



# CWP Regional Report

2020 - 2021

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**CEDAR CREATE**

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\* Red indicates these sections contain pages comparing data from 2020 vs 2021

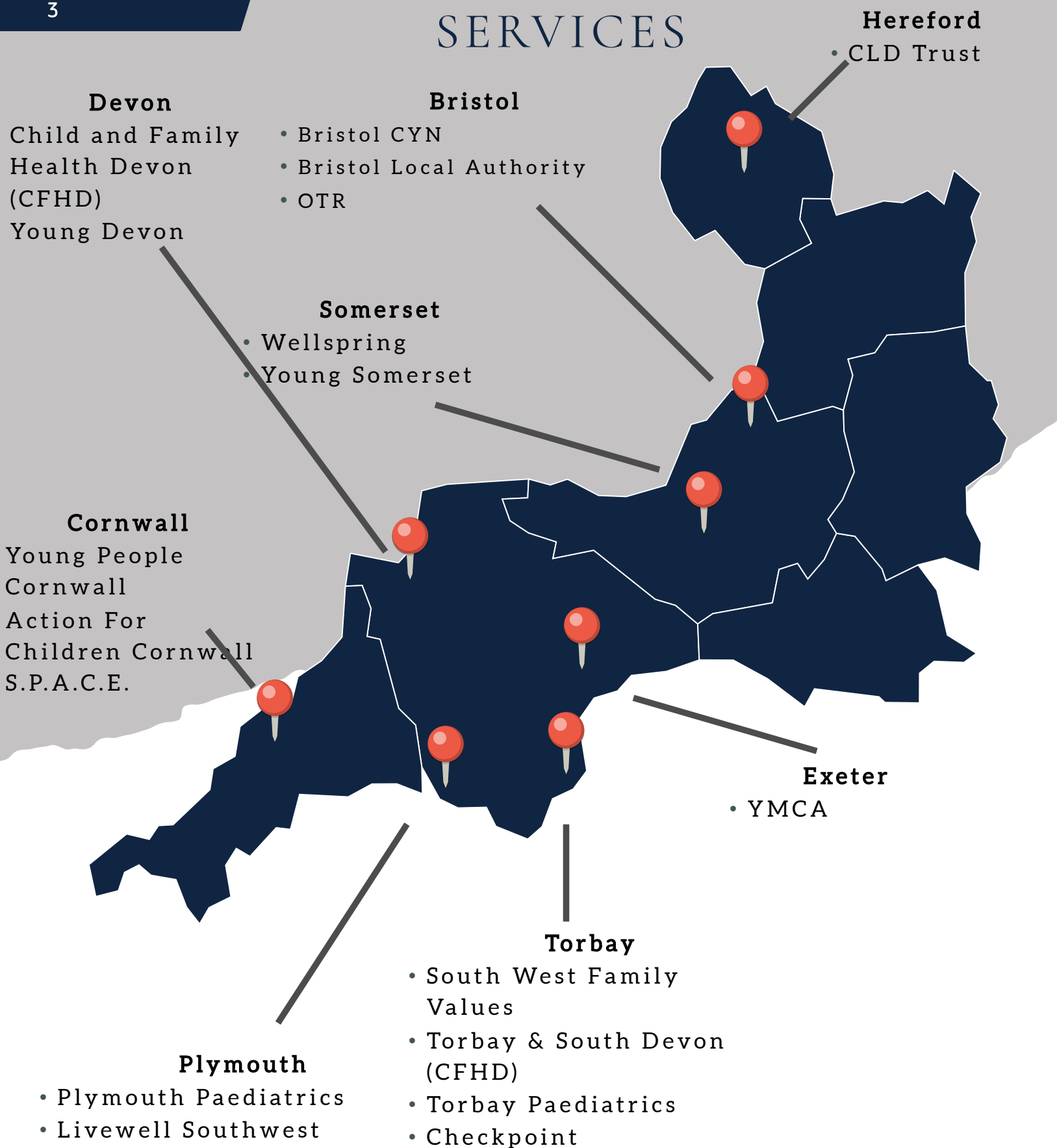
## Introduction

This report summarises data collected from children and young people's (CYP) mental health providers within the South West between January 2017 and December 2021.

The **children's wellbeing practitioner (CWP) programme** aims to provide evidence based low-intensity psychological interventions for CYP experiencing common mental health difficulties, such as low mood, anxiety and behavioural problems, who will often not meet clinical thresholds for support from specialised Child and Adolescent Mental Health Services (CAMHS).

The programme is designed to build upon the success of the Psychological Wellbeing Practitioner (PWP) role.

# SERVICES



Note: This document is interactive, hover your mouse over the counties for labels



# Summary of Findings

## Service Pathway



Of the 7,842 accepted and discharged:

- **84%** attended **initial assessment**
- **71%** attended an **intervention session**
- **62%** finished at least 2 intervention sessions and were discharged (**closed case**).

Of the 4,855 closed cases, **89%** had at least one paired outcome measure.

## Completion Rates

**Current view:** **30%** of discharged cases

**RCADS:** **66%** of paired outcomes

**ORS/CORS:** **69%** of paired outcomes

**GBO:** **64%** of paired outcomes

**ESQ:** **20%** of discharged cases

**SFQ/SRS:** **42%** of discharged cases

*Target is 90% of paired outcomes*

## Socio-demographics



**63%** Female

**13** Years of age average

**71%** White British

## Waiting Times

Average waiting time from referral to initial assessment was **39 days**.

Average time in service was **116 days**.



## Outcomes

**RCADS:** **54%** made a reliable improvement

**ORS/CORS:** **47%** made a reliable improvement

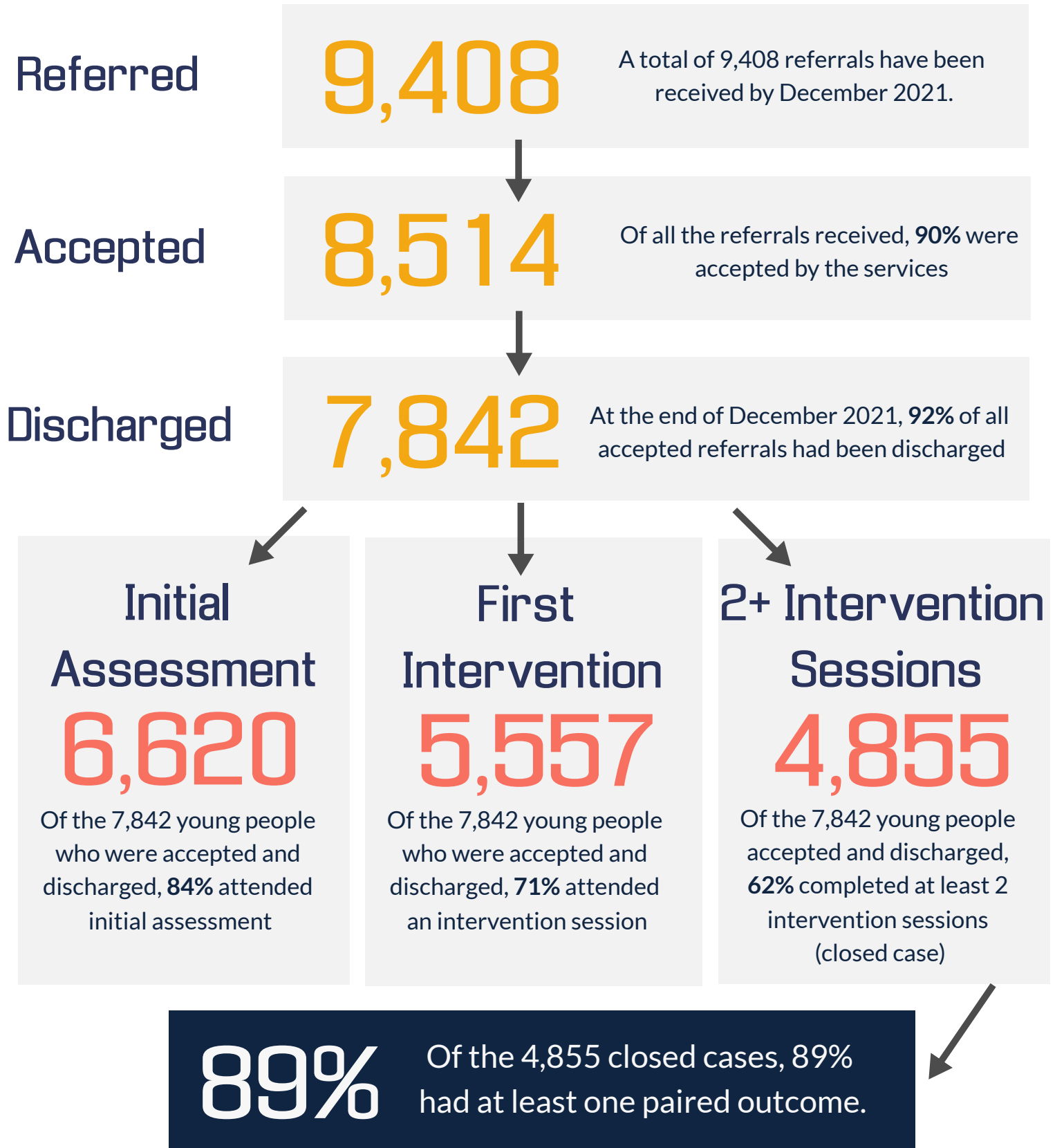
**GBO:** **61%** made a reliable improvement

