

CORPORATE PARENTING BOARD – 17 DECEMBER 2019

Title of paper:	Improving Outcomes for Nottingham City's Children in Care – Emotional Wellbeing and Mental Health	
Director:	Helen Blackman – Director, Children's Integrated Services	Wards affected: All
Report author and contact details:	Matthew Jenkins - Team Manager, CAMHS CLA Matthew.jenkins@nottinghamcity.gov.uk	
Other colleagues who have provided input:	Dr Pallab Majumder - Consultant Psychiatrist, CAMHS CLA Susan Spittal - Business Support Officer	
Relevant Council Plan Key Theme:		
Nottingham People		<input type="checkbox"/>
Living in Nottingham		<input type="checkbox"/>
Growing Nottingham		<input type="checkbox"/>
Respect for Nottingham		<input type="checkbox"/>
Serving Nottingham Better		<input type="checkbox"/>
Summary of issues (including benefits to citizens/service users):		
<p>Providing an update on the development and implementation of the Children Looked After Child and Adolescent Mental Health Service.</p> <p>Service aim:</p> <p>A jointly-funded multi-disciplinary service improving responses to the mental health and emotional well-being of the City's children and young people who are in care, offering specialist assessment and intervention when needed, with a particular focus on promoting placement stability.</p>		
Recommendation:		
1	That the Corporate Parenting Board continue to support the development of a service for children and young people in care, resulting in a service that delivers effective, accessible, holistic evidence-based care.	

1 REASONS FOR RECOMMENDATIONS

Progress is being made towards a service that delivers effective, accessible, holistic evidence-based care through:

- The completion (and implementation from September 2019) of draft operational guidance for the service. This has been in principle agreed by the Director of Children's Services;
- An emphasis on developing clear pathways for children and young people referred for a service. This has included strengthening care-planning through introducing formulation into the team. This helps with a shared understanding of a child / young person's difficulties developed at the outset to inform intervention (developing a

psychosocial approach). It is an expectation that formulation is now an outcome of any referral to the team. Embedding the formulation concept within the team began in Autumn of 2018 and is continuing through 2019. This has included working with the Integrated Workforce Development Team to explore with the team through Team Days how Signs of Safety can be adapted to support practice;

- Continuing to develop the use of feedback including the use of outcome measures to support the monitoring and review of service delivery;
- The development of a performance 'dashboard' so that there is a clear, regular analysis of the team's performance to support planning and development;
- Continuing to broaden and develop the skills, knowledge and experience of the multi-disciplinary staff team. This year we have worked closely with Trust colleagues to successfully recruit an Art Psychotherapist, we are in the early stages of recruiting a CPN (Community Psychiatric Nurse) and we are partway through the recruitment process to fill x2 specialist social worker vacancies;
- Targeted training and psychoeducation. The Team are continuing to increase the amount of training offered to social workers, homes staff, carers and schools with the aim of building confidence and resilience in the networks around the children and young people we work with (increasing knowledge and skills in responding to the behavioural manifestation of developmental trauma);
- Supporting networks to manage risk. There has been an increased emphasis on working closely with professional networks to offer support with safety planning. The team work with a number of children and young people where self-harm / suicidal ideation are a concern, as well as other complex issues such as those related to eating.
- To ensure this specialist, multi-disciplinary service delivers the maximum impact in improving the mental health and emotional well-being of children and young people in the City's care.
- That care is effective, accessible, holistic and evidence-based. Children and young people have timely access to an integrated, high-quality multidisciplinary service, operated within budget.
- Those constituting the wider support networks of the children and young people we work with have increased knowledge and skills, which give them the confidence and resilience in dealing with the presenting issues of emotional well-being and mental health difficulties. Through this, it is hoped that stability can be improved for this complex and vulnerable group.

2 BACKGROUND (INCLUDING OUTCOMES OF CONSULTATION)

Performance Update: See appendix for detailed data

The team is multi-disciplinary and includes a psychiatrist, clinical psychologist and psychotherapist who are employed by the Trust. Nottingham City Clinical Commissioning Group undertook a Quality Visit in May 2018 and made a number of recommendations, which included:

- **Strengthen relationships between the service and social work colleagues.**

Update: Within the City, the team has moved to sit within Children in Care and it is hoped that this will strengthen links with CIC, fostering and placements teams. It is also hoped that in the autumn work will be undertaken to share the revised service offer with Children in Care colleagues. It is also hoped that the training the team offers can be made more widely available.

