

How will referrals be taken?

Referrals will be taken via the standard Early Help referral process. If a referral is suitable for the Wellbeing Service, we will offer the CYP an initial assessment which will last around 45 minutes.

This does not necessarily mean we will recommend treatment.

As part of the assessment, we discuss the alternative treatment options with the CYP so that they can be offered a choice of effective therapies, in order to get the support that they need.

The WP will discuss the CYP's difficulties with them and the resources that they might find helpful. If the WP cannot work with the CYP, they aim to refer them to a service that can.



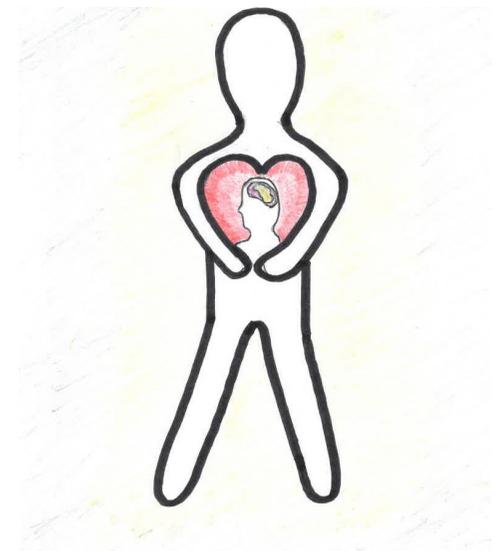
Leicestershire County Council.
County Hall, Glenfield, Leicester

Early Help Information, Support and Assessment Service



Wellbeing Practitioner for Children and Young People

Information for Professionals



What are Wellbeing Practitioners?

Wellbeing practitioners (WP's) have been trained to offer support to CYP with low level common mental health difficulties who are not receiving a service. They aim to provide them with skills, techniques and knowledge to enhance their wellbeing. The service will be able to support children 7 to 18.



Who will WP's work with?

WP's will work with CYP experiencing:

- Low mood/mild to moderate depression
- Worry/Generalised anxiety & mild social anxiety/separation anxiety
- Panic

- Sleep problems
- Simple phobias (excluding blood, needles and vomit)
- Stress management
- Some compulsive disorders



Is there anyone WP's would not be able to offer treatment to?

The service does not work with:

- CYP with complex difficulties such as bipolar, psychosis, anorexia or bulimia
- CYP who present with active risk of significant self harm or suicide. We may see people who have suicidal thoughts but *do not* have any active intent.
- CYP with current or historical abuse
- Bereavement
- Pure behavioural difficulties where parenting style has not been explored

How will WP's work with CYP?

WP's will offer brief interventions and will work with CYP using strategies mostly based on cognitive behaviour therapy principles. They will help CYP to understand what is causing them to feel worried or low as well whilst providing techniques to overcome the problems and develop new coping strategies for the future. WP's will provide one to one support in school or in the home. WP's will typically work with CYP for around 8 sessions.

