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The Roots



Who are we?

- We are a new youth mental health service commissioned by the London Borough of Waltham Forest to deliver early intervention mental health support to children and young people aged 5 – 17 across Waltham Forest.
- We are part of the Groundwork federation of charities, who collectively employ over 1,200 people across the country.
- Groundwork London support Youth, Community and Environmental projects across London and the South East.




**MENTAL
HEALTH
SUPPORT
TEAM**



Ripple





What are we offering?

MH Ambassadors Project

(Coming back soon!)

1:1 Therapeutic Groups

5 - 11 Parent Group – Anxiety (coming soon)

11 – 14 CBT for Anxiety

15 – 17 CBT for Anxiety

1:1 Support (limited)

Supporting young people 1:1 with CBT & Brief Solution Focused interventions 4 – 12 weeks.

(Coming Soon)

Single Session Workshops

Single session psychoeducation/early intervention support for Children, young people and their families.

(Coming Soon)

Our Team



Katrina Jenkins

Therapeutic Practitioner/ Systemic
Family Practitioner



Samuel Rogers

Service Manager / High intensity
CBT Practitioner



Alon Harshak

Therapeutic Practitioner/
Integrative Arts Psychotherapist

Group CBT for Anxiety
(11 – 14 & 15 – 17 Years) years

Pilot group
June – July 2024

This is an 8 week group CBT based intervention, adapted from evidence based group CBT manuals.

Two groups will be held at the Walthamstow & Leyton family hubs. Capacity 8 yp per group.
4pm – 5pm & 5.30 – 6.30pm respectively.

Parents will have the opportunity to participate in a webinar before and after the intervention, to educate them as to how to best support their child and young person throughout the process.

Why Groups?

- Group Based CBT has been shown to be at least as effective if not more effective in the treatment of adolescent anxiety.
- It introduces the ability for peers to support each other, and opportunities for social interaction.



Why Teens with Mental Health Concerns Need Peer Therapy

Therapy groups and peer counseling services are offered in school so that teens can share with and learn from each other. Byron McClure, EdD, NCSP, and Danielle Weitzer, DO, explain why these programs can be particularly effective for adolescents.

Jan 25, 2023 | 4 Min Read | Alexis Pellek, Writer/Reporter

[Link 2](#)

Program Outline


Assessment w/c 27 th May

+ 1 Week

Parent Group 1 w/c 3 rd June	Intro/P1 w/c 3 rd June	P1	P1	P2	P2	P3	P3	Exit Session WC 22 rd July	Parent Group 2 WC 22 rd July
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Aims:

- Each young person will receive an individual (online) assessment prior to joining the group setting.
- Where possible at least one parent/carer/guardian will join the parent-based workshops. These will support and improve group attendance whilst minimizing perpetuating factors from parents.
- Intervention will follow the Phase 1/2/3 formula as described in the CARS manual (next page).




Phase 1 During the first phase, students learn about the nature of anxiety; understand the connection between thoughts, feelings, and behaviors and develop a vocabulary for each; learn to rate the intensity of their anxiety, CARS Anxiety Manual - 4 and create a hierarchy of their fears. After students have demonstrated the above knowledge and have created a fear hierarchy, they move to Phase 2.

Phase 2 During the second phase, students learn several skills to help them better manage anxiety. The skill set includes relaxation techniques; identifying and modifying negative self-talk; and self-evaluation and reward. Skill development will occur through discussion, modeling of skills by the group leader, and through role plays. After students have demonstrated each of these skills in mildly anxiety-provoking situations (e.g., role plays or real situations), they move to Phase 3.



Phase 3 During the third phase, students will apply and practice the newly learned skills during exposures to the anxiety-provoking situations that are listed on their fear hierarchy. The practice of new skills takes place through role plays and in vivo (real life) exposure tasks and continues until the student can (a) apply the skills in highly anxiety-provoking situations, (b) has reduced avoidance of such situations, and (c) has improved functioning in previously-impaired domains.