**ESQ:** Overall satisfaction was at **94%**



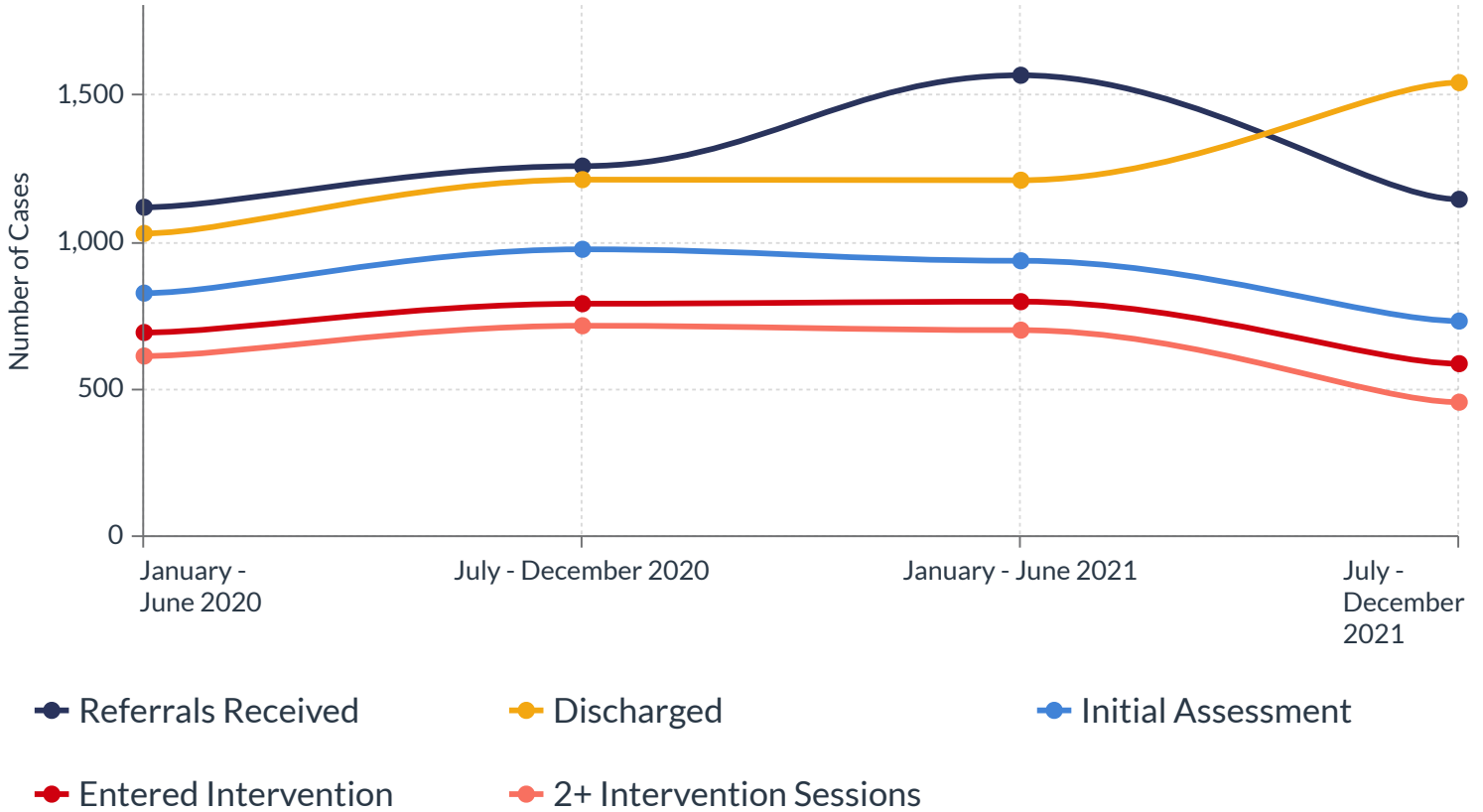
## CYP Pathway Through the Services

This section provides information about the number of children and young people referred and their journey through the services. Data is for all cases referred to the services by **December 2021**.



# Services' Pathway Activity

Over Time



Note: This document is interactive, hover your mouse over the graph for exact values

2020  
**2,384**

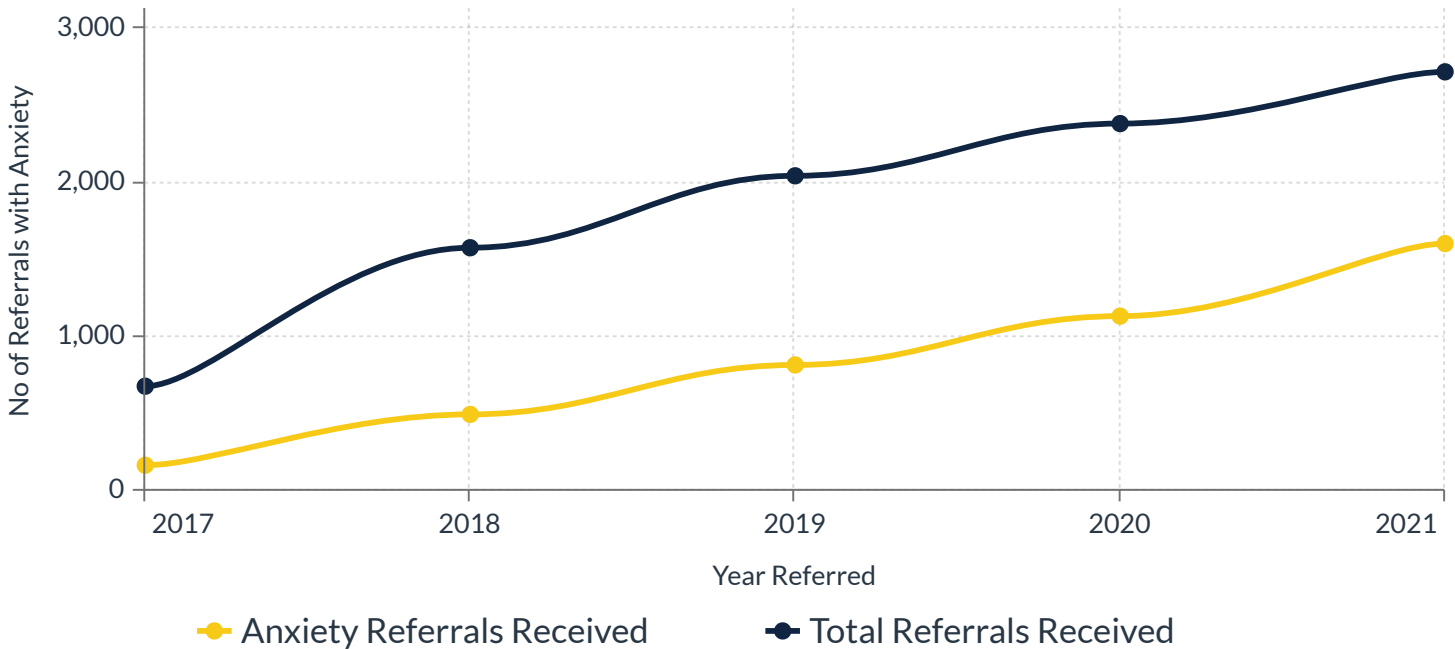
Total number of referrals received  
in 2020

2021  
**2,720**

Total number of referrals received  
in 2021

## Anxiety Presentations

Anxiety Referrals by Year



## Percentage of CYP above Revised Children's Anxiety and Depression Scale (RCADS) Threshold

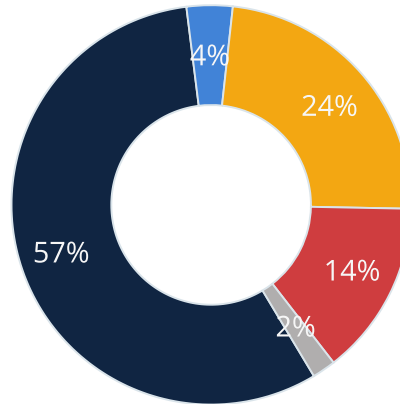
PERIOD	SAD (%)	GAD (%)	PD (%)	SOC (%)	OCD (%)	MDD (%)	TOTAL (%)
Pre-Covid	52	20	55	33	20	47	45
Covid	53	25	59	36	28	50	48
	▲ +1	▲ +5	▲ +4	▲ +3	▲ +8	▲ +3	▲ +3



# Case Closure Reason

Data consist of all cases referred by December 2021.

