



## Emotional health and well-being

L.B. WANDSWORTH  
**SPECIALIST**  
**MENTAL HEALTH**  
**PA**  
April 2022

To support young people with complex emotional health needs a social worker with mental health experience has been appointed as a specialist Personal Adviser.

## Why?

To ensure that young people with acute emotional health needs are supported to access support.

## What did they do?

- A qualified social worker who has worked in mental health setting was appointed as a Personal Advisor.
- They work with up to 15 young people who have acute emotional health needs – young people who are often hospitalized or those who might not be ready to accept therapeutic work.
- They undertake the full range of responsibilities of a PA – completing pathway plans, undertaking statutory visits, making referrals and support young people to access services.
- They can adopt various therapeutic approaches in their work as a PA which reflect the style of the counselling input the young person is receiving.
- The PAs therapeutic interventions help prepare those young people who are not ready for specialist services to receive them
- They receive clinical supervision from a transitions worker in CAMHS.
- They have helped the leaving care team build relationships with various therapeutic services and Talk Wandsworth
- They are available to provide advise and guidance to other PAs in the team

## What difference is it making?

Young people with complex needs are reporting they feel more supported and more able to access help to address their underlying issues

***“[the worker] is very helpful and very kind towards me and my situation and I find working with her very good and very comfortable and also she is amazing in helping with my mental health”  
(Care leaver)***

