

Ripple is a wellbeing service for young people in Waltham Forest

What are we offering?

We are offering an 8 week CBT based group therapy intervention, targeted at young people who are experiencing difficulties with anxiety. Groups will be lead by a qualified practitioner, and will consist of 6 - 8 young people.

Parents/Carers/Guardians will have the opportunity to participate in a webinar prior to the intervention to support their young people. The webinar will contain information as to how CBT works, as well as techniques they can use to support their young people.

Who are we?

Ripple is a new youth mental health service commissioned by the London Borough of Waltham Forest to deliver mental health support to children and young people aged 5 – 17

Our team consists of CBT Therapists, Systemic Family Practitioners, and Integrative Arts Psychotherapists. We are part of Groundwork London, who support a large number mental health, youth, community and environmental projects.

What is CBT, and why deliver it as a group therapy?

CBT stands for Cognitive Behavioural Therapy. It's a type of therapy that helps young people understand how their thoughts, feelings, and actions are connected. In group CBT sessions, trained therapists work with small groups of young people to teach them skills to manage their emotions and behaviours better. By learning to identify and change unhelpful thought patterns, young people can feel more confident and cope with challenges more effectively.


CBT is the recommended treatment for low level anxiety in children and adolescents. Studies have shown Group CBT to be particularly effective in treating young people with anxiety as it provides opportunities for young people to practice their social skills within the sessions, and to provide support to each other.



Therapy group sessions are 1 hour long and are delivered across 8 consecutive weeks. Group CBT is delivered in three stages, as detailed below:




Phase 1 - Knowledge Acquisition




In the first few sessions young people will learn about anxiety, where anxiety can be helpful or unhelpful, and understand the connection between their thoughts, feelings and behaviours. They will learn to identify the physical sensations caused by anxiety, and develop a vocabulary for talking about their own experiences. Within this phase they will identify the situations they find most challenging, and we will begin to develop a plan for breaking down these situations into smaller, more manageable parts.

Phase 2 - Skill development




The following sessions will focus on learning techniques to manage anxiety, this may include identifying and modifying negative self talk, practicing and developing strategies for tackling situations they find challenging through roleplays and thought experiments, and developing relaxation strategies. Young people may be asked to engage in home practice tasks, which may include completing thought diaries, engaging in mildly anxiety provoking situations.

Phase 3 - Practice & Implementation



During the third phase students will be asked to use the skills they have developed to engage in activities they find challenging. Whilst we are developing these skills as a group, these activities will be co-produced by the young person and so will be individual and tailored to them. Practice will take place within the group and outside of the group, and young people will be expected to report back how they managed and experienced their anxiety.

Outcomes



Through working as part of the group, the young person will be better equipped to manage anxiety provoking situations moving forward. We aim to empower and support young people to develop a toolkit that they can use to manage life's challenges.

Who is eligible?

We are currently running groups for young people between the ages of 11 and 17. To be eligible for the group the young person must:

- Be experiencing difficulties with anxiety, which is impacting their ability to thrive. This may be difficulties with socialising, participation in education, participate in family life, engaging with activities they have previously enjoyed.
- Be registered with a Waltham Forest GP and/or be enrolled at a Waltham Forest School and/or be living at a Waltham Forest address.
- Not be receiving specialist mental health support elsewhere (i.e. CAMHS), or have received specialist mental health support in the last three months.

Who can refer?

We have an open access referral route and young people, parents, and professionals may all refer a young person to the project. Young people under the age of 16 must have parental consent for the referral excepting extenuating circumstances (please contact to discuss).

To refer a young person to the project please complete our online referral form and a member of the team will be in touch:

Link to referral.

If you have a question regarding a referral, or any further questions regarding the group structure or delivery, please do not hesitate to contact us via email:

Ripple@groundwork.org.uk

