



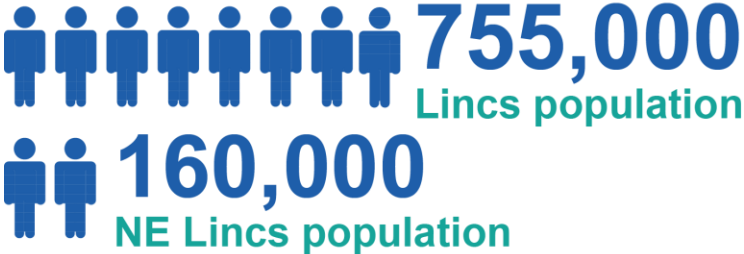
Finding Me...

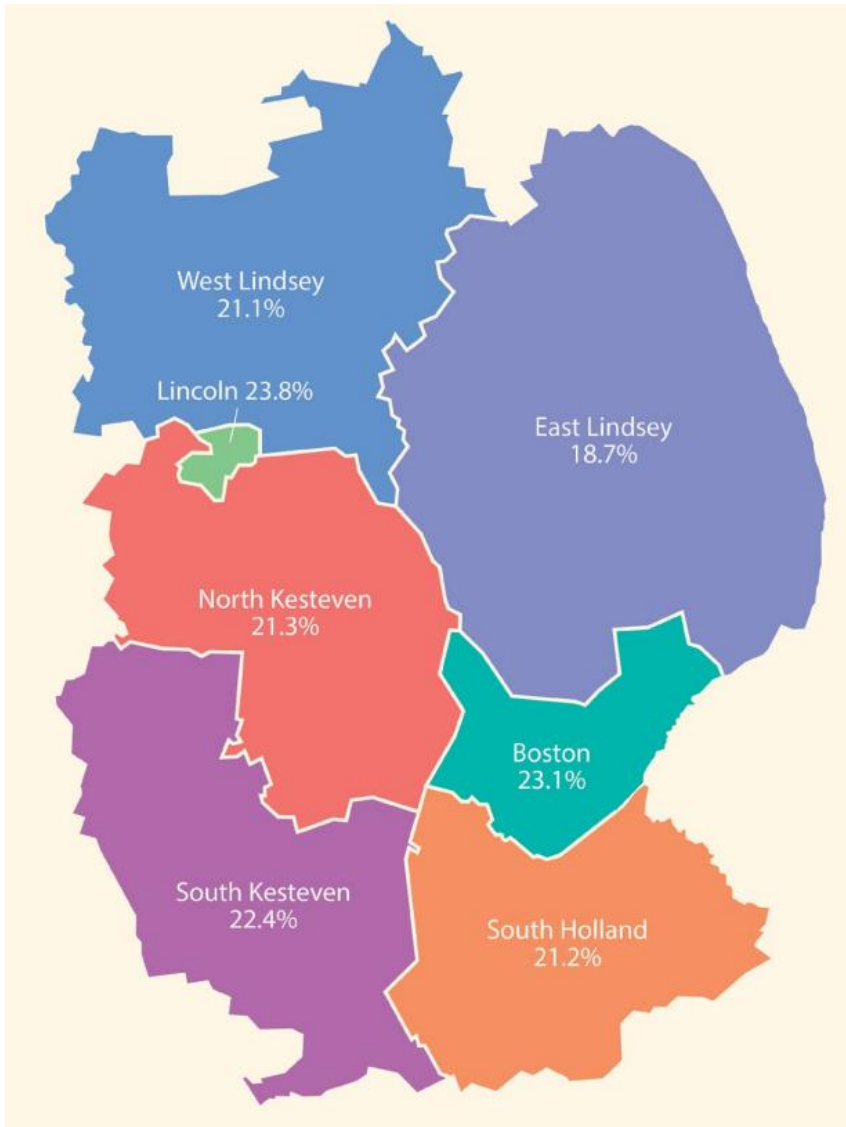
Sarah Priestley and Lucy Ainscough - CBT Managers
Niki Toyne - Well Being Practitioner



