



Appendix A

Emotional Well Being and Mental Health (EWB&MH)

Promoting the Emotional Well Being and Mental Health of Looked After Children and Young People, including The Role of SDQs

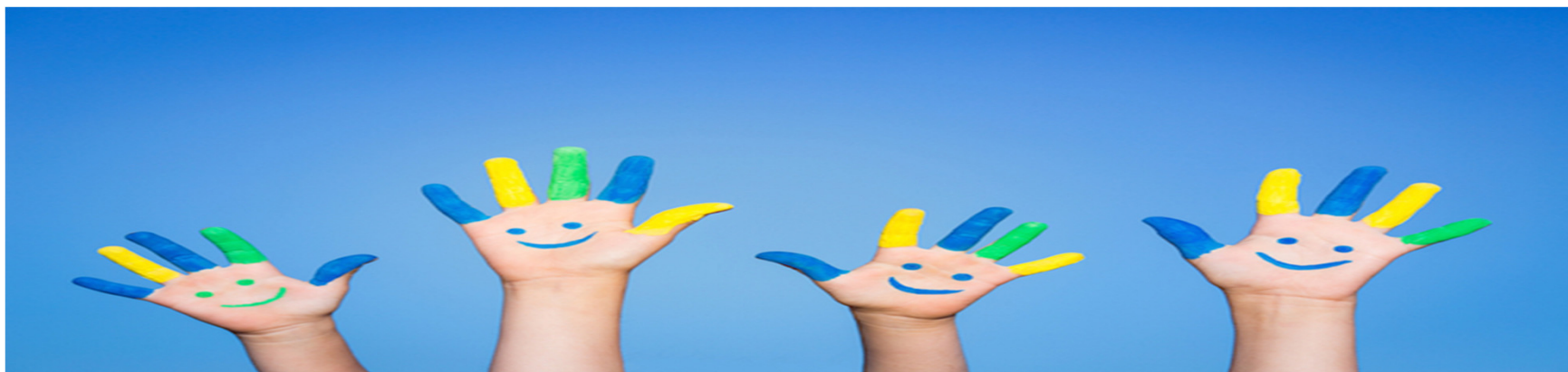
- 1) What is emotional well being and mental health?
- 2) What promotes Emotional Well Being and Mental Health and what doesn't help?
- 3) What is a Strengths and Difficulties Questionnaire (SDQ)?
- 4) What is the profile of our SDQ cohort?
- 5) What do we do for Looked After Children and Young People whose SDQ indicates follow up is required?
- 6) Conclusion
- 7) NEXT STEPS



Contributors to this presentation

- 1) **Children in Care Council members and Ambassadors**
- 2) Nigel Stock, Practice Manager, Court and Permanence
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- 4) Jackie Edwards, Virtual School Head
- 5) Nicola Bescoby, Looked After Children Nurses
- 6) Pat Jennings, Youth Offending Service
- 7) Social Work Practitioners
- 8) Annie Craig, Practice Manager Fostering
- 9) Amy Clark, Registered Manager, Clophill
- 10) Dr. Sanhita Chakrabarti, Clinical Lead, Bedfordshire Clinical Commissioning Group
- 11) CBC Performance Team





Direct Quotes from CAMHS service users:

Having my CAMHS practitioner's email so I can contact her when I need her

School – 'means everything', friends, supportive teachers, planning for my future

Participation and a sense of belonging to my community

CAMHS groups (art)

Family support

My inpatient friends and CAMHS friends I have met through groups/interview participation



‘at CAMHS they use questionnaires and some people, when I am in a better place make reference that they "have the old me back".

However I don't think comparing yourself to how you used to be is quite the best way to measure it because circumstances change and as people we are constantly learning new things about both ourselves and others’.

1)What is Emotional Well Being and Mental Health - **NICE (2013) Quality Standard 31: The health and wellbeing of looked-after children and young people. Statement 3.**

Emotional wellbeing (including happiness and confidence, and the opposite of depression/anxiety).



