



Report sponsor: Gurmail Nizzer, Director of  
Integrated Commissioning (CYP)  
Report author: Katie Evans, Children in Care  
Commissioning and Placements Manager

## **Update report on Emotional Health and Wellbeing Service for Looked After Children**

### **Purpose**

#### **1.1 Children in Care Council Summary:**

As part of the support that Derby City Council offers for our Children in Care, we have a service that offers support to our children and young people to ensure that they have a safe place to talk to people who can offer different types of support, conversations, groups and therapy.

1.2 This service is known as The Emotional Health and Wellbeing Service and delivered by Action for Children.

1.3 The offer has been in place since 1 September 2020 and contracted until 2025. This means Action for Children have been contracted and joint funded by Derby City Council and NHS Derby and Derbyshire Clinical Commissioning Group to deliver Emotional Health and Wellbeing Services for our Children in Care.

### **Recommendation**

2.1 To note the contents of the report.

### **Reason**

3.1 For the Corporate Parenting Committee to understand the work undertaken by Emotional Health and Wellbeing Service to meet the needs of Derby City's children in care, as well as acknowledging the new service in place.

## Supporting information

- 4.1 The key service outcome of the current Emotional Health and Wellbeing Offer is to improve the emotional health and wellbeing of our children and young people, to contribute to an overall improvement in health outcomes and to help build resilience in children and their carers.
- 4.2 The service provides emotional health and wellbeing support to the following groups:
- Children in the care of Derby City Council
  - Children placed in children's homes or foster care by Derby City Council
  - Children who been adopted through Derby City Council or Adoption East Midlands;
  - Children who are placed under a Special Guardianship Order where the LA has been involved;
  - Children in care who are living with parents/family;
  - Children in care placed within Derby by other local authorities. (The provider must charge the placing local authority for this service and be able to demonstrate that this does not impact on their capacity to address the needs of children in the care of Derby or Derbyshire authorities).
- 4.3 Since 1 September 2020 the service has been delivered by Action for Children across Derby and Derbyshire and 25 miles beyond.
- 4.4 The service is not available for:
- A child who has ceased to be in the care of Derby – except where they have returned home from care with the previous 3 months, children who are eligible for an aftercare service up to the age of 25.
  - Children adopted through Derby City or Adoption East Midlands 3 years after the date their adoption order was made.
  - Children placed under Private Fostering regulations or with kinship carers but who are not in the care of the local authority.
  - Adopted children placed into Derby by other local authorities or adoption agencies.
  - Care leavers living outside Derby (25-mile rule does not apply)
  - Children in care in Derby placed by another local authority where the placing Clinical Commissioning Group should be charged under the Responsible Commissioner guidance.
- 4.5 Action for Children's Emotional Health and Wellbeing service offer delivers the following services:
- **Reflective Practice** - Regular, dedicated support from a Clinical Psychologist or Lead Therapeutic Practitioner for residential homes, contract foster carers and Leaving Care Teams.
  - **Consultations** – Consultations provide the opportunity for social care and residential staff to get the views of a Clinical Psychologist or Lead Therapeutic

Practitioner about a specific child or family.

- **Training for social care professionals and foster carers** - Regular training events will be delivered on issues such as: trauma informed practice, attachment-based parenting, therapeutic models, Non-Violent Resistance, and other themes as requested by social care professionals.
- **Case work** - This will include therapeutic work with children and young people, foster carers, and parents.
- **WRAP (Wellness Recovery Action Planning) therapeutic support** – Action for Children’s dedicated WRAP team will work intensively with children and foster carers to enable children in residential placements, within and outside Derby City areas, to return to their local areas.
- **Children with Sexually Harmful Behaviours** - The service will focus on supporting Children in Care displaying sexually harmful behaviours and will include consultation support and case work.
- **Group work** - Provision of targeted group work for children and young people based on needs, for example: emotional regulation.
- **Duty system** - A duty service, staffed by Clinical Psychologists and Lead Therapeutic Practitioners will be available Monday – Friday from 9am – 5pm for social care staff and foster carers, providing advice and support.

