

CORPORATE PARENTING BOARD - 23 SEPTEMBER 2013

Title of paper:	Improving Health Outcomes within CAMHS for Children and Young People in the Care of the Local Authority - Nottingham City	
Director(s)/ Corporate Director(s):	Candida Brudenell, Acting Corporate Director of Children and Families	Wards affected: All
Report author(s) and contact details:	Tania McDonald Team Manager of CAMHS Children Looked After Team Thorneywood, Porchester Road, Nottingham tania.mcdonald@nottinghamcity.gov.uk	
Other colleagues who have provided input:	Emma Pearce Team Manager of CAMHS Children Looked After Team Thorneywood Porchester Road Nottingham emma.pearce@nottinghamcity.gov.uk Chris Maguire Administrator of CAMHS Children Looked After Team chirs.maguire@nottinghamcity.gov.uk Viv McCrossen Head of Family Community Teams Centre viv.mccrossen@nottinghamcity.gov.uk	
Relevant Council Plan Strategic Priority:		
World Class Nottingham	•	
Work in Nottingham	•	
Safer Nottingham	•	
Neighbourhood Nottingham	•	
Family Nottingham	•	
Healthy Nottingham	•	
Leading Nottingham	•	
Summary of issues (including benefits to citizens/service users):		
<ul style="list-style-type: none"> • Discussions with Commissioners regarding a proposed expansion of team to ensure CAMHS is provided an enhanced monitoring service to children and young people placed out of area (beyond City and County Boundaries). • Develop a system to monitor Strengths and Difficulties Questionnaires on a 6 monthly basis and ensure that we are reviewing the emotional health and well being/mental health needs of all our Looked After Children and young people. • Expansion of our Pre and Post Adoption support within CAMHS, which will include post order support to Special Guardianship Orders. • Appointment of full-time Psychiatrist within the Children Looked After Team (Increased from previous 6 sessions of Psychiatry time). 		
Recommendation:		
It is recommended that the Corporate Parenting Board note and comment on the report.		

1. **BACKGROUND**

- 1.1 The Children Looked After Team, established in 2000, continues to provide a service to address, support and maintain the emotional and mental health needs of those children looked after by Nottingham City Council. The multi-disciplinary team offers support and intervention based on a consultation model that empowers the professional network around the child and their carers.
- 1.2 Individual therapeutic work is offered to those children, young people and carers, identified via the consultation process, as able to benefit from this type of provision. Consultations are offered in a variety of settings in order to meet the needs of children and young people irrespective of the type of provision they are accommodated within.

The City Children Looked After Team

<u>Job Title</u>	<u>Number of Sessions</u>
Team Co-ordinators	10 sessions
Consultant Psychiatrist	6 sessions
Clinical Psychologist	3 sessions
Clinical Psychologist	10 sessions
Specialist Nurse	3 sessions
Specialist Social Worker	3 sessions
Specialist Social Worker	5 sessions
Specialist Social Worker	6 sessions
Specialist Social Worker	6 sessions
Specialist Social Worker	10 sessions
Specialist Social Worker	6 sessions
Art Psychotherapists	6 sessions
Business Support	10 sessions

Core Business

1. **Eligibility:** If a young person is aged under 18 years and is a Nottingham City 'looked after' child, then you will be eligible to request CAMHS CLA (City) support.

We currently offer weekly consultation slots on:

- Monday mornings (Thorneywood CAMHS, Porchester Rd)
 - Tuesday afternoons: (Thorneywood CAMHS, Porchester Rd).
 - Wednesday and Friday mornings (at Thorneywood CAMHS, Porchester Rd).
 - Consultations are offered on-site to internal and private Residential Units within the Nottingham City area.
2. The **initial consultation** is for the professional network (Social Worker, Supervising Social Worker, and any other relevant professionals).
- The purpose of the initial consultation is for professionals involved to share information with the CAMHS Workers regarding the case, for the CAMHS workers to assess the situation, and to jointly devise a plan for the best way forwards, including future CAMHS input if appropriate.
3. The nature of continued CAMHS CLA involvement may include ongoing consultations with the professional network and/or foster carers, direct work with the

young person and/or foster carers, or perhaps further assessment including developmental and therapeutic as well as ongoing direct work.

