

Children and Young People in care: Emotional Health and Wellbeing

To: **Corporate Parenting Sub-Committee**

Meeting Date: **18 September 2019**

From: **Dr Pamela Parker
Professional Lead for Psychology**

Electoral division(s): **All**

Purpose: **To provide an update the Committee.**

Recommendation: **The Sub-Committee is asked to:**

- a) Review and comment on the recommendations being taken to the Joint Commissioning Unit.**
- b) Review and support the service developments in services for children in care across local agencies.**

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Summary:

Meeting the emotional wellbeing and mental health needs of children and young people who are in care is a priority in Cambridgeshire, and requires all agencies to work together to achieve this end. The purpose of this report is to update the Sub-Committee on the work being undertaken by key local agencies working to improve outcomes for children and young people in care, and provide effective, compassionate, accessible services.

1. BACKGROUND

Although there is a lack of recent national robust data, it is well established that the level of emotional distress and mental health difficulty experienced by children and young people in care is unacceptably high. Feedback from children and young people who engage with Cambridgeshire County Council (CCC) participation groups indicates there is scope to improve local services by reducing fragmentation, reducing waiting times, clarifying pathways and increasing accessibility. There is also a clear theme in local and national feedback from young people regarding the importance of consistent relationships and compassionate services.

In Cambridgeshire there is currently no ongoing multi-agency forum where the needs of this group are given specific consideration. An officer Task and Finish group was established in November 2018 to understand the current offer for children in care and young people leaving care in Cambridgeshire and then consider this in line with national best practice and the evidence base for improving outcomes.

2. MAIN ISSUES

- 2.1 The Task and Finish Group has now met on eight occasions. The following key agencies have been consistently represented:

Cambridgeshire Virtual School (CVS)
Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) Adult
Mental Health Primary Care (AMH)
Clinical Commissioning Group (CCG)
CPFT Child and Adolescent Mental Health Service (CAMH)
Emotional Health and Wellbeing Service (EHWB)
Cambridgeshire Clinical Team (CCT)
Cambridgeshire Social Care (CSC)
Special Education Needs and Disability (SEND)

Centre 33 has also recently contributed to work on services for young people leaving care.

2.2 The following Table illustrates the recommendations and progress to date

Recommendation	Outcome	Agency	Status
Designated teacher training should include a mental health and emotional wellbeing component provided by partner agencies	Improved wellbeing and support for children in schools	CVS/CAMH/CCT	Actioned
The training above should include information on the use of a strengths and difficulties questionnaire and supplementary measures to inform robust assessments of need	Effective assessment and streamlined access to services	As above	Actioned
Clarify the current arrangements for “Virtual Mental Health Lead” role in Cambridgeshire.	Strategic oversight of services and effective communication about developments	CCG /CSC	In progress
Revisit the purpose of the emotional health and wellbeing workstream group and ascertain what arrangements are now in place to provide strategic leadership in this area.	As above	CSC/CCT/CSC	In progress
Embed Children in Care champion posts across key universal services	Improve service experience and outcomes	CCT/CAMH/EHWB/SEND	Under Consideration
Support the champion posts through a community of practice approach	As above	As above	As above
Develop a decision tree / flow chart to help clarify pathways for support including issues of consent for	As above	CCT	In progress

children and young people in care in Cambridgeshire to support more effective and efficient access to services.			
Ensure the above is available to Foster Carers at key points (each new care arrangement/annual reviews)	As above. Support and retain foster carers. Ensure timely access to the right services for children.	CCT/CSC	In progress
Co-produce with young people and carers locally a quick guide to working with children and young people who are in care to help professionals deliver the best possible service	Improve how young people experience services	CCT/CSC	In progress
Develop a virtual mental health resource for professionals to share resources and provide updated information about local services with oversight from clinical staff in health and/or social care. This should include interactive material and videos to really engage people and provide a hub of knowledge to support practice.	Improve outcomes for young people and their experience of services	ALL	To be agreed
Develop relationships with third sector partners who work with children and young people in care to ensure there is a	As above.	CCT/ALL	In progress