## One Session Completed

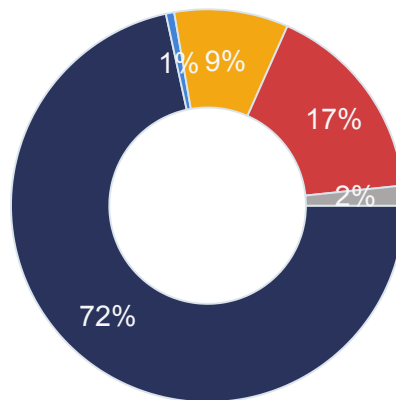


Note: This document is interactive, hover your mouse over the chart for exact values

Based on **6,635 children and young people** who were discharged and completed **AT LEAST** one assessment or one intervention session.



## Closed Cases



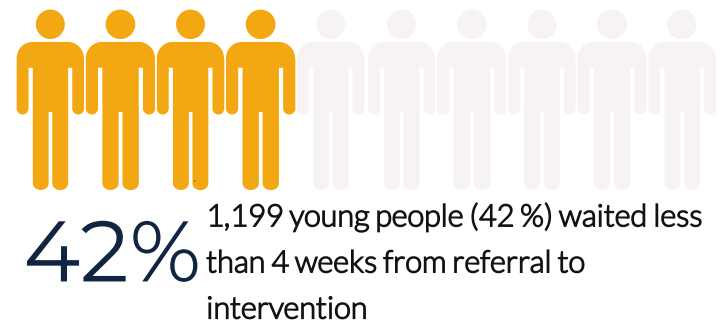
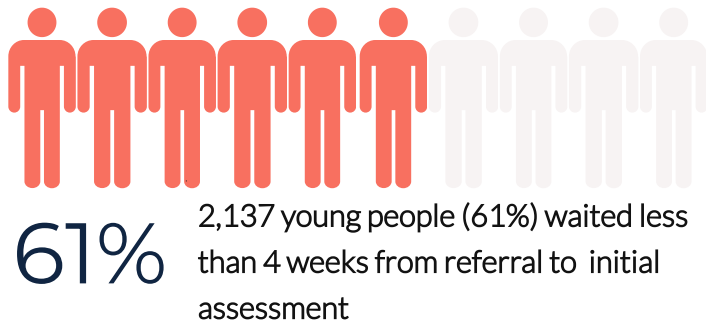
Based on **4,952 children and young people** who were discharged and finished 2+ intervention sessions.

# Waiting Times

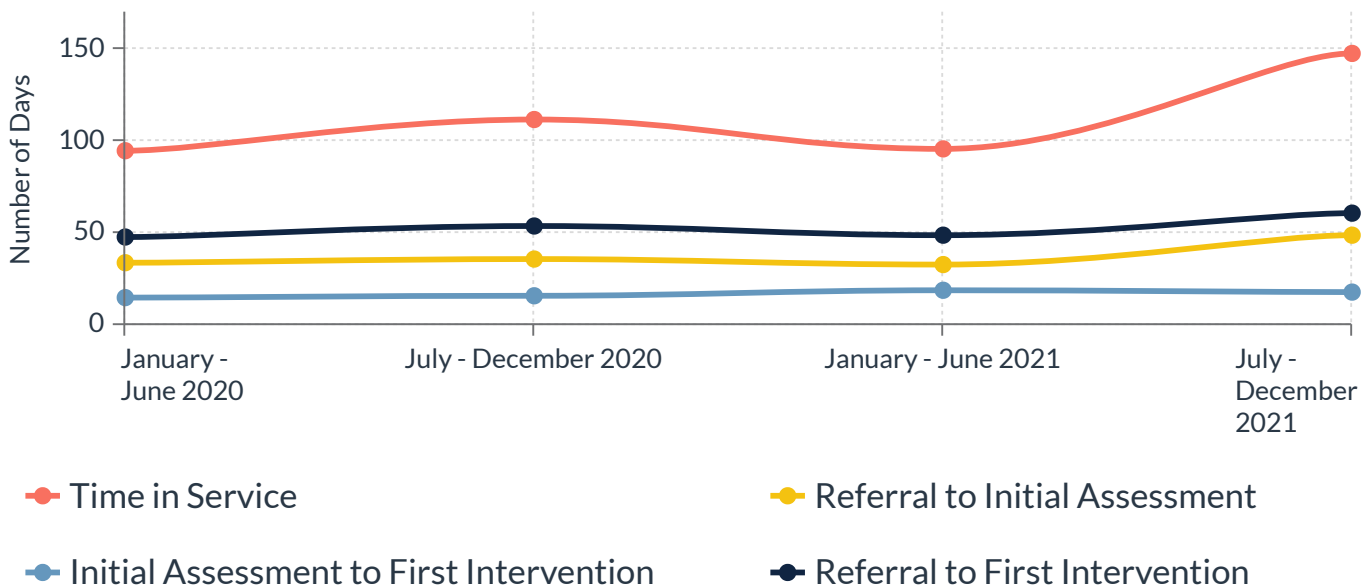
This section provides information about the average time children and young people spent in the services. Data relate to **5,009** cases discharged between **January 2020** and **December 2021**.

# 116

Average number of days spent in the services



## Waiting Times over Time



# Children and Young People

This section provides information about the people seen in services and the source of their referral. Data relate to only those cases referred and accepted between **January 2020** and **December 2021**.

## Gender

Female **63%**      Non-Binary **2%**  
Male **33%**      Missing **2%**

## Ethnicity

White **71%**      Other **<1%**  
Mixed **2%**      Indian **<1%**  
Black **1%**      Missing **24%**  
Asian **1%**

