

**Specialist CAMHS for Care, Adoption and Permanence**

**Half year Report on the Provision of Service Pan-Dorset**

**1<sup>st</sup> April 2020 – 30<sup>th</sup> September 2020**

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## **Introduction**

This report looks at the overall service provision based on referrals and other work carried out by the team. The service remit is to primarily offer consultations and training to the respective councils' Fostering Teams and Aspire Adoption Services. This report covers the first two quarters of the year.

During lock down staff adapted quickly and working from home became the norm. There was very little sick leave and staff showed great dedication and commitment to the service and their families, as they juggled work with home schooling. The majority of appointments now take place on-line. Our high level of performance has been maintained by using Microsoft Teams and Attend Anywhere to stay connected. Supervision and reflection on our roles and boundaries has facilitated containment during the period, as BCP and Dorset Councils continued their transitions during lockdown. The team is a safe base from which child focused support is offered to colleagues and carers, containing anxiety and distress to ensure that at all times the voice of the child is heard and understood.

As we were unable to offer group work and group therapy, we offered extra case discussion groups and implemented a telephone duty system for colleagues requiring a rapid consultation service for families affected by the pandemic.

This report does not include the work of Laura Bennett who works with the Dorset's Social Care Teams for children below the age of 12 years. It also does not attempt to demonstrate the effectiveness of the service.

## **Psychology Team Hours**

BCP receive 1.85 wte of psychology time (69.25 hours per week); Dorset receives 1 wte of psychology time (37.5 hours per week). This total is shared between Fostering and Aspire Adoption Services. In addition, Aspire Adoption Services fund .4 wte (15 hours) of psychology time – pan Dorset. The team is supported by an administrator and a BU student (30 week placement).

## **Open-cases & waiting list – 01/04/2020**

At the beginning of the financial year the team had a large number of open cases, some of which were non-active, where the psychologist wanted to remain available to their colleagues and carers, if required.

The Dorset psychologists had 63 cases open on 1<sup>st</sup> April; 35 were for Fostering/CiC cases and 28 were Aspire Adoption cases. The BCP psychologists had 42 Fostering/CiC cases and 42 Aspire Adoption cases open on 1<sup>st</sup> April, a total of 84.

The service has to operate a waiting list and on 1<sup>st</sup> April, **25** cases were waiting to be allocated. Fourteen were referrals from Aspire Adoption Services (6 from Dorset and 8 from

BCP). Eleven were referrals from Fostering services (5 from Dorset Fostering Services and 6 from BCP Fostering and CiC Teams).

At the beginning of the second quarter the waiting list stood at 23 cases waiting to be allocated.

## New Referrals

The service received a total of 44 referrals Pan-Dorset from April to September 2020. Of these referrals, 36 were concerning Children in Care (CiC) (i.e. 81.8% of all referrals). Figure 2 below shows a breakdown of the referral source for CiC.

Referral source for CiC	Locality	
	BCP	Dorset
Fostering, Social Care & CiC Health Teams	13	17
Aspire Adoption Teams (e.g., Family Finding Team)	6	0
Total number of referrals by locality (n= 36)	19	17

Figure 2: Number of CiC referrals based on locality and referral source

The service receives referrals for Post-Care children from Aspire's Post Adoption & SGO Support Team. These are children who have been adopted or are subject to a Special Guardianship Order (SGO). Of the total 44 referrals received, only **7** (i.e. 15.9 %) were for Post-Care children.

The service also takes referrals for adults; these can be prospective and/or approved Foster Carers (FC), Adopters or Special Guardians (SG). Between April and September 2020, there was 1 referral (i.e. 2.3%) from the Dorset Fostering team for an adult who was a prospective foster carer.

## Case loads

### Dorset

The Dorset psychologists had **63** cases open on 1<sup>st</sup> April 2020 – 28 Aspire cases and 35 Fostering cases. Forty-four cases were referred in 2019 and 11 in 2020 (Jan – March). Eight cases remained open that had been made prior to 2019 (2 cases open since 2016 and 6 cases since 2018).

## BCP

The BCP psychologists had **84** cases open on 1<sup>st</sup> April 2020 - 42 Aspire cases and 42 Fostering Cases. Fifteen of these cases were referred in 2018 and 50 were referred in 2019. Nineteen had been referred in 2020 (Jan-March).

## Discharges

During the first 2 quarters, 22 Aspire Adoption cases were closed; 3 Dorset cases and 19 BCP cases. For the Fostering/CiC cases, a total of 40 cases were closed, 28 were BCP cases and 12 were Dorset cases. Overall a total of 62 cases were closed. This review and closing of cases enabled the team to ensure that they could maintain safe practice.

## Age and Sex

### Age and Sex for CiC

Below are tables which show the ages and sexes of CiC referred to the service per locality. Children aged between 13 and 18 years are the most referred age demographic.

Localities	Age ranges for males				Total referrals of males
	0-5 years	6-12 years	13-18 years	19-25 years	
All localities	5	6	7	0	18
BCP	4	4	3	0	11
Dorset	1	2	4	0	7

Figure 7: Referrals of Male CiC based on age and locality.

Localities	Age ranges for females					Total referrals of females
	0-5 years	6-12 years	13-18 years	19-25 years	25+ years	
All localities	2	5	10	1	1	19
BCP	1	1	5	1	0	8
Dorset	1	4	5	0	1 (prospective FC)	11

Figure 8: Referrals of Female CiC based on age and locality.

