

# Scrutiny for Policies, Children and Families Committee (virtual meetings from May 2020 due to Coronavirus)



Wednesday 27 January 2021

1.00 pm Microsoft Teams Meeting

## SUPPLEMENT TO THE AGENDA

To: The Members of the Scrutiny for Policies, Children and Families Committee (virtual meetings from May 2020 due to Coronavirus)

We are now able to enclose the following information which was unavailable when the agenda was published: -

|               |   |
|---------------|---|
| <b>Item 6</b> | <b>Children's Services Data Overview</b> – presentation (Pages <b>3 - 24</b> ).<br><br>To consider presentation on Children's Services data trends.<br><br>Note – The Chair will be allowing at least an hour for this agenda item. |
|---------------|---|

|               |  |
|---------------|--|
| <b>Item 7</b> | <b>The Impact of COVID-19 on children and young people's mental health and wellbeing</b> – presentation (Pages <b>25 – 45</b> ).<br><br>This will be a multi-agency session, with representatives from Children's Services, Public Health, CAMHS, CLA team presenting.<br><br><u>All Members of the Adults and Health Scrutiny Committee are most welcome to attend for this item.</u><br><br>Note – The Chair will be allowing at least an hour for this agenda item. |
|---------------|--|

**The Chair has asked that members make every effort to review the presentations prior to the meeting, to help get the most from officers time, the meeting runs smoother and allows time for questions.**

Published on 22 January 2021

Democratic Service Team, County Hall, Taunton

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# Children's Services data overview – 2020

## Children's Social Care

Children and Families Scrutiny Committee

27<sup>th</sup> January 2021.



# Purpose of presentation

For the Committee:

- to consider Children's Services data and partnership qualitative information to identify areas of possible concern and success in the strategic leadership of the Somerset children's partnership.
- to explore potential hypotheses from the information provided, about the effectiveness of specific aspects of that leadership in improving children's lives.
- to prioritise the hypotheses the committee would like to test, through work integrated into the Forward Plan



# Content

## **4 sections**

- Early Help
- Children in need of help and protection
- Children looked after
- Care leavers

## **Each section broken down into:**

- Background
- Data
- What the data indicates
- Potential hypotheses (for further scrutiny by the committee as part of forward plan)



# Early help

## Background

The early help assessment (EHA) is the multi-agency assessment and referral tool for early help in Somerset.

All organisations, other than the police, use it to assess and record any early help work they do and to refer to the Council's family intervention service/ disabled children's early support team and other services

Early help data is not collected nationally or regionally so it is difficult to evaluate the effectiveness of local early help support compared to other areas.

There have been 3 child safeguarding practice reviews in the last 2 years which have raised concerns about early help and multi-agency work with children under one.

Health visitors, parent family support advisors in schools and community based third sector support activities are a valuable source of early support for many families.



# Early help

Early Help in the last 6 months

from 06/07/2020  
to 05/01/2021

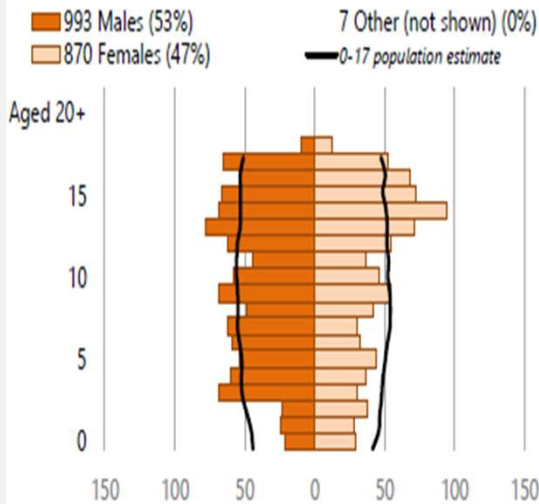
## 1870 Early Help / Common / Targeted Assessments

Early Help cases that also appear on the Referrals list

■ Yes ■ No



### Age and gender



Other' includes not recorded, not stated, or neither M/F

## Organisation completing assessment



# Early help

## The data indicates

- There are fewer children under 8 receiving professionally led early help than would be expected for the population, particularly for girls.
- More children aged 12 to 16 are receiving early help than would be expected for the population; this is more marked for girls.
- For those early help assessments logged, the majority are completed by our Family intervention service

## Potential hypotheses

- Communities and professionals appear to be able to support most younger children well at a very early stage of need but where it does not work well some children have been significantly harmed
- Why does the early help approach appear less effective as children reach adolescence?





