
To: Scrutiny Board 2

Date: 14th February 2019

Subject: Emotional Well-being and Mental Health of Looked after Children

1 Purpose of the Note

- 1.1 The purpose of the briefing note is to provide an update to Scrutiny Board 2 on the Children and Adolescent Mental Health Service Looked After Children service (CAMHS LAC Service).

2 Recommendations

- 2.1 It is recommended that the Education and Children's Services Scrutiny Board (2):
- Note the progress on the CAMHS LAC service, and the plans to further develop the integrated offer, to support Looked After Children (LAC) and care leavers in Coventry.

3 Information/Background

- 3.1 To improve access to mental health support, a dedicated service for Looked After Children (CAMHS LAC) was jointly commissioned by Coventry and Rugby Clinical Commissioning Group (CRCCG) and Coventry City Council. The service was formally launched in April 2017. More recently the service has expanded to support care leavers from July 2018.
- 3.2 The CAMHS LAC service is an integrated mental health service, which is delivered via a partnership between Coventry & Warwickshire NHS Partnership Trust (CWPT) and Coventry and Warwickshire Mind (CW Mind). The service has brought together specialist CAMHS tier 3 support (which is funded by CRCCG) delivered by CWPT, and tier 2 support (which is funded by the City Council) delivered by CW Mind. The service is part of an overall CAMHS transformation plan, overseen by a multi-agency CAMHS Transformation Partnership Board, chaired by CRCCG, who are accountable to NHS England for delivery.
- 3.3 Key elements of the service are:
- Mental health assessment and diagnosis.
 - Weekly case consultations with social workers, to support the development of an emotional wellbeing plan, to meet the identified mental health needs of the child. This is delivered by offering individual consultations to professionals / carers, or by attending the CAMHS LAC multi-disciplinary team (MDT) forum.
 - Consultation and training for staff in residential homes, to support individual children and young people placed in their care.
 - Telephone advice for professionals.
 - Nurturing Attachment training for foster carers.
 - Foster carer drop-in sessions, to support placement stability.
 - The delivery of therapeutic interventions.
 - Support to social workers to enable them to undertake therapeutic life story work.

- 3.4 Initially, the focus of activity has been on LAC (up to age of 18). Overall it is recognised that good progress has been made, and the number of handover points in the system have been reduced in the new integrated pathway.
- 3.5 From July 2018, the service has been extended to care leavers. The key features of the care leavers offer from the service is:
- Professional consultation for social workers or personal advisors regarding those care leavers aged 16-25, where there are ongoing concerns about their emotional wellbeing, and / or including advice on transfers to adult mental health services, where appropriate.
 - Signposting care leavers to relevant services, such as Improving Access to Psychological Therapy and attending appointments with the GP.
 - Training social workers and personal advisors, to identify and respond to mental health and emotional well-being concerns of care leavers.
 - Promotion of mental health, to ensure care leavers have access to up to date information.
- 3.6 The CAMHS LAC team are planning to be integrated with the Through Care team at Broadgate House once renovations are completed in February 2019. The renovated offices, which the service will have access to, include:
- A youth friendly entrance
 - Therapeutic rooms to enable counselling support etc.
- 3.7 These renovations will enable the planned integration to take place. However, in the interim, CAMHS LAC service have been able to provide:
- Social worker 'drop ins' twice a month at Through Care site, based at Southfields, and Broadgate House
 - Weekly team meetings at the two sites.
 - Fortnightly MDT meetings for social workers, to discuss complex cases.
 - Initial consultations with social workers, offered at their bases if requested.
 - Team lead attends two different weekly social care panels, resource and permanency panels, to advise on mental health matters, and offer a mental health perspective.
 - Team lead attends supervising social worker (social workers who specifically support foster carers) meetings quarterly or if requested.
 - Contributions to foster carer newsletters, and offering monthly foster carer drop in services, as requested by the supervising social worker teams
- 3.8 One of the main priorities for 2019 will be to work with stakeholders to further integrate the service by achieving co-location into Broadgate House. Other priorities include:
- Agree and embed outputs and outcomes, into the service specification / contract
 - Ensure outcomes are embedded and implemented, into the service utilising the contracting arrangements.
 - Review impact of outcomes into the service (to include placement stability and evidence of improvement in emotional well-being).
- 3.9 The CAMHS LAC service offers the social worker / referrer a consultation appointment date, within four weeks of receipt of the initial referral. Quarterly performance data is provided to commissioners to monitor, which is laid out in section 4.4 below.