The people we serve

Large rural county
of 2646 sq. miles



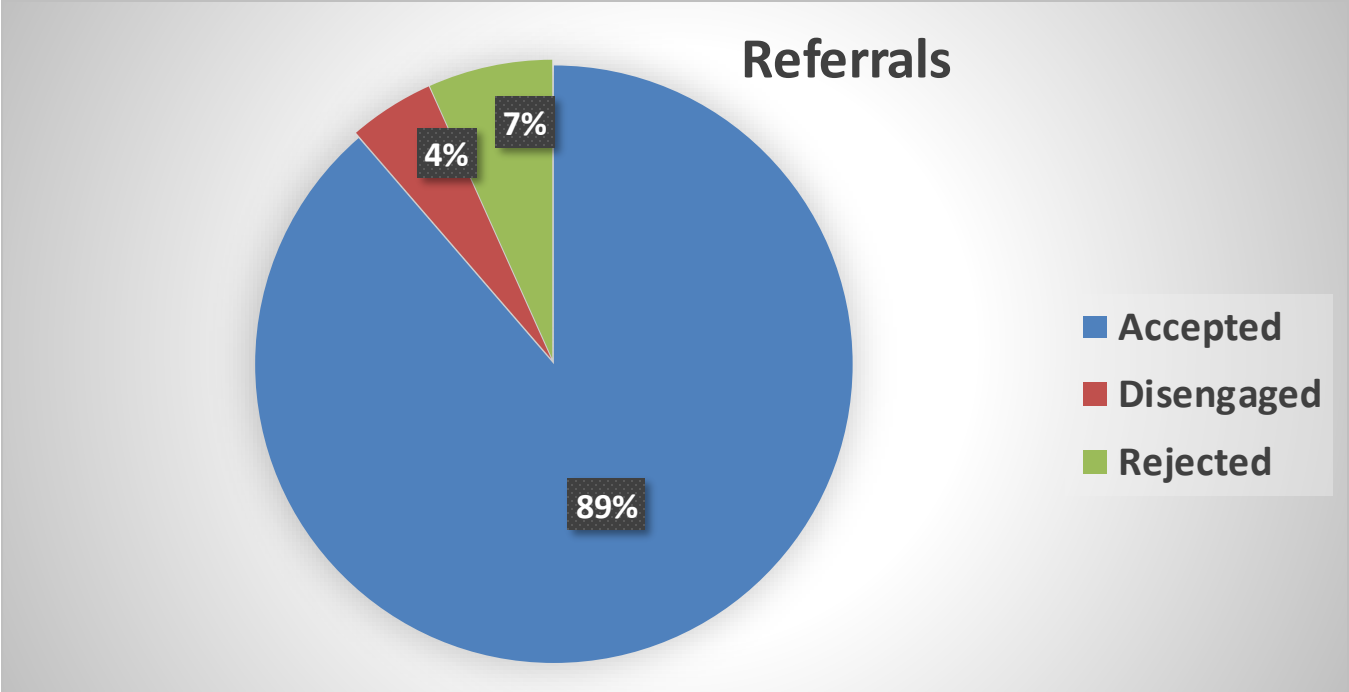


Lincolnshire has a large number of children and young people with 163,550 people aged 0–19, accounting for 21.4% of the local population.

(Director of Public Health Annual Report, 2021)



8,322 referral to CYP services from April 2022-2023





WEARECAMHS



A bit about me...