# Children in need of help and protection

## Children who need help (s.17 Children Act 1989)

- (a)he is unlikely to achieve or maintain, or to have the opportunity of achieving or maintaining, a reasonable standard of health or development without the provision for him of services by a local authority under this Part;
- (b)his health or development is likely to be significantly impaired, or further impaired, without the provision for him of such services; or
- (c)he is disabled

## Children who need protection (S.47 Children Act 1989)

### Local authority's duty to investigate

- Where a local authority–
- (a)are informed that a child who lives, or is found, in their area–
  - (i)is the subject of an emergency protection order; or
  - (ii)is in police protection;
- (b)have reasonable cause to suspect that a child who lives, or is found, in their area is suffering, or is likely to suffer, significant harm,



# Children in need of help

## Background

The data relates to children in need who have a social worker.

This means that a social worker will have led and recorded a multi-agency assessment of the child and family situation. Children in need have a social worker to coordinate support for them for a period beyond the assessment, in order for them to develop and achieve well.

Families can choose whether or not to accept this level of support.

The Family Safeguarding model of social work and motivational interviewing techniques which are integral to it, are currently being rolled out in Somerset.

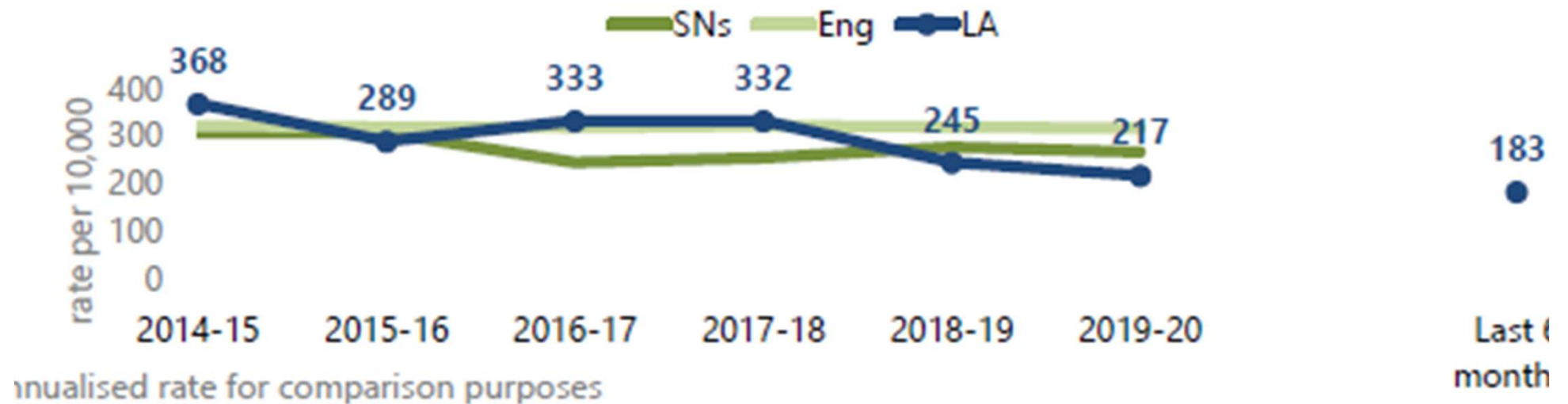
This model focusses on support to families to lead the changes their families need to make to improve their children's lives.



# Children in need of help

## 1018 CIN started in 6 months

Rate of children who started an episode of need per 10,000 children aged 0-5



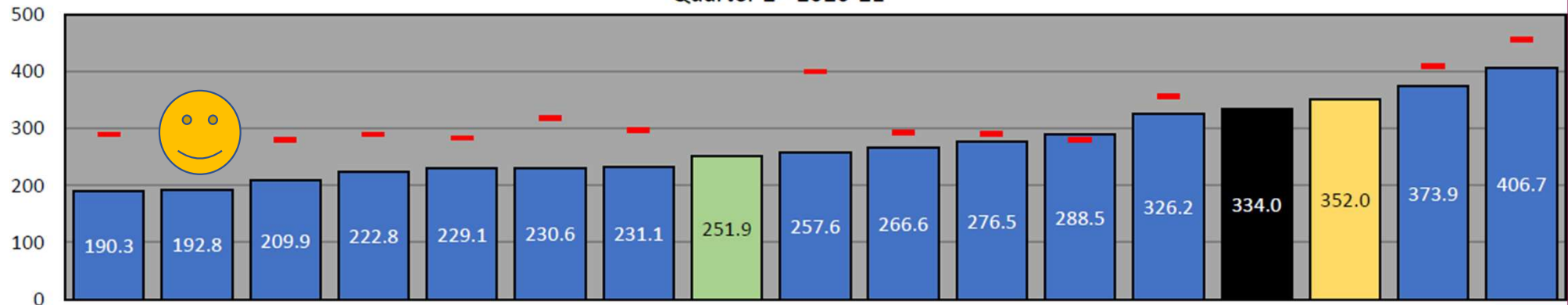
# Children in need of help



## Rate of children in need per 10,000

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# Children in need of help

## The data indicates

Over the last 5 years the rate of children in need of help from a social worker has reduced across Somerset, stabilizing since 2018.

