

Working on Worries: School Information Leaflet

Parent-led CBT for Child Anxiety Problems

What is it?

Working on Worries is an implementation project funded by the National Institute for Health and Care Research that is being conducted in collaboration with the Norfolk & Waveney Integrated Care Board, NSFT and the East of England Applied Research Collaboration. The project seeks to improve access and guide implementation of Parent-Led CBT for Child Anxiety Problems across Norfolk & Waveney primary schools, through optimising delivery through school staff. Having previously limited our recruitment to schools without Mental Health Support Team (MHST) provision, we are happy to announce that we are now extending our training offer to schools covered by MHSTs.

To date, the Working on Worries project has trained **124 members of staff** across **88 schools** who are now delivering the intervention across Norfolk & Waveney!

Parent-led CBT

Parent-led CBT aims to address child anxiety by teaching parents and carers cognitive behavioural strategies (e.g. identifying and testing thoughts, graded exposure and problem-solving) for supporting their children's worries. This approach is delivered in either face-to-face or online formats which both involve parents and carers working through a series of topics and strategies with support from trained staff.

How it Works

Face-to-Face

In this delivery format, parents and carers are provided with a self-help book. They then attend four 60-minute in-person sessions and two 20-minute telephone sessions with a trained member of staff. Home tasks involving parents and children are set and completed each week. These tasks are then reviewed in the following week's session before proceeding onto new content.

Online

In this delivery format, parents and carers work through eight interactive online modules. Seven of these are made available on a weekly basis with the eighth taking place a month later. Home tasks are provided for parents and carers to complete with their children. Each module is supplemented by a 20-minute telephone or video call with a trained member of staff to review that week's content and related tasks. Modules take approximately 30 minutes to complete.

Please note that both delivery formats can include an initial assessment session that takes place prior to the beginning of the intervention.

The Benefits

Multiple studies demonstrating reduced rates of anxiety following treatment.

Greater cost-effectiveness compared to other brief psychological interventions.

Reductions of onwards referrals and long waiting lists.

Reduction of parents/carer reports of the impact anxiety has on children's lives.

Parents and carers perceive the programme as easy to follow.

School staff feel the programme is acceptable and feel confident delivering it.

"Since delivering this intervention, our referrals to external agencies have reduced, we have been able to help children at a much earlier opportunity, and we have been able to tailor our work with children to fit the approach. It is by far, the best intervention we have been able to offer our families and the feedback from parents, children, and staff has been amazing."

- Nebula Federation Pastoral Manager

[Follow this link for details of a school-based pilot study!](#)

What we need from you...

Through the Working on Worries programme, we would like to work jointly with your school staff, providing the training required for them to support parents and carers in delivering this intervention to their children. To make this happen, we would need you to identify a member of staff to act as an Implementation Lead and steer the programme from within the school. Furthermore, school staff selected to support parents/carers would be required to complete 2 days of in-person training, supplemented by remote training for the online intervention format, and attend half-termly supervision sessions, provided by our team, lasting up to 1 hour.

If you are interested in participating in the Working on Worries programme, please complete the form linked [here](#) to express your interest and to sign up to an orientation session where the project will be discussed in further detail. We look forward to hearing from you!