

## Notice of a public meeting of

### Corporate Parenting Board

**To:** Councillors K Myers (Chair), Cuthbertson (Vice-Chair), Brooks, Crawshaw, Funnell, Rawlings and Runciman

**Date:** Tuesday, 5 June 2018

**Time:** 5.00 pm

**Venue:** The King John Room (GO59) - West Offices

### **A G E N D A**

#### **1. Declarations of Interest**

At this point, Members are asked to declare:

- any personal interests not included on the Register of Interests,
- any prejudicial interests or
- any disclosable pecuniary interests

which they may have in respect of business on this agenda.

#### **2. Minutes** (Pages 1 - 6)

To approve and sign the minutes of the meeting held on 16 April 2018.

#### **3. Public Participation**

At this point in the meeting members of the public who have registered to speak regarding an item on the agenda or an issue within the Board's remit can do so. The deadline for registering is **5pm on Monday 4 June 2018.**

#### **Filming or Recording Meetings**

Residents are welcome to photograph, film or record Councillors and Officers at all meetings open to the press and public. This includes the use of social media reporting, i.e. tweeting. Anyone wishing to film, record or take photos at any public meeting should contact the Democracy Officers (whose contact details

are at the foot of this agenda) in advance of the meeting.

The Council's protocol on Webcasting, Filming & Recording of Meetings ensures that these practices are carried out in a manner both respectful to the conduct of the meeting and all those present. It can be viewed at [http://www.york.gov.uk/download/downloads/id/11406/protocol\\_for\\_webcasting\\_filming\\_and\\_recording\\_of\\_council\\_meetings\\_20160809.pdf](http://www.york.gov.uk/download/downloads/id/11406/protocol_for_webcasting_filming_and_recording_of_council_meetings_20160809.pdf)

### **Strategic Theme: Emotional Wellbeing & Mental Health; Wellbeing; Relationships & Identity**

In accordance with the Board's work plan, to consider the following reports and updates and receive any updates from Board Members on their agreed areas of interest in relation to these.

#### **4. You Are Not Alone Resource (Pages 7 - 14)**

This report provides an overview of the 'You Are Not Alone' resource, which was created by York's Children in Care Council.

Any Board Member whose area of interest relates to the issues raised in this report will have the opportunity to give an update under this item.

#### **5. Emotional and Mental Health Needs of Children in Care - Partnership Update (Pages 15 - 24)**

This paper provides an update on our multi agency response to emotional and mental health needs of children in care.

Any Board Member whose area of interest relates to the issues raised in this report will have the opportunity to give an update under this item.

#### **6. Pathways for Children and Young People in Care (CYPIC) into Emotional and Mental Health Services**

The Group Manager, Achieving Permanence, to present a verbal update to Members on pathways for CYPIC into emotional and mental health services.

Any Board Member whose area of interest relates to the issues raised in this briefing will have the opportunity to give an update

under this item.

**7. Work Plan for 2018-19**

(Pages 25 - 26)

To consider the Board's work plan for the 2018-19 municipal year and to receive any updates Members may wish to give on their agreed areas of interest relating to the work of the Board.

**8. Urgent Business**

Any other business which the Chair considers urgent under the Local Government Act 1972.

Board Members Agreed Areas of Interest

- Show Me That I Matter - Councillor Rawlings;
- Housing and Pathway Team – Councillor K Myers;
- Education/Schools - Councillor Brooks;
- Virtual Head and School for Children in Care – Councillor Brooks;
- Health - Councillor Runciman;
- Placement Team, Fostering Service and Short Breaks – Councillor Cuthbertson;
- Connexions / Education, Training & Employment Councillor Funnell

Democracy Officers

Catherine Clarke and Louise Cook (job share)

Contact details:

- Telephone – (01904) 551031
- Email [catherine.clarke@york.gov.uk](mailto:catherine.clarke@york.gov.uk) and [louise.cook@york.gov.uk](mailto:louise.cook@york.gov.uk)

(If contacting by email, please send to both Democracy Officers named above).

