

# Welcome!



We want people to participate but please use the 'raise hand' facility to ask questions and contribute when others are talking.

Please be considerate to others - together we want to create a safe, open and reflective space to learn.

You can turn on live captions on by clicking on the 3 dots at the top of your screen if you need this.

The link to the feedback form will be put in the chat.

Please do take the time to complete it after the session.

Thank you!



# Working on Worries



Empowering families: Scaling parent-  
led CBT for child anxiety across  
Norfolk and Waveney

# Session Outline

1. Child anxiety
2. Parent-led CBT
  - HYC & OSI
  - Evidence base
3. The WoW model
4. WoW activity
5. Facilitators & barriers
6. Next Steps

# Child Anxiety

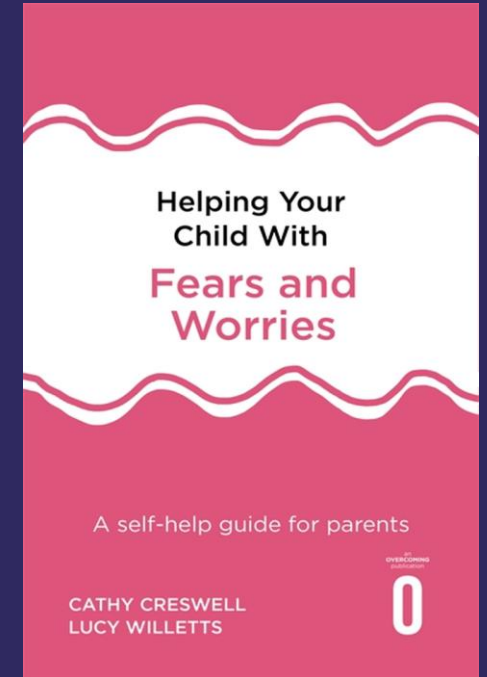
- 50% of anxiety disorder cases have an onset before the age of 12
- 6.5% of children affected with many negative outcomes
- Limited access to evidence-based interventions
- School staff lack training to meet the needs of children

## Key aims

- Improve access to PL-CBT by training primary school support staff
- Evaluate the facilitators and barriers to successful implementation

# Parent-led CBT

- Evidence-based CBT intervention for anxiety in children 5-12yrs
- Psychoeducation & cognitive behavioural strategies
- Delivered to parents/carers rather than children
  - Remove need for child to attend sessions
  - Empowering families to help children manage their worries



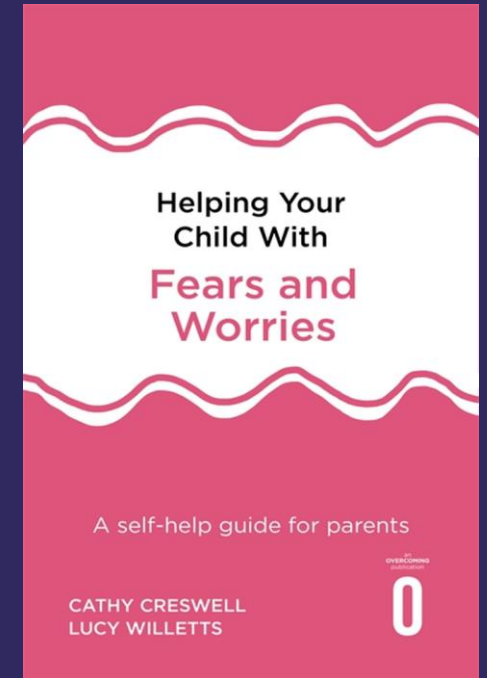
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## Helping Your Child (in-person)

- Working through self-help guidebook
- 4 in-person sessions of up to 60 minutes
- 2 telephone sessions of up to 20 minutes

