any questions. We will also send a few documents/forms that need to be completed and sent back to us.

**Step 3** - This will be your assessment. An assessment is a way for you to tell the worker what is going on for you in your own words. The CWP will ask you lots of questions to gather information about what you might be struggling with.

**Step 4** - The CWP will take the information you have given them to check with their supervisor (see information sharing) if they can work with you and if so, what kind of support this might be.

The CWP will meet with you to discuss the next steps. The next sections will tell you what might happen if we can work with you or what will happen if we can't work with you.

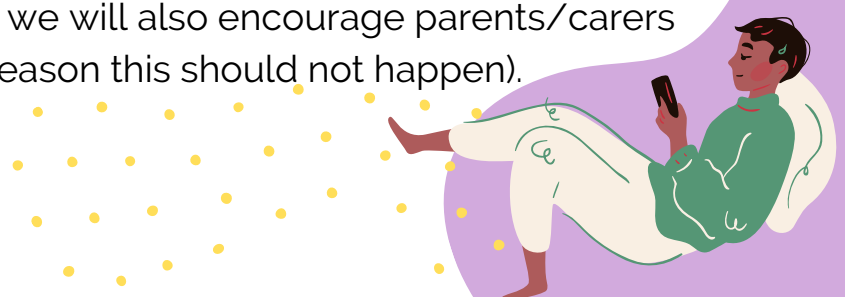
## If we can offer support

We usually offer **6-10 sessions**. These sessions will be **35-40 minutes** each (assessment up to 1 hour). In between sessions we will give you 'tasks' so you can **practice what we have done in the sessions**.

**Our work is based around CBT (Cognitive Behavioural Therapy)**. CBT is a type of **talking treatment** which focuses on how your thoughts, beliefs and attitudes affect your feelings and behaviour, and teaches you coping skills for dealing with different problems. **This might sound very confusing now, but we will explain more when we meet you!** If you want to know more now Mind have some information about CBT here

<https://www.mind.org.uk/information-support/drugs-and-treatments/cognitive-behavioural-therapy-cbt/about-cbt/>

We will mainly work with you, but we will also encourage parents/carers to get involved (unless there is a reason this should not happen).



## We can't support children and young people who...

- Are already being seen by CAMHS
- Some young people who are prescribed medication for their mental health\*
- Cannot engage in a 30–40-minute session
- Have been struggling with the particular issue for longer than two years
- Have more 'complex' difficulties
- Have ongoing safeguarding concerns
- Are at risk of causing serious harm to themselves or others
- Are at risk of taking their own lives
- Do not want to take part



\*If you are unsure about any of the criteria contact one of our CWP's. Details at the end of this letter.

## What happens if we can't offer support?

If we find we can't support you, there are still other options:

If you need to go to the GP we can support you by sending information, about what we have discussed in your assessment and recommendations for what might help, to your GP. You will still have to talk to them but they will already have your information on file so it should make getting to the right place easier.

We have a helpful tool called the Mental Health Passport [www.mymhp.org.uk](http://www.mymhp.org.uk). You can make an account where you can write about your experiences in your own words and can share this with whoever you like. This aims to make going to a new service easier. We can help you to make one of these.

We will spend some time with you thinking about what you could try to help manage your difficulties while you wait for the right support. This can be used as a 'self-help support plan' whilst you wait to get to the right service.

We will also explore other groups or support you could access so you have some options!



## Information sharing

Trainee CWP's each have supervisors. Supervisors are there to check CWP's are doing their job right. This means CWP's will share some of your information with the supervisors but only to make sure they are giving you the best support possible! They will also need to record some of your sessions so they can share these with supervisors.

We will send your GP and parent/carer (if under 16) a copy of your assessment and discharge letter. This is so that they know what support you are getting from us but also, so they have more information to help you if you need any further support in future. These will also be sent to you.

There may be times we want to share your information with other services but we will always ask your permission before doing this.

If we are worried you could be at risk of harm from yourself or to others, we will have to share information with your parents/carers and with other services to make sure you or others are kept safe.



### **For more information or a referral form contact:**

Email us at: [CWP@chilypep.org.uk](mailto:CWP@chilypep.org.uk)

Olivia Harvey - 07415878967 Or Amber Scarfe - 07971951563