## Age

13 years average age

**Early  
Childhood**  
0-5 years



**<1%**

**Middle  
Childhood**  
6-12 years



**32%**

**Adolescence**  
13-17 years



**60%**

**Early  
Adulthood**  
18+ years



**2%**

**Missing**



**5%**

## Disability

**8%**

of CYP reported having disability

## Young Carer

**3%**

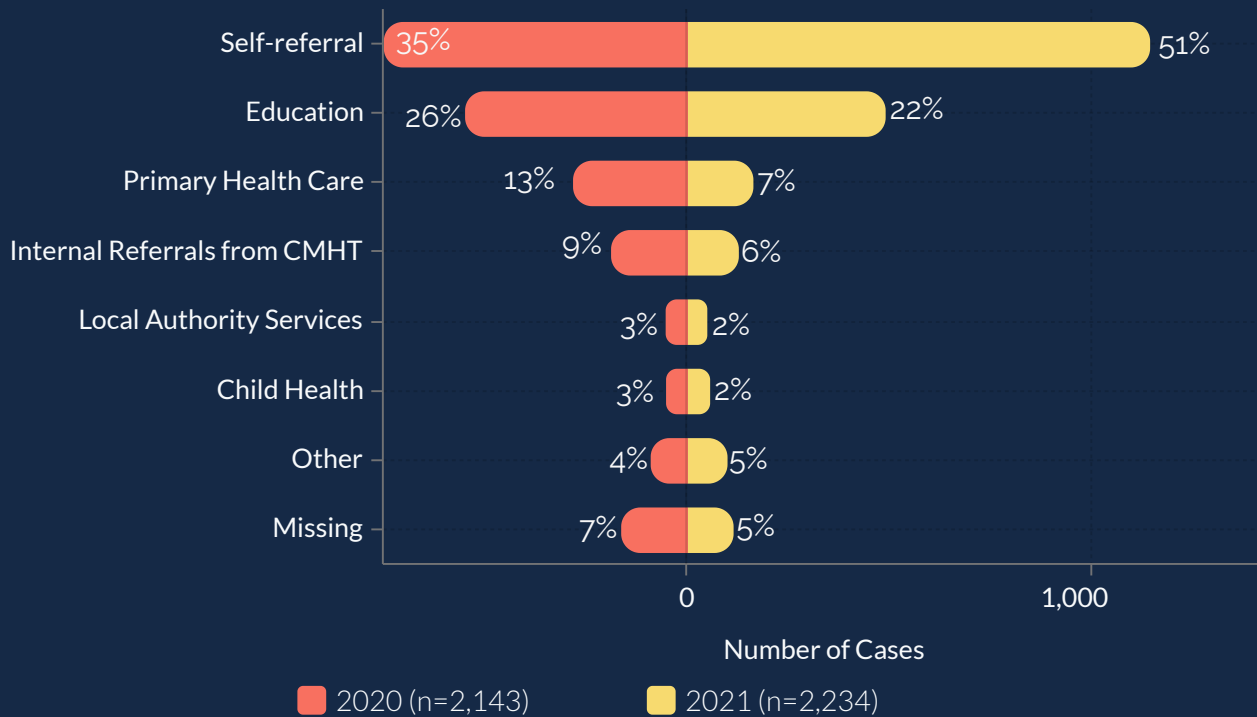
of CYP were young carers

## Looked-After Child

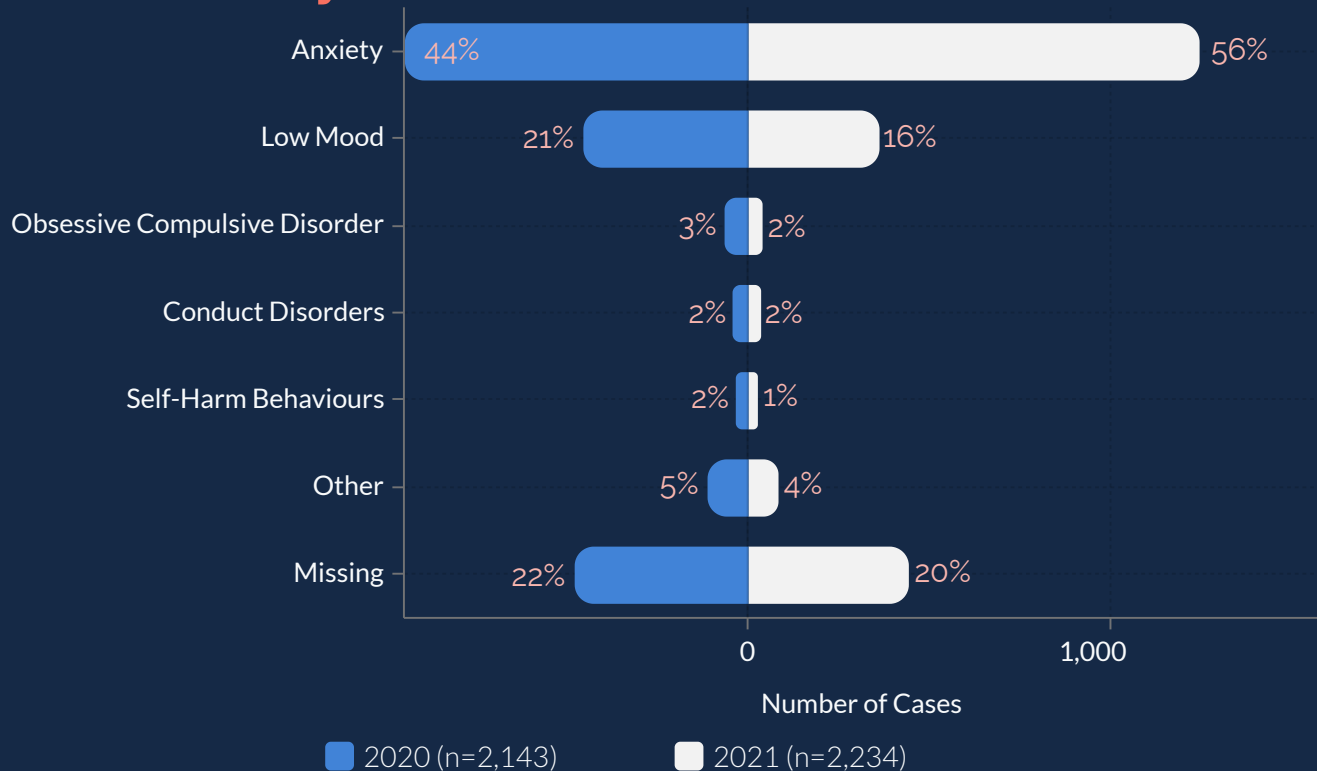
**3%**

of CYP were looked-after children

## Source of Referral



## Primary Reason for Referral

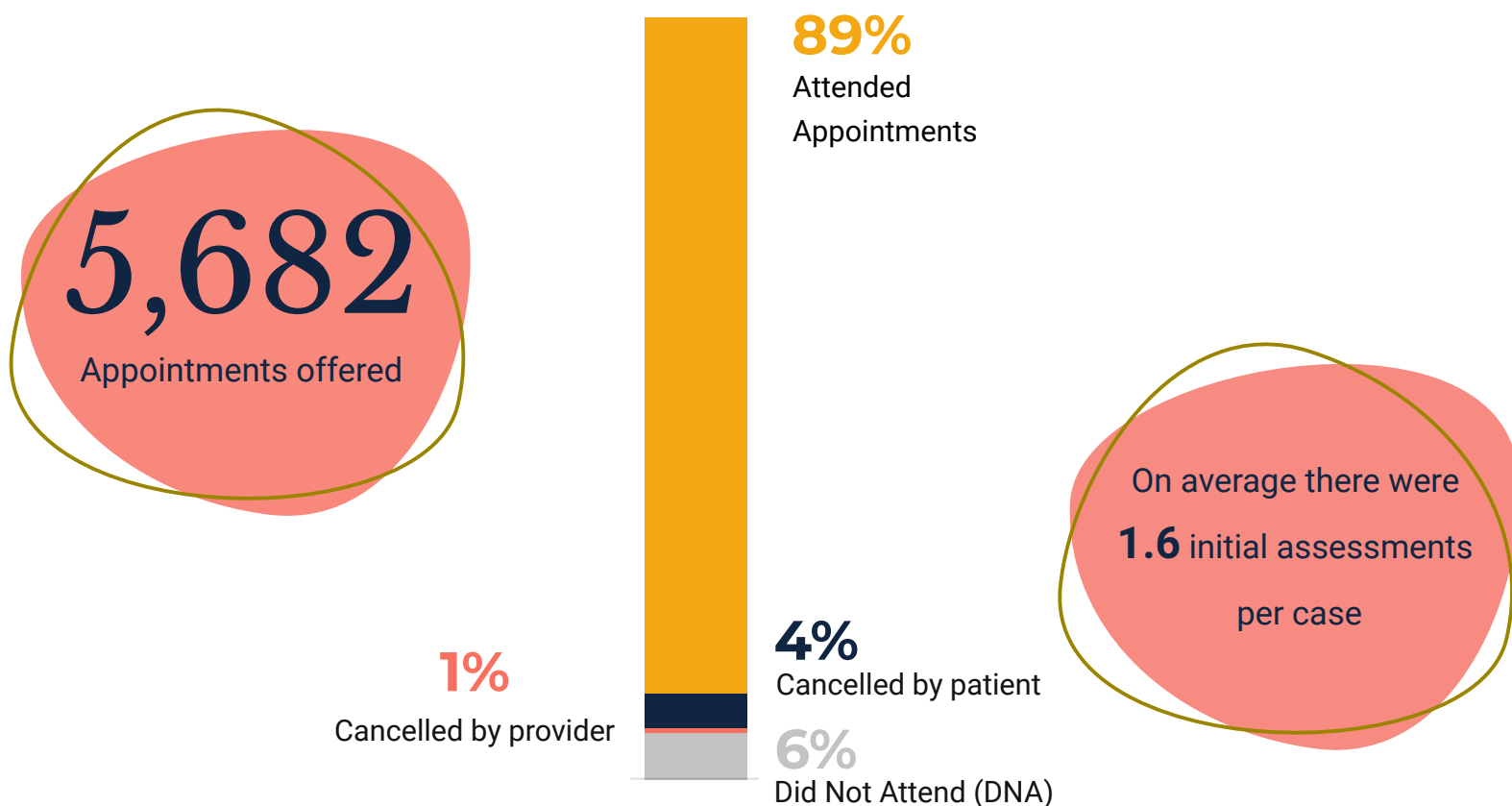


# Appointment Breakdown

This section provides information about the number of sessions offered and attended, as well as an overview of all assessment and intervention sessions between **January 2020** and **December 2021**.