For more information about any of the following please contact the Democracy Officers responsible for servicing this meeting:

- Registering to speak
- Business of the meeting
- Any special arrangements
- Copies of reports and
- For receiving reports in other formats

Contact details are set out above.

**This information can be provided in your own language.**

我們也用您們的語言提供這個信息 (Cantonese)

এই তথ্য আপনার নিজের ভাষায় দেয়া যেতে পারে। (Bengali)

Ta informacja może być dostarczona w twoim (Polish)  
własnym języku.

Bu bilgiyi kendi dilinizde almanız mümkündür. (Turkish)

یہ معلومات آپ کی اپنی زبان (بولی) میں بھی میا کی جاسکتی ہیں۔ (Urdu)

 **(01904) 551550**

City of York Council

Committee Minutes

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Meeting	Corporate Parenting Board
Date	16 April 2018
Present	Councillors Cuthbertson (Vice-Chair), Crawshaw, K Myers (Chair), Runciman and Funnell
Apologies	Councillors Brooks and Rawlings

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**27. Appointment of Chair**

Members were invited to nominate a Chair of the Board.

Resolved: That Councillor Keith Myers be appointed as the Chair of the Board, for the current 2017/18 Municipal Year.

**28. Declarations of Interest**

At this point in the meeting Members were invited to declare any personal or prejudicial interests they might have in relation to the business on the agenda or any other general interests they might have within the remit of the Board.

Cllr Crawshaw declared a personal interest in that his partner was employed by Tees, Esk and Wear Valleys Clinical Commissioning Group, working in clinical psychology, supporting children throughout North Yorkshire.

**29. Minutes**

Resolved: That the minutes of the last meeting of the Corporate Parenting Board held on 12 February 2018 be approved and then signed by the Chair as a correct record.

**30. Public Participation**

It was reported that there had been no registrations to speak under the council's Public Participation scheme.

**31. Education Virtual School -Children & Young People in Care (CYPIC) Primary and Secondary.**

Members received a report that contained a summary of the current position and background in relation to the Virtual School over the last 12 months.

The Deputy Headteacher of the Virtual School for Looked After Children and the Assistant Director of Education and Skills gave an update and informed Members of the robust interim arrangements that were in place until a permanent virtual Headteacher had been appointed. They highlighted the current structure and the various support that was provided to the designated teachers and social workers to allow the virtual school arrangements to be developed and reflect the new statutory duties introduced by the Children and Social Work Act 2017.

Members noted the current number of children in care, the educational outcomes for those children and discussions took place around the benchmark performance data for each key stage. Officers highlighted the challenges faced when providing statistical data and confirmed they monitor the progress made by each child looked after (CLA) and would be ensuring all schools were taking reasonable steps to support the development of those children.

Officers also highlighted the challenges faced when engaging schools to develop and review each CLA Personal Education Plan (PEP). They confirmed that communication with schools would become more robust to improve the quality of the PEP, which summarised a child's educational provision, highlighted their targets for the year and any additional support needed.

Members noted that officers were reviewing the use of the premium plus funding and would be consulting with Headteachers on a way forward that would best support the individual needs of each CLA.

In answer to Members questions officer confirmed:

- the vast majority of our looked after children were receiving the correct support in school.
- case studies could be provided.
- the provisions that were in place for children placed out of the area and how good relationships with other authorities,

national and regional support groups helped support and monitor those children.

The Board thanked officers for their update.

Resolved: That the report and update be noted.

Reason: To keep Members updated.

### **32. Principal Social Worker Update**

Members received a verbal update from the Principal Social Worker.

He discussed:

- a) the new Teaching Partnership and how it supported the recruitment, retention and career-long training and development offer for social workers, starting from their pre-qualification training, and
- b) how City of York Council had been at the forefront of piloting a new set of online supported learning tools, which formed a significant part of the council's local training offer for social workers and its preparation for the national accreditation of social workers.

Members noted that the government seed funding used to support the Teaching Partnership would end in March 2019, so ways to sustain this were being considered. Officers confirmed the Partnership included City of York Council, North Yorkshire County Council, Calderdale Council, Kirklees Council, the University of York and the University of Huddersfield and their aim was to raise quality, standards and consistency of education to provide a higher standard of practice learning and experience, including an option for any newly qualified social workers to complete a masters module following their pre module training.

