

## **LAC HEALTH PROCEDURES MENTAL HEALTH AND WELL-BEING**

The LAC nurse team has no involvement with mental health issues, but do have contacts with West Berkshire CAMHS. They have no involvement with the completion of SDQs (Strengths and Difficulties Questionnaire) but can access the child's RAISE record to gain the SDQ score in order to inform their Summary Health Care Plan.

### **Strengths and Difficulties Questionnaire**

When a Looked After Child has been in local authority care for more than 12 months, and is aged between 4 and 16, they should have an SDQ completed. This is a double-sided multiple-choice tick box form in three parts, one to be completed by the main carer, the second by the Designated Teacher for LAC at the school they attend, and the third by the child, if aged between 11 and 16.

These forms are all sent out by (TBA). When (TBA) receives all 3 completed forms, they will be 'scored'. This is done using the SDQ website, and when the results are input from each of the forms, the site gives you a summary and an overall stress score. This score is then put onto Raise. Any overall stress score over 20 is classed as High Risk and the child's social worker advised by e-mail.

This whole process is repeated every 12 months.

When a child has been in care for a few years, and several scores recorded, a pattern will emerge as an indication of their emotional well-being.

This score also informs the Summary Health Care Plan that the LAC nurses compile.

### **CAMHS – Child and Adolescent Mental Health Service**

The aim of the service is to promote good mental health and treatment for young people aged up to 18.

If a LAC child is causing concern, the social worker can make an appointment at the next CAMHS consultation session. The sessions are held once every month, usually but not exclusively, at West Point House, and are an opportunity where the social worker can discuss individual cases with a CAMHS representative. Appointments for these monthly sessions are made through the Business Support Manager ([vlee@westberks.gov.uk](mailto:vlee@westberks.gov.uk)) at the Turnhams Green office.

If anyone has more immediate concerns about a child or young person, they should in the first instance contact the Common Point of Entry (CPE) Team on telephone 0300 365 0300 or fax 01344 415 750 (this part of the service is based in Bracknell). This team is staffed by mental health professionals and judgments will be made on the severity of the condition by how it impacts on daily life.

Any professional can make a referral to CAMHS for a child with severe or enduring difficulties; they do not have to be referred by a GP.

CAMHS categorise children into one of the three categories below, in order that social workers can seek help from the correct professionals as follows:

- **Mild to moderate behaviour, ie attachment difficulties** – no CAMHS referral but seek advice from local voluntary counselling services or local paediatric services.
- **Moderate behaviour, ie mental illness or ADHD diagnosis** – complete a CAMHS referral form
- **Severe or urgent behaviour, ie high risk of suicide** – complete a CAMHS referral form marked 'urgent' and follow up with a phone call.

**CAMHS prioritise LAC children.** If a referral is made for a LAC, they will be seen within 10 working days for a routine referral, but if the referral is urgent, it will be dealt with within 24 hours by the CPE/Urgent Care team.

**Contact Point : Common Point of Entry**

**Address : CPE Office, 4<sup>th</sup> floor, Fitzwilliam House, Skimped Hill Lane, Bracknell RG12 1BQ**

**Tel : 0300 365 0300**

**Website : [www.berkshirehealthcare.nhs.uk/camhs](http://www.berkshirehealthcare.nhs.uk/camhs)**

**OTHER ORGANISATIONS TO CONSULT REGARDING MENTAL HEALTH CONCERNS:**

### **WBC Educational Psychology Service**

The service is changing in September in how they deliver their service to schools and the areas covered by team members but KB will continue to deal with Leaving Care cases. There are 11 members in the team and each has their specialist area.

New leaflet "Extending our offer to schools" which details services and training offered to schools and the costs. KB is currently working with two Leaving Care yp, one was referred to her at the Life Chances Team meeting and the other was at the request of the SEN team when a Statement was converted to an EHC plan.

Looking at a few of the courses in the leaflet:

**Emotional First Aid:** this helps people spot the early signs of various disorders. The Virtual School Head is running training for Designated Teachers for LAC.

**Mindfulness:** suggested this would be a very positive course for social workers or young people.

**Growing a Nurturing Classroom:** KB suggested this could be offered to social workers rather than a school.

**Video Interactive Guidance:** camera is set up at school or in the home where 90% of the behaviour witnessed is negative and only 10% is positive, but after careful editing out of much of the negative, the film is played back to the class teacher or carer to demonstrate the positives.

Parents Emotional First Aid: this would be appropriate for foster carers or adoptive parents.