## Initial Assessment Overview

This page summarises the initial assessments attended by 3,630 children and young people.



### Communication Mode



### Duration



#### 2019

**82%** via **Face-To-face**  
2% Telephone  
16% Missing

#### 2020

**33%** via **Web camera**  
30% Face-To-Face  
27% via telephone  
5% Others  
5% Missing

#### 2021

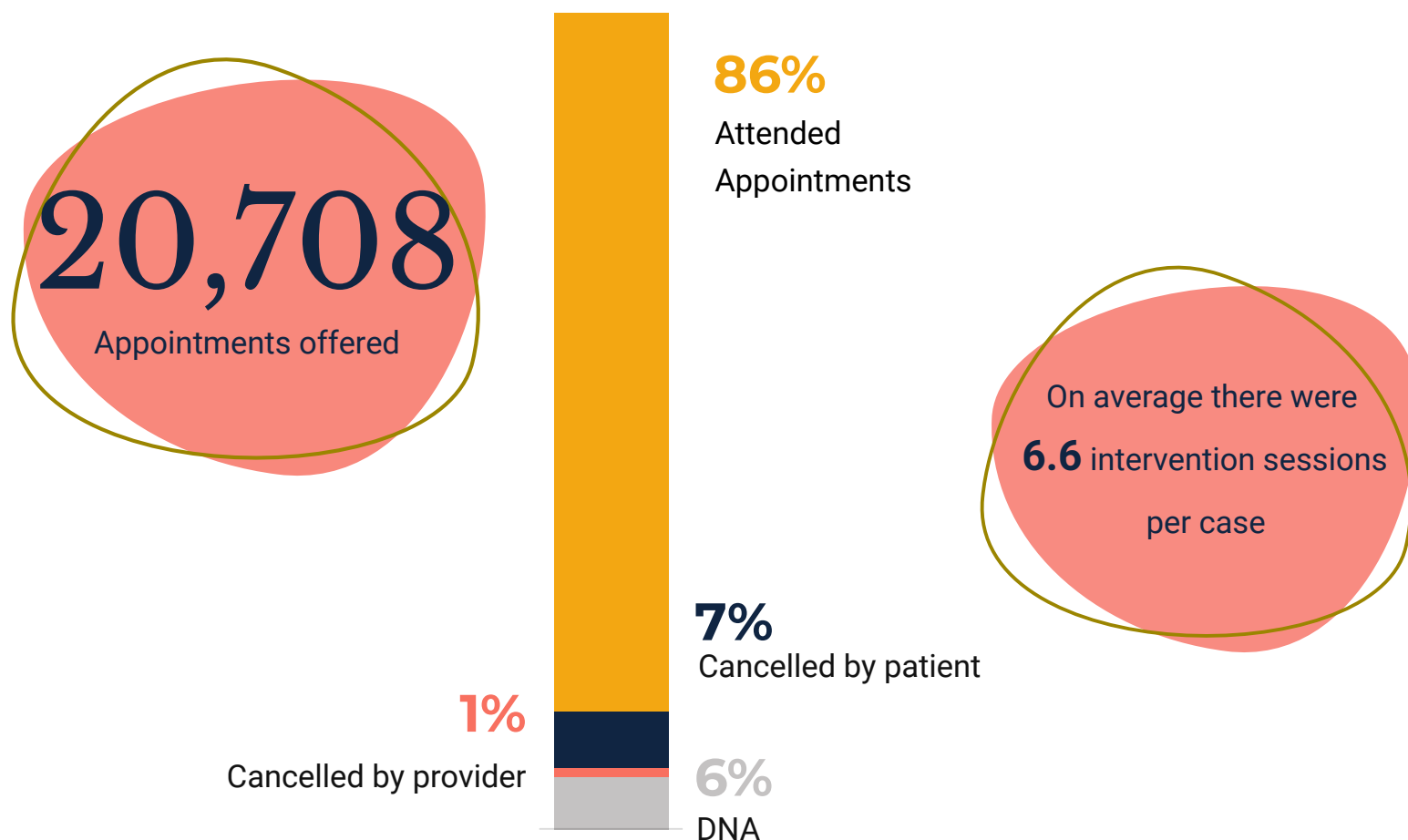
**42%** via **Web camera**  
41% Face-To-Face  
11% via telephone  
2% Others  
4% Missing

**78%** were **within recommended 60 minutes**

**56 minutes** average duration

## Intervention Sessions Overview

This page summarises the intervention sessions attended by 3,153 children and young people.



### Communication Mode



### Duration



#### 2019

**85%** via **Face-To-Face**  
4% Telephone  
1% Others  
10% Missing

#### 2020

**40%** via **Web camera**  
29% via Telephone  
24% Face-To-Face  
3% Others  
4% Missing

#### 2021

**47%** via **Web camera**  
39% Face-to-Face  
9% via telephone  
2% Others  
3% Missing

**57%** were within  
**recommended 45 minutes**

**44 minutes** average  
duration



# Low-Intensity CBT Intervention Type

Percentage of appointment sessions conducted using the 5 most commonly delivered interventions for each primary reason for referral.

Based on data from **10,591 appointments** attended by **1,973 CYP in 2020 and 2021** who received a **low-intensity CBT intervention**.

Numbers are based on individual appointments, one CYP could have received more than one intervention type.

**Anxiety** (including agoraphobia, attachment difficulties, OCD, phobias and social phobias)

5 Most Commonly Delivered Interventions for CYP Presenting with Anxiety	% Of Appointments that used Intervention		
	2020 (n=3,604)	% Change in use	2021 (n=4,132)
Cognitive Restructuring *	19%	0	19%
Behavioural Experiments *	16%	+2	18%
Parent-led CBT *	15%	-1	14%
Coping Cat *	9%	-1	8%
Others	41%	-1	42%

**Low Mood**

5 Most Commonly Delivered Interventions for CYP Presenting with Low Mood	% Of Appointments that used Intervention		
	2020 (n=1,212)	% Change in use	2021 (n=1,088)
Behavioural Activation *	50%	+1	51%
Cognitive Restructuring *	27%	-8	19%
Behavioural Experiments *	4%	+1	5%
Coping Cat	0%	+2	2%
Others	19%	+4	23%

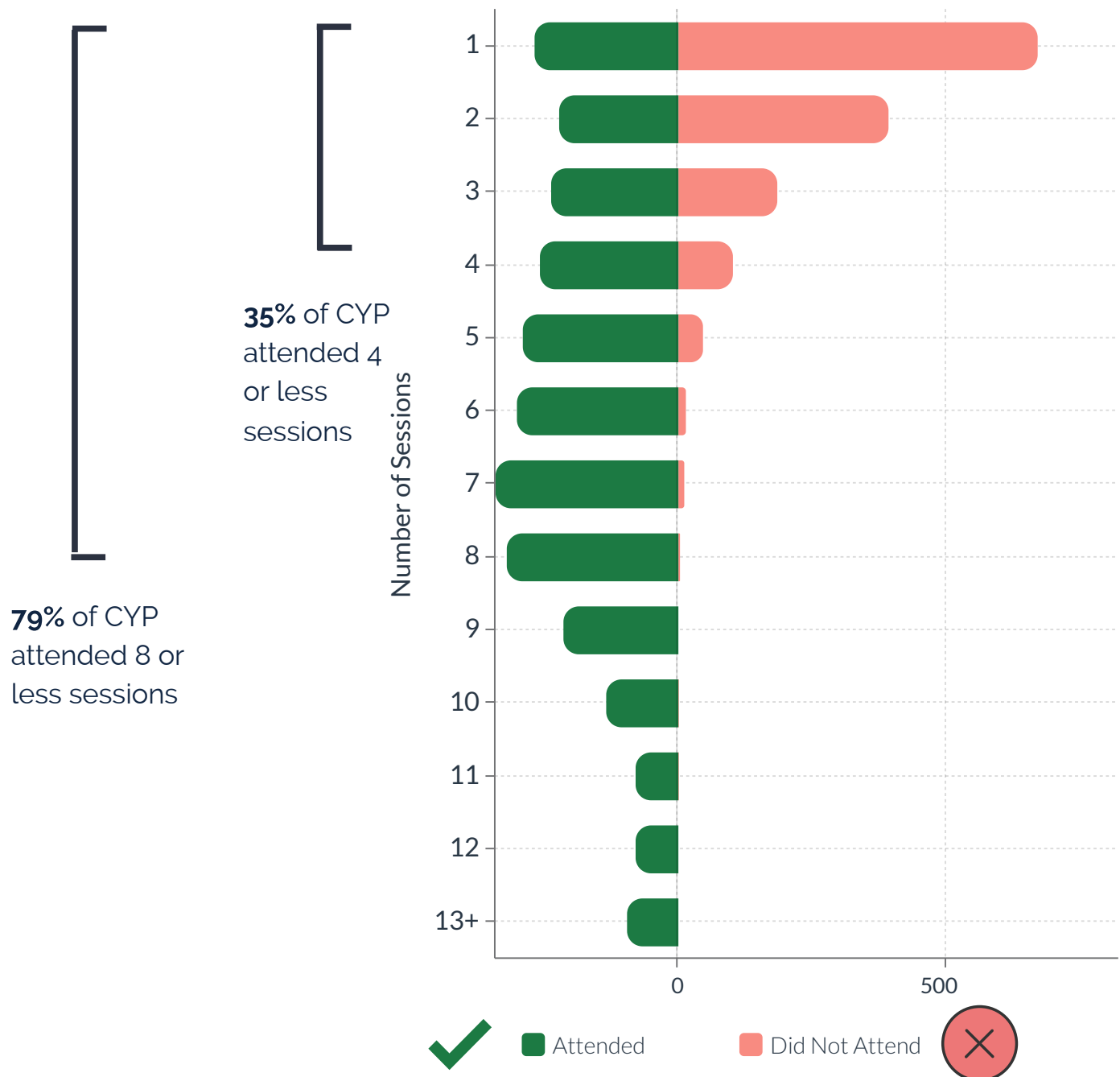
**Behavioural Difficulties** (incl. Behavioural & Emotional Regulatory Difficulties and Conduct Disorders)

