

CORPORATE PARENTING BOARD

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| Date: Wednesday 13th September, 2023 |
| Time: 4.00 pm |
| Venue: Mandela room |

AGENDA

1. Apologies for Absence
Apologies for Absence
 2. Declarations of Interest
To receive any declarations of interest.
 3. Minutes- Corporate Parenting Board- 22 February 2023 5 - 8
 4. Corporate Parenting Board- Official name change
Following consultation with care experienced young people, the name of the Board will now be known as 'You matter to Us- Corporate Parenting Board'.
 5. Corporate Parenting Board- Draft new terms of reference 9 - 14
The Board is asked to consider the new terms of reference for the Corporate Parenting Board. Once agreed, the new terms of reference will be circulated to Full Council for information.
- Update reports**
6. Care Experienced Youth Voice update February-August 2023 15 - 20
The board will receive an update from our care experienced young people on activity between February- August 2023.

Mental Health

7. You said, We will, We did 21 - 26

Following the engagement event on 25th July 2023, the information discussed has been incorporated into the 'you said, we will, we did document', a corporate document shared within children services. This is for information only and further explanations will be provided if required.

8. Mental Health- Support 27 - 28

Rob Hamer, Interim Head of Service (Residential responsible individual, supported accommodation, Resource and Care leavers) will be in attendance to clarify any information to the Board.

9. Exclusion of Press and Public

To consider passing a Resolution Pursuant to Section 100A (4) Part 1 of the Local Government Act 1972 excluding the press and public from the meeting during consideration of the following items on the grounds that if present there would be disclosure to them of exempt information falling within paragraphs 1 and 3 Part 1 of Schedule 12A of the Act and the public interest in maintaining the exemption outweighs the public interest in disclosing the information.

10. Virtual school update 29 - 32

Victoria Banks, Head of Virtual schools will provide an update in relation to virtual schools.

Charlotte Benjamin
Director of Legal and Governance Services

Town Hall
Middlesbrough
Tuesday 5 September 2023

MEMBERSHIP

Councillors C Cooke - Elected Mayor (Chair), J Walker (Vice-Chair), Z Uddin, D Jackson, J Kabuye, T Livingstone and M Nugent

Assistance in accessing information

Should you have any queries on accessing the Agenda and associated information please contact Susie Blood, 01642 729645, susie_blood@middlesbrough.gov.uk

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CORPORATE PARENTING BOARD

A meeting of the Corporate Parenting Board was held on Wednesday 22 February 2023.

PRESENT: Councillors C Hobson (Chair), B Cooper, D Davison (Vice-Chair) and A Hellaoui

PRESENT BY INVITATION: Councillors

ALSO IN ATTENDANCE: Matthew and M Nugent

OFFICERS: V Banks, S Blood, T Dunn, A Hart, L Beevers, K Peacock, S Myers, L Hunter, S Turner and C Walker

APOLOGIES FOR ABSENCE: Councillors D Coupe, T Higgins, M Saunders, Z Uddin, J Walker, M Smiles, R Brown, Jefferson, T Parkinson, P Rudd, D fenny, Dudding, G Nicholson and K Scraton

22/1 APOLOGIES FOR ABSENCE

Apologies for Absence

22/2 DECLARATIONS OF INTEREST

There were no declarations of interest received at this point in the meeting.

22/3 MINUTES-CORPORATE PARENTING BOARD- 11 JANUARY 2023

The minutes of the Corporate Parenting Board held on 11 January 2023 were agreed and signed as true record.

22/4 UPDATE ON CHILDREN IN CARE

The Chair welcomed Claire Sowerby, Interim Director of children’s social care to provide an update in relation to children in care.

Audit feedback had been positive and there was good practice in all 3 Looked after children team areas.

The board learnt that as of 06 March 2023, there were 514 children in care, against 702 at the same time in 2020. The Director outlined that this was a movable figure as 14 young people in care were turning 18 between January- March 2024 and it was likely that more young people would move into the care of the local authority.

In terms of staffing, there had been resignations from Kerrie Scarton, Interim Head of Service, Practice Leads/ Children with Disabilities and Paul Rudd, Residential Care Service Manager. Due to the changes in staff, the service wished to invest in our current staff and use existing skills and experience.

The Director was pleased to inform the board that Rob Hamer, Future of families’ service manager and Susie Turner, Service Manager, Fostering, had been appointed to work collaboratively. The looked after service was a strength to children’s services and therefore this needed to be celebrated and embraced.

AGREED- That the service update be noted.

FOSTERING SERVICE UPDATE

The Chair welcomed Susie Turner, Service manager- Fostering to the meeting, who was in attendance to provide a service update to the Board.

The service manager first outlined that since January 2023, there had been significant changes within the service. On 25 January 2023, the Foster carers fee increase was approved. Since then, the new finance policy has been written and signed off and a new foster carer agreement document created. Two meetings have taken place with carers to launch the new offer, which has coincided with a marketing strategy.

The service manager also advised that the Government had published a review on kinship care, looking at whether kinship carers should be provided with the same support (including financially) as foster parents. The board would be updated if an agreement was made.

