

Question	Answer
Mental Health Strategy for Children in Care	<p>Service Overview</p> <p>Multi-Agency Psychological Support (MAPS) Team is a multi disciplinary service commissioned by the London Borough of Hillingdon (LBH). The service is delivered by Central and North West London NHS Trust (CNWL). The service has been developed in partnership with Social Care and Child and Adolescent Mental Health Services (CAMHS) to maximise the placement stability of children living in care or with adoptive families in Hillingdon. This includes promoting positive mental health and education outcomes for these children and young people through therapeutic interventions that draw upon specialist approaches that integrate evidence based approaches including systemic, cognitive behavioural, attachment and trauma models. The team work closely with social work managers, education providers and Children's Homes to provide support to carers and the professionals surrounding the child, as well to deliver specialist assessment, intervention and consultation. In particular the service aims to:</p> <ul style="list-style-type: none">• Provide psychological assessment and interventions to address the social, emotional, behavioural and mental health difficulties of Looked After, SGO, Connected Persons and Adopted children with the aim of improving their adjustment and placement stability.• To provide consultation and advice around mental health issues that may require

additional specialist multi disciplinary team (e.g. Psychiatric, psychology, family therapy) input and referral into the local Child and Adolescent Mental Health Service (Hillingdon CAMHS)

- Improve overall emotional health and wellbeing for young people referred to our service**
- Improve educational stability/attendance and achievement**
- Improve age-appropriate social skills and social adjustment**
- By addressing mental health provision in this group we hope to prevent adoption and fostering breakdown including for children in kinship placements or with special guardianship orders**
- Improve outcomes for Looked After Children as measured by standardised questionnaires and self-report measures. [1]**

The MAPS service delivers three main elements:

a) Interventions for children and young people and their carers at risk of escalating problems. Interventions should be evidenced based and use the full range of systemic, cognitive behaviour, attachment and trauma models. Interventions should not duplicate those in specialist CAMHS.

b) Consultation support for children's social care practitioners that work with children and young people with emotional and behavioural difficulties. This is largely advice, guidance and consultation

to build the confidence and skills of practitioners, foster carers and adopters (pre and post adoption). Consultation support to the 3 children's residential units - 2 for LAC and 1 semi-independent provision. These young people often demonstrate extremely challenging behaviours.

c) Training for foster carers and bespoke training programmes. Where necessary to building the skills and confidence of the multiagency practitioner and/or foster carers, it may mean some joint work with the practitioner/foster carer and the looked after child. Training and foster carer groups are organised and booked through the LBH Training Officer including the admin.

The service provider is expected to employ a range of staff with differing skill mix to enable access to the entire cohort group. Where direct work is taking place, this is expected to be delivered on the basis of a personalised needs-led assessment undertaken by the Provider of individual children and young people and their families (where relevant).

4. Referral criteria

The provider is expected to support looked after children and young people including children who are adopted or in special guardianship and kinship placements (0-18 years old who are receiving a service from Hillingdon Social Care alongside their parents/carers with:

- Mild to moderate emotional wellbeing, psychological and mental health difficulties that do not meet the criteria for specialist Tier 3 services
- Anxiety, depression, stress and or other mood

disorders, e.g. low self-esteem

- Trauma**

The service will accept referrals from children's social workers and any requests from other professionals are always notified and discussed with the child's social worker first.
