

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

Expert Group Meeting 6
Thursday 26th April 2017 10.30 – 16.00
SCIE, First Floor, Kinnaird House, 1 Pall Mall East, London SW1Y 5BP

Minutes of the meeting

Attendees	
Name	Role and Organisation
Peter Fonagy	Co-Chair
Christine Lenehan	Co-Chair
Kevin Williams	Chief Executive - Fostering Network
Steve Miley	Director of Family Services - Hammersmith and Fulham Council
Gillian Ford	Senior Adviser, Children's Social Care - 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
Sue Sylvester	Adviser, Children and Young People's Mental Health Improvement Team – NHS England
David Graham	National Director – Care Leavers Association
Linda Wright	Deputy Manager, Education and Professional Services - Nottinghamshire County Council
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
Matt Woolgar	Consultant Clinical Psychologist - South London and Maudsley NHS Foundation Trust
Billy Smallwood	Head of Clinical Services - Outcomes First Group and representative of The Independent Children's Home Association
Doug Simkiss	Honorary Associate Clinical Professor in Child Health - Warwick University Medical School
Gwyneth Nightingale	Designated Nurse, Children in Care – New Devon Clinical Commissioning Group
Chloe Juliette	Expert by experience
Michelle Costa	Lead Researcher and Developer – National Collaborating Centre for Mental Health
Jack Smith	Expert by experience

Shain Wells	Policy Lead Child and Adolescent Mental Health: Vulnerable Children – Department of Health
Ellie Isaacs	Mental Health Policy Manager - Department of Health
Kirsty Jacobs	Team Leader, Children in Care Division - Department for Education
Nicola Doyle	Head of Adoption Support Policy - Department for Education
Helen White	Policy Advisor, Children's Social Care - Department for Education
Lucy Milich	Project Development Manager – SCIE (project manager)
Stephen Goulder	Director of Operations – SCIE
Beth Anderson	Head of Research and Information - SCIE
Ted Barker	Research Analyst – SCIE
Florence Lindsay-Walters	Research Analyst - SCIE
Susanne Gibson	Research Analyst - SCIE
Andrew Parkinson	Project Support Coordinator – SCIE (minutes)
Melissa Leen	Project Support Coordinator - SCIE
Andrew Baxter	Department for Education
Nicola Doyle	Department for Education
Akosua Wireko	Department for Education

Apologies	
Name	Organisation
Tony Clifford	Virtual School Head Teacher – Stoke-on-Trent Council
Oliver Sindall	Specialist Clinical Psychologist & BPS Committee Member – British Psychological Society
Eamon McCrory	Professor of Developmental Neuroscience and Psychopathy – University College London
Renu Jainer	Consultant Community Paediatrician - Heart of England NHS Trust (representing RCPCH)
Jonathan Green	Professor of Child and Adolescent Psychiatry - University of Manchester
Richard Field	Foster carer
Phillip 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
Glynis Marsh	Workforce Development Manager – Isle of Wight Council
Matt Langsford	Expert by experience
Jan Slater	Director of Service Delivery – PAC-UK
Saffron Cuts	Expert by experience
Filmon Russom	Expert by experience
Miriam Silver	Consultant Clinical Psychologist - LifePsychol Ltd
Hannah Roscoe	Senior Research Analyst
Sharmila Karduskar	Department of Health
Angela Hawley	Department of Health
Ellie Isaacs	Department of Health
Helen White	Department for Education