Since the new foster carer offer had been agreed, the board learnt that:

- 8 families are undergoing assessment with panel dates booked
- 3 application forms have been received.
- 5 initial visits have been booked
- There were 3 active enquiries
- Foster carers from Independent fostering agencies (IFAs) had enquired about transferring back to Middlesbrough.

The offer means that more Middlesbrough children can stay in Middlesbrough and Carers are feel valued and most importantly more placement stability.

Carers will be held accountable for keeping their training, skills and knowledge up to date.

Success stories since the offer was introduced have been as follows:

- 5 carers who planned to transfer to an IFA are going to stay with Middlesbrough. These carers have 14 children between them.
- The annual cost of these children in an IFA would be £669,000. Some of these children are long term matched.
- We have recruited a resource worker and 2 fostering social workers permanently.
- IFAs and other Local Authorities have expressed that Middlesbrough have set a new standard for valuing and rewarding carers. This is attracting regional attention.

The service manager also outlined that since the fee increase, 4 carers have been able to give up work to provide further support and placements to Middlesbrough children. Between them they have offered 6 bedrooms, and some are able to take sibling groups. Within the fee increase, these placements and invaluable foster carers would have been lost.

She advised that as of 21.2.2023, there were 164 children placed in house with foster carers. This was a cost of £61,000 per week. There were still 158 children placed with IFA and this was currently costing the Council £130k per week. It was hoped that this new offer would mean more carers from IFAS would enquire to transfer back.

Finally the service manager outlined the plans going forward including:

- Bringing more children back in-house from IFAs – regular meetings with commissioning to look at this
- Increase recruitment activity at key events, information evenings etc.
- share children's referrals with carers who are near approval to start the matching process earlier

- Focused recruitment on carers who want to do long term fostering
- plan to deliver more training in house by our Social Workers to cut the costs of outside training and have more control over the content and regularity
- plan to develop a children who foster group for the children of foster carers, so that we can include and value them
- Include unregulated connected carers in our training offer to be ahead of the anticipated changes that the kinship care review will bring

Following the presentation, the panel did raise some concern that this offer had not been looked at previously, however regardless of this, were proud of the offer and what this would mean for Middlesbrough's children. The board heard that the offer does include goods as this is within the finance policy and mileage was also included.

A member outlined that she has attended a foster carers group and there has been some concern regarding a payment. The service head outlined that it was an interim cost of living payment that was paid to all mainstream carers with children between December 2022 and the point the new financial offer was approved.

A board member also enquired about foster carers for children from BME communities, and the service manager advice that there were a number of children placed and this had also been included within the marketing campaign.

Lastly, board members were invited to attend the Foster carer event on 10 March 2023 in the Crypt and to be panel members of Family placement planning. Further information on both would be circulated to the Board.

AGREED- That the information be noted.

22/6

SUFFICIENCY ACTION PLAN

The Chair welcomed Claire Walker, Strategic Procurement and Commissioning Manager to provide an update in relation to the sufficiency action plan.

The Board were provided with a short update, and were made aware that the following actions would be undertaken:

- Refresh of sufficiency action plan
- Manager would be working with the new Directors to develop the action plans. Updates would be provided to the Corporate Parenting Board as appropriate.
- Currently there was a block contract with 2 young people placed and one young person transitioning to enter the block.

AGREED- That the update be noted.

22/7

ANY OTHER URGENT ITEMS WHICH IN THE OPINION OF THE CHAIR, MAY BE CONSIDERED.

PROCLAIM

The Head of Virtual Schools provided an update in relation to PROCLAIM: Providing Rich Opportunities for Children who are Looked After In Middlesbrough, which in essence was to support and develop the capacity of school staff to meet the attachment and trauma needs for the benefit of the whole learning community.

The Board heard that work was ongoing and 10 Middlesbrough schools had signed up to the PROCLAIM project. In order to publicise the project a video was being produced.

22/8

EXCLUSION OF PRESS AND PUBLIC

ORDERED that the press and public be excluded from the meeting for the following items on the grounds that, if present, there would be disclosure to them of exempt information as defined in Paragraphs 1 and 3 of Part 1 of Schedule 12A of the Local Government Act 1972

and that the public interest in maintaining the exemption outweighed the public interest in disclosing the information.

22/9

'WHAT MATTERS TO US' CARE EXPERIENCED YOUNG PEOPLE

Kathy Peacock, Voice and Influence Manager, Laurie Hunter, Communication and Engagement officer and Adam Hart, level 3 apprentice were in attendance, along with 5 care experienced young people.

The young people worked with the board members and officers on key themes which were important to them:

- Safety
- Mental Health
- Making Memories
- Community
- Education
- Support

It was agreed that the next session would focus on Education.



middlesbroughchildrenmatter.co.uk

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Middlesbrough Council's Corporate Parenting Board
Terms of reference

Middlesbrough Council's Corporate Parenting Strategy

Middlesbrough's Corporate Parenting strategy sets out our vision and action for supporting children & young people in our care. Our strategy is one important element of Children's Services wider Improvement Plan for our whole- system of support for children and young people in Middlesbrough. We are doing some things well, but we still need to do more to improve our support for children and young people in our care. The views and ideas of our staff, our partners and local people are critical to ensuring we have a strong and effective strategy in place. We're proud to say that our children and young people are making a significant contribution to making our strategy work.