There is a lower rate of children in need in Somerset than in much of the South West, which is in itself lower than the England average and the average for good and outstanding Children's Services across the country.

There is a further reduction in rate in the last 6 months - national data is not yet available for comparison

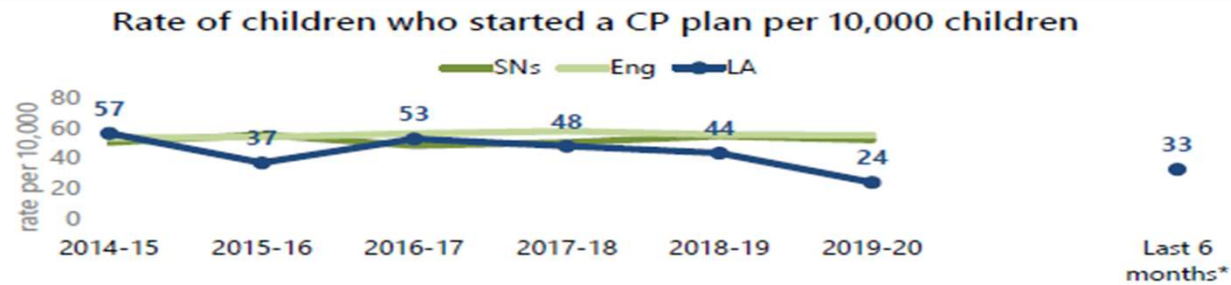
## Potential hypotheses

Early help support in Somerset is largely effective in reducing the need for children to access help from a social worker.

The further recent reduction in rates of children in need may be due to reduced referral rates during the Covid pandemic.

