

# Improving mental health and emotional wellbeing support for children and young people in care

**Expert Group Meeting 1**  
**Monday 11<sup>th</sup> July 2016 10.30 – 16.00**  
**SCIE, First Floor, Kinnaird House, 1 Pall Mall East, London SW1y 5BP**

## Minutes of the meeting

<i>Expert Group members</i>	
<b>Name</b>	<b>Role</b>
Alison O'Sullivan	Co-Chair
Peter Fonagy	Co-Chair
Jan Slater	Director of Adoption Support - Adoption UK (deputising for Hugh Thornbery CEO)
Kevin Williams	Chief Executive - Fostering Network
Steve Miley	Director of Family Services - Hammersmith and Fulham
Ian Keating	Principal Policy Adviser - Local Government Association (deputising for Ian Dean, LGA)
Cathy James	Multisystemic Therapy Programme Lead - South London and Maudsley NHS Foundation Trust
Polly Ashmore	Project Manager, Children and Young People's Mental Health - NHS England
David Graham	National Director - Care Leavers Association
Linda Briheim-Crookall	Senior Policy and Practice Development Manager - Coram Voice
Linda Wright	Deputy Manager, Education and Professional Services - Nottinghamshire County Council
Miriam Silver	Consultant Clinical Psychologist - LifePsychol Ltd
Tony Clifford	Virtual School Headteacher - Stoke on Trent Council
Eamon McCrory	Professor of Developmental Neuroscience and Psychopathy - UCL
Karmah Boothe	Commissioning Manager, Maternity, Children & Young People's Commissioning Team - Birmingham South Central, Birmingham Cross City,

	Sandwell and West Birmingham and Solihull CCG's
Matt Woolgar	Consultant Clinical Psychologist - South London and Maudsley NHS Foundation Trust
Richard Field	Foster carer
Philip McGill	Team Manager and psychotherapist in Fostering, Adoption and Kinship Care Team - Tavistock and Portman NHS Trust
Sharon Goldman	Children's Active Involvement Service Manager - Islington Children's Services
Gwyneth Nightingale	Designated Nurse Children in Care - Virgin Care Limited
Glynis Anne Marsh	Workforce development manager - Southampton City Council
Sally Donovan	Adoption expert
Jack Smith	Expert by experience
Chloe Juliette	Expert by experience
Matt Langsford	Expert by experience
Filmon Russom	Expert by experience
Shain Wells	Policy Lead Child and Adolescent Mental Health: Vulnerable Children – Department of Health (Observer)
Claire Bethel	Deputy Director Children and Young People's Mental Health and Wellbeing - Department of Health (Observer)
Raj Heer	Children in Care, Children's Services Policy Family – Department of Education (Observer)
Louisa Thomson	Senior Research Analyst – SCIE (Project Manager)
Natasha Andrews	Research Analyst - SCIE
Amanda Edwards	Director of Knowledge and Evidence – SCIE (Project Director)
Dave Probert	Minutes

<b>Apologies</b>	
<b>Name</b>	<b>Organisation</b>
Julia Faulconbridge	Consultant Clinical Psychologist
Renu Jainer	Heart of England NHS Trust (representing RCPCH)
Jonathan Green	University of Manchester
Christine Lenehan	Council of Disabled Children
Paul Ross	Senior Information Specialist, SCIE
Hannah Roscoe	Senior Research Analyst, SCIE

<b>No</b>	<b>Agenda Item</b>	<b>For the website</b>	<b>Action/Owner</b>
1.	<b>Welcome, apologies, co-chairs overview and roundtable introductions. Aims of today</b>	<p>The chairs welcomed all parties to the meeting.</p> <p>The group introduced themselves to each other.</p> <p>Alison O’Sullivan laid out the aims of the day: to get to know each other as group members; to understand the project and the timeline; to hear the initial scoping work; review current process maps and input into the next steps.</p>	
2.	<b>Ground rules and ways of working as a group.</b>	<p>Amanda Edwards addressed the group and laid out the ways of working.</p> <p>SCIE have been commissioned by the Department of Health to support the work of the Expert Group and develop the products.</p> <p>There will be a communications plan and FAQs produced to enable conversations about the work of the Expert Group while maintaining confidentiality.</p> <p>The focus of the group should be to take the project forward and keep focused on the contents of the scope and what is achievable in the available time.</p>	