The development of our Corporate Parenting strategy has included a programme of work to capture the most up-to-date voices, views and ideas of our children and young people. As well as influencing the content of our strategy, children and young people have shaped our decisions about how we will deliver our Corporate Parenting responsibilities.

We have six guiding principles:

Your home

Your family and friends

Your Education

Your Adult life

Your health and wellbeing

Your voice and influence

Our mission throughout is to show Middlesbrough children that they matter.

Name of Board- You Matter to us (Formally Corporate Parenting Board)

Purpose of the Board

- To raise awareness of the Council's corporate parenting responsibilities and develop expertise and knowledge among elected Members and officers.
- To provide a forum for elected members to oversee the progress of all looked after children, and care leavers (Care experienced children and young people) through the implementation of the Corporate parenting strategy 2020-2023.
- To encourage all partners, whether they work for health or social care services or the voluntary sector, to work in an integrated manner in the best interests of children looked after and care leavers.
- To lead cultural and behavioural change to promote better outcomes for our care experienced children and young people and Care leavers.
- To hold all partners to account for their role in the delivery of services to our care experienced children and young people and Care leavers.

Middlesbrough Council's Corporate Parenting Board

Terms of reference

The Board wants to ensure that the Council acts as a good corporate parent to children and young people in care and care leavers, including:

- Young people in residential care
- Children and young people in foster care
- Children placed for adoption
- Children placed at home under Placement with Parents Regulations
- Young people who are living in supported lodgings
- Young people in secure services
- Young people in custody

The Board also want to ensure that we engage and listen to the views of children, young people, and their carers for whom the Council is the parent and, support the Virtual School for looked after children and young people.

Remit of the Corporate Parenting Board

Middlesbrough Corporate Parenting Board will:

- Provide leadership across Middlesbrough to create a more effective and efficient health and wellbeing for care experienced children and young people and Care leavers.
- Take responsibility for the quality of services for looked after children.
- Work effectively with and through partnership bodies, with clear lines of accountability and communication.
- Agree the strategic priorities for services for children looked after, as a Board
- Make a positive difference, improving the outcomes for all children looked after and those who use our services.

Middlesbrough Corporate Parenting Board will not:

- Manage work programmes or oversee specific pieces of work – acknowledging that operational management needs to be given the freedom to manage.
- Be focused on the delivery of specific services – the Board will concentrate on the “big picture”.
- Take responsibility for the outputs and outcomes of specific services – these are best monitored at the level of the specific organisations responsible for them.
- Be the main vehicle for the voice of looked after children – this will be the responsibility of young people (the children in care council and care leavers forum). The Board will however

Middlesbrough Council's Corporate Parenting Board
Terms of reference

regularly listen to and respect the views of individuals and the wider looked after children's community.

Support to the Board

- Administrative and governance support to the Corporate Parenting Board will be provided by Democratic Services.

A Democratic services Officer will be responsible for organising meetings, publishing agenda papers, attending meetings and publishing minutes of each meeting. This officer will also advise the Board on constitutional procedures where necessary.

- Technical support in preparing reports for the Board and giving advice to the Board in relation to looked after children and care leavers will be provided by the Directorate of Children's Services.

Details:

CORPORATE PARENTING BOARD (9) plus Ex-Officio Members and Ex-Officio Officers and 4 co-opted representatives

5 LAB: 1 CON: 3 MICA : 1 LIB DEM

Membership/Restrictions: Nil

Chair: Mayor – C Cooke

Vice-Chair: Councillor J Walker

Members: Councillors Jackson, Kabuye, Livingstone, Nugent, Uddin, and Wilson (Current 1 vacancy)

Ex-Officio Members: Deputy Mayor and Executive Member for Education and Culture
Chair of Overview and Scrutiny Board

Ex-Officio Officers: Head of Paid Service
Director of Children's Services
Director of Children's Care
Director of Education and Partnerships

Middlesbrough Council’s Corporate Parenting Board
Terms of reference

Co-Opted Members: 1 Foster carer
 3 Care Experienced young people.

Quorum

The Quorum shall be 3 members.

Chair and Vice Chair

The Chair and Vice-Chair of the Board shall be elected from the membership of the Board at the first meeting and thereafter will be agreed by full Council annually.

In the absence of the Chair the Vice-Chair shall chair the meeting.

Frequency of meetings

The Board will meet 4 times a year and will focus on themes. These will be chosen by our young people.

Access to Meetings

The public shall have the same right of access to meetings, agendas, reports and background papers as apply to any other advisory body supported by the Council.

Conduct

The Board and its members will operate in accordance with the standards of behaviour and principles required by the Council’s Code of Conduct, which applies to both councillors and any person appointed as a co-opted member to a board or committee of the Council.

