

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

Expert Group Meeting 2
Monday 12th October 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>	
Name	Role
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
Deepa Patel	Advisor, Children's Health - Local Government Association
Cathy James	Multisystemic Therapy Programme Lead - South London and Maudsley NHS Foundation Trust
Sue Sylvester	Adviser, Children and Young People's Mental Health Improvement Team – NHS England
David Lockwood	Programme Manager, Children & Young People's Mental Health - NHS England (deputising for Polly Ashmore)
David Graham	National Director - Care Leavers Association
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
Renu Jainer	Consultant Community Paediatrician - Heart of England NHS Trust (representing RCPCH)
Matt Woolgar	Consultant Clinical Psychologist - South London and Maudsley NHS Foundation Trust
Jonathan Green	Professor of Child and Adolescent Psychiatry - University of Manchester
Phillip McGill	Team Manager and Psychotherapist in Fostering, Adoption and Kinship Care Team - Tavistock and Portman NHS Trust
Doug Simkiss	Honorary Associate Clinical Professor in Child Health - Warwick University Medical School
Billy Smallwood	Head of Clinical Services - Outcomes First Group and representative of The Independent Children's Home Association

Sharon Goldman	Children's Active Involvement Service Manager - Islington Children's Services
Gwyneth Nightingale	Designated Nurse Children in Care - Virgin Care Limited
Glynis Marsh	Workforce development manager – Isle of Wight Council
Richard Field	Foster carer
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)
Kirsty Jacobs	DfE
Celine Dignan	DfE
Lucy Milich	Project Development Manager – SCIE (project manager)
Beth Anderson	Head of Research and Information - SCIE
Natasha Andrews	Research Analyst - SCIE
Hannah Roscoe	Senior Research Analyst - SCIE
Andrew Parkinson	Minutes
Melissa Leen	Additional minutes

Apologies	
Name	Organisation
Oliver Sindall	Specialist Clinical Psychologist & BPS Committee Member – British Psychological Society
Sally Donovan	Adoption expert
Christine Lenehan	Director - Council of Disabled Children
Emily Antcliff	Department of Health
Paul Ross	Senior Information Specialist, SCIE
Amanda Edwards	Director of Knowledge and Evidence – SCIE (project director)

<p>1.</p>	<p>Welcome, apologies, declarations of interests, meeting plan and approach to getting the work done</p>	<p>The chairs welcomed everyone to the meeting and the Expert Group (EG) members introduced themselves to one another.</p> <p>Peter Fonagy reminded the group of the importance of completing the declaration of interests form.</p> <p>Alison O’Sullivan brought the group’s attention to the ‘Getting the work done’ document, which aimed to describe the approach to get through big and complex tasks.</p> <p>Alison also highlighted that the experts by experience had created a concrete plan to make sure that that the voice of children and young people ran through the group’s work. This would be explained later in the meeting.</p> <p>The group were also asked to send any relevant literature, current projects, models and information to Lucy Milich (SCIE project development manager) who would ensure the SCIE team incorporated this intelligence into the work going forward.</p> <p>Lucy then spoke about the project timeline document, which she said had been created to give the group an understanding of how they will work through the different processes and themes.</p> <p>Plans are also in place to run two stakeholder events in the spring, one for present and recent former LAC aged 16-25, and another one for professionals.</p>
<p>2.</p>	<p>Presentation on care pathways and frameworks</p>	<p>Natasha Andrews presented her work on care pathway models and frameworks to the group.</p> <p>Alison acknowledged the point to the group that most of the models examined by Natasha and Hannah have been produced very recently, which is why they have yet to be evaluated.</p> <p>Group feedback on models.</p> <p>Peter ended this agenda item by summing up the group’s feedback as being that: the core team would develop a needs-based focused model; and, that the pathway developed by this group should build on existing systems. He thanked the group for their contributions and highlighted how vital the contribution of the expert group was to shaping the final model and pathway.</p> <p>Alison also invited the group to email in with comments, feedback and suggestions outside of the EG meetings.</p>
<p>3.</p>	<p>Small group discussions on frameworks</p>	<p>The group broke up into four small groups to discuss frameworks. Each group was facilitated by a SCIE member of staff.</p>