- **Strengthen development of pathways with the Leaving Care Team.**

Update: Work is continuing to improve transitions for children who need CAMHS but whose circumstances change and who can no longer receive a service from this team.

- **Review the current staffing model.**

Update: The vacant therapist post has been filled (the service now has a part-time art therapist who has recently begun working with 9 children). Funding has been identified with the CCG to recruit to a vacant Community Psychiatric Nurse post and it is hoped that the Trust will be commencing the recruitment process in the next few weeks. It is hoped that the vacant social work posts will be filled by the autumn (interviews are taking place on 02.09.19).

We continue to receive very positive feedback about the service. Most recently, this has included the following comment received as part of an email from a primary school head:

I don't usually write e mails like this but A stands out as a compassionate, professional member of the CAMHS team who has really made a difference to not only B but also to the all the staff atSchool and his foster carers. To work alongside another professional who genuinely cares about the wellbeing of children in need and will always go the extra mile is quite remarkable. Thank you.

A young person who attended for a creative therapeutic intervention has made an 'I love CAMHS' banner which is now in the reception / waiting area.

In July, the following general feedback was given to the clinical psychologist based within the team from the fostering service:

I have just received some really positive feedback about the support you offer to a number of our foster carers. It has really made a significant difference for foster carers and in the children in care and has really supported placement stability.

A CIC social worker emailed:

I just wanted to take the time to give credit to B and say a big thank you through you for the hard work she has put in with regards to the above young person. Prior to placing a formal referral to CAMHS, she has taken the time to offer me advice and most importantly support via telephone: even before the case was allocated. I feel that B has gone beyond in relation to ensuring that I was supported and allowed me the opportunity to in a way, offload... I have looked forward to each consultation session ...knowing that I am going to get answers to any questions, good advice and a correct analysis of the young person and why they may be feeling or acting in the manner they are...

We acknowledge the need to develop urgently a performance 'dashboard' so that we capture the impact the team's work is having consistently across the year. Work is beginning with the Analysis and Insight Team to develop this.

The specialist training we have offered to schools (based around 'attachment friendly' schools) has been positively received and we are running this again for another cohort of schools in the autumn. The training was aimed at SENCOs and other staff working directly with children in care. Feedback showed an overall increase in skills and confidence and comments included 'we have all learned so much' and 'make it compulsory for senior leadership teams'. One participant commented:

I found the course literally to be the best course I've ever been on...

It appears that the schools that participated would like further opportunity to meet to discuss specific strategies and we will need to consider if and how this can be facilitated.

Trust colleagues within the team have been undertaking an evaluation of our fostering and attachment group intervention for carers, which has now run for several cycles. This is a 10 week programme which can be attended by between 10 and 15 carers at a time, so this is can be a far more effective intervention than working with carers on an individual basis. The draft report shows that carers develop an improved understanding of children's needs, increases confidence in managing difficult behavioural issues, reduces the stress carers feel and helps carers 'connect' better with children.

In summary, in line with the revision of the service offer to strengthen delivery of services to children and their networks, priorities for the service over the next few months are:

- Successfully recruit to remaining vacant posts;
- Confirm service 'offer' and raise awareness with Children In Care colleagues;
- Continue to embed 'formulation' as a process within the team;
- Continued development of interventions including group and individual interventions with carers and with children.

3 OTHER OPTIONS CONSIDERED IN MAKING RECOMMENDATIONS

3.1 None.

4 FINANCE COMMENTS

4.1 None.

5 LEGAL AND PROCUREMENT COMMENTS

5.1 None.

6 STRATEGIC ASSETS & PROPERTY COMMENTS

6.1 None .

7 EQUALITY IMPACT ASSESSMENT

7.1 An EIA is not required because this report does not contain proposals or financial decisions.

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

8.1 NCC Children's Integrated Services Plan 2019/20.

9 PUBLISHED DOCUMENTS REFERRED TO IN COMPILING THIS REPORT

9.1 None.