

# Children in Our Care

## Therapeutic Service

- Overview of the previous model
- How the new model was developed and is being implemented in the context of I-Thrive.
- An update on emerging themes/impact from delivery of the new model

# Previous service delivery

## 'Looked After Children' CAMHS Service

- Delivered through Tees Esk and Wear Valley Trust (TEWV) since 2014
- Model included referral to a LAC CAMHS team for therapeutic assessment and support.
- Staff team included- clinical psychology support and two clinical therapeutic specialists.
- Due to volume of referrals – children and young people were often experiencing delays in accessing support.

# What we did- new model development

## Moving to a Children in Our Care therapeutic model

- Engagement with Integrated Care Partnership, TEWV and Children's Services
- Building on I-Thrive model to provide early support at the right time
- Utilising wider workforce of therapeutic workers and Childrens Wellbeing Practitioners within the Local Authority, the wider VCSE sector and Mental Health Support Teams.
- Developing a model of advice and support to guide practitioners to support children and young people's mental health and wellbeing

# I-Thrive

*Description of the THRIVE groups*



*Input offered*



# New model functions from 2022

## Children in Our Care therapeutic model

- Ethos that Mental Health is ‘everyone’s concern’
- Multi-Disciplinary Team consultation model - utilising wider workforce to offer support at the earliest opportunity across a range of needs
- Upskilling of wider workforce to feel confident
- Advice, guidance and training offered to carers
- 1:1 support to children and young people
- Strategic support to Local Authority to develop therapeutic approaches across the workforce and understand gaps in service delivery

# What has happened so far

- Overall, 70 young people engaged with specialist CAMHS services. All cases being reviewed to ensure they are receiving the most appropriate support (including support to social worker, carer or direct therapeutic work).
- 11 referrals have been received into the new model (November 2022), with approximately half then receiving support from other parts of the system (e.g. therapeutic support from VCSE sector as need was moderate rather than severe, advice and guidance provided to carer without the need for further referral).
- A 12 week nurturing and attachment programme delivered to foster carers, another due to start end of April.
- Two training sessions delivered to foster carers.
- A range of training and advice delivered to residential services, social care and education focusing on trauma and attachment.