5 Most Commonly Delivered Interventions for CYP Presenting with Behavioural Difficulties	% Of Appointments that used Intervention		
	2020 (n=383)	% Change in use	2021 (n=172)
Parent-led CBT *	49%	-5	44%
Coping Cat	12%	-1	11%
Behavioural and Emotional Regulation Strategies	7%	+6	13%
Behavioural Experiments	5%	+6	11%
Others	27%	-6	21%

\* This intervention is recommended for the presenting mental health difficulty

## Intervention Session Attendance

The total number of intervention sessions attended by each young person from **January 2020** to **December 2021** (discharged cases only). Guidance suggests 4-8 intervention sessions but this can extend to 12 sessions if required.

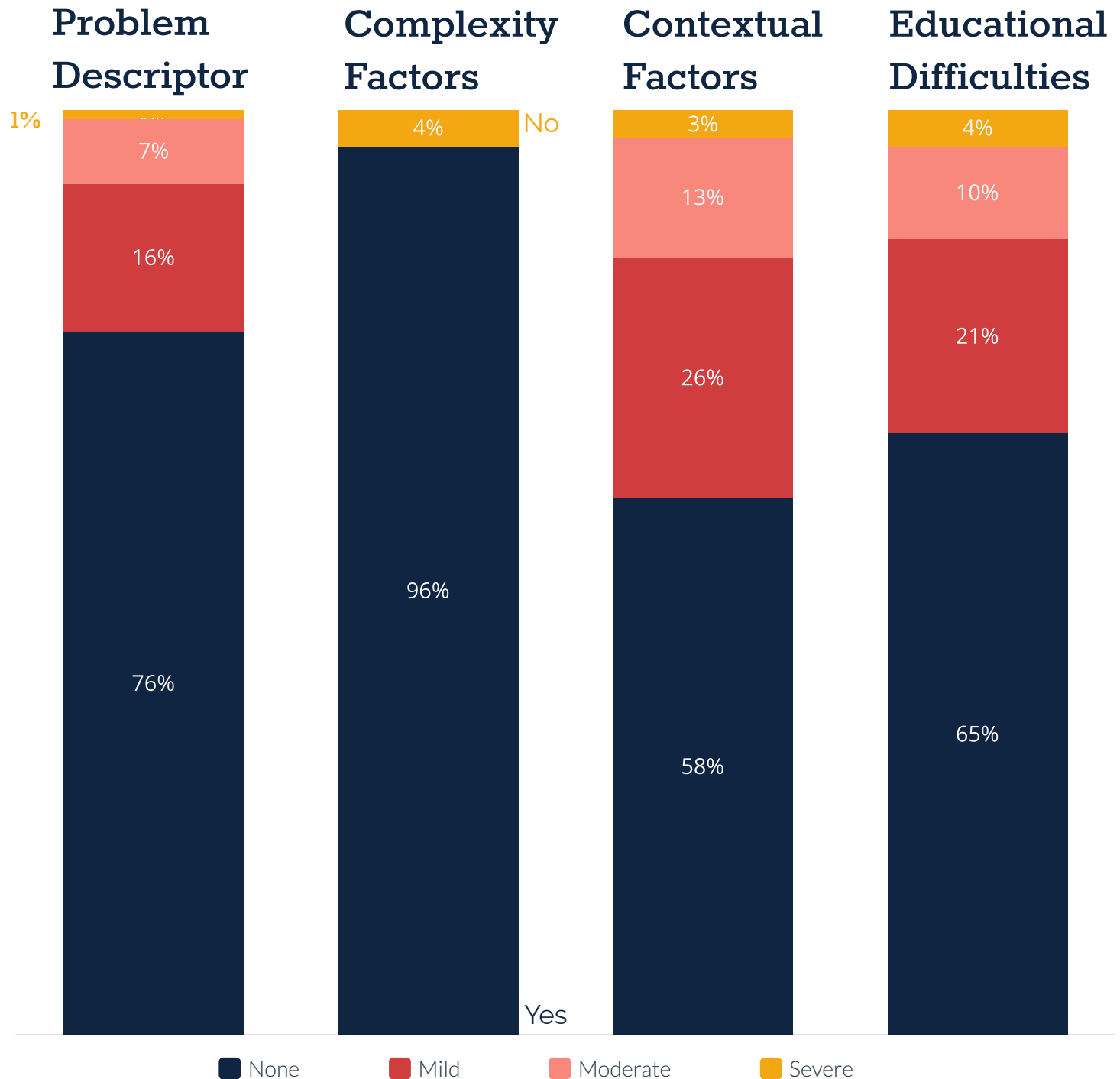


Young people **attended an average of 6 intervention sessions**, ranging between **1** and **31** sessions.

## Current View

The following page relates to ratings of severity on a variety of problems as per the Current View measure. Data relate to cases that were accepted and discharged between **January 2020** and **December 2021** (4270 cases).

Rating of presenting problems within each category signifies the impact it has on the CYP. Below, problems within each category are averaged to provide overall scores.



Overall completion rates were **1300** out of **4270** cases (**30%**)

# Outcome Measures

This section provides information about the outcomes of CYP as measured by the routine outcome measures.

Data relate to only those cases that had two or more interventions (closed cases) and were discharged between **January 2020** and **December 2021** (2,670 cases).

## Completion Rates

Data completion for three main outcome measures. The target for the CWP evaluation is **90% data completion** for paired outcome measures in closed cases.

### Revised Children's Anxiety and Depression Scale - Child/Parent

(1752 out of 2670)



### (Child) Outcome Rating Scale

(1840 out of 2670)



