



EASTERN RAVENS

*"Supporting Children, Young People
& Families for over 50 years"*

Stockton-on-Tees Young Carers Support Service

People Select Committee Mental Health & Wellbeing Review

Tracey Hamilton



Stockton-on-Tees
BOROUGH COUNCIL



Hartlepool and Stockton-on-Tees
Clinical Commissioning Group

Eastern Ravens Trust

Quality Youth Work

- Youth Investment Fund
- Youth United Stockton
- Sported
- Tees Valley Sport

Anti-Social Behaviour

- Tilery
- Portrack

Young Carers Support Service

- Borough Wide

Young Carers Definition

The term 'Young Carer' includes children and young people under 18 who provide regular and ongoing care and emotional support to a family member who is physically or mentally ill, disabled or misuses substances.

England Statistics



Darlington 197

Hartlepool 180

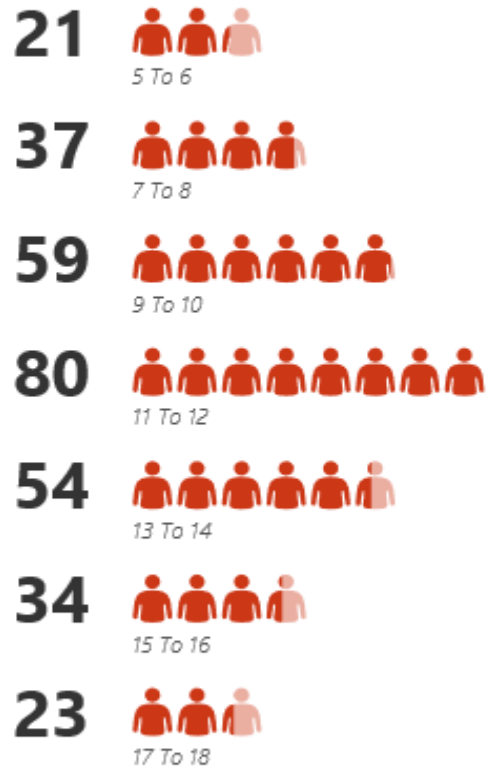
Middlesbrough 274

Redcar & Cleveland 294

Stockton-on-Tees 344

YOUNG CARERS REFERRALS

01.04.17 – 31.03.18



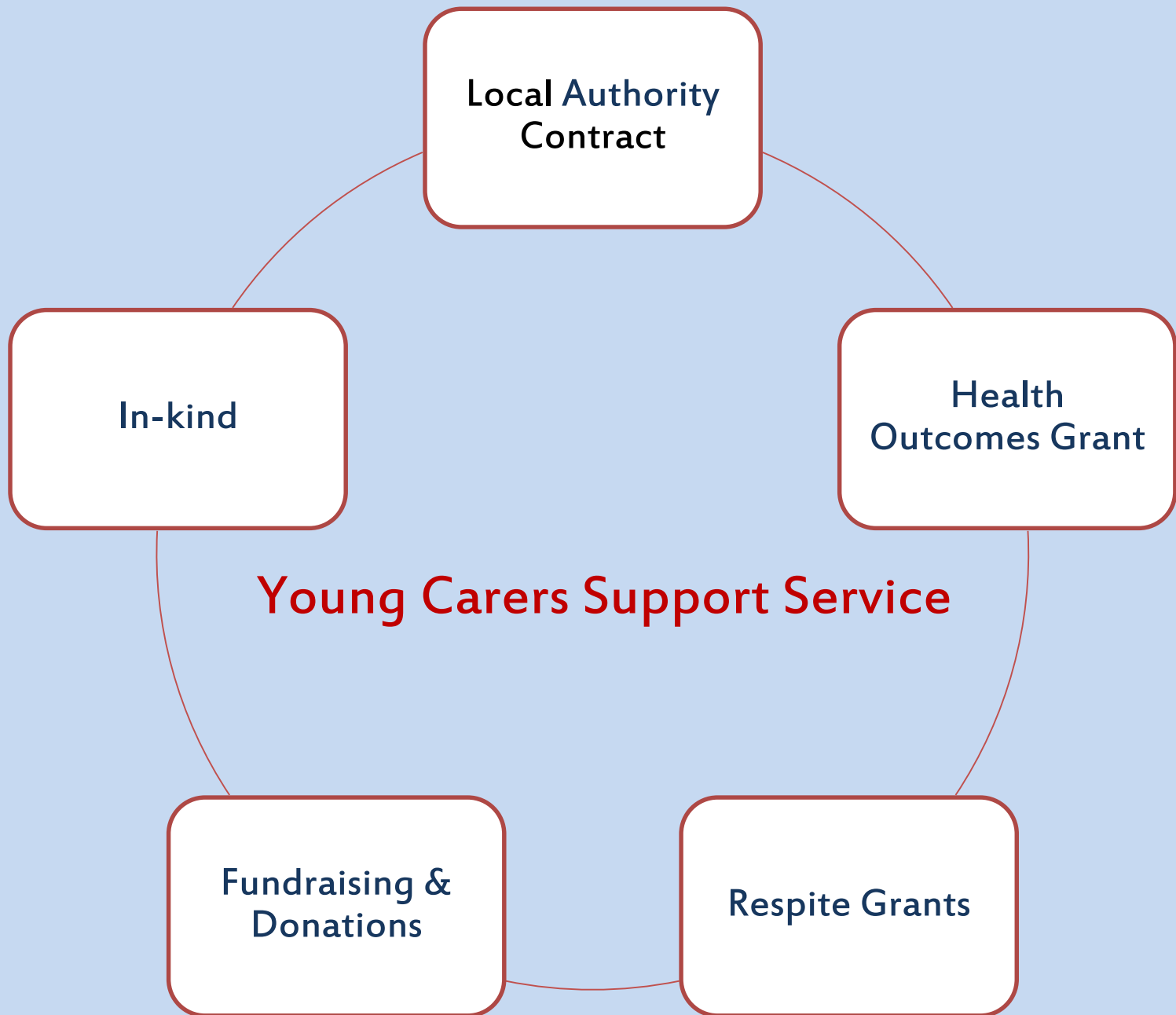
Total – 308

308 - Young Carers Assessments

Most: Age 11-12

Least: Age 5-6

Caseload 152 [01.04.18]



Access:

- Child or young person aged 5 to 17 years old (up to 18th birthday with period of transition to adult services if required)
- Caring for a family member in the Stockton-on-Tees Borough.

Referral:

- Young Carers Referral Form OR Early Help Assessment
- Email/post/telephone/in person
- Urgent referrals responded to within 24 hours

Assessments:

- Young carer
- Whole family

Why do Young Carers Care?