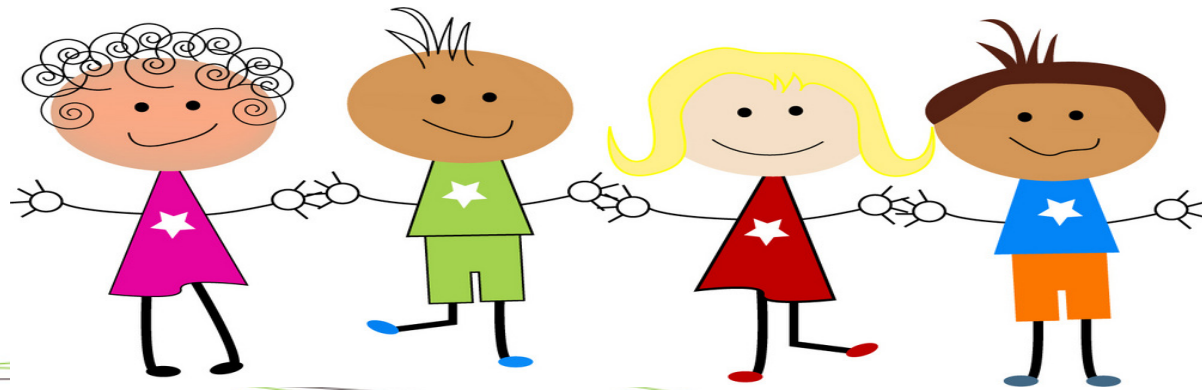
NICE (2013) Quality Standard 31: The health and wellbeing of looked-after children and young people. Statement 3.

Psychological wellbeing (including resilience, confidence, autonomy, attentiveness/involvement and the capacity to manage conflict and to problem solve).



NICE (2013) Quality Standard 31: The health and wellbeing of looked-after children and young people. Statement 3.

Social wellbeing (good relationships with others, and the opposite of conduct disorder, delinquency, interpersonal violence and bullying)



Other elements that promote positive emotional wellbeing and mental health

Good physical health



Stability



Social networks



2) Further more.....

- Feeling safe, happy and doing well in School



- Attachment, Identity and Self esteem



- Parents and Carers able to provide these things



Moving on to Looked After C/YP

2) Comments from CiCC members and Ambassadors: What promotes EWB&MH for Looked After Children/Young People?



- Placement Stability
- Consistency of Carers/Workers, School, Accommodation
- Group experience
- Social Workers coming along to events in the lives of looked after children and young people.
- Mentoring, informal mentoring
- Understanding that there isn't a set level of development
- Same gender workers (for boys especially) because girls get female workers
- Sensitivity from – e.g. Schools – re family structures
- Integrated, coordinated services

