

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