Fear – isolation & stigma

Not realising they are a young carer

Because they care

Family norm

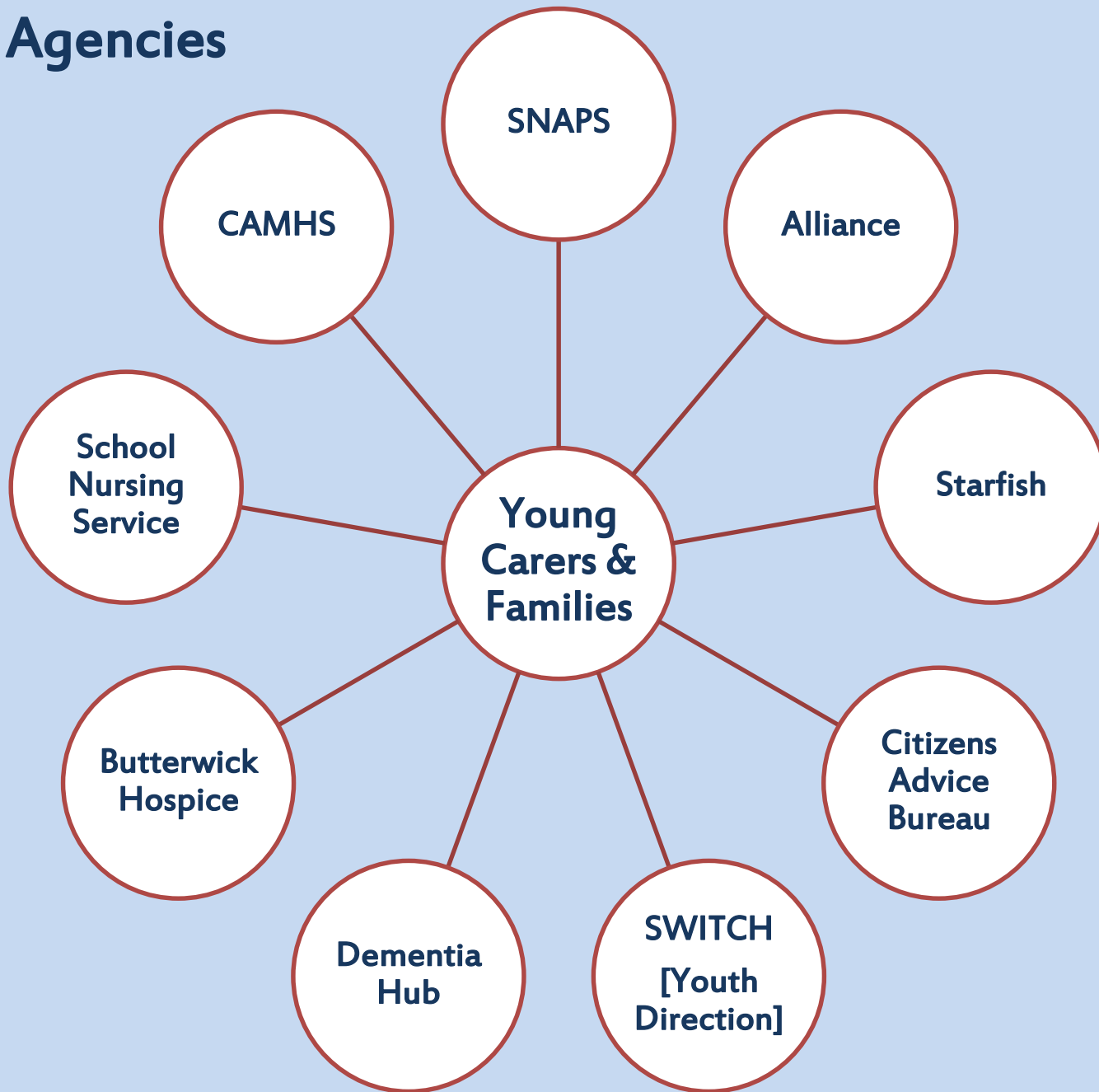
Life happens

Unmet need(s)

Young Carers Menu of Support

- Dedicated Counselling Service
- Support groups
- Advice & information
- Crisis management
- Young carers card
- Respite
- Peer support
- Wellness planning
- Training
- 1:1 support
- Community engagement
- Access to a school nurse
- School holiday programmes
- Text Service
- Advocacy
- Signposting/referral

Partner Agencies



Working Practice

Examples:



**Dementia
Hub**

2 female young carers
Parent with Dementia
Dementia Friends
'Feel Lighter'



**SWITCH
[Youth
Direction]**

1 female young carer
Single parent family
Training
No self-harm since Jan 18



**Butterwick
Hospice**

1 female young carer
Parental mental health
Early Intervention
Bereavement Counselling

Respite

- Take a break
- Time for themselves
- Meet others experiencing similar situations
- Friendship
- Play/have fun
- Chill out
- Childhood
- Take part in activities similar to their peers

“As a young carer you can’t do as much stuff as you want to so it’s good to get a break from home”

“I can give up the responsibility of being a young carer for a few hours and be a normal 16 year old”

“Its good to get away from the stress of helping out”

“Having someone to talk to who understands means I can go to school less stressed and I can cope with school better”



Young Carers Card



Launched January 2016

Backed by Stockton-on-Tees Borough Council & Hartlepool and Stockton-on-Tees Clinical Commissioning Group

Form of identification for young carers aged 11-18

