



Children in Our Care Strategic Group (CIOCSG) Update

Report for Corporate Parenting Board (CPB) 9 October 2020

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Section 1: Items Discussed

COVID-19 – update

To date there has been one known confirmed case of COVID-19 in relation to a child in our care (CIOC). This young person is in an out of area placement and the placement has been temporarily closed. Advice has been sought from Public Health England and procedures followed.

There has been one known confirmed case of COVID-19 in relation to a CIOC staff member. This was a Manager of one of our own children's residential childcare homes. He has since made a full recovery.

Our single point of contact (SPOC) has been working closely with Public Health England and is now producing regular reports of children who have been sent home from school to self-isolate. These numbers have increased and do involve some CIOC.

Some CIOC do reside with family and friends and of these who are entitled to free school meals the Council are ensuring that these children are being provided with food.

Vulnerable children who did not have access to IT devices to support home learning have now received appropriate equipment. Plans are in place to deliver IT equipment to year 12 and 13 CIOC pupils.

Social workers continue to have contact with CIOC in line with visiting requirements. For the majority of CIOC this contact is now face to face although with the continued increase in COVID19 cases contact is likely to revert to becoming virtual again. The situation will be kept under close scrutiny.

Contact (family time) for CIOC with their birth families has been progressed to include some direct contact. The children themselves are very knowledgeable around the risk associated with COVID-19 and 'do their bit' to remind their families of the need to safely distance.

Referrals to CAMHS have significantly increased of late with a large proportion of these being due to mounting anxieties for children and young people. Priority continues to be given to referrals involving CIOC.

The Virtual School (VS) continues to work closely with teachers and foster carers for those CIOC who have struggled with the return to school. A new educational psychologist is now in post to offer additional support, particularly for those pupils who have transitioned from primary to secondary and into post 16 education.

Health assessments for our CIOC are continuing to be undertaken on a hybrid basis. Data will be shared shortly around the numbers of CIOC assessments which have been undertaken. This data will be shared at a future CPB.

The police have force and business continuity plans in place in response to COVID-19. Officer levels have been affected by new local out of area restrictions. This situation continues to be monitored closely.

The EET forum continues to meet with particular focus on the employment and apprentice opportunities for our CIOC and care leavers. One care leaver has recently been taken on as a mechanic.

Children In Our Care (CIOC) action plan

The CIOC action plan was reviewed at the Children in Our Care Strategic Group (CIOCSG) and will be updated and shared at a future Corporate Parenting Board (CPB) meeting. The plan will include work that has been undertaken during the pandemic with particular emphasis on one of the priorities for the CPB – the emotional health and wellbeing of CIOC.

Section 2: Covid-19 Response: Children and Young People’s Emotional Health and Wellbeing

We know that the significant disruption to daily life experienced over the last few months will have impacted on the wellbeing of children, young people and their families in many different ways. Some will have benefitted from time at home and a more relaxed pace of life, others will have struggled to process such change, may have family members and relatives who have been directly affected by COVID19, and may be experiencing anxiety, low mood, grief and loss. With this in mind, Stockton Borough Council’s Children’s Services are working with colleagues from the CCG and providers of mental health services to provide a clear, coordinated offer to early years settings, schools and colleges for emotional health and wellbeing support directly related to COVID19. This includes:

- training, support and quality assured resources for use within a whole setting approach led by SBC Education Improvement Service;
- access to a range of group sessions for children and young people facilitated by emotional health and wellbeing practitioners;
- direct work with parents/carers to help them to support their child and/or manage their own emotional health and wellbeing;
- access to 1:1 specialist therapeutic intervention as clinically appropriate;
- referral routed and coordinated through the Early Help Single Point of Contact.

Many schools and settings will have existing arrangements in place with services who are working with children and young people on an ongoing basis to support their emotional wellbeing needs. This offer does not seek to replace this but aims to provide additional capacity tailored to those for whom COVID 19 is having an impact.

Working closely with colleagues, the model includes the following provision delivered by a range of partners, alongside SBC staff, including TEWV CAMHS, Harrogate and District Foundation Trust and VCSE organisations working within the Tees area:

Universal
<p style="text-align: center;">Whole school programmes to promote wellbeing</p> <p>EIS ongoing work across schools and colleges to upskill school staff and support the development of programmes including:</p> <ul style="list-style-type: none"> • Delivery of Personal Development Networks • Compiling recommended curriculum resources including Anna Freud, MindEd and PSHE association • Signposting to online, evidence based CPD <p style="text-align: center;">Open access resources to support individual’s emotional health and wellbeing</p> <ul style="list-style-type: none"> • Quell – provides an online emotional wellbeing service for school staff including self-help resources, peer support communities and virtual counselling. • Kooth – provides an online emotional wellbeing service for children and young people aged 11-18 years including self-help resources and virtual counselling. • The Recovery College (TEWV) – provides online emotional health and wellbeing learning resources for children, young people, parents/carers, teachers and all those working to support children and young people. • Family Hubs – Relax Kids Virtual Programme. <p style="text-align: center;">Help Point</p> <ul style="list-style-type: none"> • Signposting to online, evidence-based resources and services.

