

North East Yorkshire and Humber collaborative

- Innovations and progress (thus far) in developing the CWP as a community specialist
- In keeping with new community based modules.
- 2 successful initiatives North Tyneside and Gateshead



North
Tyneside
Council

Children's Wellbeing Practitioners within a GP / Early Help Pathway

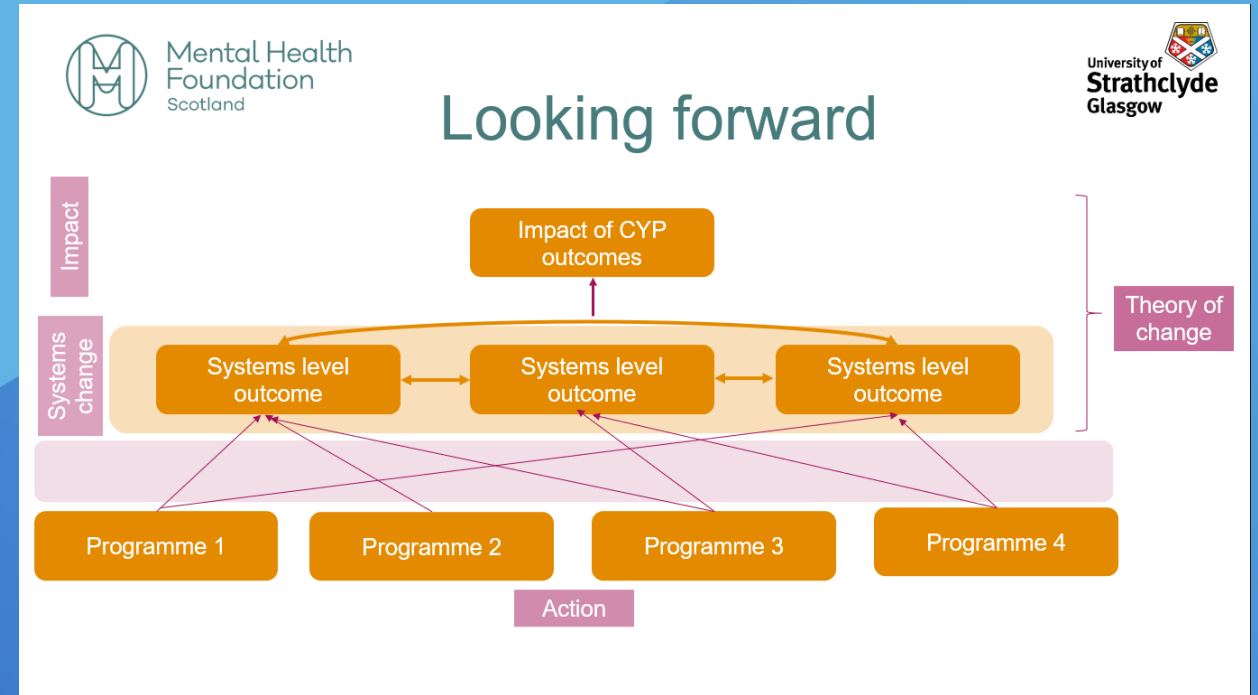
Jane Pickthall

Senior Integrated Service Manager

The starting point

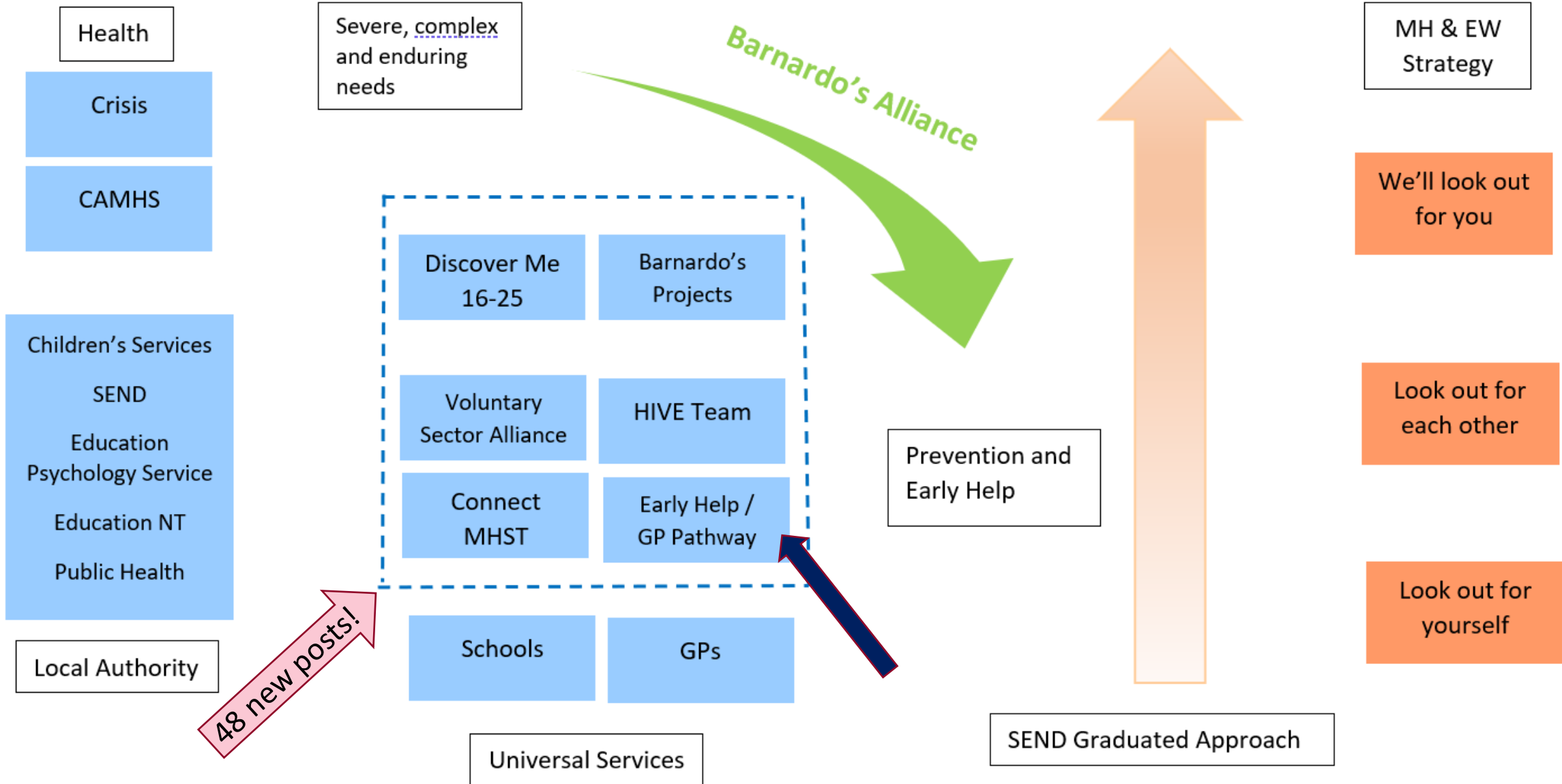
Barnardo's Strategic Alliance – Systems Change Model

- Move from a medical model to a social model of Mental Health and Emotional Wellbeing
- Increased resources for Preventative work and Early Help approach
- Focus on building resilience in children, young people and families



Step One

- **The issue:** Too many referrals to CAMHS that were not meeting the threshold for a service.