2. CAMHS Support in Residential

2.1 The Looked After Team continue to provide consultation to the City Internal Residential Small Group Homes on a regular basis. Negotiations with each home identify how these best meet the needs of the young people within them.

2.2 In June 2013 Dr Zoe Kyte devised a pilot programme based on an existing group designed by Kim Golding, Clinical Psychologist. The existing model was an 18 week attachment based group which was condensed down into approximately 6 weeks to provide a more accessible programme for staff in Residential Homes. The programme covered some theoretical material around attachment and then built on ideas around how to support young people to enable them to feel a sense of belonging through greater attunement and empathy towards them, whilst creating a secure base from which they can develop themselves socially and emotionally. The group will also cover strategies on how to manage behaviour whilst maintaining this secure base and will incorporate some ideas from Dyadic Developmental Psychotherapy (DDP – Dan Hughes). Dyadic Developmental Psychotherapy (DDP) is an integrative method of psychotherapy that was developed in the 1990's for the treatment of children and young people who manifested psychological problems associated with complex trauma and who failed to establish secure patterns of attachment. Most of the clients receiving this treatment were residing in foster homes, adoptive homes, and residential treatment centres.

2.3 This was well received and there are plans to run a second course to the staff in our internal homes later on this year. The course is currently being evaluated however some of the initial responses from colleagues were as follows;

“This has been fantastic and I have already used a number of techniques suggested and applied this to several cases”

“Very helpful. It has been very useful to reflect on attachment issues and relate them to service users we currently care for.”

2.4 The CLA team also liaise and support staff within private residential homes where City and conurbation children are offered respective services. Children and young people are placed at the request of the social worker, staff within the Home or the young people themselves.

3. Panels/Meetings

3.1 Managers within the team have continued to attend the following Panels/meetings. This to ensure there is CAMHS representation and has helped to promote the importance of early intervention in Child and Adolescent Mental Health for CiC who are vulnerable to developing difficulties in adulthood due to early trauma.

- Placement panel
- Profiling tool panel
- Edge of Care panel
- PIMMS – To be attended in the future
- Children in Care Working Group

- Children In Care Outcomes Group
- NSPCC Steering Group
- NCSB Audits
- Network Meetings - Police/YOT

4. Training and Development

4.1 The team have continued to be involved in delivering training within the Service as a whole. In 2012 The CiC training was delivered in January and July at Loxley to residential staff, newly qualified social workers and foster carers. Training has also been as part of work force development to deliver training on the Impact of Trauma on Brain Development in June and October 2013 and in February 2014.

4.2 The Whole team will be receiving DDP training.

5. Proposed expansion of team to enable child and adolescent mental health service CAMHS to children and young people placed out of area.

5.1 The Children Looked After Team is currently in discussions with the Clinical Commissioning Group (CCG) to develop a pathway which will ensure that all children and young people placed out of area are receiving CAMHS intervention if required and that their mental health needs are more closely monitored enabling a more immediate and appropriate response by the team or local services. It is proposed that a pathway be devised which will enable funding of resources in the near future which would include;

- The recruitment of two CAMHS practitioners who will be employed specifically to liaise with CAMHS local to the young person's residing area and clinically monitor children placed outside of Nottinghamshire area.
- A proposal for all Nottingham City children, placed out of area to receive an initial assessment which will help to ensure that the right therapeutic and mental health services are provided locally in a timely fashion
- To establish a system where six monthly SDQ scores are carried out as part of the Health Assessment Review and within the LAC review statutory process or statutory visits. Offering timely support for children and young people whose SDQ scores are deemed as 'Borderline' or are a 'Cause for Concern' and reducing the chance of 'drift'
- Linking closely with the Placements service ensuring that CAMHs are given information regarding placement moves so data can continue to be updated and effectively monitored
- Offering support to the network in relation to CAMHS in relation to external providers and Quality Assurance visits

6. Pre and Post Adoption Support Services.

6.1 The service will continue to develop it's pre and post adoption support services this will include CAMHS assessments of what package of support will be required post Adoption and Special Guardianship Order.