Officers highlighted the process that permanent social workers must endorse ready for national accreditation and explained the training and support that would be offered to assist them through the rigorous testing.

Following discussions around the seed funding and recruitment and retention of social workers Members noted that York were working closely with partners and other local authorities within

the region to build a resilient workforce that operated on the same principles when recruiting agency staff.

The Corporate Director of Children, Education and Communities explained how the successful recruitment pilot scheme approach, used in the Referral & Assessment team, could benefit the staffing issues arising in the Safeguarding Social Work teams.

Members thanked officers for the update.

Resolved: That the update be noted.

Reason: To keep Members updated.

**33. Junior Independent Savings Allowance (ISA) for Children & Young People in Care (CYPIC)**

Members received a verbal update from the Group Manager of Achieving Performance regarding City of York Council's position on Junior ISA's for Children & Young People in Care (CYPIC).

The Board were informed that CYPIC received a Junior ISA, where the government contributed £200 to each one.

It was noted that City of York Council does not currently contribute to these accounts but that young people in care were provided with pocket money which could be saved as well as being offered financial support and advice. This included a one day workshop as part of the Bright Future Summer School, to young people.

In answer to Members questions officers confirmed that a placement review was in progress which would look at all support including financial.

Members thanked officers for the update.

Resolved: That the update be noted.

Reason: To keep the Board updated.



**34. Work Plan**

Members considered the work plan for the 2017/18 and the 2018/19 municipal year.

Cllr Funnell confirmed that officers had been provided with the educational departments contact details at York Minster.

Following discussion it was:

Resolved: That the work plan be amended to include, at the next Corporate Parenting Board meeting, an update on Pathways to Mental Health Services for CYPIC.

Reason: To keep the Boards work plan updated

Cllr K Myers, Chair

[The meeting started at 5.00 pm and finished at 6.40 pm].

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**Corporate Parenting Board****5 June 2018**

Report of Corporate Director of Children, Education and Communities

**You Are Not Alone Resource****Summary**

1. The aim of this report is to share with the Corporate Parenting Board an overview of the 'You Are Not Alone' resource, which was created by York's Children in Care Council.

**Background**

2. Mental health has been identified by young people as a priority for York's CiCC, as they wanted to raise awareness amongst young people in care about mental health issues and the services and support available. Young people identified key messages that they wanted to share with other young people who are new to the care system and have produced a useful resource containing these important messages.

3. **Consultation**

See Annex A.

**Options**

See Annex A.

**Analysis**

See Annex A.

**Council Plan**

6. See Annex A.

**Implications**

**Financial** - There are no financial implications to consider.

**Human Resources (HR)** - There are no human resource implications to consider.

**Equalities** - There are no issues relating to equalities to consider.

**Legal** - There are no legal implications to consider.

**Crime and Disorder** - There are no crime and disorder implications to consider.

**Information Technology (IT)** - There are no IT implications to consider.

**Property** – There are no issues relating to property to consider.

### **Risk Management**

8. There are no risks to consider.

### **Recommendations**

9. That Members note the briefing on the You Are Not Alone resource.

Reason: In order to keep Members informed on the You Are Not Alone resource.

### **Contact Details**

#### **Author:**

Nikki Wilson  
Children's Rights Manager

#### **Chief Officer Responsible for the report:**

Jon Stonehouse  
Director of Children Education and Communities

**Report  
Approved**



**Date** 24/5/18

**Wards Affected:** List wards or tick box to indicate all

**All**

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**For further information please contact the author of the report**

**Background Papers:**

None

**Annexes**

Annex A – You Are Not Alone Resource

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# YOU ARE NOT ALONE RESOURCE

MAY 2018

## BACKGROUND

Mental health has been identified by young people as a priority for York's CiCC, Show Me That I Matter, as was documented in the last SMTIM Annual Report (2016-17). Show Me That I Matter were aware that a great deal of work was taking place in the city to address the issue of mental health and emotional wellbeing; they had met with the Wellbeing Team and heard about the work that the Youth Council had done around the Minding Minds initiative, but felt that young people in care needed to be more aware of mental health issues and the services available.