<p>4. Feedback from small group discussions</p>	<p>Each small group facilitator fed back to the rest of the group on the discussions that had taken place. The main points are summarised below.</p> <p>Peter condensed the four summaries into the following key points:</p> <ul style="list-style-type: none"> • Quality of the system is very important and this includes the relationships between young people and professionals, as well as the language they use. • Young people need to have a sense of agency. Their desires, wishes and preferences need to be explicitly considered and felt by them to have been considered. And the system must be respectful of this need by recognising young people and their carers' preferences. As real parents are, so corporate parents must be. • The system should be reorganised around the emergent needs of LAC so it is comfortable with developmentally shifting priorities. Peter stressed that it was not within the scope of the group's work or influence to completely reorganise the system, but it was possible to change characteristics of how the system functioned through identifying factors that increase mental health problems, removing these and achieve incremental if subtle change in the direction of improving the mental health support for young people. • The system should also be more alert to 'never events', those events that should never take place. • Key workers, training for the workforce and implementing shared decision making throughout the system are practical steps towards the creation of a more person centred care system. <p>Finally, Peter cautioned the group that they could not make recommendations that were not evidence based, unless it was something that was important, obvious and there was group consensus.</p> <p>Alison added that one of the most important things to do at the January meeting was to decide on the group's recommendations, which should be ambitious, but also realistic.</p>
<p>5. Update on progress of children's reference group and recruitment plans</p>	<p>The group experts by experience gave a brief overview of the work they had done so far to set up a Children and Young People's Reference Group:</p> <ul style="list-style-type: none"> • The CYP Reference Group will run alongside, but separately to, the main Expert Group and will inform its work. • The Reference group will be made up of 15 young people, aged 16-25, including the experts by experience who already sit on the main Expert Group. These five may act as mentors for some of the younger members of the reference group. • A phone line (SANE project) will also be made available for CYP Reference Group members should they have any particular support needs. The importance of emotional safeguarding was emphasised. • Flyers will be produced to aid recruitment.

		<ul style="list-style-type: none"> The team hope to recruit a wide range of young people to the Reference Group with a wide range of experiences, some articulate and confident young people and some less so, some young people from foster care, others from residential care, etc.
6.	Government response on the Mental Health of Looked-after Children and call for Expert Witnesses	<p>Beth Anderson highlighted that the Expert Reference Group had been referenced at several points in the Government response paper.</p> <p>The group acknowledged the government response paper, with one member commenting that it was a good document that should give the group impetus for their work.</p> <p>Beth Anderson then invited the group to suggest potential expert witnesses who could be called to present to the Expert Group and also asked them to think about at what stage/meeting their suggestions would be most useful. These could be people with particular knowledge or services/areas thought to be undertaking interesting or relevant work.</p> <p>It was agreed that SCIE would collate all the recommendations for calls for expert witnesses, summarise these using the emerging model as a framework and circulate them to group members for review and comment, and for further discussion at the next meeting. This would enable the group to think more about who else they want to involve. Members were reminded that they could email in recommendations too.</p>
7.	Feedback and review of the day	<p><u>Feedback from the group highlighted the following points</u></p> <ul style="list-style-type: none"> The meeting went well, good to split into small groups for discussions as gave everyone a chance to have their say. Need to shift from a system that identifies problems to one that encourages overall wellbeing. Technology is important – is the group future proofing its work? Having a named mental health professional is more important than having a dedicated one. Positive feelings about the group and the opportunity to make a difference to LAC, but we need strong, unmassaged messages to do this. Remember that this is all about loss in a child’s life and that change must take the workforce along with it. <p>In his closing comments Peter thanked the group for their excellent suggestions and gave particular thanks to the experts by experience for doing some brilliant work. He also asked if some group members might potentially be interested in participating in some work on assessments alongside the core SCIE team.</p> <p>Alison ended the meeting by noting the shift in focus of the Expert Group, which the group members had brought</p>

		about. She said she also felt galvanised about what the group could potentially achieve, despite the complexities and difficulties of the task.
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Actions

1. Experts by experience to use the other Expert Group members as a sounding board for their ideas for the CYP Reference Group.
2. Group members interested in participating in some work on assessments to let SCIE team know
3. SCIE to present 'straw man'/visual diagram of characteristics of a needs based model at next meeting
4. SCIE to present summary of evidence provided and expert witnesses recommended by group
5. Group members should send any relevant literature and information outside of meetings to Lucy Milich