Reduce the need for lengthy explanations

Schools, colleges, GP surgeries, youth clubs etc

“Hartlepool and Stockton-on-Tees Clinical Commissioning Group acknowledges the important and demanding role of young carers and is pleased to support the Young Carers Card”



Meeting the health and wellbeing needs of young carers

Dedicated Young Carers Counselling Service

The aim of the service is to improve young carers' emotional health and wellbeing, build resilience and prevent long term mental health illness.

- Commenced October 2017
- Improved access to therapy
- Face to face
- Online (cyber)
- Not time limited
- Transport provided (where required)
- Clinical evidence based tool to measure health benefits

Counselling Outcomes

YP-Core - reduced by 20 points

SDQ Score - reduced by 13 points

“It’s allowed me to share my thoughts and feelings”

Young Carer

“I wish I could have more sessions because its fun, I don’t want them to end”

Young Carer

“My daughter has really benefitted from counselling. She is not as stressed and manages her own emotions better”

Parent

“My daughter talks about her feelings because she understands them better”

Parent

The Glitch's...

- Lack of therapeutic services for children/young people
- Not all schools buy in
- Referrals for support lost
- Communication
- Understanding
- Timescales
- Expectations
- Venue
- Access



- Multi-Agency Partnership Work
- Joint Home Visits
- Training
- Young Carers Card
- One to One Support
- Respite
- Advocacy
- Flexibility
- Early Intervention
- Whole Family Working
- Dedicated Counselling Service

Improved emotional
well-being and mental health.

Thank you for listening.