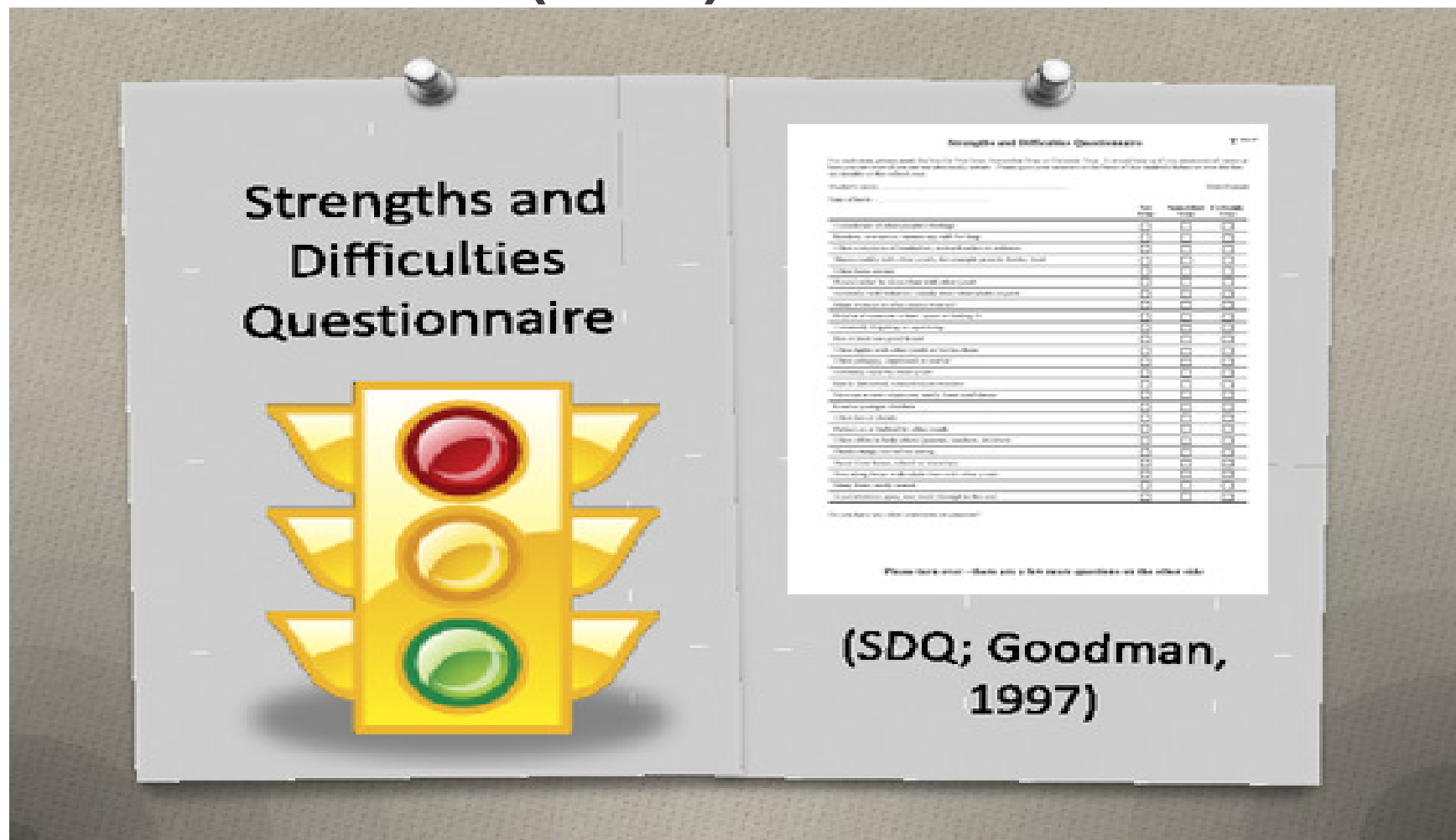
Knowing about your past and where you came from so it feels like your life has meaning

Questions? Moving Onto to SDQ

**NSPCC - What works to improve the emotional wellbeing of children in care
2015 – A Systems Approach. Louise Bazalgette, Tom Rahilly and Grace Trevelyan**

<https://www.youtube.com/watch?v=fSOVk2cS-sY>

3) What is a Strengths and Difficulties Questionnaire (SDQ)?



(SDQ; Goodman, 1997)

3) What is a Strengths and Difficulties Questionnaire (SDQ)?

- A screening tool to assist in ensuring that the Emotional Well Being and Mental Health Needs of looked after children are being met
- A questionnaire available from the DfE which when completed gives a rating between 0 and 40. **A rating of 17+ is regarded as an indicator that further follow up** (assessment, professional input or treatment) *may* be needed
- Age banded for 2-4yr olds and 4-10 and 11 to 17yr olds
- ***“SDQ provides a broad measure of well being that might indicate need for further assessment... but cannot be used to screen for specific mental health issues...”***
- **ITS NOT: A Psychiatric Assessment**

SDQs, Overall Score, Specific Areas

For all 3 types of SDQ There is an overall score which is made up of scores in the following areas

- Emotion
- Behaviour
- Activity, Calmness, Concentration
- Peer relationships
- Positive Behaviour
- Impact of experiences

Who completes SDQs on whom?