Have your say- You matter to us

Prior to the formal meeting of the board, our care experienced young people will be invited to have their say on the key themes. They will meet with members of the board and key officers (as well as support officers) in an informal and safe setting.

Feedback from these sessions will be collated and fed back into the ‘You said, we will, we did’ and reported to the formal meetings of the board.

Updated 12.8.2023.

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**MIDDLESBROUGH COUNCIL
CORPORATE PARENTING BOARD**



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|-------------------|--|
| Report of: | Kathy Peacock – Voice and Influence Manager |
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|----------------------|--|
| Submitted to: | Corporate Parenting Board- 13th September 2023 |
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|-----------------|---|
| Subject: | Care Experienced Youth Voice - Update Feb-Aug 2023 |
|-----------------|---|

| Contribution to the guiding principles of the Corporate Parenting Strategy |
|---|
| Your Home |
| Your Family and Friends |
| Your Education |
| Your Adult Life |
| Your Health and wellbeing |
| Your Voice and Influence |

Is the report confidential or does it contain exempt information?

No

What is the purpose of this report?

To update the Corporate Parents on what care experienced young people have achieved and the upcoming plans. To have the Corporate Parent's discuss their involvement with the groups/activities to further support the work.

Report Background

N/A

Appendices

Report attached

Recommendations

N/A

Why is this being recommended?

N/A

Other potential decisions and why these have not been recommended

N/A

Impact(s) of recommended decision(s)

N/A

Legal

N/A

Financial

N/A

Policy Framework

N/A

Equality and Diversity

N/A

Risk

N/A

Actions to be taken to implement the decision(s)

N/A

Background papers

No background papers were used in the preparation of this report.

Contact: Kathy Peacock

Email: Kathy_peacock@middlesbrough.gov.uk

Care Experienced Youth Voice

Update: February - August 2023

Middlesbrough's Participation Team facilitates open, safe, and inclusive spaces for care experienced young people to tell us what is important to them. We capture this information and support them to tell you so you can improve the support they and others receive.

We support our care experienced young people/adults to be engaged in a variety of different ways.

'We Matter' (Middlesbrough's Children in Care Council)

- Care experienced young people aged 11 - 16 years meet fortnightly at Easterside Hub 17:00 - 18:30pm. We have five members
- They have fun, have a voice and create events to hear from their care experienced peers
- They share their views with key decision makers who act on what they say and positively change services to meet their needs
- They will support teams to act on what they say and help monitor the 'You Said, We Will, We Did' reporting tool
- We meet with young people at their residential homes

Older Care Experienced Young People

- We have three older care experienced who have volunteer roles as Care Ambassadors and are co-opted onto the Corporate Parenting Board
- The Care Ambassadors will support the work of 'We Matter' and create engagement events for their older care experienced peers
- We work with Pathways to support them with their events - Annual celebration event, Christmas dinner and we will engage with their care experienced young adults at the Forum

The groups are supported by

- Kathy Peacock - Voice and Influence Manager
- Laurie Hunter - Communications and Engagement Officer
- Susie Blood - Democratic Services Officer
- Kelly Cowie - Independent Reviewing Officer (CiCC) and Youth Voice Practice Lead
- Adam Hart - CAMHS Head Start Apprentice and Care Ambassador
- Caitlin O'Connor - Care Ambassador
- Holly Sharp - Care Ambassador

'We Matter'

Update: February - August 2023

February 2023

- Two members of the group went to a 'Care Day' at Durham Council to learn about their CiCC groups
- Met with the 'You Matter To Us (Corporate Parenting Board), then went for tea

March 2023

- Met with the Youth Council to look at working on a project with James Cook Hospital
- Supported the group to meet with two OFSTED inspectors
- Took one member of the group to Durham to hear what will happen on the residential

April 2023

- Supported the members to be part of the Care Leavers Celebration event
- Met with the Corporate Parenting Board to talk about education
- Two members of the group took part in the Regional Children In Care Council residential - Cumbria 14-16th April

May 2023

- Craig Povey (Finance Business Partner) came to their group to help them work out finances and spend. Gary and Natalie from Teesside University also visited them to work out using their space for our engagement events
- The group met with Wendy Kelly (HeadStart Service Manager) to help tell them what mental health means to them. They also met with Catherine Prest (Fostering Team Manager, Recruitment) to look at them getting involved meeting prospective foster carers

June 2023

- Shannessa re-joined the group after her operation
- Had planned an engagement event on the 27th June but had to cancel as no one booked on

July 2023

- Had tea with the new Mayor and Vice Mayor
- Met with Corporate Parenting Board to talk about what we have told them and what they will do. Pathways and the Virtual school brought some care experienced young people/adults

August 2023

- Supported them to hold their annual Football event - 3rd August. 24 young people (eight who live in foster care) attended. Councillor Peter Gavigan stayed with us the whole day. Councillor Sharon and Jim Platt popped in to see us. Rob Hamer and Sharon Hetherington visited and several Pathways staff brought their young people and stayed. Andy Appleyard came with his son and Susie Blood brought her daughter. Louisa Jefferson and Page Cove helped us during the day

Older Care Experienced Young People/Adults

Update: February - August 2023

February 2023

- We worked with Adam and Middlesbrough college students to develop a video for the local offer for our care experienced young people

March 2023

- Met individually with three older care experienced young adults to see if they wanted to get involved in the work we do.