- Funding agreed with commissioners so families do not have to struggle to access therapeutic resources post the Adoption or Special Guardianship order process
- Assessments and therapeutic interventions offered for Adoptive Parents and Children placed by Nottingham City and within the Nottingham City area post three years
- Contributing to the development of the Post Order Panel which will ensure that all families post order receive a consistent package of care which will include CAMHS tier 2 and tier 3 supports
- Development of training packages provided for Adoptive parents that will develop as part of the existing on going support provided by the Looked After Team. It will look at developing specific training based on Attachment and the impact of trauma on Brain Development. This will be provided in house and will look at the prospect of offering it as part of the induction training for new Adopters

7. FINANCIAL IMPLICATIONS (INCLUDING VALUE FOR MONEY)

7.1 Tariff model and Traded Services.

Over the past year we have piloted work with cases where children are living in Nottingham City but placed by other Local Authorities. This pilot has involved two cases where we have provided a CAMHS service to support and maintain placements under a commissioning arrangement with the placing authority. It was agreed that any profit would be directly reinvested into the CLA team. To date we have generated a small profit of £8000 and have used the majority of this to pay for Dyadic Developmental Psychotherapy which is widely recognised across the country as an approach which supports children and young people with attachment difficulties. It is hoped that we will continue to reinvest any further profits into training and development to support Nottingham City children.

8. Appointment of full-time Psychiatrist within the Children Looked After Team.

- 8.1 In acknowledgement of the increase of Children in Care being referred to the team and a greater level of risk and complexity we have been funded by the CCG to increase Psychiatry hours to 10 sessions which is full-time from September 2013.

9. Service User involvement

- 9.1 As a service we are currently working to increase the level of service user involvement within the team and have been successful in gaining feed back from young people as part of our recent recruitment process to the psychiatrist post. We are also part of the Trust assurance framework 'You're Welcome'.

REASONS FOR RECOMMENDATIONS (INCLUDING OUTCOMES OF CONSULTATION)

- 10.1 We are currently in Consultation with the Clinical Commissioning Group ICCG within the NHS Trust in order to develop the existing service and create better outcomes for all out looked after children.

11. OTHER OPTIONS CONSIDERED IN MAKING RECOMMENDATIONS

12. FINANCIAL IMPLICATIONS (INCLUDING VALUE FOR MONEY)

12.1 Tarif model and Traded Services.

It is hoped that the team will be able to develop existing resources in order for us to trade services on a more regular basis. The team has recently generated an income which has supported training from providing a service for children and young people placed in Nottingham from other local authorities, working with young people placed in Nottingham who have not been placed in Nottingham City.

- 12.2 We would hope that we would also be able to reinvest the money into the team creating opportunities for practitioners to undertake training in specific therapeutic approaches which are highlighted in guidance and evidence practice for working with CiC.

13. RISK MANAGEMENT ISSUES (INCLUDING LEGAL IMPLICATIONS, CRIME AND DISORDER ACT IMPLICATIONS AND EQUALITY AND DIVERSITY IMPLICATIONS)

14. LIST OF BACKGROUND PAPERS OTHER THAN PUBLISHED WORKS OR THOSE DISCLOSING CONFIDENTIAL OR EXEMPT INFORMATION

- 14.1 PH28 Looked After Children and Young People National Institute for Health and Care Excellence (NICE) October 2010 last modified April 2013.

- 14.2 Best Practice Guidance Standard 9: The Mental Health and Psychological Well-being of Children and Young People. National Service Framework for Children, Young People and Maternity Services Department of Health, Oct 2004

- 14.3 The Statutory Guidance on Promoting the Health and Well-being of Looked After Children published November 2009, (Department for Children, Schools and Families and Department of Health).

Annual Report 2011/12 Children in Care and Adoption Health team Practice Guidance

15. PUBLISHED DOCUMENTS REFERRED TO IN COMPILING THIS REPORT

- 15.1 None