- **All Looked After Children** 4-16yrs old, looked after 1 yr.+ , **must have an SDQ.**
- This SDQ is **completed by Their carers**, typically, foster carers or carers in residential homes.
- There are also **Education SDQs** and **SDQs** to be **completed by children and young people**
- **For a group of Looked After Children and Young People, Education and Self completion SDQs are being used as well as Carers' SDQs**

3) SDQ, Strengths

- Brief and easy to administer.
- It accurately measures what it is supposed to.
- Available in different languages and downloadable from the internet.
- Simple to score and interpret, with norms by country and gender
- Appears to be reliable in assessing looked after children (Goodman and Goodman, 2012).
- It is widely used across UK.

Measuring the wellbeing of looked after children - current approaches and future recommendations, Dartington, Research Into Practice

3) SDQ, Areas for Development

- **Low rates** of completion nationally
- **It is subject to variations** attributable to the individual completing it



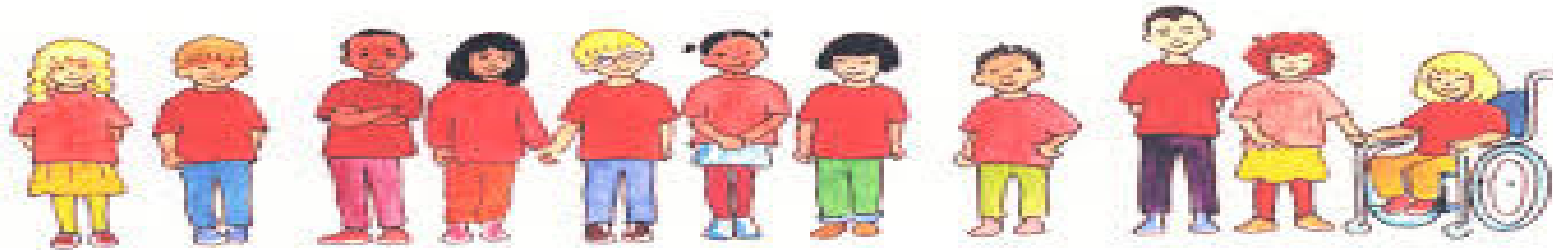
SDQ, Area for Development

2 or 3 people completing the form is better than 1

Does it ask how children and young people **feel**?



4) What is the profile of our SDQ Cohort



➤ COMPLETION

➤ AVERAGE SCORE

➤ SDQ Scores and Other Factors

COMPLETION OF STRENGTHS AND DIFFICULTIES QUESTIONNAIRES

Percentage of SDQ questionnaires completed

	31 03 2015	31 03 2016.
Stat Neighbours Ave:	60.1%	TBC
National Average:	71.8%	TBC
CBC:	???	???
Current fig:	???	

COMPLETION OF STRENGTHS AND DIFFICULTIES QUESTIONNAIRES

Percentage of SDQ questionnaires completed

	31 03 2015	31 03 2016.
Stat Neighbours Ave:	60.1%	TBC
National Average:	71.8%	TBC
CBC:	100%	100%
Current fig:	95.5%,	