April 2023

- We Matter went to the Care Leavers Celebration event
- Decided the Care Leavers offer video was not fit for purpose and will explore other options with Pathways

May 2023

- Visited three children's homes to talk to staff about engaging with their young people
- Adam supported Julie O'Connor to interview candidates for the Relief Restorative Practitioner roles 23rd May and 29th June

June 2023

- Met with two young people in one of the homes to chat about them getting involved in the work we do
- Voice and Influence Manager met the Manager at Level X to talk about offering discounted sessions for Middlesbrough young people
- Voice and Influence Manager spoke with 15 stakeholders about what enhanced offer they could give to our care experienced young people. Information shared with Pathways

July 2023

- We Matter, several Pathways young people and the Virtual school brought a couple of care experienced young adults to attend the Corporate Parenting Board and helped them work out how to better support care experienced young people with their Mental Health
- The Participation team attended the Pathways event

August 2023

- We recruited two older care experienced young adults to be co-opted onto the Corporate Parenting Board. They have called themselves - Care Ambassadors
- These Care Ambassadors will support the engagement of care experienced young people
- Adam and two members of the Youth Council interviewed candidates for the DCS post. Nobody was appointed so the Care Ambassadors and Adam interviewed two more candidates a couple of weeks later.

Care Experienced Youth Voice

Over the next few months we plan to ...

- Continue to work with the teams to promote the We Matter group to increase membership and attendance at the engagement events
- Have all our care experienced young people/adults set up as volunteers
- Create ASDAN awards to provide accreditation for their work
- Work with the Commissioning team to create 'Young Commissioners'
- Have the new Care Ambassadors attend the Corporate Parenting Board - 13th September
- Hold an fun engagement event at Teesside University - Looking at Safety - 14th September
- Meet more care experienced young people who live in residential care
- Support We Matter and the Care Ambassadors to work with the fostering service to talk with potential foster carers
- Work with the fostering service to put on a 'Halloween' event - 31st October
- Involve We Matter and the Care Ambassadors to undertake Regional Children in Care Council work
- Work with Virtual school to create a music group
- Invite our care experienced young people with special educational needs and disabilities to attend the Choice event - 7th November
- Hold out Christmas party for care experienced young people - TBC December



For more information:
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| Event (What engagement took place) | When event took place | Young People (You Said) | Decision Makers (We Will) | Link to other Service Areas? | When will you achieve this by? | Decision Makers (We did) - Final outcome from engagement. | Progress Completed Blue On Track, Green, Risk of going Off Track - Amber Going Off Track Red | Outcomes (refers to specific and measurable short-term effects) | Impact (a more comprehensive viewpoint, looking to broader and long-term effects) |
|--|-----------------------|--|---|---|--------------------------------|---|--|--|--|
| You matter to us (Corporate Parenting Board)- Engagement session | 25.7.2023 | <p>Clear transition plan from children to adult services</p> <p>Young people added to this by saying - support in finding a job/ money/ finances/ need earlier planning with personal advisor and need to be allocated personal advisor sooner. Support in finding accommodation. Mental health- feel they only look at negatives. Don't leave things to the end and have more discussions and support.</p> | Understand your confidentiality and explain what will and wont be shared. | Pathways Team/Residential/Housing | 30th September | We will ensure that all information sharing between Children's Services and Adult Services will be in line with the information sharing procedure. Personal Advisers are introduced to young people at the age of 17 plus. We are working on a plan for adult social workers to be located at the new Care Leavers Hub on a hot desk system, which will support introductions and transitions to adult services. Senior management meet with Adult Services monthly to review young people in transition and developing a clear transition plan which includes mental health, disability, and crisis intervention. The Pathways Team are working with housing and supported accommodation to develop new housing protocols. New independence plans have been implemented in residential services to prepare young people for adulthood. | | Streamlining the transition process for care leavers between children and Adult's services. This ensures that young people have all relevant services and support in place prior to transition. | Young people will feel prepared and ready for adulthood. This will support positive and sustainable outcomes. |
| | | <p>Support to make sure I have a Doctor, dentist, optician etc</p> <p>Young people added to this by saying - Difficulties in getting a dentist/ emergency appointment only. We don't want to spend money to get to appointments. Look at localised services.</p> | Ask health to commit to the Care leavers covenant. Explore what the NHS can do. | NHS/ Pathways/ Residential and other organisations | 30th September | Personal advisors and residential workers are able to support young people where needed to health-related appointments and help register with a dentist, optician and GP if required. This will be detailed in pathway planning and support plans. If young people need financial support to attend health appointments, we will assess your financial situation on an individual basis and support you to budget manage. If you are still unable to meet this need, we will look to support you financially with costs associated. Service Manager for supported accommodation will ensure that all young people in in house placements 16+ and commissioned placements monitored through contract review have access to health services. The NHS website provides information on what dentists and GP's are taking on new patients – Find a dentist - NHS (www.nhs.uk) Find a GP - NHS (www.nhs.uk) | | Will ensure that all young people's records of health, dental and opticians are updated on LCS and pathway plans. Team managers will then be responsible for reviewing data. Young people not registered with these services will be contacted by social workers and PA's to offer support to do so. | Young people will have access to health care when required and not only in emergency situation and their health needs will be met. |
| | | <p>Health passport</p> <p>Young people added to this by saying - identify positive mental health and wellbeing. More information on what it is.</p> | Provide more details on what it is. | Designated nurse for care experienced young people/ various teams | | Pathways Service has updated the Care Leavers Offer and an official launch took place on the 25th July 2023. The Care Leavers Offer provides information and links to a vast range of services, including mental health services, which provide information on positive health and wellbeing. This can be easily accessed via the Middlesbrough Children Matter website. Printed copies are also available upon request via your social worker or PA. | | Ensuring that young people have a copy or link to the care leavers offer. | Young people will have access to information around positive MH and health and wellbeing. Also details of who can offer support if this is required. |

