

**Off the Record
Bristol (OTR)**

**Wellbeing
Practitioners**

**Our offer to your
students**

We are The Wellbeing People!

We are a team who work with young people struggling with difficult thoughts and feelings. We work with young people experiencing stress, anxiety, low mood or depression, sleep problems or low self-esteem; working on a journey towards a better wellbeing.

We will meet together and can help develop a toolkit that helps identify thoughts, feelings and behaviours that may be getting in the way of feeling good. By setting achievable goals together we can help empower young people to make the changes they want.

OTR's Wellbeing Practitioners will work with your students between the ages of 11-18 struggling with low-level/mild to moderate common mental health difficulties (anxiety, low mood and behavioural difficulties).

We can offer this type of therapeutic support in a number of ways:

- Individually
- Group setting
- Parents/Family
- Face-to face
- Telephone
- Online



OTR has the advantage of being flexible with session times ranging from 15- 45 minutes, meaning our Wellbeing Practitioners can hold a larger caseload of students than ever before. Support from our flexible wellbeing team can be as flexible as a one-off session or up to 8 sessions.

One requirement from the young people we engage with will be the demonstration of the students' own goals and motivation to be in session (such as measuring of attendance, achievements and outcomes of support) as this is significant for the success of our therapeutic model. This will provide us with an outcome report of the success of the therapy that we can share with the school/family.

This role is being offered by trainees currently piloting this model and as part of their course requirements they must film sessions to be reviewed by their supervisor within our organisation. A consent form will be

required to be filled in by the student/teacher/school to agree to this and all filming will be destroyed once reviewed for their course. This is a request from OTR to help development of our interventions and training, but is not a requirement for every student.

We will provide the equipment, outcome measures for review and the trainee Wellbeing Practitioner for a slot of time per week, and in return require from the school:

- An appropriate and confidential space for students to be seen
- Contact with the safeguarding lead/mental health lead
- A minimum data set on each young person for a referral
- Schools consent to film when appropriate

<u>What we can do</u>	<u>What we cannot do</u>
<p>Assess and support 11-18 year olds in their own environments - particularly if struggling with symptoms of mild to moderate mental health problems such as:</p> <ul style="list-style-type: none"> • Anxiety • Low mood • Behavioural difficulties 	<p>Assess, diagnose and triage students.</p> <p>We cannot support anyone with severe, complex or enduring mental health problems or those presenting with complex issues.</p>
<p>Signpost students and facilitate access to other service when/where appropriate - including our own alternative choices at OTR.</p>	<p>Support students with high levels of risk or needing a specialist level of care or intervention</p>
<p>Review students' progress and record outcomes achieved in session and also adhere to and collect general demographics</p>	<p>Close any cases until all recording including monitoring of outcomes is completed</p>
<p>Be able to access specialist input quickly where complexity, risk or safeguarding factors emerge and collaborate with the school's safeguarding lead and primary mental health lead</p>	<p>Engage without appropriate support from the school or safeguarding lead</p>



Offer low intensity, focused, evidence based interventions outlined as follows:

- Behavioural activation (low mood)
- Relaxation (stress management)
- Problem-solving (worry and anxiety)
- Cognitive restructuring (negative thinking)
- Exposure and habituation/Exposure and response prevention (anxiety/phobias)
- Worry management strategies (worry)
- Social learning theory-based parental support such as behavioural and emotional regulation strategies (attachment and relationships)
- Computer-based CBT (anxiety/low mood)
- Lifestyle management (biological/physical factors)

Be involved in complex, or moderate/ high-need situations or presentations

Hold cases referred to specialist CAMHS or co-work in high need cases

Difficulties we can work with:

- Low mood
- Worry
- Symptoms of mild depression
- Interpersonal relationships
- Goal setting
- Panic
- Symptoms of mild anxiety
- Stress management
- Agoraphobia
- Emotional regulation/ education
- Psycho-education
- Generalised Anxiety Disorder
- Simple phobia (not blood, needle, vomit)
- Sleep problems
- Self-esteem
- Motivation and procrastination

Difficulties we can sometimes work with dependent on severity and impact on young person's daily living:

- Anger management
- Low self-esteem
- Disordered anxiety
- OCD
- Health anxiety
- Compulsive behaviours
- Assertiveness/interpersonal challenging (e.g. bullying response)
- Self-harm (if not considered high-risk)

What we cannot offer support for due to significantly higher levels of need:

- Eating disorders
- Pain management
- Established health anxiety
- Bipolar
- Psychosis
- Historical/current abuse or violence
- PTSD
- Chronic depression
- Chronic anxiety
- Complex interpersonal challenges
- Personality Disorder
- Bereavement
- Active, significant, enduring, complex self harm

Interested / want to know more?

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