- **The solution:** The introduction of 3 Early Help workers into CAMHS to support the families that were not going to get a service from CAMHS. This involved parents attending our 'Time for Change' workshop to help them better understand their children's behaviour. In between the 3 workshop sessions, the Early Help workers offered direct coaching to families by visiting them at home to see how the families were putting the learning into practice and helping to embed the learning. Parents also benefited from Peer Support.
- **The outcome:** Out of 300 families supported, only 1.5% returned to CAMHS. Parents reported positive outcomes and the 3 posts have become mainstreamed and continue to offer the



The GP / Early Help Pathway

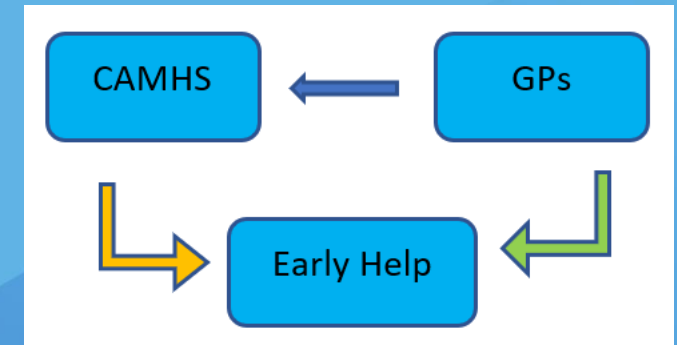
The new pathway will provide GPs with Early Help Support for Children Young People and their families presenting with emotional wellbeing needs.

