

0 to 19 Torbay have a small team of Trainee Child Wellbeing Practitioners (CWPs) who are completing their post graduate qualification in low intensity therapeutic work in affiliation with The Universities of Reading and Exeter available to support children, young people or parents.

During this training year the CWP's can provide a number of different evidence- based, outcome focused therapies for children or young people (CYP) with low level mental health concerns. CYP who are referred to us will attend an assessment session in which we gather information on who they are and what support they require, those who meet the criteria will then attend 1-2-hour long sessions a week with us for 5-8 weeks.

CYP aged 12 and up can access therapy independently, with parents attending for support if the child wishes.

If the CYP is aged 11 and below the interventions offered will be parenting led meaning after the initial assessment parents will be the only ones in attendance so that they can develop skills to help support their child.

### What can CWP's do?

CWPs can:	CWPs can not:
Assess and support young people with low level mental health difficulties	Routinely assess children and young people with severe, complex or enduring mental health difficulties
Signpost young people and colleagues to other services when appropriate	Support students with high levels of risk or needing specialist levels of care.
Work through a variety of media such as telephone, internet and face to face sessions	Work in isolation without the support of the setting they are placed in
Offer low intensity, focused, evidence-based interventions in line with university curriculum	Be involved in complex or moderate to high need situations or presentations Hold cases referred to CAMHS or co-work high need cases.

### Who should CWP's be assessing?

CWPs Can Do	CWPs MAY Do Discretion and close supervision	CWPs SHOULD NOT DO Significant levels of need /complex conditions
<b>Behavioural difficulties – identification, and brief parenting support (under 11's ONLY)</b>	Irritability as a symptom of depression – (can present as anger)	Conduct disorder, anger management, full parenting programmes (e.g. Triple P, Solihull Approach).
<b>Training parents to support interventions with children (Under 11's ONLY)</b>		Treatment of parents' depression and anxiety.
<b>Low mood</b>	Low confidence, Low self-esteem	Anger management training, Chronic depression
<b>Worry management</b>		Social anxiety disorder
<b>Anxiety/Avoidance: e.g. simple phobias, separation anxiety, generalised anxiety</b>	Mild health anxiety	Extensive phobias e.g. Blood, needles, or vomit phobia Social anxiety
<b>Panic Management</b>		Not trained to deliver interventions for Panic Disorder.
<b>Sleep Hygiene</b>	Insomnia	PTSD, trauma, nightmares
		Any level of OCD, attachment difficulties or ritualistic behaviour.
		Assessment and diagnosis of neurodevelopmental disorders and learning difficulties.
		Pain management
		Historical or current experiences of abuse or violence

The 0 to 19 Torbay team are working with South West Family Values to provide low level mental health support in response to Covid-19. Please follow the process below.

Low level need identified



Talk to young person or parent about possible intervention & gain verbal consent to refer



Securely email referral form to the admin hub

[Publichealthnursing.torbay@nhs.net](mailto:Publichealthnursing.torbay@nhs.net)



Once the referral form has been received it will be sent to South West Family Values if the child is aged 8 – 12 years or to Checkpoint if the young person is aged 13 – 18 years old.



Referrals will be triaged to ensure they are appropriate for the wellbeing practitioners. If they are unsuitable referrals you will be notified.

**You can contact us by**

Phone: 0300 333 5352

Email: [publichealthnursing.torbay@nhs.net](mailto:publichealthnursing.torbay@nhs.net)

[www.Oto19Torbay.co.uk](http://www.Oto19Torbay.co.uk)

**0 to 19**  
**TORBAY**

## Summary of child wellbeing practitioner (CWP) role for services and referral guidance