Show Me That I Matter decided that they would like to create a resource to highlight some of the issues faced by young people in care, with a particular focus on mental health, in an attempt to raise awareness amongst young people. Therefore, in March 2017, ten care experienced young people came together from across the three participation groups that form York's Children in Care Council (Show Me That I Matter panel, Speak Up Youth and York's Care Leavers Forum, I Still Matter) to begin this work.

## DEVELOPMENT OF RESOURCE

Young people took part in a series of workshops with Speak Up and Inspired Youth and had the opportunity to develop their creative writing skills, at the same time as exploring some of the feelings and emotions that are often experienced by children and young people in care. As part of the project young people were able to help to shape a fictional story that was subsequently published online by Inspired Youth.

Young people were able to articulate that without the right support and help some of these difficult feelings can impact upon placements and future relationships. They told us that through participating in the sessions they could see the benefits of talking about mental health; that early experiences stayed with them but that with the right support young

people could be better equipped to manage these difficult feelings and emotions. The group identified key messages that they wanted to share with other young people and went on to design a booklet which they named 'You Are Not Alone'.

## KEY MESSAGES FROM YOUNG PEOPLE

Young people identified key issues that they wanted to focus on which were grouped into the following themes:

**Dealing with coming into care:** - Young people told us that learning to fit in with another family can be really hard and that it is important to be able to feel part of a family. Dealing with separation, coping with having two families, feeling unsettled and having to retell their story to different professionals can be really difficult. Young people wanted to communicate the message that it is perfectly normal to have these feelings and that talking to a trusted adult can really help.

**Managing ongoing relationships:** - Young people told us that managing ongoing relationships with family members could be really difficult; that they could feel anxious about how family members may be coping, may feel forgotten about by family members or divided loyalties between birth and foster family, with certain times of year being particularly difficult. In the booklet young people are urged to let the people around them know how they are feeling so that they can be aware of triggers and provide some support.

**The impact of pre-care experiences:** - Young people told us that often their difficult experiences before coming into care meant that they found trusting adults particularly difficult. They wanted to help other young people to understand why this might be the case but that there are people out there who genuinely want to help.

**Identity:** - Young people told us that developing a positive sense of identity can be more difficult for young people in care; that feelings of insecurity, uncertainty about how much to tell others about their situation, anxiety about the longer term impact of experiences and whether they will impact on their ability to form future relationships or parent. Young people wanted others going through this to know that coming into care is not their fault and does not need to define them.



**Mental health issues:** - Young people wanted to ensure that the booklet provided young people with information about mental health issues, in particular depression, anxiety, stress and self harming behaviour.

The booklet was then structured around these key themes and provides advice, inspirational quotes and poems written by young people, as well as signposting young people to support services and online resources.

#### NEXT STEPS

It is proposed that the You Are Not Alone booklet will be rolled out to all young people in care, aged between 11-17 years, and the booklet will be included in the Information Packs that are routinely given out to young people when they first come into care. Show Me That I Matter plan to share information about how this resource was created with other Children in Care Council's across the region, via the Yorkshire and Humber Children in Care Council Conference that is taking place on 30/05/18.

**Nikki Wilson, Children's Rights Manager – 24/05/18**

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**Corporate Parenting Board**

5 June 2018

Report of the Corporate Director, Children, Education and Communities

**Emotional and Mental Health Needs of Children in Care – Partnership Update****Summary**

1. This paper provides an update on our multi agency response to emotional and mental health needs of children in care.

**Background**

2. In York we have an extensive multifaceted approach to supporting children in care's emotional and mental health needs.
3. The Children and Young People Emotional and Mental Health Strategic Partnership has recently been remodelled. This paper outlines the work to date and future work of the partnership.
4. This paper also highlights innovative CYC led practice which supports our children in care's emotional wellbeing.

