

Sutton CAMHS Education Wellbeing Service

Who we are?

We are Education Wellbeing Practitioners (EWP's). We are Education Wellbeing Practitioners (EWPs) working the parents of children who are experiencing fears and worries or who are experiencing common behavioural difficulties.

We are an early intervention service, set up to provide support for families who are experiencing these common concerns. We also offer short interventions (2-3 sessions) on tips for managing your child's worries during these difficult times and tips to improve sleep.

This programme aims to empower you, as parents/ carers, by helping you to understand and manage your child's difficulties.

Through a process called guided self-help, we will provide tools and coping strategies you can use with your child.

PLEASE NOTE: WE ARE STILL OFFERING OUR SERVICES ALTHOUGH SCHOOLS ARE CLOSED

Who can access this service...

Parents with children aged 4– 11:

- Who often feel worried (e.g. shy, panicky or fearful of specific things such as dogs or social situations).
- Are experiencing any of the following common difficulties: not listening to or following instructions, difficulties at bedtime, tantrums, rude to parents.

*We are unable to see young people who have recently received an intervention from Child and Adolescent Mental Health Services (CAMHS).

What will it involve?

- Given the recent government recommendations, we are offering sessions on-line (video or face-time) or over the telephone
- The anxiety programme is up to 8 sessions long. This includes 4 video/face-time or telephone sessions (1 hour) and 4 shorter telephone sessions (30 minutes)
- The behavior programme is up to 9 sessions long. This includes 5 video/face-time or telephone (1 hour) and 3 shorter telephone sessions (30 minutes)
- Sessions are held with parents, rather than your child because you are the experts on your child and spend the most time with them. Also studies show that this approach leads to the best results for your child.

- It is really important that parents try out the different techniques with children at home. The more you practice the more improvement will be seen.

Next steps...

If you are interested in our service please send application form to school by post or email who will then pass on to us.