Skills focused interventions			
<p>NHS funded interventions</p> <p>CCG collaboration with existing providers of CYPIAPT and the Billingham based Mental Health Support Team to build an offer to schools utilising current resources and utilising CWP resource more effectively. This will include:</p> <p><u>Evidence based interventions</u> For pupils showing externalising problems (disruptive behavioural problems)</p> <ul style="list-style-type: none"> • Small group sessions with a focus on developing problem-solving skills and pro-social behaviour • Working with parents/carers to reinforce small group work <p>For pupils showing internalising problems (anxiety/low mood/emotional distress)</p> <ul style="list-style-type: none"> • Small group work with a focus on developing problem-solving skills and changing thinking patterns • Working with parents/carers to reinforce strategies learned in small group work <p>Parent/carer anxiety/low mood/emotional distress</p> <ul style="list-style-type: none"> • Referral to Adult Improving Access to Psychological Therapies (IAPT) 	<p>SBC funded interventions</p> <p>Consider use of 0-19 Emotional Resilience Nurses, SBC therapeutic workers (2 posts in FGC team currently), life coaches and trainee PWP (1 post in Early Help) to support group work within schools where appropriate.</p> <p><u>In addition, emotional health practitioners can deliver a range of evidence-based interventions</u></p> <p>For pupils showing externalising problems (disruptive behavioural problems)</p> <ul style="list-style-type: none"> • Small group sessions with a focus on developing problem-solving skills and pro-social behaviour • Working with parents/carers to reinforce small group work <p>For pupils showing internalising problems (anxiety/low mood/emotional distress)</p> <ul style="list-style-type: none"> • Small group work with a focus on developing problem-solving skills and changing thinking patterns • Working with parents/carers to reinforce strategies learned in small group work <p>Parent/carer anxiety/low mood/emotional distress</p> <ul style="list-style-type: none"> • Delivery of 1:1 interventions • Signposting to self-help resources • Referral to Adult Improving Access to Psychological Therapies (IAPT) 		
Targeted (provided by existing services or Therapeutic framework)			
<p>Individual therapeutic interventions/ Small group interventions</p> <ul style="list-style-type: none"> • Offered through existing arrangements where appropriate ie Kooth, CYPIAPT offer, Therapeutic Workers, Life Coaches. • Referral to therapeutic framework (through process embedded in Early Help SPOC) see below for more detail. <p style="text-align: center;"><u>Examples of evidence-based interventions include</u></p> <table style="width: 100%; border: none;"> <tr> <td style="vertical-align: top; width: 50%;"> <p><u>Behaviour problems</u> <u>Depression</u> Parent/training education programmes Therapeutic support - CBT, Plus - problem solving and social skills Psychoanalytic child psychotherapy training 8-12 years Digital CBT, Group CBT/ Individual CBT Adolescents - Family based approaches Family therapy addressing full range of family's needs; individual support taking CBT approach</p> </td> <td style="vertical-align: top; width: 50%;"> <p><u>Anxiety problems</u> *Therapy focused on thinking patterns and associated behaviours (CBT) (should be carried out with parents where child is under 11 or high parent anxiety) *Some evidence for play-based approaches to develop attachment and relationships</p> </td> </tr> </table> <p>Other disorders (eg attachment; eating disorders; self-harm; PTSD; substance misuse) *Therapeutic approaches, usually involving family and looking at range of systemic therapy</p>		<p><u>Behaviour problems</u> <u>Depression</u> Parent/training education programmes Therapeutic support - CBT, Plus - problem solving and social skills Psychoanalytic child psychotherapy training 8-12 years Digital CBT, Group CBT/ Individual CBT Adolescents - Family based approaches Family therapy addressing full range of family's needs; individual support taking CBT approach</p>	<p><u>Anxiety problems</u> *Therapy focused on thinking patterns and associated behaviours (CBT) (should be carried out with parents where child is under 11 or high parent anxiety) *Some evidence for play-based approaches to develop attachment and relationships</p>
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Targeted Offer via SBC therapeutic framework

SBC has access to a range of therapeutic service providers as part of a commissioning framework where we have the ability to purchase work from pre-approved providers. The following providers are on this framework:

- ABC Counselling, Play Therapy & Family Solutions
- Advancing Attachments Social work and therapy
- ChatterBug Limited Speech and Language
- Child's Play (Play Therapy)
- Chroma Therapies Ltd
- Future Steps Consultancy Ltd
- Hearts and Minds play therapy
- Integrate Families Limited Operations
- Nurturing Families - Therapy Training Support Nurturing Families
- Preferred Future NVR
- Sandcastles Play Therapy and Counselling Services
- The Bungalow Partnership Therapeutic Support and Training
- The LINK CIC

Governance

To ensure that children and young people receive the most appropriate support and that there is an opportunity to support and continue to upskill school staff through discussion/professional challenge with each case the Early Help Single person of contact (SPOC) coordinate all requests for support and intervention. This builds on their existing work with schools to coordinate the vulnerable children's process and their experience in facilitating solution circles. Weekly huddles are held where emotional health and wellbeing practitioners discuss cases with the Early Help SPOC workers and agree who would be the most appropriate service to pick the cases up. This provides a means of monitoring any referrals made to the therapeutic framework.

The Early Help SPOC will:

- review referrals from schools and settings;
- provide advice on resources available such as Kooth;
- consider wider family support needs;
- facilitate weekly Huddles;
- refer to SBC therapeutic workers/CWP to ensure utilisation of existing resources where appropriate;
- If 1-1 therapeutic intervention is needed, liaise with procurement to follow the guidelines set out in the commissioning framework;
- gather information on emerging trends/themes and support liaison with partners about the deployment of resources and planning of proactive, ideally preventative work.

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