



# CHILD WELL-BEING PRACTITIONERS



**MENTAL HEALTH AND EMOTIONAL  
WELL-BEING SERVICE**



EAST RIDING  
OF YORKSHIRE COUNCIL

**TART3EN**

**Please see a member of school staff for more information**

# Child Well-being Practitioner (CWP)

also referred to as Child Psychological Well-being Practitioner

Child Well-being Practitioners (CWPs) support young people with low-moderate anxiety and depression, through Cognitive Behavioural Therapy (CBT). The support teaches skills, developed through evidence-based interventions, which the young person can continue to use throughout their life. CWPs work within East Riding schools, causing minimum disruption to a young person's education, and avoids the need to access external specialist support. CWPs receive clinical supervision through CAMHS and case management supervision by a Mental Health and Emotional Well-being Service Team Manager.

## Things you might see or feel:

### Low mood:

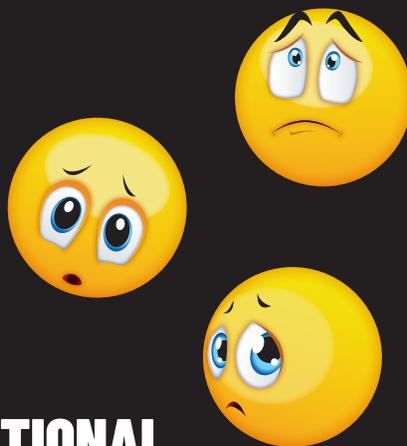
- Loss of interest or pleasure
- Fatigue or low energy
- Disturbed sleep (Increased or Decreased)
- Lack of concentration
- Low self-confidence
- Changes in appetite (Increased or Decreased)
- Suicidal thoughts or acts / Self-Injury
- Guilt or self-blame

### Anxiety:

- Avoidance
- Defiance
- Seeking reassurance
- Excessive worry
- Physical symptoms: Sweating, heart palpitations, fast or shallow breathing
- Panic attacks or Anxiety attacks, feeling dizzy or sick
- Change in school attendance or social interaction



# COUNSELLORS



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# Counselling

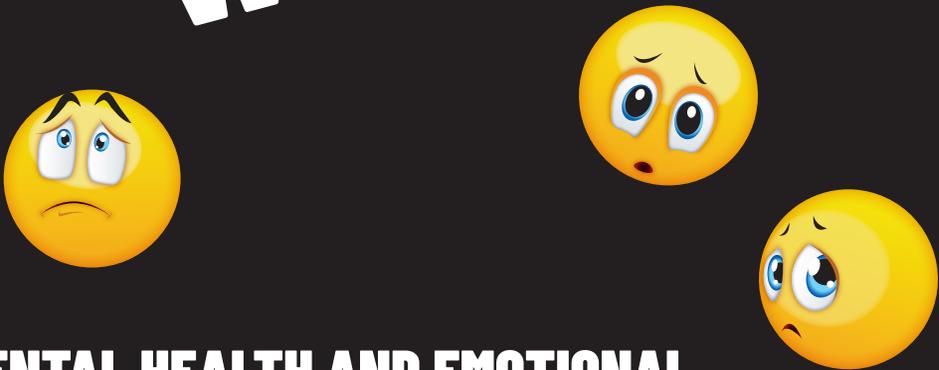
Our team of counsellors bring a wealth of experience in supporting young people. All our counsellors are qualified and members of the BACP (British Association of Counsellors and Psychotherapists). Youth counselling is a type of therapy that allows a young person to talk about what is worrying them and share their thoughts and feelings in a confidential setting. Counsellors are trained to listen with empathy, by putting themselves in the client's shoes and working together with the young person to identify solutions to their problems. The counsellors are experienced at working with young people's issues such as bereavement, trauma, relationship issues, anxiety, self-esteem, sexuality, gender identity, depression, self-harm or suicidal ideation. Counsellors receive both clinical and caseload management supervision.

## Areas of Support:

- Low self-esteem
- Anxiety / worry
- Relationship issues
- Self-Injury
- Suicide thoughts
- Trauma
- Bereavement
- Gender / Identity issues



# CHILD WELL-BEING WORKERS



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# Child Well-being Worker

Child Well-being Workers support children and young people in schools and college using a range of evidence-based approaches to reduce risk-taking behaviour, build resilience and improve emotional well-being. Child Well-being Workers also deliver targeted group work to children and young people in schools and in the community. In the first session the Child Well-being Worker will assess the young person and agree what support will be offered. An Early Help Assessment is then completed to identify the needs of the young person in the wider family context. Our main aim is to ensure that each young person's voice is heard, so we can build a positive trusted relationship with them, and provide the best possible support. Child Well-being Workers receive reflective supervision by a Mental Health and Emotional Well-being Service Team Manager.

## Areas of Support:

- Difficulties in relationships with peer group and/or with adults
- Friendships and relationships
- Low self esteem / poor body image
- Low - moderate level mental health or emotional issues
- Self-Injury
- Low - moderate level substance misuse
- Poor school attendance
- Behaviour in school likely to lead to risk of exclusion
- Concerns about sexual development and behaviour
- Emerging anti-social behaviour and attitudes and/or low level offending
- Associating with peers who are involved in anti-social or criminal behaviour
- Child is victim of bullying or bullying others
- Disruptive/challenging behaviour at school, in the community and at home