There is a cost for each course, and Cathy Burnham or Michelle Sancho should be approached for quotes or bookings. KB happy to answer any queries at Life Chances or by e-mail.

**Contact : Karen Bailey**

**E-mail : [kbailey@westberks.gov.uk](mailto:kbailey@westberks.gov.uk)**

### **Time to Talk**

This is a charity, based in Newbury, who offer 60 individual sessions a week at their offices and also go into schools – Brookfields, The Willink and The Downs. In schools they hold group sessions, largely preventative, around stress and other areas, including self-harming, and negative body image. Their therapists, all volunteers, would come in at the CAMHS equivalent of Tier 2. All counsellors are person-centred and have some knowledge of CBT. They would normally offer several sessions every week over a three month period. The service is free to yp. They cover yp aged 11-25 yrs old in West Berks.

Referrals can be made by a GP, CAMHS, schools or self-referral. It is hoped that an assessment session would be held within 10 days of referral or phone call.

Approximate waiting time for therapy to begin is 2 months from referral & assessment.

Would love to join in with the Leaving Care drop-in at Waterside Centre.

**Contact : Davina Nicholson (Clinical Lead)**

**e-mail : [Clinical.Lead@t2twb.org](mailto:Clinical.Lead@t2twb.org)**

**Broadway House, 4-8 The Broadway, Newbury RG14 1BA**

**Tel : 01635 760331**

**Website : [www.t2twb.org](http://www.t2twb.org)**

### **Talking Therapies**

This NHS group deliver therapy across Berks, with centres in Reading, Newbury and Wokingham. They take patients from age 17, dealing with problems such as depression, anxiety, post-traumatic stress disorder. The website lists what is on offer, from telephone therapy to a well-being course in a group setting, to a stress control workshop. All therapy is free of charge. They also offer computerised Cognitive Behaviour Therapy and some other therapies, including those for worry and depression, are offered on-line, so can be accessed immediately.

Clients can self-refer, or be referred by professionals, and referrals can be made on-line or by text or phone.

Interventions from therapists can be over the phone or face to face. If higher intensity work is required, the therapist will offer a number of sessions or signpost the client to other services.

Once a referral is made a therapist will phone to carry out a “triage” and once contact has been made there is a wait of between one and two weeks for ‘help’ to start, or if

more treatment is needed it can be 4 – 6 wks. The computer package gives immediate access. The service is confidential and social workers would not be notified of outcomes as the minimum age is 18.

**Contact : Munya Chigwada (Sen Cognitive Behaviour Therapist)**

**e-mail : [munya.chigwada@berkshire.nhs.uk](mailto:munya.chigwada@berkshire.nhs.uk)**

**Tel : 0300 365 2000**

**Website : [www.talkingtherapies.berkshire.nhs.uk](http://www.talkingtherapies.berkshire.nhs.uk)**

### **Daisy's Dream**

This service is aimed at children up to the age of 19, across Berkshire, supporting children/yp living with bereavement or life-limiting illness in the family. Referrals are taken from anyone. If appropriate DD meet the yp or they can meet the foster carer to give advice and support – they don't always work directly with the yp. DD would first do an assessment, possibly speaking to the social worker, and would then meet the yp. Some assessments are made over the phone.

It is an open-ended service – no fixed number of sessions or time. Each case is reviewed after each visit. Most staff have a background in social work. It is very much about the right time and place: the assessment is key. The yp could be signposted to another service. It is an outreach service with most meetings being held in schools, but sometimes at the yp's home. The work can include some life-story work.

Social workers can phone the service for advice. DD also offers training throughout the year (more details on the website).

**Contact : Gill Stevens**

**e-mail : [info@daisysdream.org.uk](mailto:info@daisysdream.org.uk)**

**Tel : 0118 934 2604**

**Website : [www.daisysdream.org.uk](http://www.daisysdream.org.uk)**

### **Trust House Reading**

This is a rape and sexual abuse centre in Reading, which covers the whole of Berkshire, although they are hoping to open a centre in Newbury. They provide counselling, play therapy and individual workshops, and also go into schools with workshops on CSE and relationship building. Age range is not specific: adults and children.

They also offer lots of practical support such as help with housing or benefits. Counselling can be short or long term and is reviewed from time to time.

Referral can be made via the website or can be completed over the phone.

**Contact : Namita Prakash**

**e-mail : [support@trushouseredding.org](mailto:support@trushouseredding.org)**

**Tel : 0118 958 4033**

**Website : [www.trushouseredding.org](http://www.trushouseredding.org)**