Positive for CBC, Comparisons

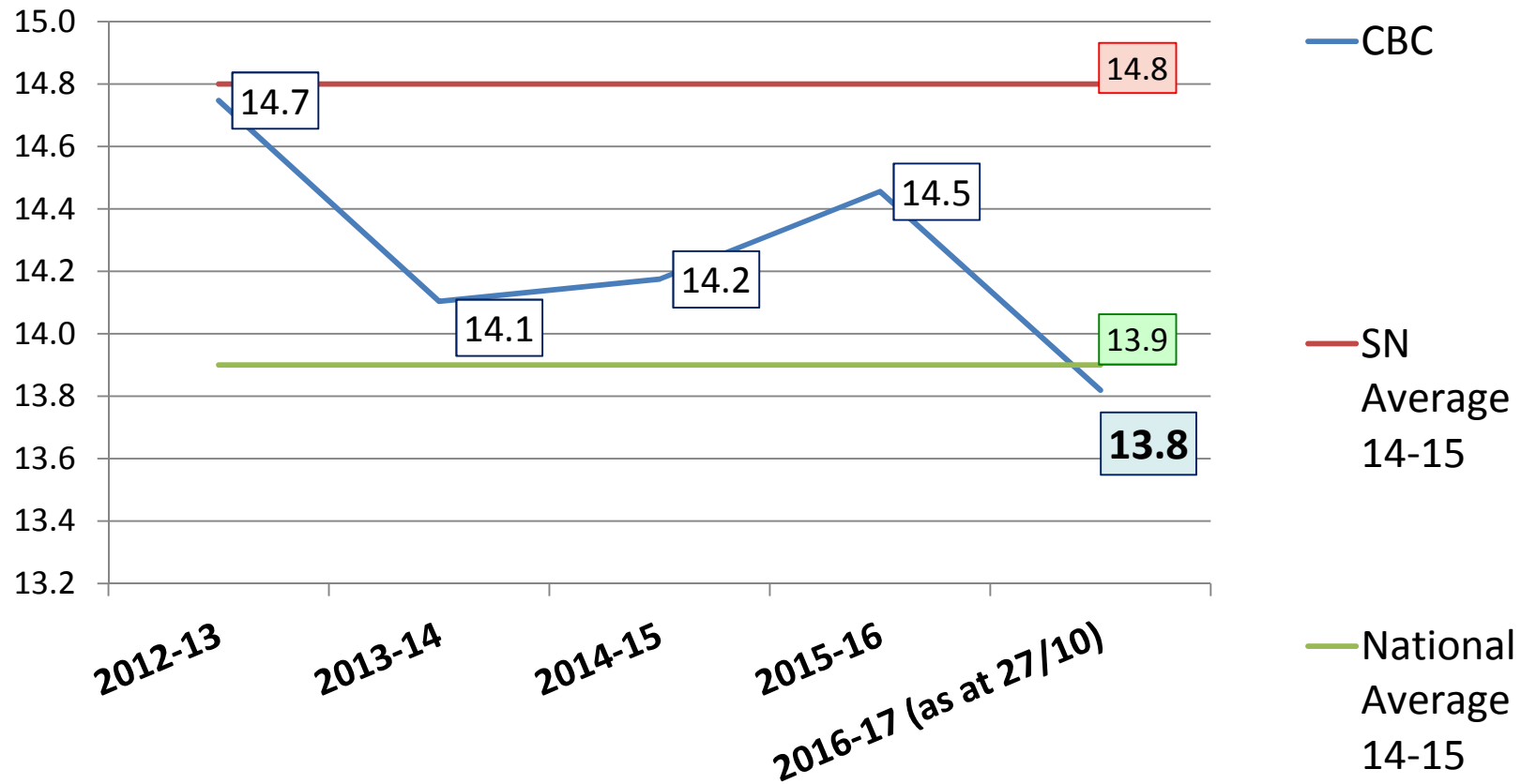
4) What is the profile of our SDQ Cohort

- SDQs are completed on all Looked After Children and Young People aged 2-16 who have been looked after longer than a year
- On Fri 27 10 2016. there were **105** children and young people in this category.
- The current average SDQ score for them is **13.82** This is below target, **well below statistical neighbours** and **just below national average.**

