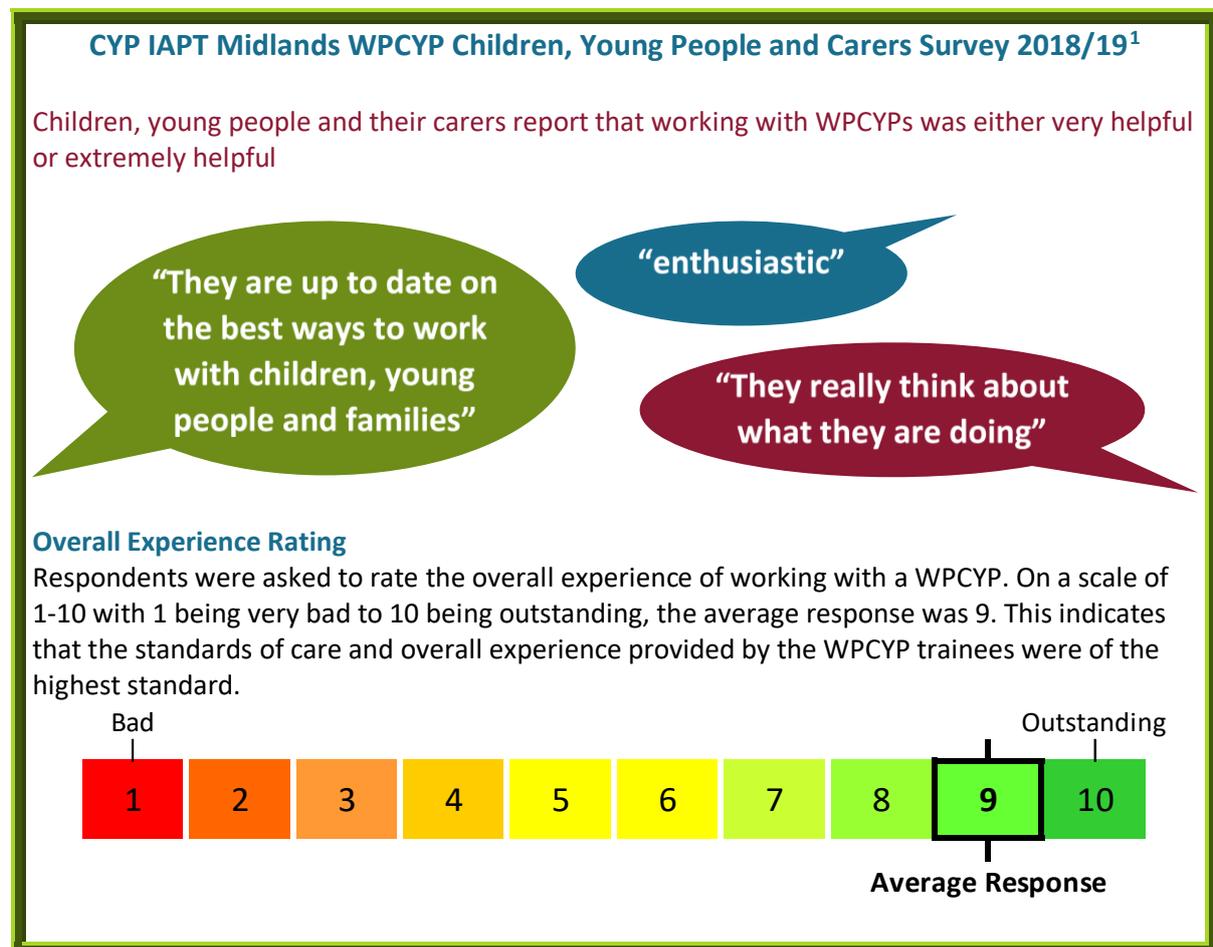


The national WPCYP (Wellbeing Practitioners for Children and Young People) programme was established as a response to the target to offer evidence-based interventions to 70,000 more children and young people annually by 2020, by training up 1,700 new staff in evidence-based treatments, outlined in ‘Implementing the Five-Year Forward View for Mental Health’.

