



# CAMHS Decider Skills group

Welcome to CAMHS Decider Skills Group! You have been referred to Group Work for treatment.

**Do you struggle to manage your anxiety or low mood? Does it get in the way of doing day to day things? Does it feel at times that your worries have control over you?**

If this is the case, the **Decider Skills Group** could be for you. The aim of this group is to help you explore different ways to manage your anxiety and/or low mood and how you can start to gain some of that control back.

## **What are Decider skills?**

There are 12 Decider Life Skills to help you manage your mental health on a day to day basis. The Decider Life Skills are skills and strategies designed to help us be more resilient, resourceful, responsible, robust and respectful. The Decider Life Skills are skills that help us to monitor and manage our own mental health. They improve emotional intelligence and promote positive brain function, attitude and habits.

## **Will I have therapy?**

Yes. We will explore therapeutic models called Cognitive Behavioural Therapy (CBT) and Dialectical Behavioural Therapy (DBT). These will focus on your thought patterns, physical sensations and behaviours when you experience anxiety or low mood. We will talk about what anxiety and low mood actually are, how they feel physically and what can trigger them.

## **Does it work?**

Yes. This group is an evidence-based therapeutic treatment that has been designed specifically for young people between the ages of 12 to 18 years old who struggle to manage their anxiety and/or low mood.

## **Where will the group treatment take place?**

This group will either take place at Artemis House or online (using Attend Anywhere or Microsoft Teams). We will let you know if your appointment is face to face or online.

## How long is this for?

It will last 6 weeks and will have up to 10 young people in total in each group. There is a 12-14 year old group and a 15+ group and each session will be up to 2 hours long. There are group sessions running in the morning and in the afternoon. This will always take place on the same day and time once a week. (The group sessions will not run over a half-term break.) In weeks 1 and 5, there are parent/carer joint session, where we will work on areas based upon communication, relationships and finding a middle path.

## What happens before my appointment?

You will receive an appointment to attend your first appointment (pre-engagement) which will likely take place at **Artemis House**. This will be a group, face to face appointment. We hope to talk together about the things you would like to change and we will be asking you to think about some goals. We will support you to think about the things in your life that you would like to be different. Sadly, we do not have a magic wand that can change or remove the things that are currently difficult for you, however, we can think together about ways to manage and improve your coping skills, so that you can begin to feel better.

## What happens after my treatment?

We will also offer you post engagement appointment. This will be face to face at Artemis house. If you prefer, we can have this appointment online via Attend Anywhere. This appointment will be an individual appointment, not a group appointment.

We understand that you may feel nervous. So, please feel free to call Group work on 0116 295 2971 any time regarding any questions or concerns you may have. There will always be a member of staff who will get back to you.

It can be a big step to take part in this group so that is why we will be here with you every step of the way in supporting you to manage your anxiety and low mood. **We are very much looking forward to meeting you!**

## feedback given from young people and parent/carers who have attended previous online groups with us:

“It was nice to talk to people that understand where I am coming from and have ways to help get through the times when anxiety gets hard”

“The booklets were really helpful—Parent session was fantastic and the counsellor was cheerful, inclusive and put us both at ease. The booklet is great because I can now see what we need to work on as a family and see what we can do to help him and ourselves. Thank you”

“Although the session is about serious things, the chat is chill and not tense. The counsellor is very cheerful and makes you feel happy and comfortable”

“The group has helped me with my confidence”