LOW Score = GOOD

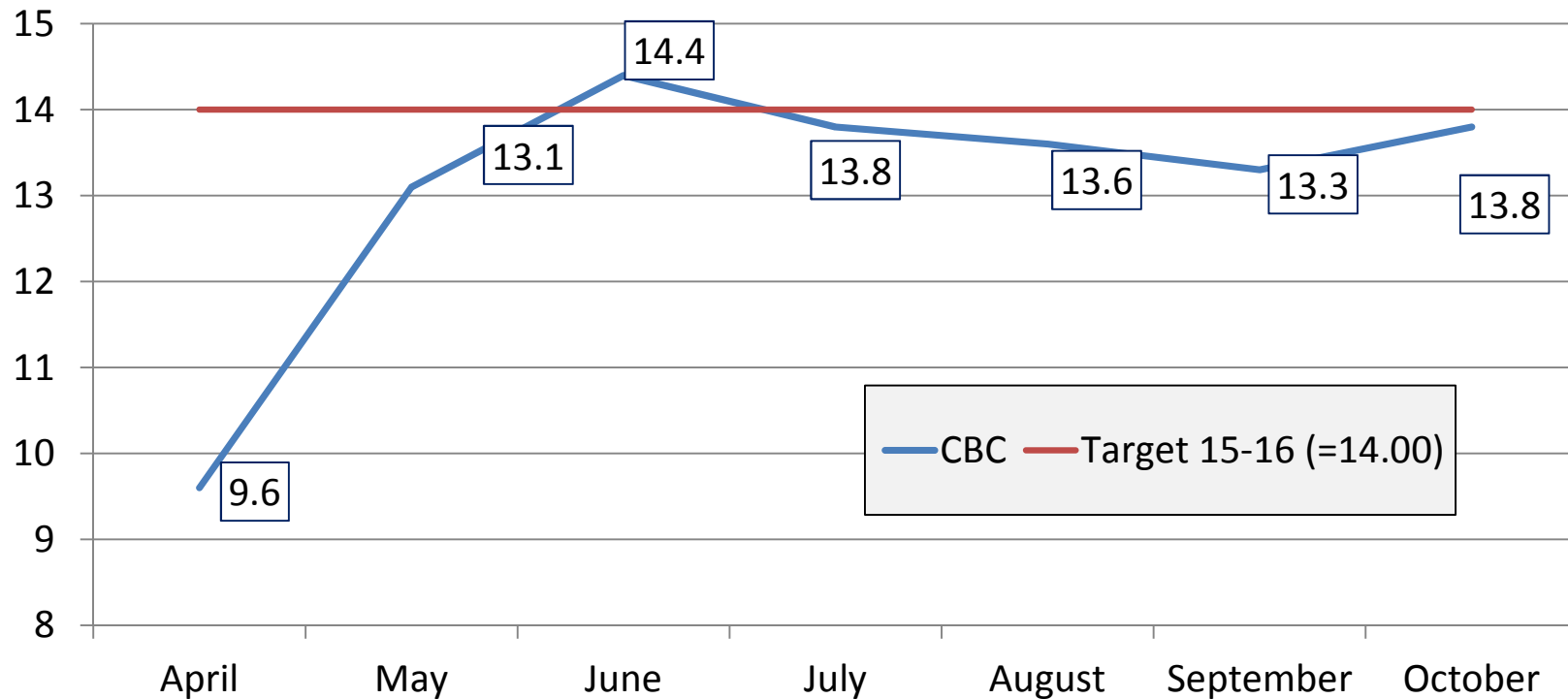
4) What is the profile of our SDQ Cohort: History, Progress.

Average SDQ Scores



4) What is the profile of our SDQ Cohort: History, Progress.

Average SDQ Scores YTD Monthly, THIS YEAR



4) What is the profile of our SDQ Cohort

- The average score for:



Males is **15.18**



Females is **12.32**

- There are 5 unaccompanied Asylum Seeking Children/ Young People in the Cohort

4) What is the profile of our SDQ Cohort

There is not a striking effect on SDQ scores by Age, length of time looked after or length of time in placement

Ethnicity: of the **105** in the cohort **77** are in the category “White-British”, there are 9 other categories which have between 1 and 6 children/young people in them.