## Online Support & Intervention

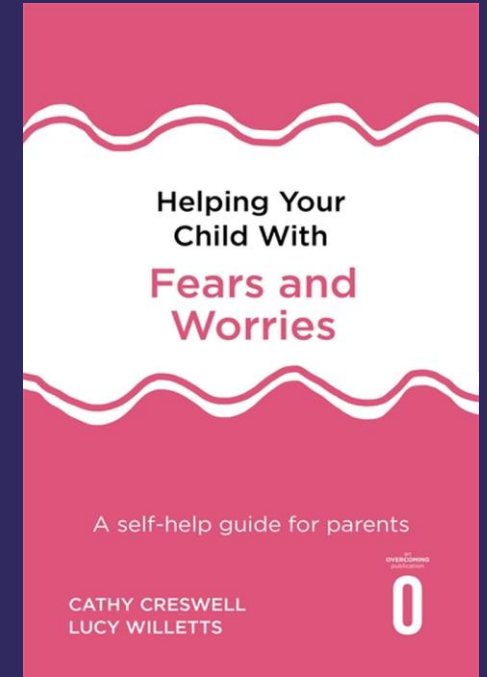
- 8 online modules lasting 30mins each
- Home tasks from each module
- 20min telephone session after modules



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# Evidence

- Multiple studies demonstrating reduced rates of anxiety following treatment
- Greater cost-effectiveness compared to other brief psychological interventions
- Equally effective when delivered by CBT “novices” receiving support as when delivered by therapists with previous CBT experience



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# The WoW Model

- Based on a previous pilot with a single federation of schools in Norfolk
- Designed around the EPIS framework
- Delivered by a core project team with guidance from:
  1. System-wide Stakeholder Steering Group
  2. Parent/Carer Advisory Group

Identify and upskill local trainers.

Invite primary school staff to attend training in HYC & OSI.

Provide ongoing support in the form of group sessions facilitated by trainers.

Monitor implementation outcomes to make iterative improvements to implementation strategy.



33

Local mental health professionals identified to be PL-CBT trainers and provide ongoing support to school staff.

223

Pastoral and support staff trained to deliver PL-CBT across 131 primary schools.

203

Families accessing PL-CBT: 35 HYC  
168 OSI

Data from March 2023 to October 2024

# Facilitators

School staff understand children's difficulties

Schools have pre-existing relationships with families

Support staff benefit from input from wider school staff

Convenience for families to attend sessions in school

Intervention fits well with existing offer of support

# Barriers

School staff lack capacity and require protected time from SLT

Schools need to be flexible to accommodate the needs of families

Ongoing training needed to account for staff turnover

Schools may lack physical space to deliver face-to-face sessions

Intervention structure may clash with school timetable and holidays

# OSI Contributions

- Time efficient and convenient for staff and families
- Flexible and easy to use
- Useful in overcoming some of the barriers identified

*“We'll just be offering OSI first with [name of school] because time wise that will allow us to support more people.”* – School staff, focus group

*“For me and for them really, it's just a time thing... If it was just the face-to-face led thing, I don't think I would have been able to do it.”*  
– School staff, focus group