# Children in need of protection

## 183 CPP started in 6 months



Annualised rate for comparison purposes

### Re-registrations for children who started on a CP plan (ever)

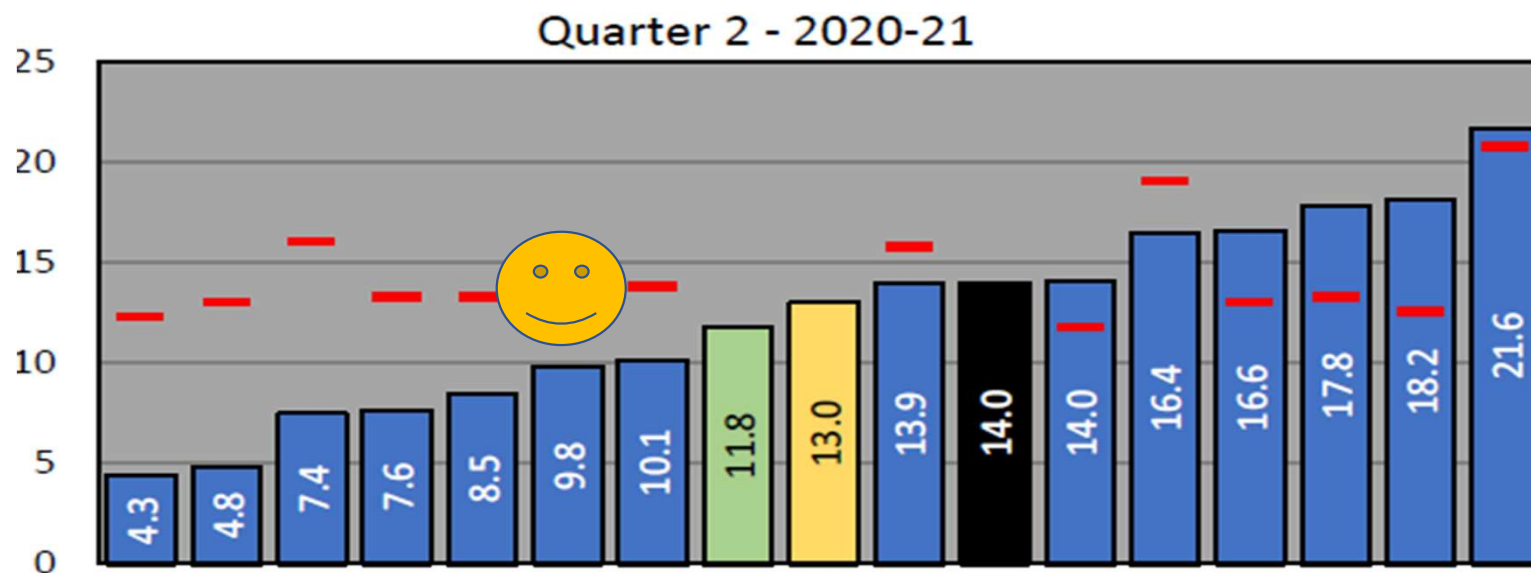




# Children in need of protection

Rate of children becoming subject to child protection plans per 10,000

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# Children in need of protection

The data relates to the rate of children who have a child protection plan.

Every child who has a child protection plan will be open to children's social care and has an allocated social worker.

Child protection planning is a statutory responsibility for Children's Services, police, health and education providers.

The success of child protection plans in keeping children safe depends largely on the skills of all professionals in working well together and with families to improve children's lives





# Children in need of protection

## The data indicates

The rate of children subject to a child protection plan in Somerset has reduced gradually over the last 4 years, increasing slightly in the last 6 months. This rate is now below the England and statistical neighbour average

The rate of children who need a second child protection plan at some point in their childhood in Somerset tracks the statistical neighbour and England averages

## Potential hypotheses

What might this data mean about the effectiveness of services to protect children?



# Children Looked After

## Background

Children can come into the care of the local authority at any time from the day they are born until their 18<sup>th</sup> birthday, when they leave care. Social workers work hard to keep children in their family or with relatives where this is safe as research indicates most children do best at home. Living in care long term often results in poor academic results, poor mental health and increased likelihood of being involved in the criminal justice system.

Research would indicate that children in care have better life chances when they live with a foster family than in residential care long term.

Children in our care say that they want to live in Somerset as it is the area they know and they can stay in touch with family and friends more easily.

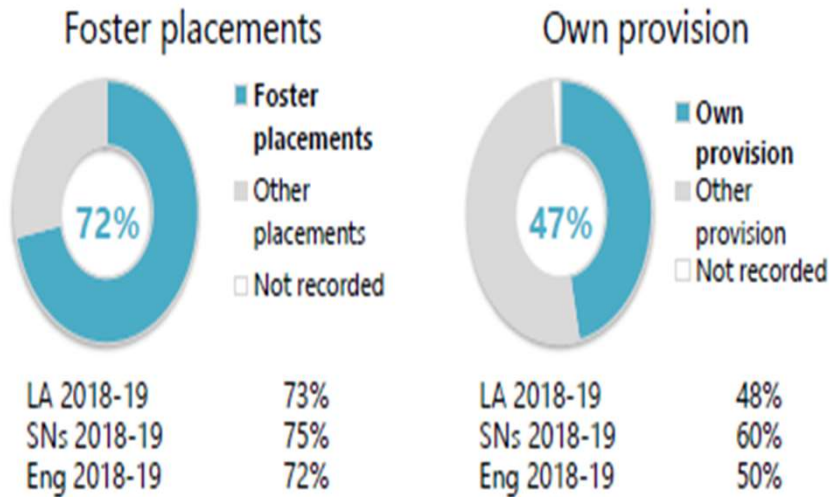
Historically the placement stability rate in Somerset has been poor for children who have been in care for 2.5 years and in the same placement for 2 years. The 2018-19 figure in the data of 63% had increased to 68.5% by the end of 2020.