Average SDQ score of Looked After Children and Young People of **White-British** ethnicity is **13.85** (cf 13.82 whole cohort)

There were high **SDQ scores** for a small number of children and young people from **Traveller and Other Mixed backgrounds**

4) What is the profile of our SDQ Cohort

➤ Disability:

The average SDQ score of children and young people supported by Social Workers from the **Children With Disabilities (CWD) team** (a small number) is

16.25

This is higher than average for total cohort (13.85) and the average for other teams (13.72),

4) What is the profile of our SDQ Cohort. Placement Type

From **Lowest to Highest average SDQ score**, placement types can be ranked in the following way:

- 1) **Friends/family approved as foster carers (6.16)**
- 2) **Children rehabilitated to the care of their parent(s) (9.33)** very small numbers
- 3) **Homes/Hostels (9.67)** very small numbers
- 4) **Children in categories of Foster Care (13.3-14.9)**
All of the above below DfE guidance for follow up.
- 5) **Children's Homes (19.4)** 10 children/young people
(including 4 with Social Workers from CWD team)

4) What is the profile of our SDQ Cohort

➤ Placement Stability:

There is a small but significant positive impact from placement stability for SDQ Scores.

Placement Moves in Last 12months	Number of Children	Average Score
One move in last 12 months	69	13.65
2 Moves in last 12 months	27	14.26
3 moves in last 12 months	Smaller no	15.83

Same placement for 2+ years	Number of Children	Average Score
Yes	42	13.14
No	63	14.27

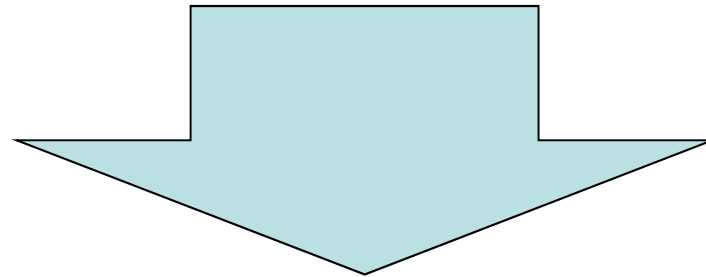
NEXT:

5) What do we do for Looked After Children and Young People whose SDQ indicates follow up is required?



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Child/Young Person, SDQ score 13+



Social Worker Consultation with the Child and Adolescent Mental Health Services (CAMHS) Looked After Children Team. Needs and professional support offered, reviewed any further support needed is offered

Social Workers work closely with CAMHS clinicians who are in the same office, as well as teachers, carers and other professionals



Drawing conclusions

6) Conclusions

- **It is important** not to place too great a burden on SDQ scores to gauge the relative emotional well being and mental health of our Looked After Children and Young People
- **CBC is doing well in** reducing the average SDQ score of its Looked After Children and Young People
- **17+ year olds** do not benefit from these and related processes, particularly unaccompanied asylum seeking children/young people (5 in cohort)

6) Conclusions

What have we done to promote Emotional Well Being and Mental Health?

- Improved the placement stability of children and young people who have been looked after for 2½ years plus.
- Develop a pilot project in one of the social work teams to use Education and Self completed SDQs alongside Carers' SDQs.
- The embedding of clinicians in the corporate Parenting Service including co-location with Social Work, Fostering and Adoption Teams.

6) Conclusions

What have we done to promote Emotional Well Being and Mental Health?

- Maintained a stable staff group and therefore continuity of allocated social workers.
- Closer working with Designated Teachers and their schools

7) NEXT STEPS

- 1) To investigate and make recommendations with regard to the Gender difference in SDQ scores**
- 2) Full roll out of use of Educational SDQ's for all Looked After Children and Self completed questionnaires for all 11 to 17year olds, where there are scores of 13+ and ultimately for all Looked After Children and Young People with the purpose of:**

▪

7) NEXT STEPS

3) Prompting discussion not so much about the prevention of mental ill-health but their emotional well being

- How does the child or young person feel?**

4) Develop practice to ensure that the emotional well being and mental health needs of older Looked After Children and Young People are screened and addressed

5) Examine the particular needs in this area for looked after children and young people with the ethnicity of Traveller or Other mixed and develop a response.

7) NEXT STEPS

6) Continue with all activity addressing placement stability

7) Link and coordinate activity of this group of contributors with the task and finish group on Children's Emotional Resilience and Mental Health and Wellbeing led by Dr. Sanhita Chakrabarti

8) Improve choices for the support of good emotional well being and mental health for our Looked After Children and Young People

