

Goals

As part of the intervention, we will be using questionnaires regularly as a way of tracking your progress and to ensure that this is the correct approach for you. If you have an idea of what goal/s you would like support with, we can discuss this with you in the first session.

Get in touch

Essex Child and Family Wellbeing Service -
Children's Wellbeing Practitioner (CWP)

Address:

Seax House, Floor 8, Victoria Road South,
Chelmsford, Essex, CM1 1QH

Email:

vcl.essexmid-PB19adminhub@nhs.net

Opening times: Monday-Friday 9am-5pm
Telephone: 0300 247 0014

In case of emergency, please contact
Emotional Wellbeing and Mental Health
Service (EWMHS) on: 0300 300 1600

For out of hours crisis support, call 0300
555 1201 and ask for the EWMHS Crisis
Support Service.

www.essexfamilywellbeing.co.uk



Service information guide

Mid-Essex - Essex Child and Family Wellbeing Service

Children's Wellbeing Practitioner (CWP)



Commissioned by:



The Service

On behalf of Essex County Council and the NHS, Virgin Care and Barnardo's provide a range of child and family services throughout Essex that are free at the point of delivery. This includes Health Visitors, School Nurses, Healthy Family Support Workers and specifically to Mid-Essex, Children's Wellbeing Practitioners (CWP's). CWP's are a specialised team within the Healthy Family Workforce.

What is a CWP?

We are trained by the Anna Freud Centre in partnership with University College London, to deliver interventions for children and young people presenting with mild to moderate:

- Low Mood (13-18years old)
- Child Anxiety (5-12years old)
- Adolescent Anxiety (13-18years old)
- Challenging Behaviour (5-10years old).

Interventions are between 6-8 weeks. These are a mixture of face-to-face and telephone contact. For the younger children, the interventions are parent-focussed, because we believe parents are the primary educator of their child and are in the best position to implement and encourage change.

Guided Self-Help

Guided self-help aims to increase coping and self-management capacity. This means the CWP is often in a coaching role, supporting the young person to practice things and try new ideas to help them cope better. This is a collaborative approach, which means working together is important for the intervention to be successful.

As part of the intervention, there may be occasional tasks to complete outside of the sessions. This is essential to gain full benefits of the intervention. We would encourage parents to be collaborative with their child outside of sessions to support the progress and maintenance of the programme.

Confidentiality

Our sessions are considered a safe space where information shared will be kept confidential. Your safety and wellbeing is our priority; therefore, if we feel you were at risk, this information would have to be shared with the relevant people.

We may ask for your consent to share or gather information from other professionals, such as the school. This ensures we can better support you with the intervention.

Consent

Consent for treatment would be required from the parent/carer for those below the ages of 13. Although, for children who are 13 years old and above, we would only need the young person's consent, if appropriate.

Video Recording

To ensure best practice and for training purposes, we may ask for consent to video record sessions. This will be discussed in more detail prior to beginning the intervention.

Referral Process

If you feel like this could be beneficial, please get in touch with your school nurse.

Alternatively, contact us on 0300 247 0014. Someone will then get in touch with you to find out more information so we can ensure that this is the right approach for you.

If this intervention is right for you, you will be sent some forms to complete before your first session.