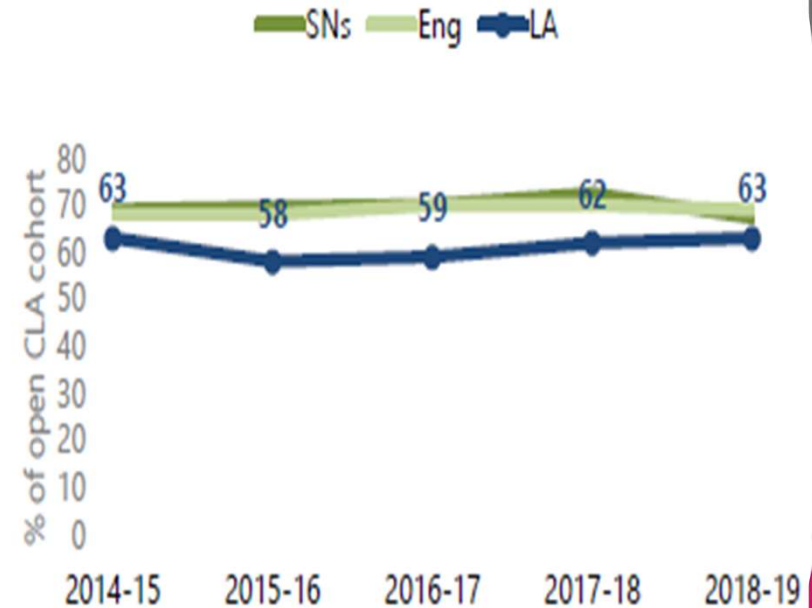
# Children Looked After

## Children Looked After (CLA) placements

CLA placements by type and provision



Comparing long term placement stability





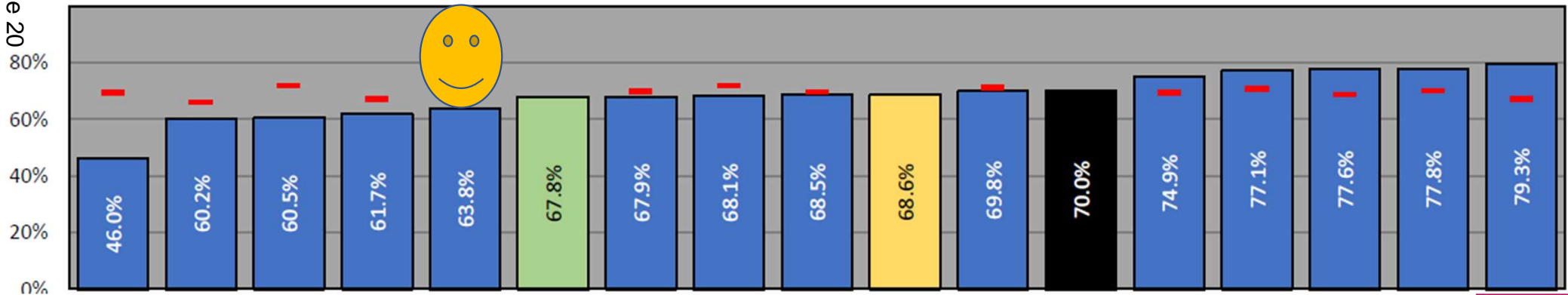
# Children Looked After

Of the Number of children who have been looked after for at least 2.5 years, percentage who have been in the same placement for the last 2 years

Good = High

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# Children Looked After

## The data indicates

The current position in Somerset is that 72% of children in our care live in a foster family.

Just under half of the children in foster care live with a foster carer who is supported by Somerset County Council. The other children live with foster carers provided by independent fostering agencies. Some live in Somerset and some further away.

The rate of children who have been able to remain living in their placement long term is lower in Somerset than the England and statistical neighbour average.

## Potential hypotheses

There are not enough foster carers or residential care homes in Somerset with the right skills to be able to care for children long term.

There are insufficient foster homes and residential care providers for Somerset children to be cared for locally.





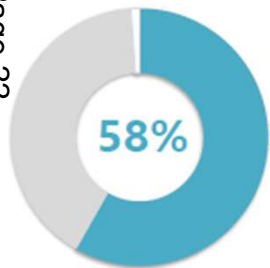
# Care leavers

## Care leavers activity (Education, Employment, or Training)

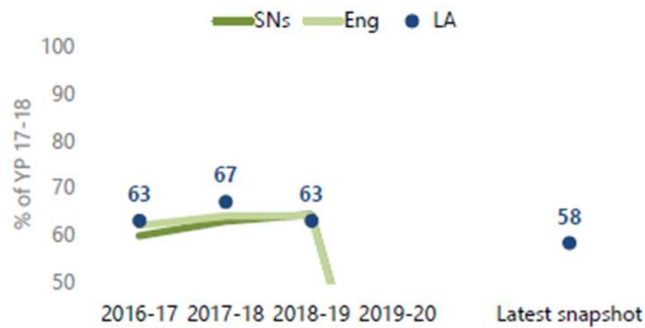
Snapshot 05/01/2021

### Education, Employment, or Training (EET) of 17-18 year olds

| ChAT              | Aged 17 | Aged 18 | Total |
|-------------------|---------|---------|-------|
| Numbers in cohort | 4       | 87      | 91    |
| In EET            | 0%      | 61%     | 58%   |