4 Impact

- 4.1 Since the service was extended to care leavers in July 2018, integration in the service has increased, with social work locality teams, Through Care and CAMHS LAC services working

more effectively together. This has allowed social workers to engage with CAMHS earlier, and to enable interventions to be implemented. Allowing greater confidence in professionals, carers and Looked After Children to deal with emotional and mental well-being issues in a timelier manner.

4.2 The introduction of consultations has been positive, and has enabled workers to talk through cases and gain advice from CAMHS. A survey was conducted by CAMHS in August 2018 using Survey Monkey. This evidenced, generally positive feedback from social workers. However, direct consultation with the Through Care team, undertaken by Joint Commissioners, has indicated that there is a view that CAMHS support to older LAC could improve further. The co-location of services should improve this as well as improved output monitoring through the contract going forward.

4.3 Data below highlights the total number of children who are offered a consultation within 4 weeks (target 95%):

CAMHS LAC referral to consultations (within 4 week target)	Q1 2017 Apr 17 – Jun 17	Q2 2017 Jul 17 – Sep 17	Q3 2017 Oct 17 – Dec 17	Q4 2017 Jan 18 – Mar 18	Q1 2018 Apr 18 – Jun 18	Q2 2018 Jul 18 – Sep 18	Q3 2018 Oct 18 – Dec 18
Total number of referrals offered consultations	36	26	21	28	24	42	36
Offered within 4 weeks	27	18	16	21	20	37	36
Offered outside 4 weeks	9	8	5	7	4	5	0
Achieved target	75.0%	69.2%	76.2%	75.0%	83.3%	88.1%	100%

4.4 The data evidences that since April 2018, social workers / referrers are offered a timelier consultation date than pre April 2018.

4.5 The recent data evidences a significant increase to 100% (target being 95%) in the number of consultations offered within 4 weeks. The previous quarters have all been below the 95% target. Upon further investigation it appears the delays, are down to communication between social workers and the CAMHS LAC service. The integration of services will support the continued relationship with social care and will support the maintenance of the KPI.

4.6 The data below highlights the number of care leavers being supported per quarter (the consultations offered to care leavers in the table below, are included into the overall CAMHS LAC referral to consultation figures in the table above), since the service expanded in July 2018:

CAMHS LAC care leaver referral to consultations (within 4 week target)	Q2 2018 Jul 18 – Sep 18	Q3 2018 Oct 18 – Dec 18	Q4 2019 Jan 19*
Total number of referrals offered consultations	12	8	2
Offered within 4 weeks	10	8	2
Offered outside 4 weeks	2	0	0
Achieved target	83%	100%	100%

*To note this is only 1 months' worth of data

4.7 The data evidences 22% for quarter 2 rising to 29% for quarter 3 of all referrals seen by CAMHS LAC are care leavers. The last quarter (quarter 3) also shows an improvement in responding to referrals within the 4 week KPI.

5. Conclusion / Next steps

- 5.1. The expansion of CAMHS LAC to support care leavers is underway, however, it is recognised further work is required to fully embed the offer into the service. The CAMHS service specification is in the process of being revised and the offer will be detailed as part of the negotiations between the contract arrangements across the commissioner and provider.
- 5.2. Additionally, further work is currently underway, following approval from cabinet, to formalise a process, through the specification, of supporting all care leavers up to the age of 25 following the implementation of new legislation due to be implemented from April 2019.
- 5.3. Develop a pathway between CAMHS LAC and the new home treatment offer (tier 3.5 plus) which is in the process of being implemented, to ensure Looked After Children and care leavers receive crisis support.
- 5.4. Understand current views (and impact of the service) through an engagement exercise with foster carers, Looked After Children and care leavers.

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