Family Health and Wellbeing Partners

The partners will support families where there are low-level mental health concerns in school-aged children and wider family concerns.

They are based in the Primary Care Network (PCN) localities and practices directly refer families that need support.

Support is offered to families from community settings including the Family Hubs and home visits offering 1-1 support as well as workshops.



Supporting families with:

- Parenting
- Behaviour management
- Emotional wellbeing
- Sleep
- Whole family support
- Young Carers Needs Assessment

Children's Wellbeing Practitioner/Early Help Pathway

These new roles support children, young people and their families with their mental health & emotional wellbeing within an early help and community-based setting.

These posts sit within the early help pathway to support a system change to provide more support at an earlier stage to prevent longer term mental health issues.

These new roles are part of the developments to grow the children's workforce available to provide therapeutic support to children, young people and their families, they sit alongside our Connect Mental Health Support Team, who also sit within the local authority.

The CWPs work as part of a multidisciplinary team delivering high quality outcome-informed, focused, evidence-based interventions for children and young people experiencing, mild to moderate anxiety and low mood and behavioural difficulties. This is a whole family approach that fits well with the Early Help approach.




South Tyneside and Sunderland
NHS Foundation Trust

Gateshead's Children and Young People's Primary Care Network Mental Health Team


- Carl Sketchley, CAMHS Clinical Lead

excellence
in all that we do

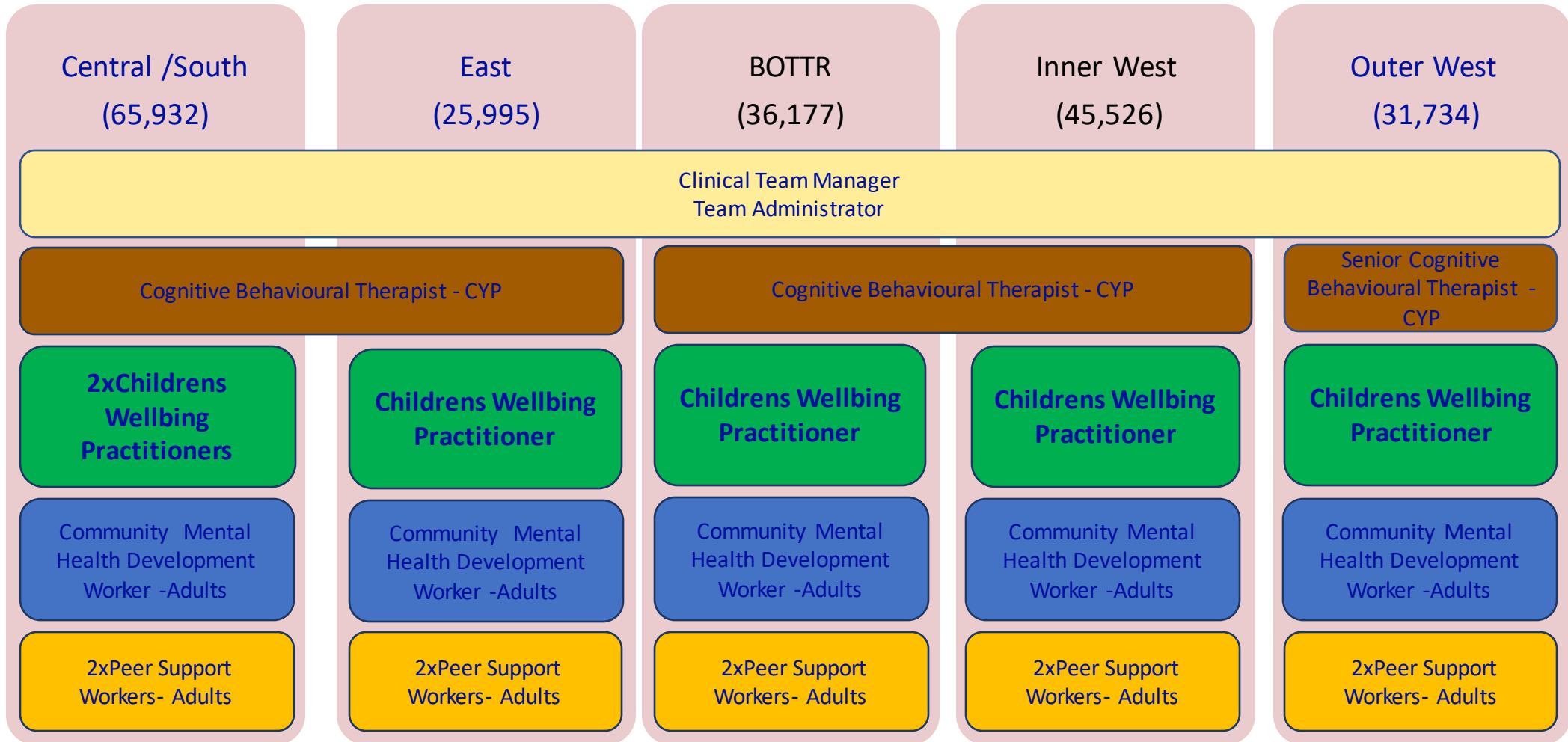
The case for change

- Increasing waiting times
 - Increasing demand on specialist service
 - Lack of early intervention and preventative interventions
 - Limited community provision
 - Gateshead CCG in collaboration with partners and consultation with service users
 - Mental Health Investment Scheme with support from ICS.
 - Recruit to train posts funded by Health Education England (HEE).
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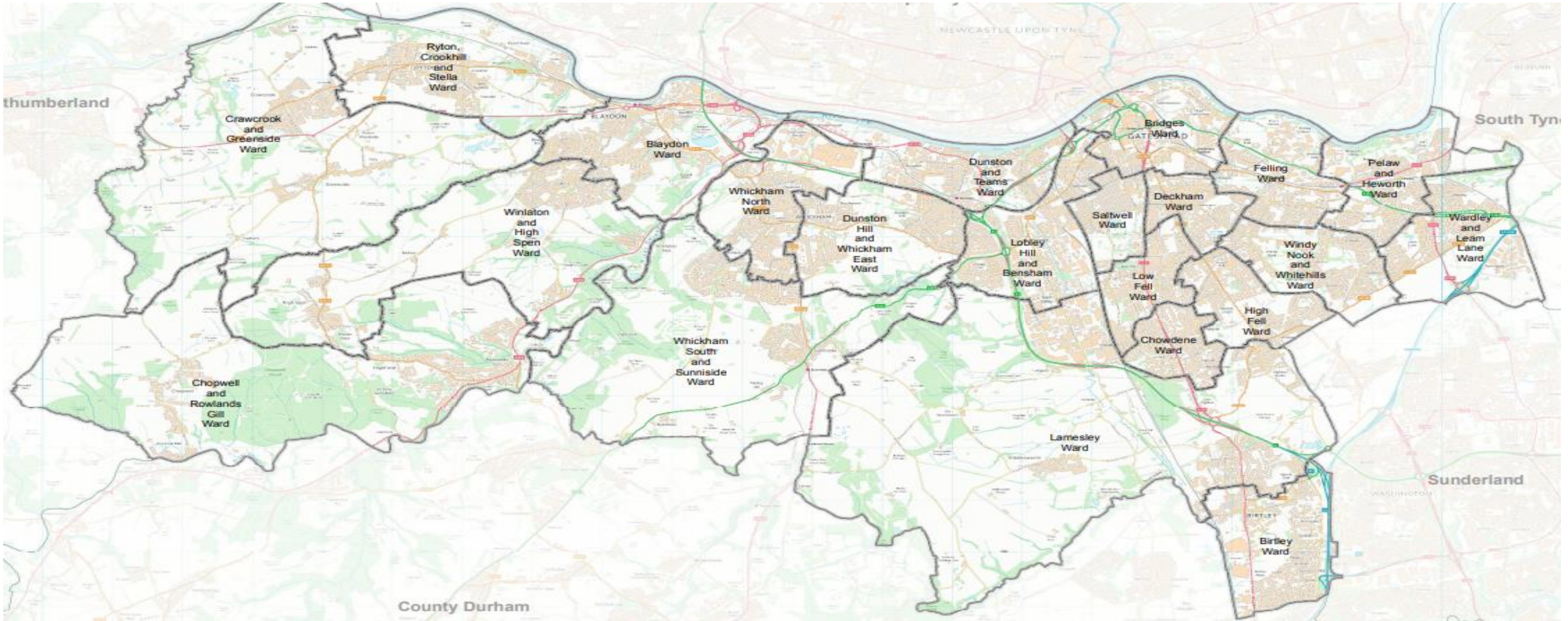
Service model