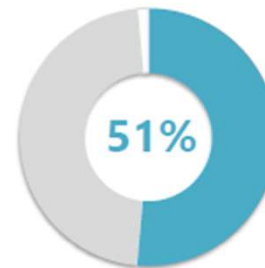


■ YP in EET ■ NEET  
□ No info

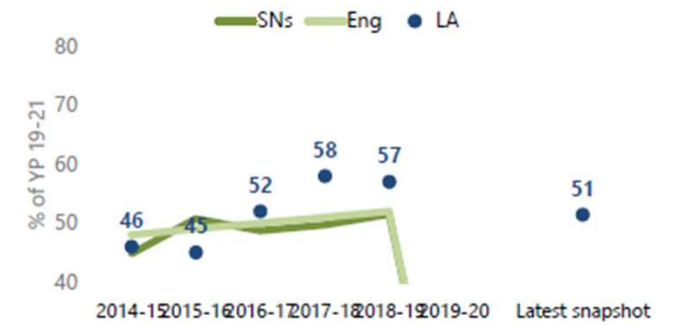


### Education, Employment, or Training (EET) of 19-21 year olds

| ChAT              | Aged 19 | Aged 20 | Aged 21 | Total |
|-------------------|---------|---------|---------|-------|
| Numbers in cohort | 76      | 66      | 0       | 142   |
| In EET            | 46%     | 58%     | -       | 51%   |



■ YP in EET ■ NEET  
□ No info



# Care leavers

## The data indicates

58% of care leavers aged 17 and 18 are in training, education or employment. Historically this has been above the statistical neighbour and England average but is reducing over time.

51% of older care leavers are in training, education or employment. Historically this has been above the statistical neighbour and England average but is reducing over time.

## Potential hypotheses

There is a need for greater focus on meeting the education, training and employment needs of care leavers



# Summary of hypotheses

## Early help

1. Communities and professionals appear to be able to support most younger children well at a very early stage of need but where it does not work well children have been hurt
2. Why does the early help approach appear less effective as children reach adolescence?

## Children in need of help and protection

1. What might this data mean about the effectiveness of services to protect children?

## Children looked after

1. There are not enough foster carers or residential care homes in Somerset with the right skills to be able to care for children long term.
2. There are insufficient foster homes and residential care providers for Somerset children to be cared for locally.

## Care Leavers

1. There is a need for greater focus on meeting the education, training and employment needs of care leavers





# Multi agency session: Mental health and wellbeing

Children and Families Scrutiny Committee  
27<sup>th</sup> January 2021



# Questions asked by Scrutiny:

- How big is the problem?
- What are we doing about it?
- What would make the biggest difference?



# Contributors and Structure of session:

**Introduction**-Jenny Pearce Riddy-Strategic Manager and Principal Educational Psychologist-SCC Children's Services

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**1) National and local statistics**-Fiona Moir-Service Manager, Public Health

**2) Universal and whole school approaches**-Fiona Moir and Tim Cockerill-Assistant Principal Educational Psychologist-SCC Children's Services



# Contributors and Structure of session:

**3) Mental Health support teams, the Community offer and Wellbeing practitioners**-Nik Harwood-Chief Executive, Young Somerset

**4) Support for specific groups-CAMHS and CLA-**  
Claudine Brown-Lead for CAMHS and Katharine Griffin-  
Service Manager, Emotional Health and Wellbeing  
Service.



# Mental Health Pre-COVID -National Picture



One in nine (10.8%) 5 to 16 year olds were identified as having a probable mental disorder when assessed in 2017



Rates of mental disorders increased with age. 5.5% of 2 to 4 year old children experienced a mental disorder, compared to 16.9% of 17 to 19 year old

## Specific Mental Disorders:

### Emotional disorders

Such as anxiety and depression

### Behavioural (or conduct) disorders

Such as repetitive patterns of disruptive and sometime violent behaviour

### Hyperactivity disorders

Such as inattention, hyperactivity and impulsivity

### Other less common disorders

Such as autism spectrum disorders, eating disorders

# Mental Health during COVID -National Picture



**One in six (16.0%)** 5 to 16 year olds were identified as having a probable mental disorder when assessed in 2020



**54.1%** of 11-16 year olds with a probable mental disorder said lockdown had made their life worse compared with 39.2% of those unlikely to have a mental disorder



Children and young people were more anxious about COVID-19 itself than about its consequences.



