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

Expert Group Meeting 3
Tuesday 15th November 2016 10.30 – 16.00
SCIE, First Floor, Kinnaird House, 1 Pall Mall East, London SW1Y 5BP

Minutes of the meeting

Expert Group members	
Name	**Role and Organisation**
Alison O'Sullivan	Co-Chair
Peter Fonagy	Co-Chair
Kevin Williams	Chief Executive - Fostering Network
Steve Miley	Director of Family Services - Hammersmith and Fulham Council
Deepa Patel	Advisor, Children's Health - Local Government Association
Cathy James	Multisystemic Therapy Programme Lead - South London and Maudsley NHS Foundation Trust
Polly Ashmore	Project Manager, Children and Young People's Mental Health team – NHS England
Linda Briheim-Crookall	Senior Policy and Practice Development Manager – Coram Voice
Linda Wright	Deputy Manager, Education and Professional Services - Nottinghamshire County Council
Tony Clifford	Virtual School Head Teacher – Stoke-on-Trent Council
Oliver Sindall	Specialist Clinical Psychologist & BPS Committee Member – British Psychological Society
Carol McCauley	Commissioning Manager - Birmingham Clinical Commissioning Groups
Sally Donovan	Adoptive parent
Sheila Redfern	Head of Service: Specialist Trauma and Maltreatment. Co-Manager, Specialist Assessment and Treatment Services – Anna Freud
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
Saffron Cuts	Expert by experience
Shain Wells	Policy Lead Child and Adolescent Mental Health: Vulnerable Children – Department of Health (Observer)
Kirsty Jacobs	Department for Education
Nicola Doyle	Department for Education
Lucy Milich	Project Development Manager – SCIE (project manager)
Amanda Edwards	Deputy Chief Executive and Director of Knowledge and Evidence - SCIE
Beth Anderson	Head of Research and Information - SCIE
Ted Barker	Research Analyst - SCIE
Hannnah Roscoe	Senior Research Analyst - SCIE
Andrew Parkinson	Minutes
Melissa Leen	Additional minutes

Apologies	
Name	**Organisation**
Sue Sylvester	Adviser, Children and Young People's Mental Health Improvement Team – NHS England
Eamon McCrory	Professor of Developmental Neuroscience and Psychopathy – University College London
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
Hugh Thornberry	CEO – Adoption UK
Christine Lenehan	Director - Council of Disabled Children
Phillip McGill	Team Manager and Psychotherapist in Fostering, Adoption and Kinship Care Team - Tavistock and Portman NHS Trust
Miriam Silver	Consultant Clinical Psychologist - LifePsychol Ltd
Emily Antcliff	Department of Health
Celine Dignan	Department for Education
Paul Ross	Senior Information Specialist - SCIE
Amanda Edwards	Director of Knowledge and Evidence – SCIE (project director)

1.	**Welcome, apologies and agenda for the day**	The chairs welcomed everyone to the meeting. Alison introduced the agenda for the day. She emphasised the need for the group to decide what kind of care pathways were needed and how this would complement the proposed model the group had created. There will be two planned stakeholder events that will take place in March and April between meetings 5 (7th March) and 6 (26th April). These events will be in London and will help the Expert Group to test its recommendations. The group should then be in a good position to finalise its recommendations at the April Expert Group meeting.
2.	**Presentation on updated model and short introduction to pathways**	Hannah Roscoe informed the group that the SCIE team had taken on their comments and recommendations that young people should be the starting point of any proposed pathway and that it also needed to acknowledge and allow for the fact that young people's mental health needs change over time. Additionally, Alison stated that the proposed model also underscores the importance of having the right range of people to help young people plan their care and that young people themselves should be involved in this process. Hannah explained that she envisaged having more than one proposed pathway to take account of young people's different circumstances, which she had arranged by different cohort groups. Initially these had been identified as special guardianship orders, residential care, foster care, adoption and care leavers. The group members gave feedback on the presentation and the proposed models. Peter indicated his agreement with the expert group regarding the need for flexibility within and between pathways. He also stated that it would be preferable to keep the proposed pathways broadly within the framework of populations as described above, rather than structure them around the mental health and wellbeing needs of young people, as these can change over time.
3.	**Small group discussions on pathways**	The group broke up into four small groups to discuss the different cohort groups, focussed on in the presentation. (i) Special guardianship orders (SGOs) and adoption (ii) Foster care (iii) Care leavers (iv) Residential care
4.	**Feedback from small group discussions**	Someone from each small group fed back to the rest of the group on the discussions that had taken place. The key points made are summarised below.