1.	Welcome and Expert Working Group update	<p>Peter welcomed everyone to the meeting and asked everyone to introduce themselves.</p> <p>Stephen Goulder informed the group that Alison O'Sullivan would not be continuing as Co-Chair of the Expert Working Group (EWG). Stephen also stated that SCIE had wanted to inform the group about this in person, rather than by email, hence why he had waited until today to tell them. Stephen then told the group that Christine Lenehan had been appointed as Co-Chair to replace Alison due to her knowledge of the project and the EWG, and because of the continuity this would help to ensure.</p> <p>Stephen then told the group that Christine Lenehan had been appointed as Co-Chair to replace Alison due to her knowledge of the project and the EWG, and because of the continuity this would help to ensure.</p>
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		<p>Peter stated that he felt very privileged to have Christine join him as Co-Chair. She has been a highly successful Director of the Council of Disabled Children.</p>
<p>2.</p>	<p>Messages from the Young People's event</p>	<p>Lucy presented to the group.</p> <p>The young people had expressed their views at the Young People's Stakeholder event through the mediums of discussion groups, art, film and photography. Lucy showed the group visuals of the work produced. She also played some music to accompany the slides, which the young people had recommended.</p> <p>There was a strong message that young people had knowledge on what coping mechanisms best helped when they were in crisis- but they would not be asked- rather decisions were made on their behalf. Examples that young people used were drama, art, social media and having time alone as ways of managing when they were in crisis. Another common source of frustration for young people was the lack of general understanding about loss and trauma from the professionals that work with them.</p> <p>The young people put forward several of their own recommendations at the Young People's Stakeholder event, which Lucy showed to the EWG.</p> <p>Lucy commented that there been had strong support from the young people for introducing a mental health passport. Care leavers stated they felt there needed to be a major revolution in managing the transition from care. Essentially they felt that when they left care, people stopped caring and that they got dumped in a flat without life skills or adequate support.</p> <p>In response to questions from the group Lucy also made the following comments:</p> <ul style="list-style-type: none"> • The young people had said they would prefer the mental health passport to be digital. • The young people attending the Stakeholder event were from a range of settings. • The recommendations young people made focused on being treated fairly and with respect- a number of young people highlighted how often they were left 'waiting in the dark' rather than being kept in the loop about decisions that affected them. <p>It was noted by EWG members that a number of the recommendations made by the young people at the stakeholder event contained an underlying message about the importance of nurture and care. Everyone agreed final recommendations should include importance of improving the response of professionals to looked after children.</p> <p>Peter concluded this discussion by commenting on how remarkable it was that so many of the EWG recommendations were echoed by the young people attending the young people's stakeholder event.</p>

<p>3a. & 3b.</p>	<p>Evidence to emerging recommendations and call for evidence</p>	<p>Beth Anderson presented to the group. She reminded the EWG members of the various key terminologies such as pathways, models of care, etc. and talked them through the processes the SCIE had gone through to put together the group recommendations. She also referred the group to how the recommendations had been grouped by theme and that the draft quality statements were also a work in progress.</p> <p>Ted Barker presented to the group on the professional stakeholder event which was attended by 100 people. Ted talked the group through the agenda and points of discussion from the event and how these were fed into the emerging recommendations. .</p> <ul style="list-style-type: none"> • Very clear messages from the Young People’s event that they didn’t want decisions made about them behind closed doors. They understood the need for decisions to be made, but wanted to be consulted on those decisions and have some input into them. • Transition for care leavers needs to be addressed. • Prevention – our recommendations need to take account of current knowledge regarding attachment. • Stakeholder events – plenty of alignments, but there are some misalignments between different sectors and we must remember this. The group is essentially planting seeds of change that will take time to come to fruition, but for them to grow and develop we must take account of the soil and climate we’re operating in.
<p>3c.</p>	<p>Feedback from Professional Stakeholder Event</p>	
<p>4.</p>	<p>Small group discussions on emerging recommendations and quality statements</p>	<p>Group members broke up into five separate groups to discuss the emerging recommendations and quality statements. Each group focussed on different quality statements and the discussions were facilitated by a SCIE member of staff.</p>
<p>5.</p>	<p>Feedback from small group discussions</p>	<p>Group 1 QS 4 & 5 – Stephen Goulder</p> <ul style="list-style-type: none"> • The role of virtual mental health lead is crucial as they can create culture change which puts the looked after child at the centre. • The group should also be thinking about what can be built around a virtual mental health lead and the powers they will need to be able to open doors for young people. • Adoptive parents and foster carers need to have the same status as professionals and have resources made available for them to get more training and support. • Every looked after child needs to be fully engaged in their own experiences, but we have a very broad range of young people & engaging them needs to be appropriate to the young person in question. • Perhaps the mental health passport should just be a ‘health passport’. Helps to remove any stigma around mental health.