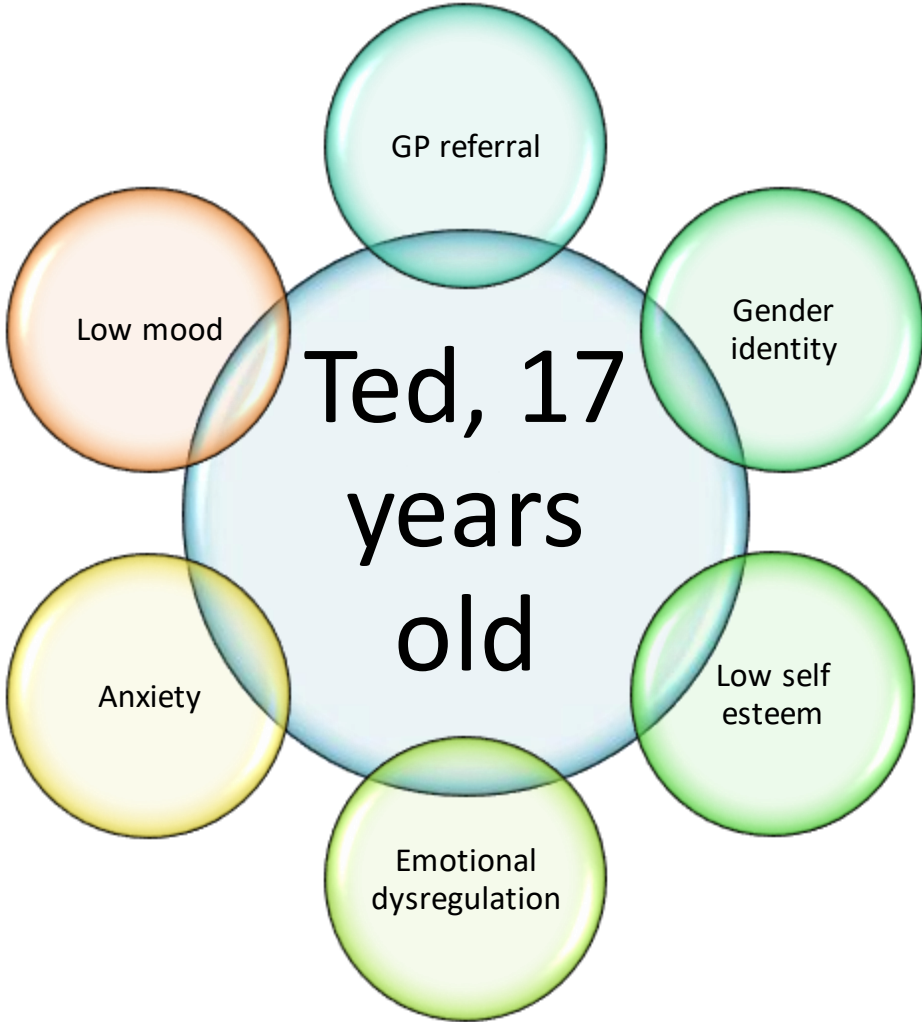
CWP in Healthy
Minds Lincolnshire
(HML)