**28.5%** of 5 to 22 year olds reported having had sleep problems in the past 7 days.

Source: [https://files.digital.nhs.uk/CB/C41981/mhcyp\\_2020\\_rep.pdf](https://files.digital.nhs.uk/CB/C41981/mhcyp_2020_rep.pdf)





# Mental Health during COVID -National Picture



## The OxWell School Survey 2020



**28.6%** of all pupils were often too worried to get to sleep

**41.8%** of all pupils said their sleep had gotten worse during lockdown.

These proportions increased with age



**43.6%** of all pupils reported managing school work had gotten worse during lockdown

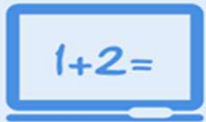
Years 7-10 did the most work with **60.4%** doing 4 or more hours a day.

Year 11 and Year 13 did the least work with **46%** and **53%**, respectively, doing one hour or less a day



Most pupils were looking forward to most aspects of returning to school.

**33%** were worried about school/college work and **23%** were worried about attending lessons/lectures.



**82%** were looking forward to seeing friends again

Source: The OxWell School Survey 2020



# Mental Health during COVID -Local Picture



## Your Views Matter survey

How participants felt at the moment:



28.5%  
felt happy

60.0%  
felt okay

20.3%  
felt sad

How participants maintain or improve their mental health:



77.5%  
Socialising  
with  
friends



59.8%  
Being  
involved  
in hobbies



66%  
Listening  
to music



56.5%  
Socialising  
with  
family

25% of participants currently access and use the services available to them to assist with their mental health.

12% of participants have indicated that they would like to use professional services

Source: Your Views Matter survey





# Mental Health during COVID -Local Picture



## Emotional Literacy Support Assistants (ELSAs)



**56%** of ELSAs reported an increase in emotional needs in the students

They reported:

- Increase in pupils' anxieties particularly related to home circumstances and COVID
- Pupils find it difficult to manage the new restrictions
- Decrease in pupils' confidence and resilience
- Pupils were finding it difficult to engage in learning
- Pupils were finding it difficult to regulate their emotions and behaviours



**40%** of ELSAs reported having reduced time to carry out their work



**72%** of ELSAs described additional challenges due to health and safety procedures

Source: ELSA survey November 2020

# What are we doing about it?

## Continuing to support schools to develop a

### A Whole School Approach:

- Wellbeing Audit Tool
- Pillars of Wellbeing

### Involving Parents:

- Parenting Support Network for practitioners
- Covid – 19 information via Parent Carer Toolkit

### Pupil Voice & Engagement:

- Young Person Wellbeing Champion Internship
- Somerset Children & Young People's Survey (SCYPS)



Working with partners to help **Identify Need** and **Target Support**

### Curriculum and Learning:

- Emotion Coaching
- Relationships, Sex and Health Education (RSHE)

### Staff Wellbeing and Development:

- Wellbeing Lead Teacher Role
- Staff Wellbeing Sessions
- Staff Wellbeing survey

### Ethos and Environment:

- LIFEbeat Creative Practice young people check-ins
- Health Visitor & School Nurse offer

[www.cypsomersehealth.org](http://www.cypsomersehealth.org)



Improving  
LIVES

# What support is available as a result of Covid-19?

Training for educational staff through the Wellbeing for Education Return initiative

- Strategy group set up Inc. Public Health, Inclusion SCC, CCG, CAMHS, Young Somerset, Education reps.
- Multi-agency delivery – 224 attendees, additional support to cascade training.
- Range of virtual training and support to March 2021
- Daily Schools wellbeing return helpline
- Daily Parent Support helpline
- A new support package to support those struggling with emotion-based school avoidance, inc. guidance and resources for parents, children, educational staff as well as targeted therapeutic support to parents/students to support reintegration.
- Chat Health messaging Service



# What will make a difference?

## Current Tiered Model



## The i-Thrive Tool







# CYP Mental Health

Young Somerset

# The Challenges



**97%**

The number of CYP presenting with mental health concerns has risen by 97% since 2019.

*Source: Kooth*

Young Somerset received a total of 738 requests for Wellbeing Support, across all services, in 2020

**738**



Some CYP faced digital exclusion and some CYP did not want to engage in virtual interventions

