

What is a CPWP?

Information for parents



Your child has been referred to Hull and East Yorkshire Mind for therapy from a Children's Psychological Wellbeing Practitioner (CPWP).

CPWPs are specially trained practitioners that deliver evidence based, low-intensity interventions to children and young people experiencing mild to moderate low mood and/or anxiety.

Evidence based means that this therapy uses techniques and interventions that have been extensively researched and have a lot of evidence to prove that they work. Low-intensity means that the therapy tries not to interfere with your child's school work, college or other commitments. It may be delivered through face-to-face sessions, or alternatively via telephone/online. The therapy is therefore not burdensome, but has been shown to be very effective.

The CPWP will work alongside your child to look at the issues they may be experiencing, to set goals, and to work towards achieving positive outcomes. We will provide them with a variety of tools to help manage their problems and they can continue to use these after therapy.

Your child's sessions may be made up of face-to-face or telephone, depending on what is agreed at the assessment.

Sessions will be around 30-40 minutes and will include homework tasks.

Your child's CPWP will ensure that you are involved with your child's therapy as much as possible, and kept up-to-date with progress.

Therapy sessions need to be a safe place for your child to speak openly about the issues they are experiencing. However you may be asked to attend the sessions depending on your child's preference and the type of intervention that we are working on.

You may also be asked to complete a questionnaire called RCADS, which stands for Revised Children's Anxiety and Depression Scale, at the beginning and end of your child's therapy. This is a really useful tool to see how you feel your child has been affected by their mental health, and may be used alongside RCADS completed by your child to aid their therapy.

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[Who can I contact to complain, compliment, give feedback or ask a question?](#)

Please don't hesitate to contact Hull and East Yorkshire Mind on 01482 240200. Your clinician will occasionally contact you to share information, send reminders etc from their mobile. However they are often in sessions for the majority of the day so are unable to answer questions quickly. If you have a question that you think needs answering please either save it for the next session or, if you feel it cannot wait please contact the office and they will either try to answer it for you or will try to get an answer from your clinician for you as soon as possible.

I am finding this really difficult, what help is available for me?

If you feel you need some support yourself through this process do not hesitate to call our information service on 01482 240133. Hull and East Yorkshire Mind also supports adults, and we may be able to offer you a range of services or signpost you to services that may be able to help you in your local area.