### Goal Based Outcomes

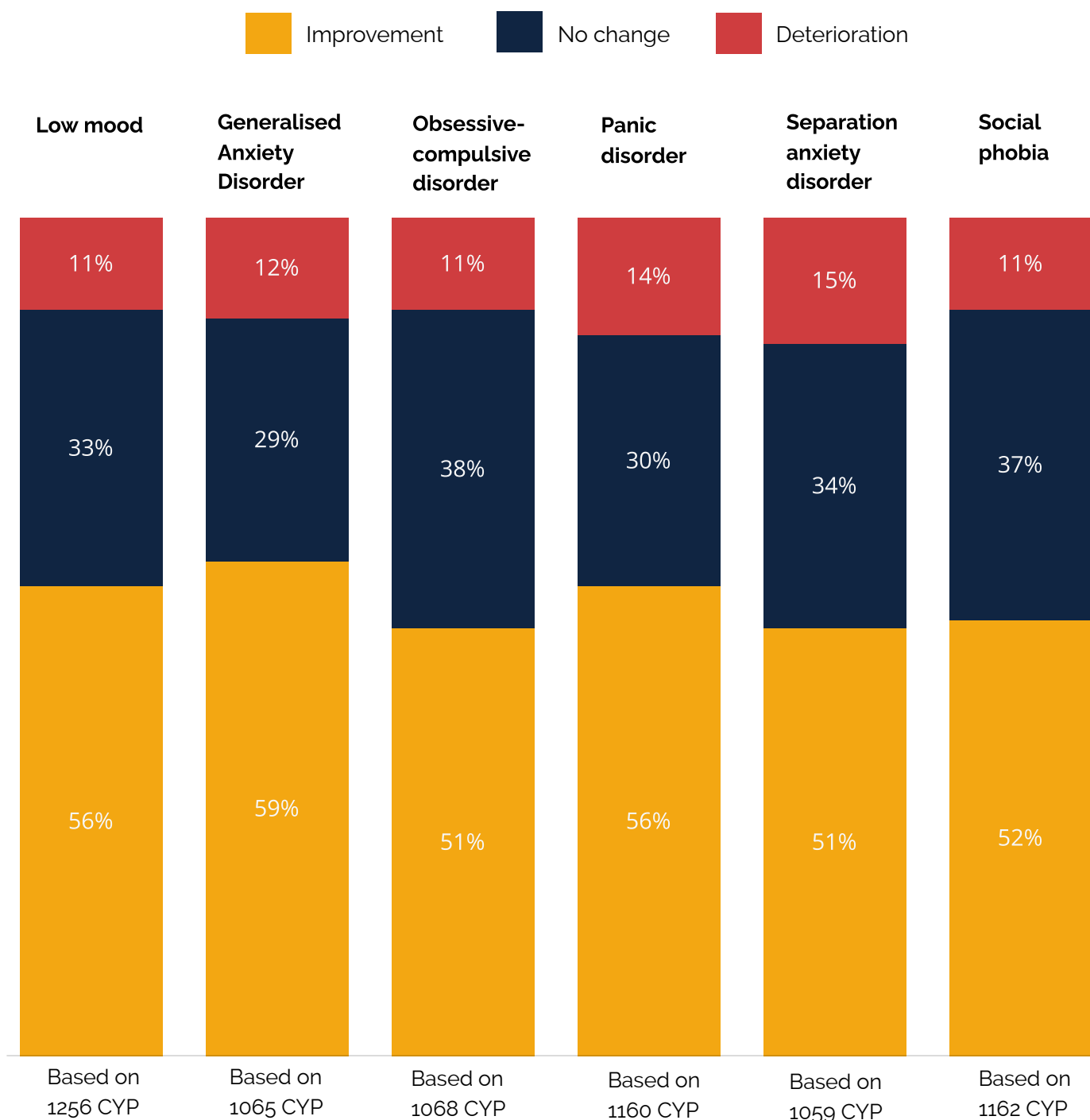
(1719 out of 2670)



## RCADS (Self-Report)

The Revised Children's Anxiety and Depression Scale (RCADS) assesses symptoms of anxiety and depression in children and young people across six subscales.

Below is the proportion of CYP who had improved, deteriorated or made no change.

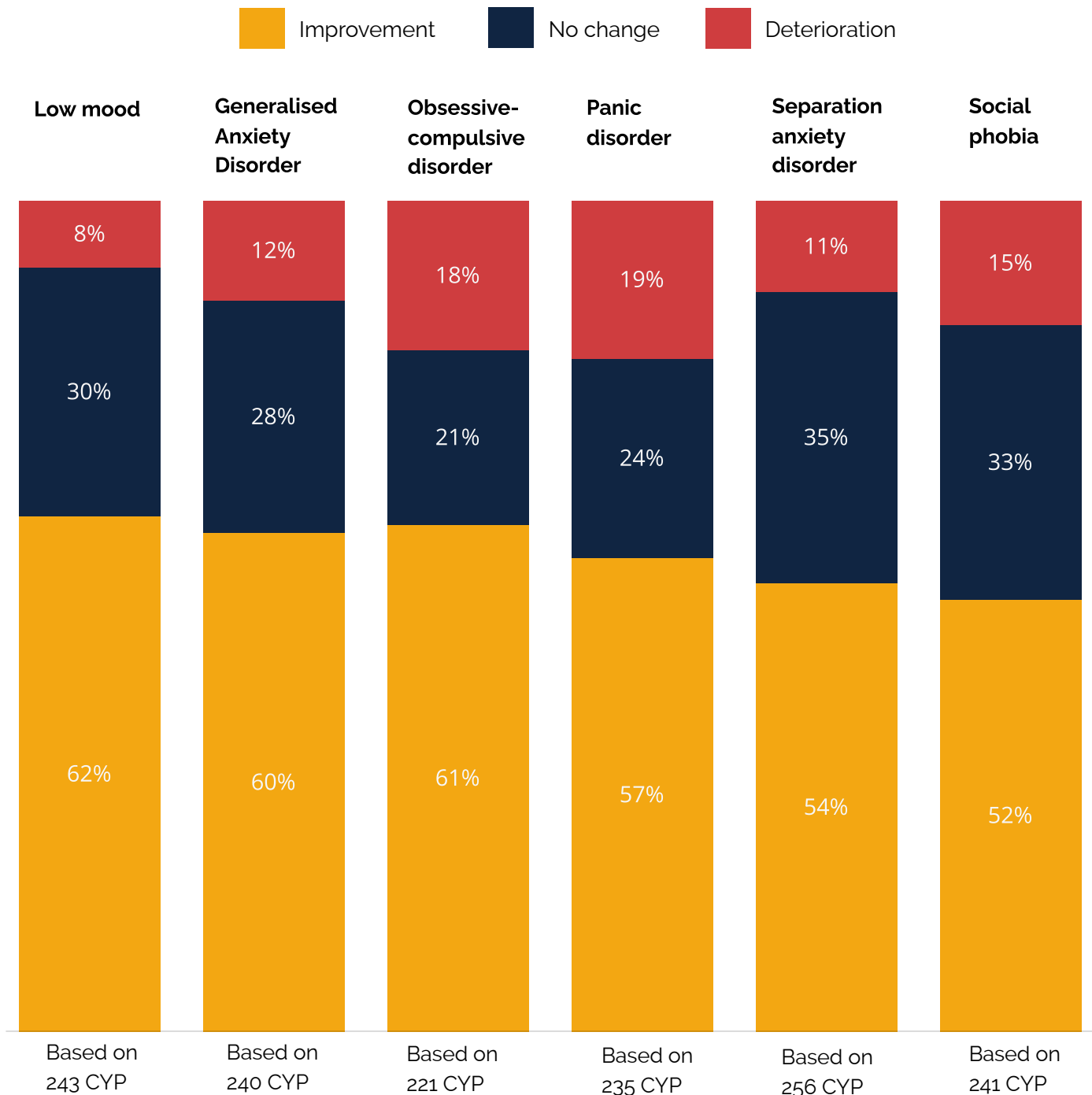


Overall 54% children have **improved**, 34% made **no change** and 12% have **deteriorated**

## RCADS (Parent-Report)

The Revised Children's Anxiety and Depression Scale (RCADS) assesses symptoms of anxiety and depression in children and young people across six subscales.

Below is the proportion of CYP who had improved, deteriorated or made no change, indicated by their parents.



Overall, parents indicated that **58%** children have **improved**, **29%** made **no change** and **13%** have **deteriorated**



# RCADS - Remote vs Face-to-Face Delivery Modes

This page compares the reliable improvement scores of CYP who had predominantly face-to-face sessions compared with predominantly remote intervention sessions.

Data consist of **1301 CYP** who had two or more interventions (closed cases) that could be categorised as either "remote" or "face-to-face" and were discharged between **January 2020** and **December 2021**.

Improvement No change Deterioration

## Remote Intervention Delivery



Overall **56%** achieved a reliable improvement. **31%** haven't changed, **13%** deteriorated.

## Face-to-Face Intervention Delivery



Overall **55%** achieved a reliable improvement. **33%** haven't changed, **12%** deteriorated.

# RCADS - Remote vs Face-To-Face Delivery Mode

Breakdown of data by RCADS (Child) subscale.

Data consist of **1301 CYP** who had two or more interventions (closed cases) that could be categorised as either "remote" or "face-to-face", and were discharged between **January 2020** and **December 2021**.