### Age and Sex Post-Care

Below are tables which show the ages and sexes of Post-Care children referred to the service per locality.

Localities	Age ranges for males				Total referrals of males
	0-5 years	6-12 years	13-18 years	19-25 years	
All localities	1	2	0	0	3
BCP	0	1	0	0	1
Dorset	1	1	0	0	2

Figure 9: Referrals of Males Post-Care based on age and locality.

Localities	Age ranges for females				Total referrals of females
	0-5 years	6-12 years	13-18 years	19-25 years	
All localities	0	1	3	0	4
BCP	0	1	2	0	3
Dorset	0	0	1	0	1

Figure 10: Referrals of Females Post-care based on age and locality.

## One off consultations

In addition to ongoing work with colleagues and carers, the Service provided a total of 59 one-off consultations to discuss concerns that did not necessitate a referral for ongoing work (e.g. to discuss concerns about a prospective carer's assessment or assist with formulation and recommendations for care planning/interventions). Colleagues can use this part of the service to discuss cases that do not fall within our service remit (e.g., children and YP in IFA placements).

One-off consultations by Team	BCP	Dorset
Fostering Teams	13	5
Children in Care Teams (including Dorset's care and support teams)	10	1
Care Experienced and Young People Teams (Care leavers)	9	0
CiC Health Teams	0	3
Other (e.g., complex safeguarding team/ Children & Families First)	2	0
Aspire Adoption Teams	14	2
<b>Total (n=59)</b>	<b>48</b>	<b>11</b>

Figure 11: One off consultations based on team/service and locality.

The Telephone duty service was not well used, as most colleagues contacted us directly via email. In total we received 12 calls which lead to a conversation with a psychologist either

on the same day or following day. Nine of these calls were for BCP cases, 2 were for Dorset cases and 1 was for an out of area case.

## Supervision and Case Discussion Groups

The service provided supervision and case discussion groups to various teams Pan-Dorset. The frequency of these increased during lockdown, to ensure rapid response to colleagues requests for support with cases. The CiC Health Teams have on-going supervision arrangements from co-located Psychologists. The Emotional Health and Wellbeing Practitioners also have on-going individual supervision.

The table below gives details of the supervision and case discussion groups that were either set up or already rolling through the year. These groups are a successful method of upskilling the work force as well as bringing a psychological perspective and containment to the work of health, social care and Aspire staff.

The table below shows the number of supervision/case discussion group arrangements in place from April to the end of September 2020.

Professional Group	Supervision/ Case discussion group	Number of Sessions April-September	Locality
<b>CiC Health Professionals</b>	Supervision of CAMHS CiC Clinical Psychologist	4	BCP
	Supervision of CiC Nurses	8	Dorset
	Supervision of CiC Nurses	6	BCP
	Supervision of CAMHS CiC Social workers	6	Dorset
	Supervision of CAMHS CiC Social Workers	5	BCP
	Supervision for Emotional Health and Wellbeing Practitioners	11	Dorset
	Supervision for Emotional Health and Wellbeing Practitioners	6	BCP
<b>Fostering</b>	Case Discussion Group for Fostering Teams	12	BCP
	Case Discussion Group for Fostering Teams	23	Dorset
<b>Social Care</b>	Case Discussion Group for CiC & CEYP Teams	13	BCP
	Referral Consultation Case Discussion Group (For referrals to the BCP EHWP Practitioner)	1	BCP
<b>ASPIRE Adoption</b>	Case Discussion Group - Recruitment and Assessment Team	7	Pan-Dorset
	Case Discussion Group - Post Placement Support Team (adoption and SG cases)	14	Pan Dorset
	Case Discussion Group - Family Finding Team	10	Pan-Dorset

	Case Discussion Group - Special Guardianship Assessment Team	7	Pan-Dorset
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Figure 13: Breakdown of supervision and case discussion groups per team and locality.

## Conclusion

The rate of referrals slowed during the first 2 quarters and all group work ceased. In contrast, the frequency of case discussion groups and one-off consultations increased significantly. The frequency of the one-off consultations for BCP staff doubled in comparison to previous years. A telephone duty system was also offered and used until the end of August. The volume of work and pressure (from the waiting list and requests for one-off consultations) was unrelenting. The team responded incredibly to the challenges of the pandemic and have been outstanding in their support to each other and to their Dorset and BCP colleagues and carers.

As the service moved into the 3<sup>rd</sup> quarter, the team looked at running groups for carers and training requests as well as providing further support to BCP's Emotional Health & Well Being Practitioners.

The waiting lists and size of caseloads is a concern and needs to be addressed. Through conversation with team and service managers, access to the service needs to change to ensure that carers receive a timely service. Given resource limitations, it would be wise to review referral processes and how the service is most effectively used for our children.

A goal for the service is to collect feedback from colleagues and carers about the service they receive to facilitate this review process. We are now routinely collecting feedback from carers and colleagues. A recent piece of feedback from a SW is given below, illustrating an aspect of the service provided:

*I found the service really helpful for a number of reasons. I was able to talk through the case but also focus on my feelings about the case and my work with the young person. I was able to reflect upon my relationship with the young person and how to work on making the connection with him again.*

22<sup>nd</sup> December 2020