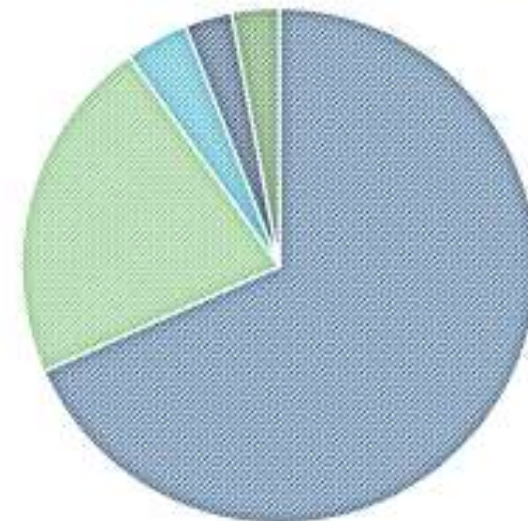
# Mental Health Support Team



- MHST launched in February 2020, just before the first lockdown
- Team doubled in size
- Total 16 EMHPs operating in Taunton Deane, Sedgemoor, Mendip and South Somerset
- Online interventions started within one week of lockdown
- Staff supported schools with digital set up
- 288 requests for support since Feb 2020

## REASONS FOR REFERRAL

■ Anxiety ■ Depression ■ Relationship Difficulties ■ Self Harm ■ PTSD





# Community Wellbeing Service



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- All wellbeing interventions adapted to online service within 1 week of lockdown
- Total 450 requests for support in 2020
- 89% indicated high level of satisfaction (average score for 2020)
- Primary reason for referral (Jul-Sep) – 55% Anxiety, 37% Depression
- Wellbeing Hubs launched virtually in June 2020



## VCSE Alliance of services for CYP

- Enhanced existing provision
- Ensure quality/safety of VCSE “Big Tent” provision
- Embed into community services – added value and capacity
- Signposting / brokerage / triage to VCSE services
- Supporting young people’s journey
- Better, faster, simpler access to support for CYP





## What would make the biggest difference?



- Increased funding: capacity, reach & proactivity
- Increased awareness around the early intervention support we offer
- Enabling every young person, who requires our service, to have access to the right technology & WiFi – and a safe space to use it in

# CAMHS

- Closer working between agencies to develop better joint pathways
- CAMHS Services Overview (include access and waiting times)

*Slide will be amended prior to session*



# Children Looked After-Emotional Health and Wellbeing service

- The EHWT is a small consultative service with a remit for supporting Children Looked After (CLA) and Leaving Care (LC) (currently 798 young people). We provide training, consultation and support to foster carers and other professionals. Our specific involvements tend to be with the most complex children and young people.
- The team undertake some direct therapeutic work, but primarily work systemically through a consultation model.
- We have a focus on recovery from early developmental trauma and aim to support the Corporate Caregiver to provide thoughtful, sensitive care and to enable the wider system around the child to become more trauma informed.



## How we have helped

- Move to virtual delivery for all training, foster carer support groups and clinical supervision groups. Responsive to support needs of temporary 'covid carers.'
- Increase in informal consultations with professionals, foster carers, special guardians and other agencies.
- Recent collaboration with Somerset Counselling Centre – therapy offer for care leavers
- Support to team at Kolve Court (emergency provision)

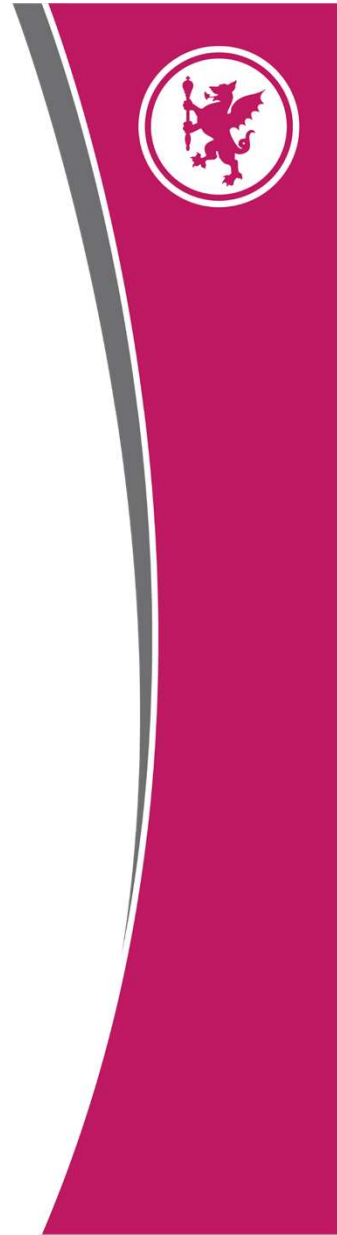
## What is needed

- Continue to provide support to our CSC colleagues and the foster carer workforce; to better enable them to support their YP with their feelings & anxiety.
- Continue to work supportively with our partner agencies – good relationships with: CCG, CAMHS, Virtual school, Health.
- Increase in capacity



# Questions/Feedback

Thank you



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