Completed CWP
training in 2018

Currently completing
the LIST course with
Northampton
University

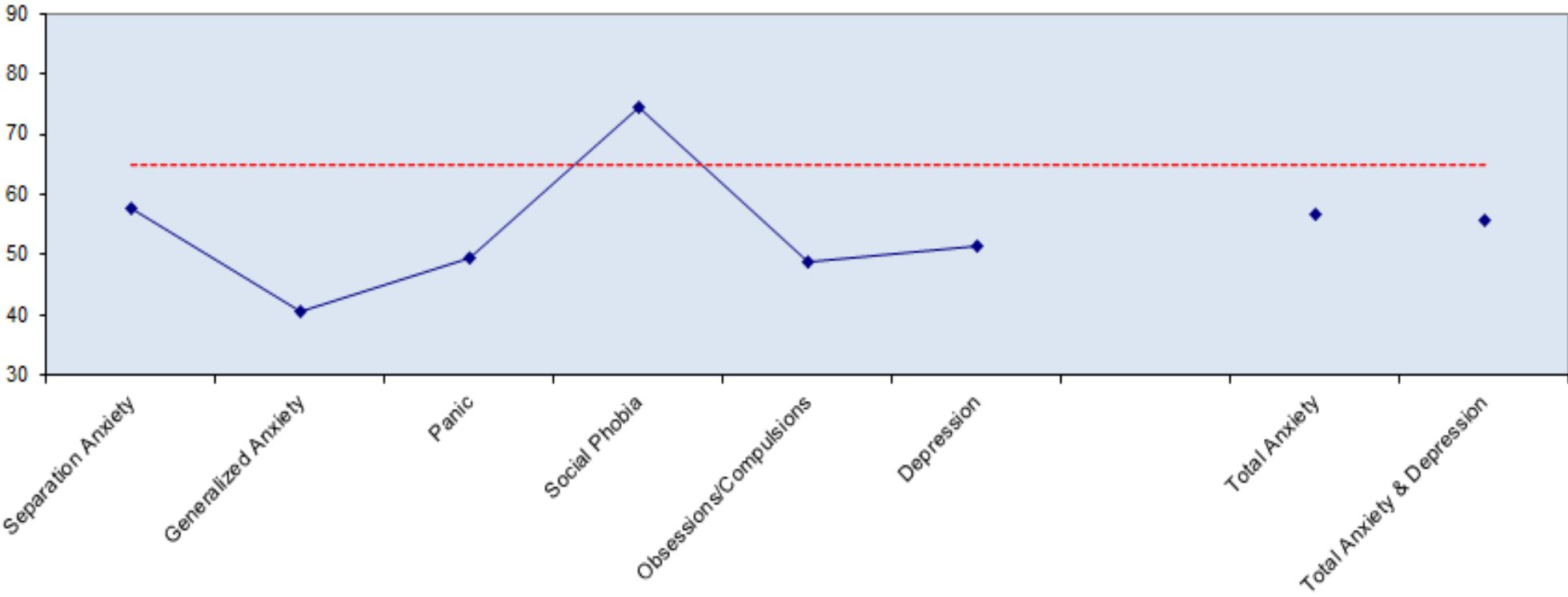






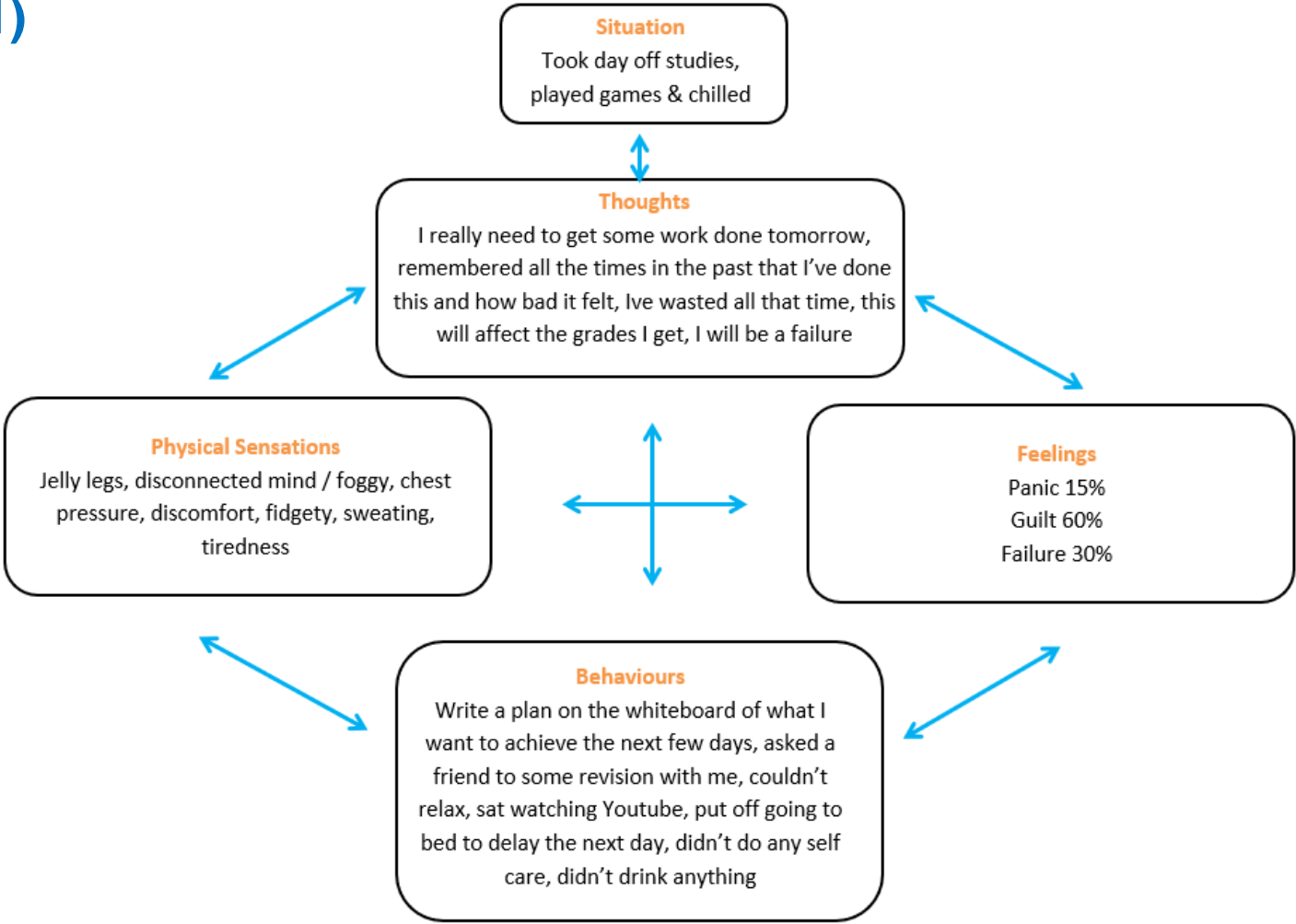
Initial RCADS

(Chorpita et al., 2000)



The 5 Areas Model

(Williams, 2001)



Problem Statement

My main problem is feelings of... Low Mood and overwhelming guilt

This is triggered by.... Having too much course work to do, not working hard enough

When this happens, I think that.... I'm never going to achieve anything in my life, I need to work harder, I won't get into university, I will let my parents down

I experience physical symptoms of.... palpitations, headaches, no appetite, tiredness and feeling sick

I respond by..... Avoiding everyone and everything including my coursework, sleeping, being irritable with my friends and parents, spending time scrolling through my phone on Insta or YouTube

This is a problem in my life because..... My coursework is building up, I feel bad about the way I treat people when I'm struggling, I want to achieve things in my life and that won't happen if I don't start working harder because I will fail my exams and won't get into uni.

Audio



Treatment Goals

“To feel more motivated and complete my coursework on time”

“I want to spend time with my friends again”

“Long term, I want to be referred to the Gender Clinic”



Why Brief BA?