**Consultation**

5. This paper is an update on current practice.

**Options**

6. This paper is an updated on current practice.

**Analysis**

7. This paper is an updated on current practice.

**Council Plan**

8. This paper aligns to a focus on frontline services.

9. **Implications**

**Financial** - There are no financial implications to consider.

**Human Resources (HR)** - There are no human resource implications to consider.

**Equalities** - There are no issues relating to equalities to consider.

**Legal** - There are no legal implications to consider.

**Crime and Disorder** - There are no crime and disorder implications to consider.

**Information Technology (IT)** - There are no IT implications to consider.

**Property** – There are no issues relating to property to consider.

**Recommendations**

10. That Corporate Parenting Board members note this paper.

Reason: In order that they are keep informed with regard to issues in relation to the emotional and mental health needs of children in care

**Contact Details**

**Author:**

Sophie Keeble., Group  
Manager, Achieving  
Permanence  
01904 555322

**Chief Officer Responsible for  
the report:**

Jon Stonehouse  
Director of Children Education and  
Communities

**Report  
Approved**



**Date** 24/5/18

**Wards Affected:**

**All** ☒

For further information please contact the author of the report

**Background Papers:**

None

**Annexes**

Annex A - Briefing Paper

Abbreviations used in Annex

CAMHS	Child and Adolescent Mental Health Services
NSPCC	National Society for the Prevention of Cruelty to Children.
SDQ	Strengths and Difficulties Questionnaire
SPEMH	Strategic Partnership for Emotional and Mental Health (Children and Young People)

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## Emotional and Mental Health Needs of Children in Care – Partnership Update

### Corporate Parenting Board – June 18

#### 1. Background

In York there is a multi-faceted approach to promoting the emotional and mental health of our children in care, and responding to their needs as they arise. This approach is informed by our vision for York's children and young people in care, set out in the 2016-2020 Children's and Young People in Care Strategy. Specifically:

*...we want our children and young people to have everything that good parents want for their children. In other words: to be happy and health, safe and protected and supported each step of the way to adult life.*

Children and young people in care in York benefit from our approach which

- focuses on equipping those closest to our children with the necessary skills so that they are in a position to recognise and respond to the children and young people's needs as appropriate

and

- with multi agency partners provides a range of services across levels of need from the GP offer, to Counselling via Clarence Street to Specialist CAMHs as well as the School Wellbeing Service.
- We know that fear of stigma is a key concern for children and young people who need additional help to support their good mental wellbeing. Our children in care in York tell us that they want their lives to be 'normal'; that they would prefer a service from someone they know; that foster carers are key in their lives and

their training should reflect the importance of understanding and supporting emotional/mental health.

*In the 2017 U Matter Survey most positive response was in answer to the question “If you didn’t feel happy is there someone you would be able to talk to?” where 97% of children and young people who answered said yes and only 3% said no. They were also asked if they knew where to get information, advice and support and 93% said that they did. One 14 year old young person commented, “I don’t really tell anyone how I feel, but I know who to talk to if needed.”*

However, we know that there are barriers for our children/young people in accessing services due to long waiting lists across all tiers of provision; due to the young person not meeting the criteria for the right service or due to the right service not being commissioned.

Our partners, including CAMHS are aware of these shared challenges and we are committed to working together to find solutions. The All Age Mental Health Strategy sets the priorities for the multi-agency Strategic Partnership for Emotional Mental Health (SPEMH). SPEMH provides a vehicle for delivering key aspects of the Transformation Plan.

## 2. **Current Arrangements**

Health and Wellbeing Board  (Overseeing progress against to the Local Transformation Plan, which is based on the All Age Mental Health Strategy)	
All Age Mental Health Strategic Partnership Board	
Children and Young People Emotional and Mental Health Strategic	Children in Care Strategic Partnership (Implementing the



Partnership (SPEMH) (Implementing the children & young people's aspects of the Local Transformation Plan)	children in care and care leavers aspects of the Local Transformation Plan)
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The Children and Young People('s) Strategic Partnership for Emotional and Mental Health provides a multi agency forum to drive the ongoing developments and planning in relation to the emotional and mental health of all looked after children.

The Partnership has recently agreed upon a new approach to move forward multi agency practice and collaborative working. This approach involves two sub groups who will focus on prevention and intervention for which terms of Reference are being drafted and membership are being agreed.