| | | | | | | | |
|---|--|---|-------------------------------------|--|--|---|--|
| <p>Help me understand my diagnose</p> <p>Young people added to this by saying - There needs to be more understanding on things e.g. what is autism/ ADHD/ dyslexia. People need to understand my needs and gain trust to share my needs with others.</p> | <p>Explain at early stage of diagnosis- in language young people understand. More work to be undertaken with community services.</p> | <p>Various</p> | <p>Considered by 30th September</p> | <p>Middlesbrough Council has arranged mandatory Oliver McGowan training. This training has supported staff to understand different disabilities and autism. Including ADHD and dyslexia. Training is provided for the staff teams in residential services prior to admission which is relevant to specific diagnosis.</p> <p>Should a young person have a diagnosis this is discussed in pathway planning and, as a care team.</p> <p>You can ask for support from your social worker, PA or residential staff if you would like more information to better understand your diagnosis and we can signpost to other professionals who specialise in this. Staff can also support to appointments and support your access to relevant services.</p> | | <p>Middlesbrough Council have tracked all professionals who were assigned this training and ensured that managers have been informed if this is outstanding</p> | <p>Young people will understand their diagnosis and who they can go to for more information</p> |
| <p>Help and support to attend medical appointments</p> <p>Young people added to this by saying - need staff to stop rearranging appointments. Support to attend own appointments. Hard to get appointments and phone appointments not always the way forward.</p> | <p>Commitment to keeping appointments</p> | <p>Various</p> | | <p>Residential staff, social workers and PAs support young people as part of an independence plan to arrange and attend their own appointments. However, we understand that all young people may not have the confidence or ability to do so and therefore more help may be required. Staff will not cancel any appointments, though we do understand that medical professionals may from time to time do so for various reasons. In this case we will support you if needed to rearrange and attend. Where a face-to-face appointment is not offered or there is a delay, staff offer to contact health care services daily to see if this can be brought forward where required. The use of e consultations is also used with GP surgeries, and this helps to identify the most efficient treatment/contact.</p> | | <p>Young people will have confidence to make own appointments.</p> | <p>Young people will be able to meet own health needs in a timely manner.</p> |
| <p>Children Looked After medicals - as above</p> | <p>As above- look at guidance of text message policies.</p> | <p>Various</p> | | | | | |
| <p>Support around Sexual health</p> <p>Young people added to this by saying - condoms and tampax to be available in all settings. Stop changing key workers (Trust is an issue)/ sexual information to be available. Feel we are judged, but we are not taught young enough about sex and what can happen.</p> | <p>6 month strategy meetings to be put in place/ more detail required from professionals.</p> | <p>Various/ work with health /education settings.</p> | <p>By 30th September</p> | <p>Any concerns or issues with sexual health can be discussed with residential staff, social worker, or your PA as part of care planning. Sanitary products are provided and available within pathways and residential homes.</p> <p>Where possible we aim not to change your worker for continuity and trust building.</p> <p>C Card and sexual health trained staff are available across residential services and can issue a supply of condoms and chlamydia testing. The C Card training provides us with a direct contact for further advice and guidance if needed.</p> <p>When a young person is about to enter a relationship or shares that they are in one, staff have conversations around safe sex and protection. Encouragement for sexual health testing takes place when we are aware of sexual activity.</p> <p>A complaints procedure is in place should a young person feel that they are judged or not listened to, however we hope this is not the case.</p> | | <p>Gather the voice of the child through participation to see if this has an impact.</p> | <p>Young people have access to sexual health information, sanitary products and consistency in workers where possible.</p> |
| <p>Support around my sexual identity</p> <p>Young people added to this by saying - research about what is identity and have more support and understanding. Support more people around what is identity. PRIDE- can we have an event in Middlesbrough? Raising awareness across the Town. Need to be able to trust people.</p> | | <p>Various/ work with health /education settings.</p> | <p>by 30th September</p> | <p>Middlesbrough Council are committed to supporting the sexual identity of all young people and are passionate about this.</p> <p>Young people have been supported to Newcastle pride in July 2023. There is also an upcoming Pride event on 30th September 2023 which will be promoted with young people, and we can offer support to attend. Young people have been involved in artwork celebrating PRIDE and staff have had discussions around diversity and sexual orientation</p> <p>Your social worker, PA or residential staff can signpost and support you to services such as Hart Gables who offer a range of support and a forum - Home Page - Hart Gables</p> <p>Sexual identity is discussed in care planning where support is required.</p> | | <p>Young people informed of the upcoming pride event and measure uptake of attendance.</p> | <p>Young people are understood and supported by professionals around them</p> |