- Lifespan coverage – adult and CYP workers
 - Community Mental Health Development Workers
 - Peer Support Workers – lived experience
 - CYP Cognitive Behavioural Therapists plus Senior
 - **Children and Young People's Wellbeing Practitioners**
 - Integrated across 5 Primary Care Networks
 - Meeting the needs of people not meeting current thresholds, or falling between services
 - Increasing access to evidence based early interventions
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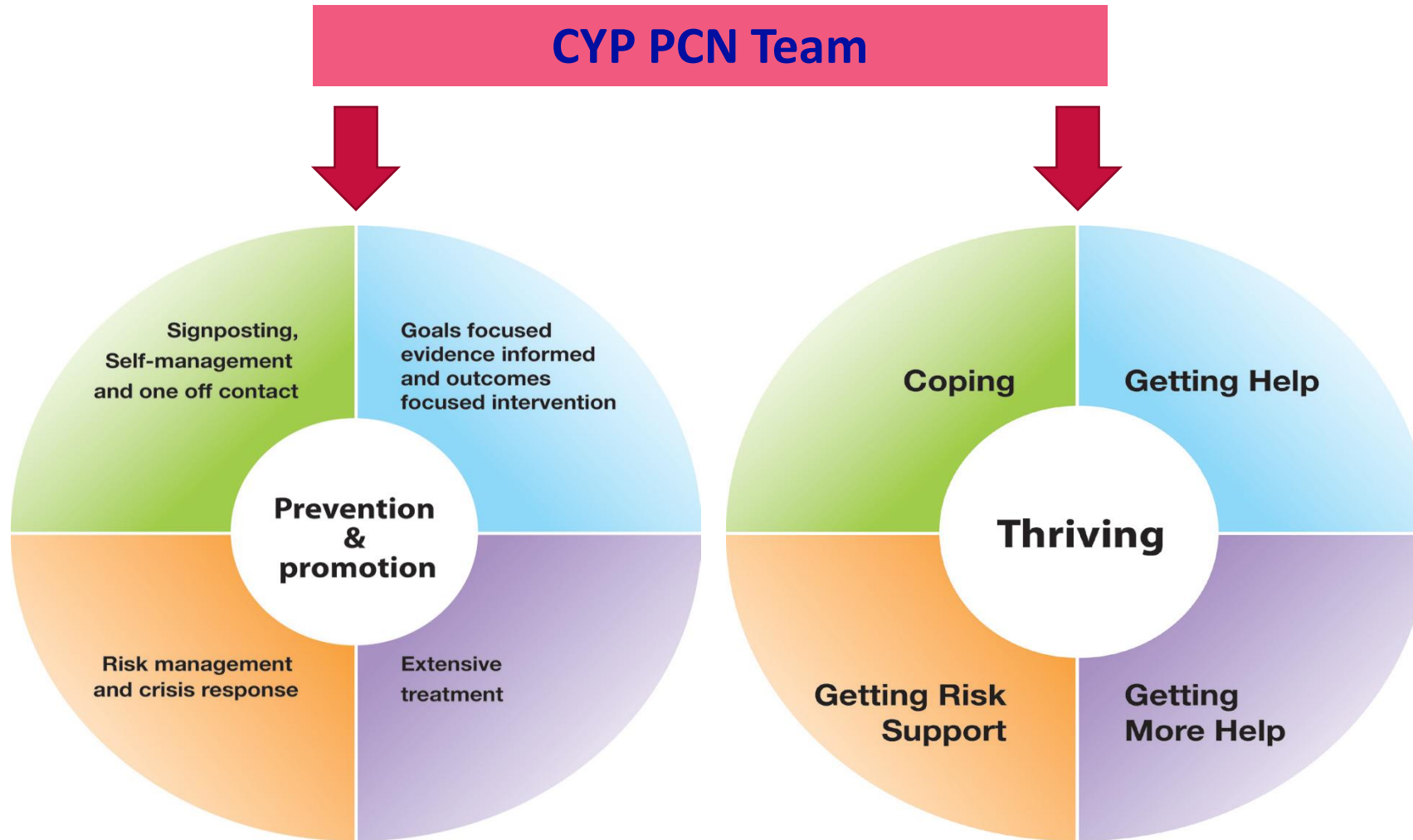
STSFT PCN Mental Health Team - PCN Breakdown




