



**Westminster CAMHS**  
**Children and Young People's Wellbeing Service**  
**Secondary Schools Staff Information Leaflet**

**Who we are**

We are a team of mental health workers trained in helping children and young people manage their mental health difficulties by building up their emotional wellbeing and resilience. The national Children's Wellbeing Practitioner (CWP) programme was established in response to the government's 'Implementing the Five Year Forward View of Mental Health' (2016).



The CWP programme aims to:

- Create a new sub-service with close links to the local community
- Focus on prevention and early intervention
- Increase accessibility and see children and young people who might not meet the threshold for CAMH services
- Provide rapid access to low intensity evidence-based treatment interventions for mild-moderate mental health difficulties.

**What we offer**

We offer structured guided self-help interventions for children and young people experiencing difficulties with anxiety and low mood using principles from Cognitive Behavioural Therapy (CBT). The aim of guided self-help is to support children, young people, and families to develop the skills, knowledge and experience to help themselves. By intervening as early as possible after difficulties present, we aim to stop them from developing into more severe problems. Young people/families will be able to take away the strategies they learn and continue using them after the intervention has finished.

**How we work: Guided Self-Help**

Guided self-help aims to support the young person, child, and their family to understand and manage their difficulties by:

- Helping them make sense of their difficulties
- Identifying what they want to change (often in collaboration with their wider system) by setting goals and monitoring progress
- Offering psycho-education to help them understand their difficulties
- Introducing new ideas and strategies
- Problem solving and creating a staying well plan.



### Who we see:

We work with young people between the ages of 2-18 experiencing mild to moderate mental health difficulties.

- Behavioural difficulties (ages 2-8). Supporting parents with implementing instructions, setting routines & rules, and managing tantrums.
- Children/ young people with anxiety whose worries or fears are getting in the way of their functioning. This includes difficulties such as generalised anxiety, panic, separation anxiety, specific phobias, worries about academic performance, and worries about health.
- Young people who are feeling low and unmotivated. This may be having an impact on sleep, activities, relationships, school, appetite, and may result in constant feelings of sadness.

### Who we are unable to see:

Young people with more significant or long-term difficulties may be referred to another appropriate team within Westminster CAMHS for assessment. Referrals that may be redirected include the following presenting difficulties:

- Concerns around risk to self, to others, or from others
- Complex trauma and post-traumatic stress disorder (PTSD)
- Eating Disorders
- Complex family dynamics and involvement with other agencies

### How to make a referral

If you are referring a young person aged 16 or over, you must obtain consent for the referral from the young person. If the young person is under 16 you must obtain consent from the young person's parent or guardian.

All referrals will go through our single point of access (SPA) service to determine the most appropriate team to provide input. If the referral is allocated to Westminster CAMHS, the team will discuss the young person's case and decide which treatment modality is most appropriate to address the young person's difficulties.

**To make a referral**, please send it to [cnw-tr.spa@nhs.net](mailto:cnw-tr.spa@nhs.net) or call 0800 0234 650. If you require updates on the referral, please use the aforementioned contact details.

Please include as much information as possible about the difficulties the young person is experiencing.

Please ensure you include the young person's view of what they would like help with and what kind of support they think might be useful in addressing their difficulties.

#### SPA referral contact details:

- Email: [cnw-tr.spa@nhs.net](mailto:cnw-tr.spa@nhs.net)
- Telephone: 0800 0234 650