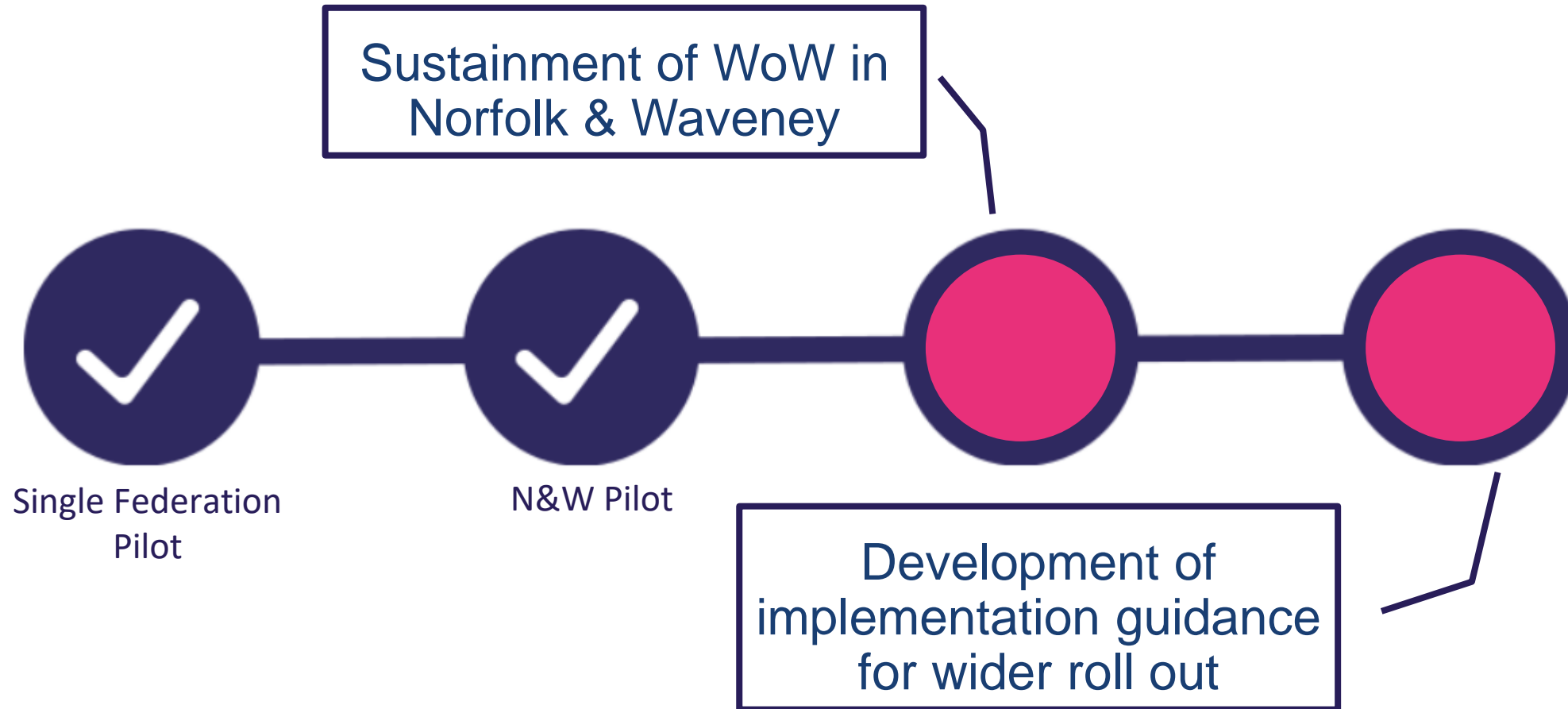
“I went from a chart of a sea of red and yellow to just green and yellow at the end. And it was just lovely to see... it was quite powerful to show, the parents were quite emotional about seeing that”.

(School Staff Member, Focus Group)

“It has had a huge impact. It has helped change how I approach situations. I've learnt coping strategies for my children and myself. It has really been an amazing support to all of our family.”

(Parent/Carer, Feedback Survey)

# Next steps...



# Next steps...

## 1. Sustainment of WoW in Norfolk & Waveney

- Developing a sustainment plan in collaboration with local commissioners
- Consideration of:
  - Need for ongoing co-ordination role in local MH system
  - Continued access to training for both trainers and schools
  - Continued school staff access to support from trainers
  - Funding for access to OSI
- Plan to take effect from March 2025

# Next steps...

## 2. Development of implementation guidance for wider roll out

- Collaboration with MHIN and the Northwest Coast
- Developing a guidance document and resource toolkit for:
  - School leads and staff
  - Mental health commissioners & service leads
- Incorporating learning from WoW and feedback from stakeholder groups
- Evaluated and finalised by March 2025



# Thank you!

## Any questions?

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# Please let us know what you think



<https://forms.office.com/e/PqVNki3HUA>