WPCYPs are trained to offer brief, focused evidence-based treatment in the form of low-intensity support and guided self-help to children and young people who demonstrate mild/moderate anxiety, low mood and common behavioural difficulties.



Confident and Skilled Workforce

Four out of five trainees have a degree or a post-graduate qualification and two out of three have worked in a role related to mental health, prior to the course. 100% reported a great deal of confidence or better in the use of evidence-based practice and 95% reported a great

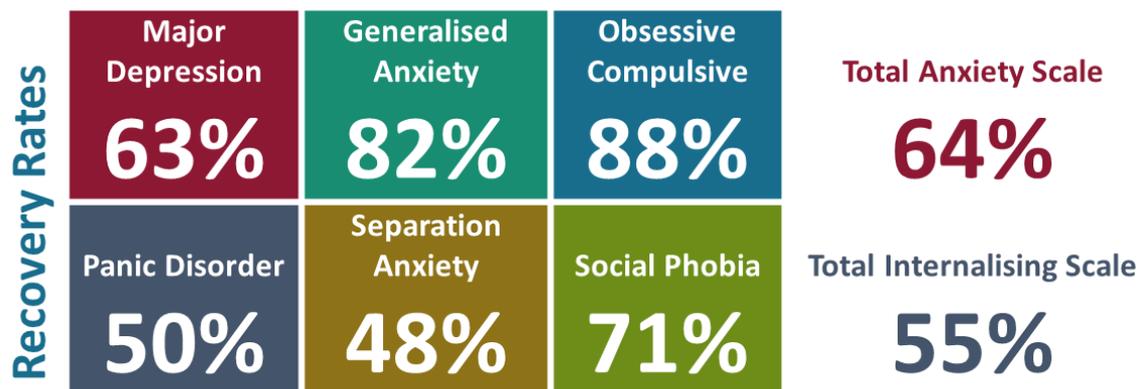
¹ CYP IAPT Midlands WPCYP Children, Young People and Carers Survey 2018/19. Survey of young people and parents (June 2018 - Sept 2019).

deal of confidence or better in the use of routine outcome measures; improving access to services; collaborative working; and enabling young people and their families to make choices about their treatment. ²

Evidence-based Interventions

Midlands analysis of 572 individuals seen by training and newly qualified WPCYPs shows that WPCYPs offer a good balance of evidence-based interventions, including **Psycho Education; Cognitive Restructuring; Behavioural Analysis; Worry Management; Graded Exposure;** and **Relapse Prevention**. Supporting children and young people with an average age of 14 (female) and 12 (male), 60% of referrals were received from school and education, and the vast majority of children and young people seen were not receiving support elsewhere.

Strong recovery rates seen:



75% of discharges occurred within 8 appointments and an average of 5 appointments at discharge³.

Great Value for Money

Return on investment of £2.90 for every £1 spent!

Based on a WPCYP average Band 5 Salary (2017/18) plus 3 hours per week of Band 6 Salary supervision support with a 35% uplift to cover national insurance, superannuation, travel etc. applied to both salaries. A 50% recovery rate⁴; average annual cost of a 12 to 15-year-old with mental health problems at £1,778 per annum⁵; and an estimated caseload of 150 children and young people per year after training⁶.

² CYPWP Trainee Survey 2018/19

³ Midlands CYP IAPT WPCYP Intervention and Outcomes Analysis 2018

⁴ Approximate 50% recovery rate determined from a reported recovery rate of 53% minus an estimated natural recovery rate of 5%

⁵ Youth Mental Health: New economic Evidence (2016) by YoungMinds, London School of Economics and Personal Social Services Research Unit

⁶ 150 caseload figure based on national case throughput expectations. Lower annual caseloads produce different rates of return. For example £2.20 for 125 and £1.90 for 100