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| <p>Access to support from other services if needed- needs to be clearer transition from child services to adult services</p> | <p>More discussions with our young people.</p> | <p>Social workers/ NHS/ Pathways PA</p> | <p>already in place from Pathways</p> | <p>Personal Advisors support young people on an ongoing basis. Floating support is also available in the community to young people aged 16 plus. On a monthly basis children and adult services meet to discuss transition plans. The new care leaver offer provides details all other services that young people can access. Social workers, PA's and care teams work with young people to understand the transition to adult services.</p> | | <p>Gather the voice of the child through participation to see if this has an impact.</p> | <p>Young people will have a clear and supported transition from children's services to adult services.</p> |
| <p>My worker to have some understanding of mental health issues and give me support - don't judge until you know the person (its our life) , we need people to talk too early on / advocate / need better pastoral care/ better links to the crisis team.</p> | <p>further joint up working</p> | <p>Social workers/ NHS/ Pathways PA</p> | <p>by 30th September</p> | <p>Mental health training and trauma informed practice is available to staff, as is trauma informed supervision. An advocate is offered to each young person. Young people can access counselling and mental health support with the GP and in education settings. The Pathways Team can offer a mental health practitioner on an individual need's basis. Social workers, PAs and residential staff can liaise with the Crisis Team on your behalf. A complaints procedure is available to use should you feel that you are judged, however we hope this is not the case.</p> | | <p>Monitor how many young people access CAMHS worker. Team manager to monitor how many professionals uptake training and trauma informed supervisions.</p> | <p>Will see a reduction in young people accessing the crisis team. Young people will feel supported and that staff understand any mental health issues that they may face.</p> |
| <p>To be supported to access the free leisure passes with Everyone Active and extend passes to out of area young people</p> <p>Young people added to this by saying - this happens already but just need to be made aware of it.</p> | <p>Local offer/ ensure all CLA and CL have a gym pass.</p> | <p>Pathways Team/ Claire Sowerby</p> | <p>TBC</p> | <p>Young people are offered a gym pass and can be supported to attend until they feel comfortable to do this alone.</p> | | <p>Monitor how many passes that we provide on an annual basis</p> | <p>Young people are supported to have better physical and mental health.</p> |
| <p>Up to date information on health services i.e. Kooth- further information needed. Need better links with crisis team/ more funding.</p> | <p>Kooth to share what they offer.</p> | <p>Kooth to be contacted by Pathways. NHS/ Health workers/ police</p> | <p>25th September</p> | <p>Kooth have attended pathways team meeting and shared information on the service that they provide. This has been communicated within residential services. Mental health CAMHS practitioner is allocated to the pathways team. The care leavers offer has been updated to include details of services including those that support with mental health and the crisis team. This can be easily accessed via the Middlesbrough Children Matter website. Printed copies are also available upon request via your social worker or PA. Information is also available in residential in various formats.</p> | | <p>Will measure how many young people will access CAMHS worker and the volume of referrals that will be submitted to Kooth.</p> | <p>Young people will have information of services that can support them all in one place.</p> |