## Remote Intervention Delivery

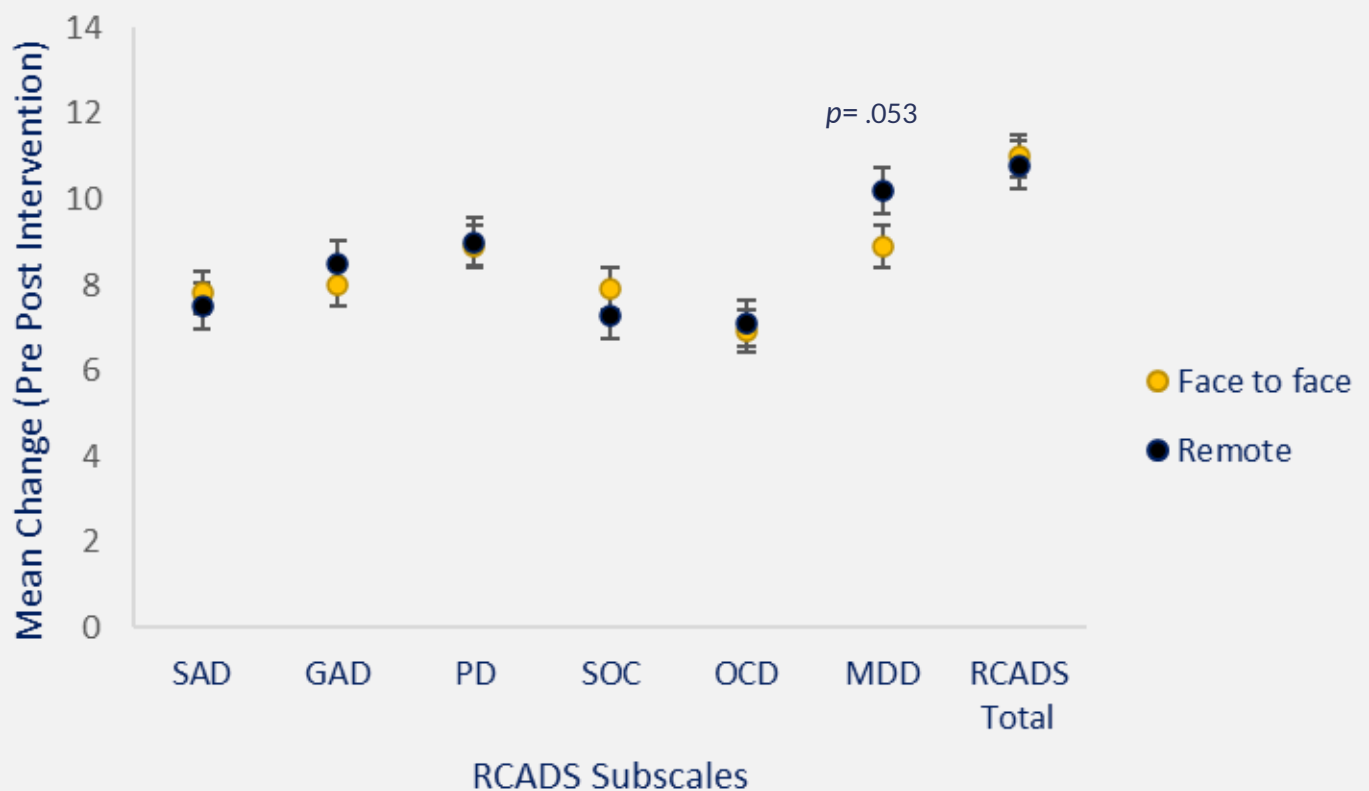
Improvement No change Deterioration

RCADS Subscale	Face to Face	Remote	Face to Face	Remote	Face to Face	Remote
Low Mood	54%	62%	35%	31%	11%	12%
Generalised Anxiety Disorder	57%	62%	30%	26%	13%	12%
Obsessive-Compulsive Disorder	55%	53%	33%	36%	12%	11%
Panic Disorder	58%	56%	29%	30%	13%	14%
Separation Anxiety Disorder	55%	54%	32%	30%	13%	16%
Social Phobia	53%	53%	38%	33%	8%	14%

**Note:** The number of CYPs completing each subscale differs across intervention delivery methods.

# Remote vs. Face-to-face

Data consist of all **closed cases** (completed 2+ interventions) and were discharged by **December 2021**.



Results from Independent Sample *t*-test indicates **no significant differences** between **remote vs. face to face** delivery of the interventions on **RCADS subscales change score** (changes from before vs after intervention). However, the difference in MDD is approaching significant.

SAD = Separation Anxiety Disorder

GAD = Generalised Anxiety Disorder

PD = Panic Disorder

SOC = Social Phobia

OCD = Obsessive-Compulsive Disorder

MDD = Low Mood (Major Depressive Disorder)

## (Child) Outcome Rating Scale

The Outcome Rating Scale (ORS) for 13 - 18 year olds and Child Outcome Rating Scale (CORS) for 6 - 12 year olds are measures that can be used to monitor children's, young people and their families or carers feedback on progress.

Data consist of **1807 CYP** who had two or more intervention sessions where (C)ORS data were collected (closed cases) and who were discharged between **January 2020** and **December 2021**.

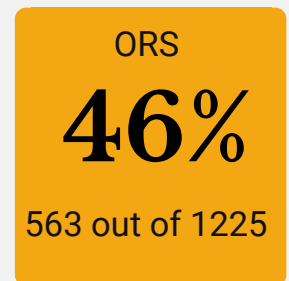
### Reliable Improvement

# 47%

**854** out of **1807** closed cases significantly improved after a course of intervention.

**155** cases deteriorated  
**798** cases did not change

#### Reliable improvement by type of scale:

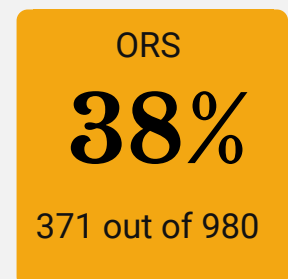
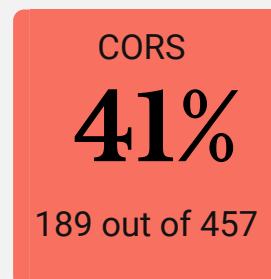


### Recovery

# 39%

**560** out of **1437** closed cases who were considered "below threshold" before intervention, improved to "above threshold" post intervention.

#### Recovery by type of scale:



# Goal Based Outcomes

The Goal Based Outcomes (GBO) measure is a useful way to gain information about progress in an intervention.



## Number of Goals Completed



## Reliable Improvement

61%

**1047** out of **1719** cases achieved a reliable improvement

**25** cases deteriorated

**647** cases did not change

## Average Goal Difference

3.60

Average goal difference from before intervention to after intervention

3.06 → 6.66

Average GBO **before** intervention

Average GBO **after** intervention

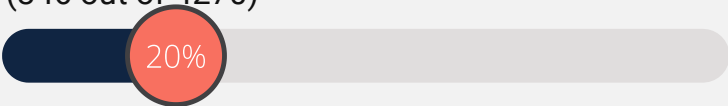
# Client Satisfaction

This section provides information about the outcomes of children and young people as measured by the routine outcome measures. All data relates to cases that were accepted and discharged between **January 2020** and **December 2021**.

## Completion Rates

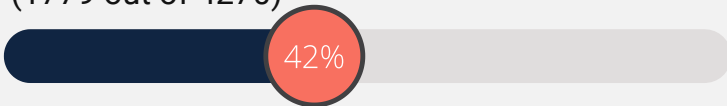
## Experience of Service Questionnaire

(846 out of 4270)



## Session Feedback Questionnaire or Session Rating Scale

(1779 out of 4270)



## Experience of Service Questionnaire (ESQ)

Qualitative feedback from children and young people; the bigger the word in the word cloud, the more often it was mentioned in the feedback



Based on responses from 846 young people and parents, the ESQ found that CYP rated their experience on average at 94%. \*

\* No difference in satisfaction rates were found comparing pre-covid and during covid



## Session Feedback Questionnaire (SFQ)

This short, four-item measurement tracks if young people feel listened to, understood, discussed that is important to them, and if the session has given them ideas to work on. Scores lower than **90%** on any scale or overall may raise concerns.

*Percentages are calculated as proportions from the highest possible score (e.g. if ten people gave a score of 4 where 5 is the maximum, the ratio would be 40/50 = 80%)*

Felt listened to

98% ▼



Felt understood

95% ▼



Discussed what is important

94% ▼



Given ideas to work on

91% ▼



Based on responses from 1037 young people. Overall average 94%

## Session Rating Scale (SRS)

The SRS is a simple four-item visual scale designed to assess the young person's perception of respect and understanding, relevance of goals, the client-practitioner fit and overall alliance. Scores lower than 90% on any scale or overall may raise concerns.

Respect and understanding

93% ▼



Client-practitioner fit

89% ▼



Relevance of goals

90% ▼



Overall alliance

90% ▼



Based on responses from 791 young people. Overall average 92%

## Thank You

The University of Exeter would like to thank all of our CWP services, both past and present, for their dedication, support and commitment to the programme.



counselling / learning / development



Somerset Partnership