shared approach and strong enough relationships to facilitate Partnership working.			
CAMH staff to link in with all social care processes such as statutory reviews, placement planning as appropriate for children and young people known the service.	As above.	CSC/CAMH	Actioned
Local Authority staff to share information about those processes and highlight the offer from CAMH to support these in order to enhance multi-agency working and share resources most effectively	As above. Improve outcomes for young people.	CSC/CAMH/CCT	In progress
Continue to develop a clinical support service for foster carers in Cambridgeshire and work with Independent Fostering Agencies (IFAs) partners to ensure the support offered is effective and meets what carers need to retain and support them in their crucial role.	Ensure there are good local placements for children and young people that meet their needs. Retain and support foster carers in Cambridgeshire.	CSC/CCT	In progress
Continue to develop a specialist clinical service for children in care and young people leaving care informed by knowledge about developmental	Improve outcomes and quality of life for children and young people who have experienced relational	CSC/CCT	Actioned

trauma, resilience and pathways to recovery.	trauma.		
Improve the coherence between Education Health Care plans, local authority care plans and Personal Education Plans so that these processes are as meaningful and effective as possible.	Improve outcomes for children and young people.	CVS and SEND	In progress
Provide shared training for key agencies in relevant evidence informed practice to create greater coherence for children and young people across services	Improve outcomes and experience of services for children and young people.	All	Actioned
Extend the above to include local private providers who work with and care for Cambridgeshire Children	As above.	CAMH/CCT	To be agreed
Trial a peer mentor offer for young people leaving care as part of the CAMH transitions offer and ADULT Mental Health recovery college with a view to developing the peer mentoring further across services	As above.	CSC and CAMH	To be agreed
Strengthen clinical supervision arrangements for services offering direct therapeutic work for children in care and young people leaving care by working across	As above.	CAMH/Centre 33/CCT	To be agreed

agencies			
Create as much flexibility as possible in transition arrangements for young people aged 17-25 who have been working with CAMH and require ongoing support	As above.	CAMH/AMH/CCG	In progress

2.3 NEXT STEPS

One further task and finish group meeting will take place in September 2019 to review what data is currently collected across services, how this is used to inform service developments. The group will consider whether this can be improved to make clear what impact services have on an ongoing basis and inform plans for service developments in an informed manner.

Consultation work will then be undertaken with young people and foster carers to ensure the Task & Finish group work is informed by lived experiences.

A final report will be submitted to Joint Commissioning Unit (JCU) in November 2019. A plan will then be produced to take forward the agreed actions.

3. ALIGNMENT WITH CORPORATE PRIORITIES

3.1 A good quality of life for everyone

The report above sets out the implications for this priority in paragraph 1.

3.2 Thriving places for people to live

None

3.3 The best start for Cambridgeshire's children

The report above sets out the implications for this priority in paragraph 1.

4. SIGNIFICANT IMPLICATIONS

4.1 Resource Implications

The most significant resource implication is clinical time across agencies to create links and coherence within a universal model of service delivery, across a large geographical county. The Task and Finish group members are not recommending a shift to specialist CAMH services or requesting additional clinical posts/funding at this time. There is a need to create and sustain sufficient specialist expertise within existing services, and to support this at a strategic level, so that the needs of children and young people in care receive

prompt and effective responses from their local services, supported by people they trust.

4.2 Procurement/Contractual/Council Contract Procedure Rules Implications

N/A

4.3 Statutory, Legal and Risk Implications

N/A

4.4 Equality and Diversity Implications

N/A

4.5 Engagement and Communications Implications

N/A

4.6 Localism and Local Member Involvement

N/A

4.7 Public Health Implications

N/A

SOURCE DOCUMENTS

It is a legal requirement for the following box to be completed by the report author.

Source Documents	Location
None	