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| <p>Support to apply for reduced prescription costs- further information on social prescribing / where to get help</p> | | <p>Pathways/ NHS/ schools</p> | <p>on going</p> | <p>The criteria for accessing free prescriptions is detailed below. Should a young person, be unable to meet the criteria. Social workers or personal advisors will provide support with budgeting. Should it be deemed that a young person is not financially able to afford prescriptions then funding can be discussed on an individual basis. This will be the same process for any social prescribing that would come at a cost to the young person.</p> <p>Free prescription criteria - are under 16 are 16 to 18 and in full-time education are pregnant or have had a baby in the previous 12 months and have a valid maternity exemption certificate (MatEx) have a specified medical condition and have a valid medical exemption certificate (MedEx) have a continuing physical disability that prevents you going out without help from another person and have a valid medical exemption certificate (MedEx) hold a valid war pension exemption certificate and the prescription is for your accepted disability are an NHS inpatient</p> <p>Maternity exemption certificates NHSBSA</p> <p>For pregnant women and those who have had a baby within the last 12 months</p> <p>You're also entitled to free prescriptions if you or your partner (including civil partner) receive, or you're under the age of 20 and the dependant of someone receiving:</p> <p>Income Support income-based Jobseeker's Allowance income-related Employment and Support Allowance Pension Credit Guarantee Credit Universal Credit and meet the criteria</p> <p>Help with health costs for people getting Universal Credit</p> <p>If you receive Universal Credit, you may also qualify for help with health costs.</p> | | <p>Will monitor this by reviewing how many young people request via PA.</p> | <p>Young people will have their health needs met and be able to obtain and take prescribed medication/attend social prescribing.</p> |
| <p>Flexible CAMHS worker comes out to see me when I'm struggling - need talk more to us and be flexible.</p> | <p>Talk more and be flexible</p> | <p>Donna Horsley</p> | <p>on going</p> | <p>There is a working group with health regarding complex commissioning with senior managers in attendance looking at what support young people receive. In addition to this a CAMHS mental health practitioner sits within the pathways team and can be flexible to meet the needs of young people. This will be assessed on an individual basis. CAMHS can also be asked if they have the flexibility to do home visits if this is required and social workers, PAs and residential staff can offer support to attend where possible. Young people can also access other services as detailed in the care leavers offer. Donna offers young people planned appointments, that could be weekly, fortnightly etc, depending on the agreement that the young person. If a young person Donna is working with is struggling emotionally that requires some advice or guidance in-between appointments, they can call CAMHS and ask to speak with me to have a chat and plan moving forward. We can have a good chat and think about solutions. If Donna is not available then there is a CAMHS duty worker between the hours of 9-5pm Monday to Friday who can have a chat and advise the best that they can. If a young person that I am working with requires urgent mental health support, it would be the CAMHS crisis team that needs a call. The crisis team have staff who work 24 hours a day and can respond if it is an urgent matter.</p> | | <p>Pathways will measure a</p> | <p>Young people will feel that their needs are being met and have support and intervention at the right time.</p> |

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| | Flexible CAMHS worker - See's me at other places - see above | | Donna Horsley | on going | | | As above | As above |
| | outdoor walking events- these are good calming techniques but will only work if you get to know the child/ young person. Some people do not like dogs. | Further work with our young people / on first assessment | Social workers/ Pathways PA / Residential staff | 21st September | The service is mindful of asking the young people that I work with where they would feel more comfortable to meet. When we agree to complete specific therapeutic intervention/therapy we can have a think about where is the most therapeutic/confidential and safe environment to do these appointments. | | Tracking events that are organised within the social groups. | Walking events will provide a safe space away from day-to-day life and the opportunity to build relationships. This will have positive effect on health and wellbeing. |
| | Animal therapy- see above | | | on going | | | The volume of referrals will be monitored. | Can promote social interaction and promote well-being |
| | Art therapy- see above | | | on going | | | The volume of referrals will be monitored. | Can support young people to express emotions and communication. |

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| Report of: | Rob Hamer Interim Head of Service – Residential, Supported Accommodation, Resource & Care Leavers |
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| Submitted to: | Corporate Parenting Board – 13 September 2023 |
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| Subject: | Mental Health- Support |
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Is the report confidential or does it contain exempt information?

No

What is the purpose of this report?

To inform of the current Mental Health support currently being offered to care experienced young people under the care of Pathways Leaving Care Team.

Report

Assessment of mental Health:

Social Workers can complete a referral for a mental health assessment to identify unmet need should this be agreed with the young person.

Following assessment and depending on unmet need, young person may be offered therapeutic intervention from Donna Horsley, therapeutic intervention from another member of the specialist Child and Adolescent Mental Health Team (CAMHS) and/or signposting to another appropriate service.

Therapeutic individual appointments:

Individual appointments can be offered to support young people in relation to their mental health and emotional well-being.

Eye Movement Desensitisation Reprocessing Therapy (EMDR):

If following assessment EMDR is identified as an appropriate therapy to address symptoms of trauma, this can be offered.

Groups:

Group work to be explored and implemented soon.

Consultations with Social Workers/ Pathways staff:

Consultation slots are provided to social workers to explore needs of the young people that they are working with. To gain advice and guidance in relation to their mental health and emotional needs to ensure that they feel equipped to support in a meaningful way.

Foster Carer/Supported living staff support:

This can be explored and offered to carers to increase their understanding of individual mental health need. To explore their concerns and provide advice.

In addition to the above:

Advice and guidance as and when required.

Attendance of meetings to ensure effective communication.

Liaison with appropriate professionals.

Referrals and sign posting to other agencies if deemed helpful.

Young people who are allocated to Donna Horsley following initial assessment will have access to other CAMHS intervention should this be required such as access to professionals qualified in other therapies.

Donna Horsley
Clinical Nurse Specialist
Pathways Leaving Care Team/ Middlesbrough Child & Adolescent Mental Health Service

By virtue of paragraph(s) 1, 3 of Part 1 of Schedule 12A of the Local Government Act 1972.

Document is Restricted

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