

# ChEWS (Childrens Emotional Wellbeing Service)

## Core Service Offer 2023 - 2024



## Getting Advice

**Awareness Raising and Self Help Support for Young People & Parent/Carers:** Virtual information sessions on a range of topics relating to children's mental health.

**You can view and book onto our current information sessions here:**  
<https://chewsnews.northorpehall.co.uk/workshops.php>

**Chill 'N' Chat:** These drop-in sessions are aimed at supporting parent/carers of children and young people who are experiencing challenges to their emotional health. These sessions provide parents/carers with an opportunity to share with other parents/carers, ask for advice from workers and access useful self-help resources. The sessions take place in a relaxed environment with refreshments, and some pamper activities to promote self-care and personal emotional wellbeing.

**Chill and Chat sessions are promoted through social media and the Northorpe Hall website. Parents can book on Chill N Chat sessions here:** <https://www.northorpehall.co.uk/chill-n-chat-meet-other-parents>

## Getting Help

ChEWS provides short term emotional wellbeing and mental health interventions for children and young people aged 5-18 years in Kirklees where emotions are impacting on daily functioning. Where these concerns have been present for a number of weeks and occur on more days than not, and negatively interfere with the young person's normal routine, school attendance, academic functioning, social activities and/or relationships, or they are managing to function but it is endured with distress. Children, young people and families need to be ready and willing to engage in support.

This support may take place through group learning, 1-1 or a combination of these, and may take place on different platforms – face to face or online – as agreed with the young person and family. For primary aged children the support services will be focused on parent led interventions in line with recommended interventions for children of this age.

ChEWS is not an immediate response service so there are waits for specific service offers. Drop-in support is available whilst waiting for services and the family will be kept up to date regarding this through a monthly newsletter.

All support decisions are based on a 6P's formulation

***Interventions offered include:***

**SilverCloud:** This is an online platform providing guided cognitive behaviour therapy self-help programmes. You will be supported by an allocated worker to help you navigate through the online support programme and to discuss how to apply the learning to your personal circumstances and needs. Available to parents and young people aged 15 and above. A number of programmes are available including –

- Supporting an Anxious Child
- Supporting an Anxious Teen
- Space from Anxiety for Teens
- Space from Low Mood for Teens
- Space from Low Mood and Anxiety for Teens
- Space for Resilience
- Space for Positive Body Image

**Timid to Tiger:** This is a parent led Cognitive Behaviour Therapy (CBT) based intervention for children aged 10 or under who are experiencing anxiety. This is a hybrid model incorporating group learning and one to one support to personalise the learning, track progress and work towards specific individual goals.

**Moodmasters: Low Mood & Anxiety Intervention:** This is a Cognitive Behaviour Therapy (CBT) based intervention for young people aged 11-18 who are struggling with low mood and/or anxiety. This is a hybrid model incorporating group learning and one to one support to personalise the learning, track progress and work towards specific individual goals.

**Self Esteem Support:** This is a Cognitive Behaviour Therapy (CBT) based intervention to support young people aged 11-18 who are struggling with self-esteem and confidence. This is a hybrid model incorporating group learning and one to one support to personalise the learning, track progress and work towards specific individual goals.

**DBT- A:** Dialectical Behaviour Therapy (DBT) for Adolescence is a therapy based on Cognitive Behavioural Therapy (CBT), but it is specially adapted for people who feel emotions very intensely. This intervention will directly support young people aged 11-18 who are struggling with managing stress and intense emotions, experiencing challenging relationships and displaying some concerning behaviours. Behaviours will be driven from an emotional need and are not better explained as choice and control, risk taking or learnt behaviours, which would be better supported outside a mental health service. This is a hybrid model incorporating group learning and one to one support to personalise the learning, track progress and work towards specific individual goals.

**Supporting Intense Emotions:** This is parent led support for parents who are supporting a child who is struggling to regulate difficult emotions, displaying challenging behaviour as a response to intense emotions and becoming overwhelmed. Behaviours will be driven from an emotional need and are not better explained as choice and control, risk taking or learnt behaviours, which would be better supported outside a mental health service. This is a hybrid model incorporating group learning sessions and one to one support to personalise the learning and work towards specific individual goals.

**Cygnnet:** This programme is designed for parents and carers of children and young people aged 5-18 with a diagnosed Autistic Spectrum Condition (ASC). The programme is designed to:

- Increase parent/carers understanding of the Autistic Spectrum Condition

- Help parents develop their knowledge on how a child on the autistic spectrum experiences the world and what drives their behaviour
- Guide parents through practical strategies they can use with children
- Direct parents to relevant ASC resources
- Give parents the opportunity to meet with other parents who have had similar experiences and to gain support and learn from each other

**Direct Support:** This 1-1 intervention will work directly with young people and/or supportive adults in their lives. Responding to symptoms that indicate specific mental health concerns relating to low mood and anxiety. Using a range of evidenced based techniques they will assess needs, formulate, plan interventions, develop goal-based outcomes and relapse prevention plans collaboratively with those involved.