The prevention group

- It is likely that the prevention groups will focus on ensuring a sustainable set of arrangements support early intervention mental health support across different universal settings including school and colleges.

### The intervention group

- It is likely that the intervention group will focus on identifying pathways for vulnerable children and young people with escalating needs who do not meet the criteria for a specialist service and for whom there is no clear pathway to a service.

These sub groups will report to the Children and Young People's Strategic Partnership for Emotional and Mental Health.

### 3. **Other Future Developments**

1. SDQ sub group – Focused on maintaining and improving SDQ practice. This is being moved forward with a task and finish group chaired by the Advanced Practitioner in the Achieving Permanence Group and includes training from CAMHs.
2. Reflective Fostering – a pilot project in partnership with NSPCC focused

*“The **Reflective Fostering programme** has a central focus on increasing the foster carers’ reflective capacities using practical, easily learned techniques. Foster carers are encouraged to practice the techniques at home, with an emphasis on increasing mentalising and emotional regulation and improve communication and carer/child interactions. This approach builds on the foster carer’s competence and confidence to understand the child’s emotional needs and behaviours”. (NSPCC)*

Partnering local authorities will have an opportunity for supervising social workers to receive high quality training and consultation from leading experts in the field of infant mental health. This will begin towards the end of the year.

3. Exploration of reviewing Service Level Agreement in order to prioritise care leavers access to the Counselling offer at Clarence Street.
4. Delivery of Mental Health First Aid to practitioners in York, including schools staff and foster carers.

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## Corporate Parenting Board – Workplan 2017-18 and 2018-19

Meeting Date	Strategic Themes	Reports Supporting Strategic Theme	Other Reports
<b>2017-2018</b>			
26 June 2017	Emotional Wellbeing & Mental Health; Wellbeing; Relationships & Identity	<ul style="list-style-type: none"> <li>Emotional wellbeing and mental health of children and young people in care, on the edge of care and care leavers</li> </ul>	
25 Sept 2017	Respect & Involvement	<ul style="list-style-type: none"> <li>Annual Advocacy Report</li> <li>Annual SMTIM Report</li> <li>U Matter Survey 2017</li> </ul>	<ul style="list-style-type: none"> <li>Development Review of Placement Services</li> </ul>
20 Nov 2017	Moving to Adulthood	<ul style="list-style-type: none"> <li>Update on Pathway Service</li> </ul>	<ul style="list-style-type: none"> <li>Independent Reviewing Officer Annual Report Update</li> </ul>
12 Feb 2018	Any other matters arising	<ul style="list-style-type: none"> <li>Children and Social Work Act - Update</li> <li>Update on Placement Review</li> <li>Update on IRO Annual Report</li> </ul>	
16 April 2018	Education	<ul style="list-style-type: none"> <li>Virtual School Update – Children and Young People in Care Primary and Secondary</li> </ul>	<p>Verbal Update from Principal Social Worker (Childrens)</p> <p>Verbal update regarding Junior ISA for CYPIC</p>

Meeting Date	Strategic Themes	Reports Supporting Strategic Theme	Other Reports
<b>2018 - 2019</b>			
5 June 2018	Emotional Wellbeing & Mental Health; Wellbeing; Relationships & Identity	<ul style="list-style-type: none"> <li>• Update on EMH Partnership</li> <li>• You Are Not Alone Booklet</li> </ul>	
4 Sept 2018	Respect & Involvement	<ul style="list-style-type: none"> <li>• Annual Advocacy Report</li> <li>• Annual SMTIM Report</li> <li>• U Matter Survey 2017</li> </ul>	<ul style="list-style-type: none"> <li>• Concordat</li> </ul>
22 Nov 2018	Health	<ul style="list-style-type: none"> <li>• Relevant performance data</li> </ul>	<ul style="list-style-type: none"> <li>• Update on Regional Approach to Adoption</li> </ul>
5 Feb 2019	Good Safe Placements	<ul style="list-style-type: none"> <li>• Independent Reviewing Officer Annual Report</li> <li>• Update on Placement Review</li> </ul>	
20 March 2019	Any other matters arising		