Gateshead community integration



Position within Thrive



Service offer for children and young people

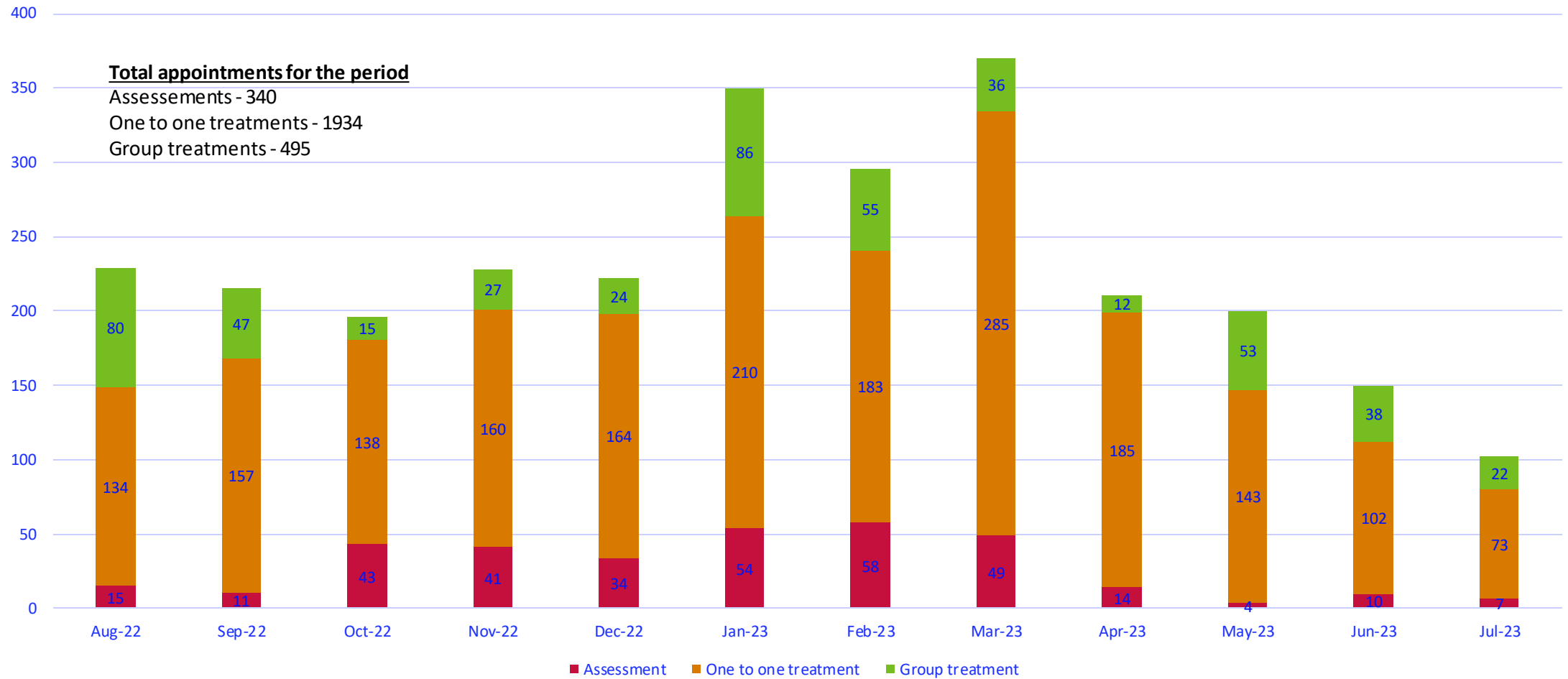
- High and Low intensity CBT with children and young people with mild to moderately severe mental health difficulties
 - Group work including:-
 - Parent Led Cognitive Behaviour Therapy
 - Brief Guided Self Help – externalising behavioural difficulties
 - Anxiety/low mood intervention for teenagers
 - FUN FRIENDS for 4-7 year olds
 - FRIENDS for Life for 7-13 year olds
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Service offer cont.

