

A Day in the Life of a Children and Young People's Social Prescribing Worker written by a current team member.

As a Children and Young People's Social Prescribing Worker, we support children and young people who have been referred by their GP. The role is not social prescribing in its traditional sense but focuses more on what challenges the young people are facing and exploring tools/techniques on how they can improve their well-being and mental health. We offer up to **six** goal-focused sessions, with the addition of **two** introductory sessions (initial discussion and support plan building). All sessions are typically in person unless the young person requests otherwise. The role is mainly GP surgery/office based, but there is some flexibility around working from home once settled into the role.

A Day in the Life:

- Referrals are made by the young person's GP via an NHS system.
- Following the referral, we call the patient/trusted adult to outline the support we offer and book in an initial assessment.
- Initial assessments involve some form filling, getting to know the young person and the challenges they are experiencing as well as any risk information, such as self-harm and suicide ideation. If risk has been disclosed, we create a risk management plan.
- Support planning sessions look at what the young person would like to work on in their next sessions. We also measure how they are feeling in themselves at that time, and we use this to assess whether the support is having a positive impact.
- Goal focused sessions – we offer up to six of these and focus on areas identified in the support plan, aiming to give the young person a tool-box of ways that they can improve their well-being, such as grounding techniques, routine planners, clubs or organisations to decrease social isolation and more.
- In the third goal focused session, we do a midway review to see whether their well-being has improved, review risk information and the support plan. We do this again in the final session before closing.

As the role is in various GP surgeries it is important to build good relationships with surgery staff and to gain a good knowledge of potential signposting services in the area. Being based in GP practices comes with being away from WSXM colleagues, so we often work independently. It is important to note however that we stay in touch through digital communications such as Teams and Email (and everyone is very supportive!)

The children and young people we work with are incredible. It is a privilege to create a safe space where they feel comfortable enough to open up about what may be concerning them. There truly is no feeling quite like seeing your patient's mental health and confidence improve over the timeline of support... it is a wonderful role!