3.	<b>Developing care pathways, models of care and quality principles: process and milestones.</b>	<p>Louisa Thomson addressed the group to give an overview of the process, project milestones and different stages.</p> <p>Work on this project began in May 2016 and is expected to run until October 2017 There are currently eight Expert Group meetings planned as well as wider stakeholder engagement which is due to begin in the autumn. Potential meeting dates have gone out and should be held in diaries.</p> <p>The project is coming to the end of the set up and scoping stage</p> <p>The Expert Group does not exist in isolation. There will be an additional children and young people's group set up comprising between 10-15 members with a view to bringing a strong co-Production element to the project.</p> <p>At this stage the final outputs are envisaged as a guide for professionals working in different services and agencies; an online version of the guide and a version for children and young people and families to use. There will also be supplementary products to help support implementation and take up of the guidance.</p>	
4.	<b>The views and experiences of children and young people</b>	<p>Natasha Andrews addressed the group on what we already know about the views of children and young people from the literature.</p> <p>Research shows limited evidence of young people's views and experiences of mental health services. Those publications that have included the views of young people have mostly been negative comments.</p> <p>The common themes running through the research are a lack of information, inaccessibility, a lack of knowledge and support from family/carers, impact of placement stability/out of area placement, stigmas around mental illness and difficult conversations.</p>	
5.	<b>The scope of the project</b>	<p>Louisa Thomson laid out the scope. The chairs made it clear that most of the scope has been agreed already with the Department of Health but the group is being given the opportunity to see if anything significant has been missed.</p> <p>.</p> <p>The scope sets out the tone and parameters of the work taking into account existing legislation and guidelines and laying out definitions.</p> <p>The scope will primarily focus on three main groups: Looked after children; care leavers</p>	

		<p>(eligible, relevant, former relevant, and young people up to 25 still receiving support from the local authority); and children who have been adopted from care or are under Special Guardianship Orders. It is anticipated that there are specific groups within the looked after children population with specific needs and these will be considered by the Group as the work develops (for example, unaccompanied asylum seekers, children on remand, children returning to their birth parents).</p> <p>The definitions of care pathways, models of care and quality principles used in the scope document were presented. It was emphasised that the project will not involve detail about which interventions and treatments are recommended, but will involve reference to ‘appropriate evidence-based interventions’.</p> <p>The approach to levels of need, an outline of activities, settings and audience were also presented, drawing on the detail in the project scope document.</p>	
6.	<b>Introduction to the searching strategy and standards of evidence</b>	<p>Amanda Edwards introduced the standards of evidence being proposed for the project.</p> <p>Existing guidelines will be reviewed first. Any specific interventions should be either recommended by NICE or have at least one good quality systematic review of RCT evidence which supports their effectiveness compared to another intervention.</p> <p>Systematic reviews of primary evidence will not be carried out as part of this project.</p>	
7.	<b>Exploring the current situation</b>	<p>Discussions took place in three groups looking at the current health and social care processes for looked after children, care leavers and adoption/SGOs. Participants were asked to review these and assess how reflective they were of the current situation, what works well and less well at the moment, and to begin to identify how to produce pathways differently going forward.</p>	
8.	<b>Feedback and review of the day</b>	<p>The groups reconvened to feedback their discussions.</p> <p>Peter Fonagy gave an overview of the three main themes he saw emerging from the day’s discussions.</p> <ol style="list-style-type: none"> <li>1) Sensitivity for the child. There needs to be balance between supporting systems and supporting young people. The focus needs to be on people. Those working in the systems also need support to make those systems work.</li> <li>2) Professional involvement vs self-help. There is a risk of depriving young people of</li> </ol>	

		<p>agency. Assessment should be of needs not problems.</p> <p>3) There needs to be an examination of interventions done for good reasons but actually causing harm. There needs to be a removal of any harm from the process.</p>	
9.	<b>AOB and networking</b>	<p>Alison O’Sullivan reflected that there was a collective will in the group to have something different be the end of the process.</p> <p>The working documents will be made available on the SCIE website and the minutes will be circulated.</p> <p>The next meeting is scheduled to take place at SCIE on 12<sup>th</sup> October 2016. Group members will be contacted in the intervening time.</p> <p>For future meetings printed papers will only be made available upon request.</p>	