- Training – Introduction to Child and Adolescent Mental Health (iCAMH)
 - Preventative work
 - Mental Health promotion
 - Self help materials
 - Collaboration with other agencies to promote mental health
 - Engagement in participation events
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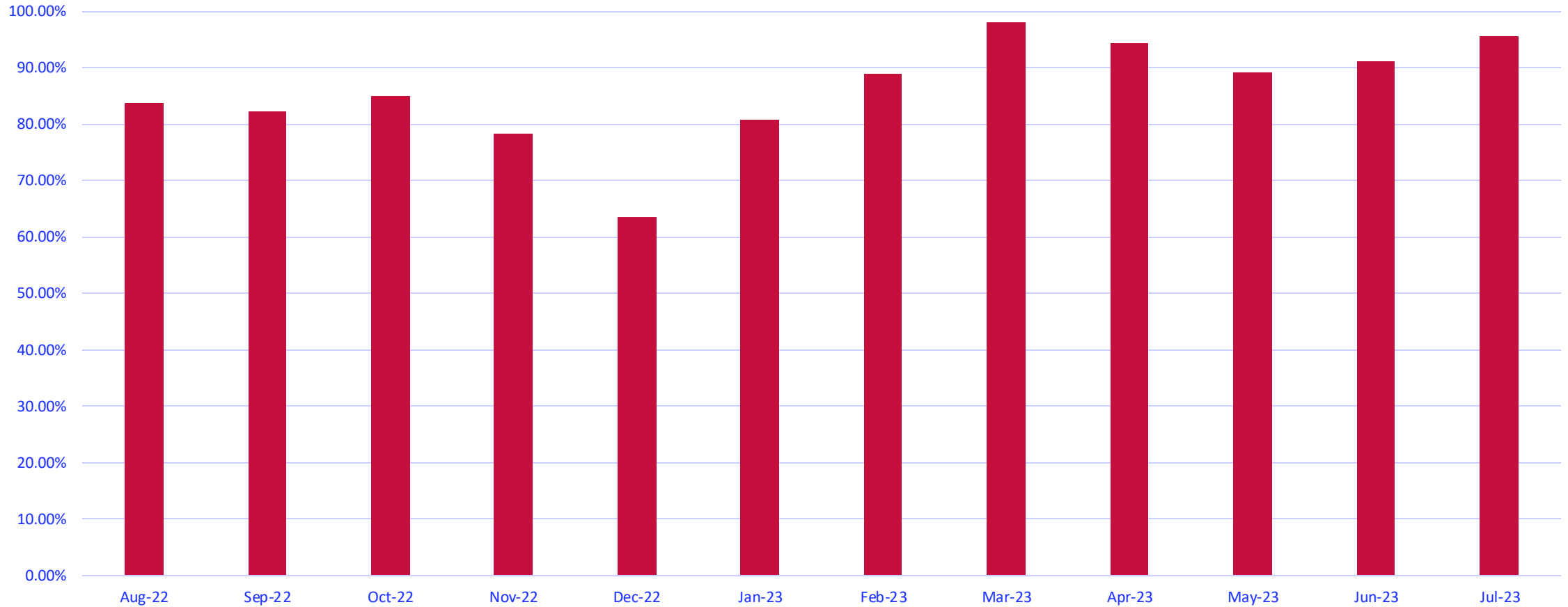
In the last 12 months:

Number of PCN team appointments offered by appointment type and month 01.08.22 - 31.07.23




Goal Based Outcomes:

Recovery rate based on goal based outcomes for PCN team for patients discharged 01.08.22 - 31.07.23



Community events

- Approximately 20 events participated by over 400 children, young people and their families
 - Positive engagement and feedback
 - Referral pathways accessed via informal consultation
 - Positive comments from other professionals and businesses
 - Empowerment – self-help materials and resources distributed
– relaxation, breathing, mindfulness, grounding techniques, happiness, self-esteem and 5 ways to wellbeing
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Challenges and opportunities

- Continued high demand and lengthy waiting times
 - Suitable community bases
 - Complicated referral pathways
 - Measuring prevention
 - Willing partners
 - Community engagement
 - Lifespan offer
 - Response from children, young people and families
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