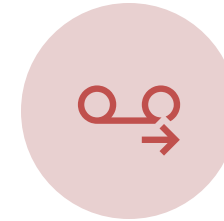
PSYCHOEDUCATION
AROUND BRIEF BA



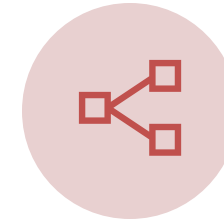
LACK OF SELF CARE



TRANS MALE
IDENTITY



CRITICAL INNER
VOICE



SELF COMPASSION



Small steps

- Activity log
- Meaningful activities

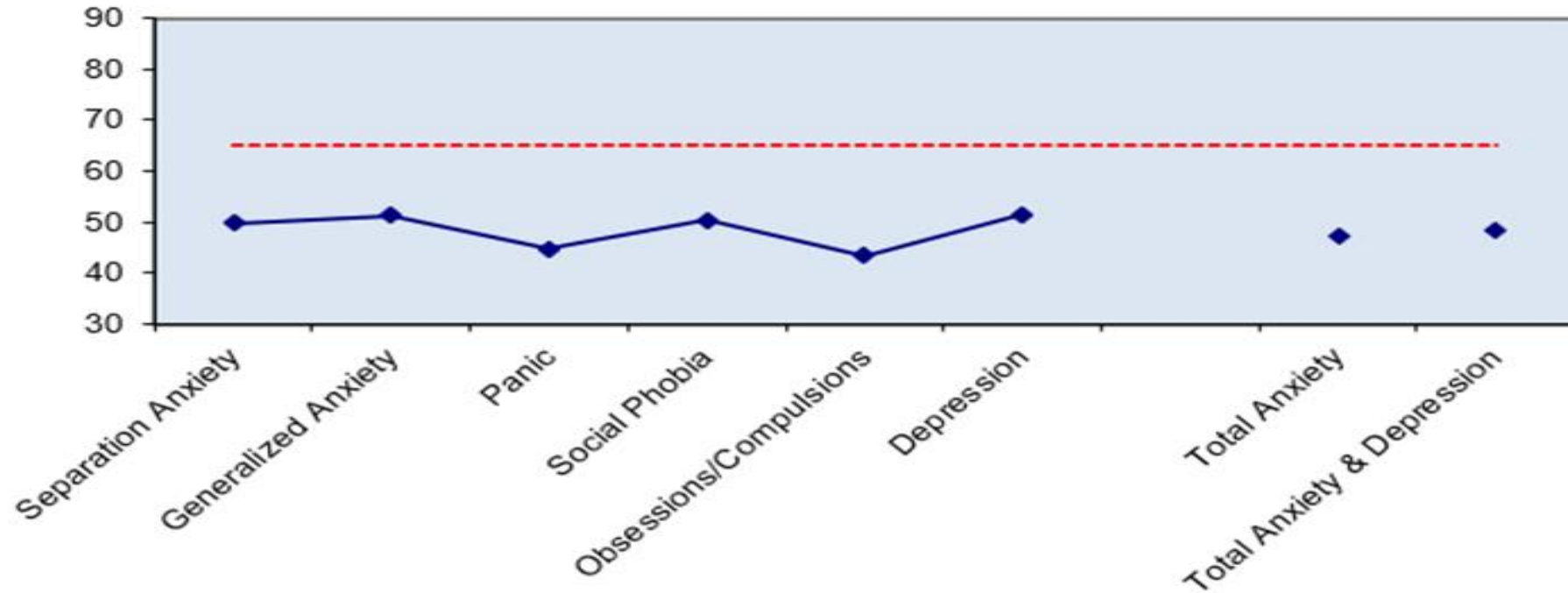
Meanwhile...

- Activity planner
- Celebrate small wins
- Notice patterns



Final RCADS

(Chorpita et al., 2000)



What now...

No more tears

Being kind to self

Exams

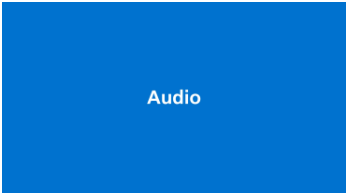
Gender clinic

Trans youth group

Explore neurodivergence



Even with support it's a tough process, improving yourself and all – what you put in is what you get out. I suppose I was fortunate enough to have the drive to want to get better, and hadn't had any negative experiences to put me off seeking help. I'm incredibly grateful for the tools (and more importantly, the unending support) I've received to help myself as I have noticed subconscious changes to the way I think and behave.
Ted 😊



We'd like to give special thanks to Ted for allowing us to share his journey today. Ted has also provided us with the artwork within this presentation. Thank you Ted!



Any questions?