- 4.6 A number of existing cases were transferred to the new service, ensuring therapeutic work with children and young people, foster carer, and parents could continue and consistency of service. The new service has begun to receive referrals and hold Consultations with social workers, with new cases being accepted by the service.
- 4.7 The new service is linked into the wider emotional health and wellbeing offer provided by the CCG, and referrals that are not accepted are signposted to more appropriate services based on individual need through the CCG Community Triage offer.
- 4.8 The largest proportions of referrals were received for young people between the ages of 5 – 10 years and for those aged 11 – 15 years. The majority of referrals received are from social services, with referrals also received from GP’s, named nurse, education and the voluntary sector.
- 4.9 Due to COVID 19, staff are delivering most services remotely through video conferencing and telephone with some face to face. There is active communication with social care teams to ensure they are aware of the range of the new service offer, and monthly contract management meetings are held to facilitate communication.
- 4.10 There is ongoing close working between the Local Authority and Action for Children to embed the new service offer, ensure children, young people and carers are supported and outcomes achieved.
- 4.11 The following outcomes, for children and young people, will be delivered as part of the new service.

- Supporting placement stability and permanence;
- Reducing the number of children in care who have to live out of the area in residential homes or Tier 4 hospital, in order to access those trauma informed specialist services in order to keep them safe;
- Ensuring Children in Care with enduring mental health problems are well supported in transition to adulthood;
- Reducing the number of Children in Care who step up from family-based care into residential care;
- Ensuring more carers report that they are able to better manage and appropriately support the needs of the CYP in their care, where issues of mental health and emotional wellbeing impact on the child/young person's functioning;
- Improving knowledge and skills of other professionals working with these children to better understand and support Children in Care to positively manage the impact of poor mental health and promote optimum health and development of all Children in Care;
- Supporting and sustaining relationships to build resilience in children and their carers;
- Promoting security through supporting the development of secure attachments;
- Reducing the emotional and mental health inequalities between looked after children and their peers;
- Supporting professionals to reduce risk or manage risk of young people with harmful sexual behaviour;
- Ensuring barriers to accessing health services are identified and addressed to make them more accessible to Children in Care;
- Improving knowledge of carers and children and young people of local services that maybe effective in supporting children's emotional and mental health.

4.12 Action for Children shall be measured against a number of key performance indicators. These include measures related to:

- Numbers of children in care placed out of area and unplanned moves
- Improvements in emotional health and wellbeing at the end of the intervention
- Reported confidence of families/carers/professionals with supporting CIC with emotional health and wellbeing needs and quality of the service received
- Trajectory plans being in place in relation to outcomes
- Numbers of young people that disengage and not reengage with services.

### **Public/stakeholder engagement**

- 5.1 Engagement has taken place with the Children in Care Council during 2019 to discuss the service, with positive feedback from the children and young people.
- 5.2 Engagement is taking place with Children in Care to rename the service to be more family and child friendly.
- 5.3 Consultation has also taken place with social workers, the Emotional Health and Wellbeing Service and NHS Derby and Derbyshire Clinical Commissioning Group during the review of the service to determine where outcomes were being met.

### **Other options**

6.1 None noted.

### **Financial and value for money issues**

7.1 The new service is funded by Derby City Council and NHS Derby and Derbyshire Clinical Commissioning Group.

### **Legal implications**

8.1 None noted as part of this report.

### **Climate implications**

9.1 None noted as part of this report.

### **Other significant implications**

10.1 The contract start date was delayed from 1 May 2020 to 1 September 2020 due to COVID-19 impacting the mobilisation of the service.

**This report has been approved by the following people:**

<b>Role</b>	<b>Name</b>	<b>Date of sign-off</b>
<b>Legal</b>		
<b>Finance</b>		
<b>Service Director</b>		
<b>Report sponsor</b>	Gurmail Nizzer, Director, Integrated Commissioning	04 02 2021
<b>Other</b>	Lisa Melrose, Head of Commissioning, Children and Young People	04 02 2021