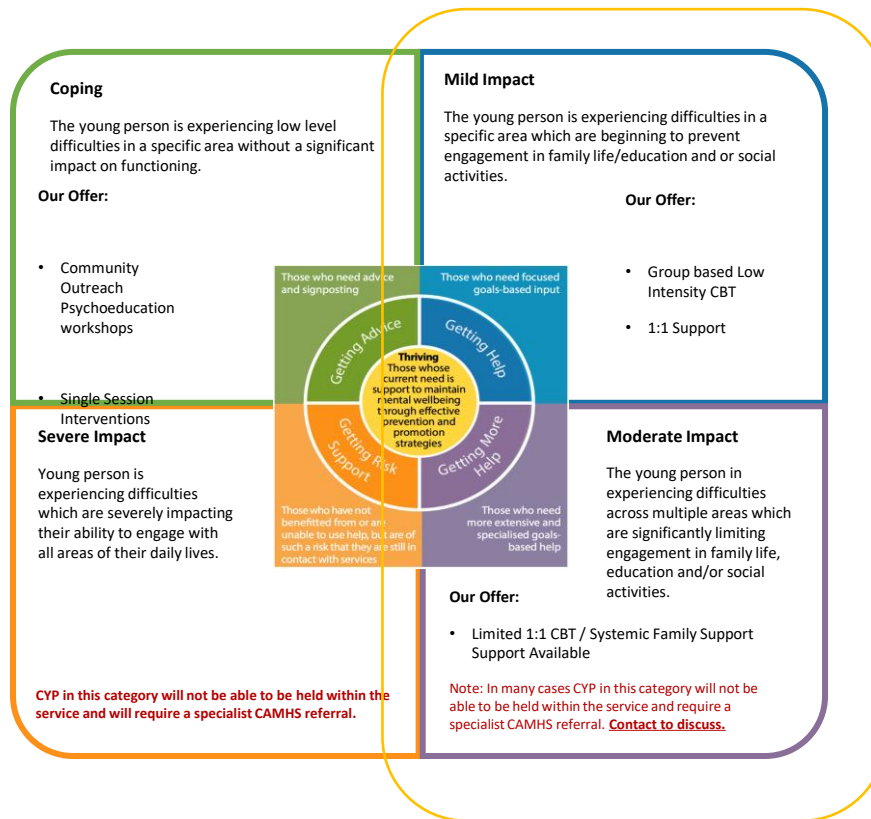


Who is eligible?

- Young people aged 11 – 14 & 15 – 17 years old.
- Are enrolled in a Waltham Forest School and/or has a Waltham Forest Post code, and/or is registered to a Waltham Forest GP.
- Is experiencing mild to moderate mental health difficulties, specifically around anxiety.
- Is not currently receiving CAMHs support (previous three months)
- Is willing and ready to take part!



What defines mild to moderate?



	<p>LEVEL 2 Mild impact on thriving with worries and fears</p> <p>CYP presents with anxiety in a single area that is starting to prevent full engagement in family life, education and/or social activities. CYP is not showing significant daily avoidance of activities.</p>
Threshold for	
	<p>LEVEL 3 Moderate impact on mental health due to levels of anxiety</p> <p>The CYP presents with anxieties in one or more areas that are significantly limiting engagement in family life, education and/or social activities. Concerns may present relating to:</p> <ul style="list-style-type: none"> Panic attacks (intense rush of anxiety & physical symptoms such as irregular or racing heart, sweating, trembling etc) Obsessive Compulsive symptoms (troubled by unwanted or distressing thoughts that lead to a feeling of anxiety which is briefly relieved by a compulsive act) Generalised Anxiety (anxiety relating to a wide range of situations and issues) Social Anxiety (Fear & worry relating to social settings, feeling judged & scrutinised, social interactions provoke distress)

Who/How can you refer

- This is an open access service, young people can self refer, or can receive a referral from a professional such as a FEH worker, school staff, GP etc.
- We have an online referral form available via:
<https://www.groundwork.org.uk/london/all-london-projects/ripple/>
- If you would like me to email you a link to this directly, please contact me after the meeting via
Samuel.rogers@groundwork.org.uk