- Care leavers should be regarded as looked after children in law until they are 25.
- Intervention needs to be at all levels – child, carer, parent – and should seek to upskill the parent/carer, otherwise if the intervention is just focussed on the child the parent/carer tends to pathologise the issue to the individual child and not learn how to deal with the experience on a wider level.

Group 2 QS 3 – Susanne Gibson

- More training & support is needed for parents & carers and they should be acknowledged as equals. Training shouldn't just be passive and something that is 'done to' parents and carers either.
- Everyone working with looked after children needs a good understanding of attachment and trauma. This is especially true of teachers and others working in education, with whom looked after children spend a lot of time.
- It was agreed that peer support was important, for carers and professionals, and that this was an opportunity to share knowledge and expertise and to provide emotional support.
- Effective communication requires an understanding of the different needs of children and young people depending on age and other factors such as learning disability.
- "Mental health and wellbeing" should be "mental health and emotional wellbeing". This is important to make sure it is understood that it is not just about clinical diagnosis, and that there is a holistic understanding of mental health and emotional well-being.

Group 3 QS 6 & 7 – Lucy Milich

- Ensuring continuity and sustainability of care when young people move placements is crucial. Therefore, there should be an underpinning statement about these particular problematic transitions in the recommendations.
- More recognition needs to be given to young people's eco systems. Who is helping them?
- It is necessary to think very carefully about how we approach recommendations around the workforce.
- Children who are placed out of borough should be guaranteed access to services.

Group 4 QS 1 & 2 – Beth Anderson

- Monitoring and evaluation should always involve the young person in question. This can be done by asking the right kind of questions, such as 'were you supported in a kind, caring and non-judgmental way?' etc.
- Recommendations should be phrased as if they are being said from the perspective of a young person. For example, 'I can expect not to have to repeat my story'. I.e. as 'I statements'. This helps to shift power to the young person.

		<ul style="list-style-type: none"> • It is important to ensure the right commissioning and accountability framework is in place at the local level. Professionals should be held accountable for what they should be delivering. • The proposed role of key worker for looked after children needs to be clearly defined and young people's preferences taken into account. <p>Group 5 QS 8 – Florence Lindsay-Walters</p> <ul style="list-style-type: none"> • Screening and assessments are very separate procedures and often done by different professionals, which can pose a problem. This should be addressed by different agencies working more closely together. The style of assessments is also important. • Multi-agency teams composed of the right people with the necessary competencies are crucial for effective working with looked after children. • Offering a choice of venues for assessments to young people is important.
6.	Updated Pathway	Beth Anderson presented the updated pathway work to the group.
7.	Final EWG meetings and feedback from the day	<p>Peter concluded the meeting by asking EWG members to examine the following two questions and to send any responses to Lucy by 8th May:</p> <ul style="list-style-type: none"> (i) What do you know from where you are and where you've been which would help to lift the quality statements off the page and get them implemented? For example, there is an instrument called 'integrate'. Would it be of particular use in this regard if you have experience of it? (ii) Is there anything you are aware of that is going on in the field that could give practical leverage to the group's work, and that could be incorporated into the recommendations and aligned with them. <p>Peter and Christine thanked the EWG members for their contributions and wished them safe journeys home. The meeting ended.</p>

Actions

1. Lucy to email EWG members the presentations and graphics from her presentation on the young people's stakeholder event.
2. EWG members to respond to the questions posed in item 7 of the minutes by 8th May. Responses to be sent to Lucy.