		• Assessments should be periodic. However, the group acknowledged that perhaps the quality rather than the number of assessments is more important. • One proposal was to have virtual mental health leads with strategic oversight of a young person's care pathway and wellbeing, similar to how virtual heads operate. • Quality of assessments is crucial, as is the information that feeds into them. Information sharing between professionals needs to improve considerably. • All looked after children should have a Maslow's hierarchy of needs card to show their story, needs, resources available to them, etc. • Small sub-groups of young people in care should be considered. For example, those in respite care (learning difficulty and complex needs), health and justice settings, and unaccompanied asylum-seeking children. Their ecosystems will all look different and certain relationships need more attention than others. The SCIE team acknowledged the different feedback and agreed would take into consideration.
5.	**Approach to recruitment of Children and Young People's Reference Group**	Lucy Milich informed the group that the Children and Young People's (CYP) Reference Steering Group (made up of the five experts by experience that sit on the main Expert Group) were trying to recruit as wide a range of people to the CYP Reference group as possible. The first CYP Reference Group event is due to take place in the February half-term (w/c 13th February), so as not to exclude any children in education.
6.	**Mapping interventions**	Hannah Roscoe informed the group that the SCIE team had mapped out NICE guidelines and recommendations relevant to the mental health of looked after children. There were two with specific recommendations in this regard: looked after children and young people (PH28); children's attachment guideline (NG26). Child abuse and neglect is currently in development. There are also numerous, less specific guidelines, relating to the promotion of social and emotional wellbeing, and mental health problems. The NICE recommendations and guidelines cover treatment of mental health for looked after children well, but there is a gap in the evidence base concerning what works for their social and emotional wellbeing. Therefore, the SCIE team will look at systematic reviews/reviews of comparative effectiveness on this topic, to help broaden the collective understanding of the Expert Group. Group members put forward ideas and suggestions on this topic, and SCIE staff agreed to go away and review the information.

7.	**Selecting Expert Witnesses**	Amanda Edwards introduced this item and encouraged the group to think very carefully about which topics the group really need additional expertise for and where the gaps in evidence are. She reflected that sometimes new initiatives and systems aren't always necessary, but rather what is required is for people to do what they already do differently. Group members put forward numerous suggestions and ideas on this topic, which included the following: • The methods and practice followed by two enquiries was recommended to the team, one of which was on adoption ethics and the other the Care Enquiry report (2013). Both enquiries asked experts to send written evidence or submissions which then provided the basis for discussion (rather than a formal presentation). • Group members stated they thought this was particularly useful as it involved experts having conversations with people in the group rather than simply giving a presentation and answering a few questions. Alison concluded the discussion by asking the group to also to begin to think very carefully about *how* they might engage with expert witnesses and also how they might then use the evidence gathered for the benefit of the project.
8.	**Feedback on the day**	The group members fed back the following thoughts on how the day had gone: • Very useful to talk about professionals working differently, which doesn't really have to entail providing much additional resources. • Lots of progress made today and it feels like the project is really starting to take shape. Peter ended the day by stating that the project's work is now beginning to become clearer. He stated that there are four different types of explicit recommendations that appear to be emerging from the group, which he categorised as follows: (i) How practitioners can work differently with children and young people, carers, and one another. (ii) Services and pathways need to be organised around need, so pathways need to adapt to this. (iii) Governance and accountability issues need to be addressed, so leadership is needed to take charge of the system. Who should be accountable for this? (iv) How are these recommendations going to be paid for and commissioned? Regarding the issue of the availability of additional resources, Alison made the point that the group can request more funding to be made available for looked after children's mental health services and for those resources to be allocated differently, but that they should be mindful that any such recommendations need to be realistic. Peter added that the group's recommendations also need to be of practical and that the use of case studies and examples would help to lend any recommendations weight.

Actions

1. The SCIE team to finalise dates and venues for the professional and children and young people's stakeholder events.

2. SCIE and co-chairs to consider how best to hear the voices of expert witnesses and different sectors.