

## **AGENDA ITEM 5b**

### **REPORT TO CORPORATE PARENTING BOARD**

**14 APRIL 2023**

### **REPORT OF DIRECTOR OF CHILDREN'S SERVICES**

#### **Children in our care CAMHS Service**

##### **SUMMARY**

In recent years there has been significant transformation of children and young people's mental health and wellbeing services within Stockton-on-Tees. Working in partnership with North East and North Cumbria Integrated Care Board, Children's Services is developing and embedding the iThrive framework, a needs led framework of mental health and wellbeing support for children and young people which supports access to the right provision at the right time and the right intensity. Work has also been ongoing to support the implementation of Mental Health Support Teams within education settings and the strengthening of VCSE services for children and young people with mild to moderate mental health issues, alongside the ongoing transformation of the specialist core CAMHS service delivered by Tees Esk and Wear Valley (TEWV) NHS Trust. This has laid the foundations for transformation of the delivery of mental health and wellbeing support to Children in our Care.

##### **RECOMMENDATIONS**

1. Members of the Corporate Parenting Board are requested to note the content of this paper ahead of a presentation at April's meeting which sets out the emerging impact of the new service model.

##### **DETAIL**

1. Throughout the last decade, Children's Services has commissioned mental health and wellbeing support for Children in Our Care from the specialist core CAMHS service which has enabled faster access to CAMHS therapeutic support. Whilst this provision has been highly valued and has contributed to positive outcomes for some children and young people, the wider mental health and wellbeing system has evolved during this time as has our understanding of the impact of early and adverse childhood experiences on long term health and wellbeing outcomes. During 2021, a review of the commissioned service was undertaken and identified the following areas to be strengthened:
  - Knowledge and understanding of mental health and wellbeing and evidence-based interventions for staff who work with children in our care including social workers and residential care workers.
  - Knowledge and understanding of mental health and wellbeing, therapeutic approaches and evidence-based interventions for foster carers who care for children in our care.

- Consultation and formulation for social workers, residential care staff and foster carers when a child or young person's mental health and wellbeing needs change.
  - Rapid access to specialist core CAMHS services when needed.
2. Since October 2022 a new model has been implemented to address the gaps identified. The model seeks to make effective use of capacity within the wider children and young people's mental health and wellbeing system and to better utilise the developing iThrive framework across the borough to ensure children and young people receive support at the earliest opportunity, delivered by the most appropriate practitioner and intervention to support their needs.
  3. The new model includes:
    - A consultation model with specialist knowledge from TEWV practitioners to increase confidence and upskill the workforce to support children and young people without the need for a referral to specialist services.
    - Delivery of training to the workforce to ensure that the needs of children are understood within the context of their lived experience.
    - Delivery of training to foster carers and family and friends carers to support them to create a therapeutic environment which will support a child/young person's mental health and wellbeing.
    - Support and consultation for strategic decision-making including advice re: scope of psychological assessment, therapeutic interventions within placements etc.
    - Delivery of specialist therapeutic interventions to children and young people.
  4. A presentation will be delivered at Corporate Parenting Board on 14<sup>th</sup> April 2023 to provide further detail and information about the new model including an overview of the previous model, how the new model was developed and is being implemented in the context of iThrive and an update on emerging themes and impact from the implementation of the new model including the multi-agency consultation and formulation approach.

**Name of Contact Officer:** Martin Gray  
**Post Title:** Director of Children's Services  
**Telephone No:** 01642 527043  
**Email address:** martin.gray@stockton.gov.uk