LOOKED AFTER CHILDREN, CONFERENCE 2022

14:30PM, SPEAKER: CAREY-ANN BAISDEN

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NHS
East London
NHS Foundation Trust

AIMS:

- Introduction
- My role
- The service offers
- Summary/findings of the past year
- Care Leaver Feedback
- What's next…

INTRODUCTION

More about me:

Carey-Ann Baisden

- Mental Health Nurse (RMN) by training
- 15 years experience working and managing acute inpatient services
- Speciality: Child and Adolescent Mental Health (CAMHS) Inpatient Services, Home Treatment Team & Transition planning from CAMHS to Adult MHS (AMHS).

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EMOTIONAL HEALTH & WELLBEING NURSE (EHWN)
SPECIALIST NURSE FOR NEWHAM'S LEAVING CARE TEAM

- EHWN role went live May 2021
- Funded by NHS North East London Clinical Commissioning Group (CCG)
- Employed by East London Foundation Trust (ELFT) - NHS
- 1 full-time equivalent, substantive post
- Supporting Care Leavers from the London Borough of Newham, Local Authority
- Bridge the gap between Health & Social Care

OVERVIEW

EHWN

Managerially supervised:
Named Nurse for LAC/ Team Lead

Clinically Supervised:
CAMHS Lead Psychologist

Receive 1:1 Adult Safeguarding Supervision & Safeguarding Children's Group Supervision ¼

Support Newham's Leaving Care Teams.
Made up of 4 PODs
Approx. 455 care leavers open

SERVICE OFFERS – *CARE LEAVERS:*

- **1:1 short term intervention** with specific Emotional Health & Wellbeing needs which may not meet the threshold for CAMHS or adult MH services.
- **Access to 1:1 sessions** without long waiting times
- **Preparation** for Talking Therapy or other speciality input.
- A **safe, supportive and non –judgemental space**
- **Trauma Informed Approach**; Inc. a referral process which means the care leaver **does not have to repeat their story**, unless they want to.
- **Flexibility and Accessibility**: sessions can be tailored to their biological, psychological and social needs with sessions available face to face, telephone, virtual and/or joint with their PA's
- **Collaborative Working:** sessions which can be **co-directed** by the care leaver
- **Transition planning** from LAC to LFC, if supported by care leaver.

SERVICE OFFERS – *PROFESSIONALS*

- 1:1 or group consultations
- Support to **review MHS and other specialist services** available and appropriate to the care leavers needs.
- Support with **referrals and signposting** (inc national health provisions).
- **Simple** referral process
- Attendance to professionals meetings
- **Staff wellbeing** to all MDT members to ensure **complex and traumatic cases** are discussed in a healthy manner – Reflection/Debriefs

CRITERIA

Risk:

If a persons risks are acute, severe or enduring the referrer will be supported in this process to access and refer to the correct mental health provision including support to obtain the emergency care based on individual presentation.

Exclusion factors:

- Care leavers who require acute or emergency psychiatric care
- Care leavers living in high risk households or at risk of harm to and from others would not be eligible to home visits. This would need to be risk assessed and a clear risk management plan created to mitigate risks where possible.

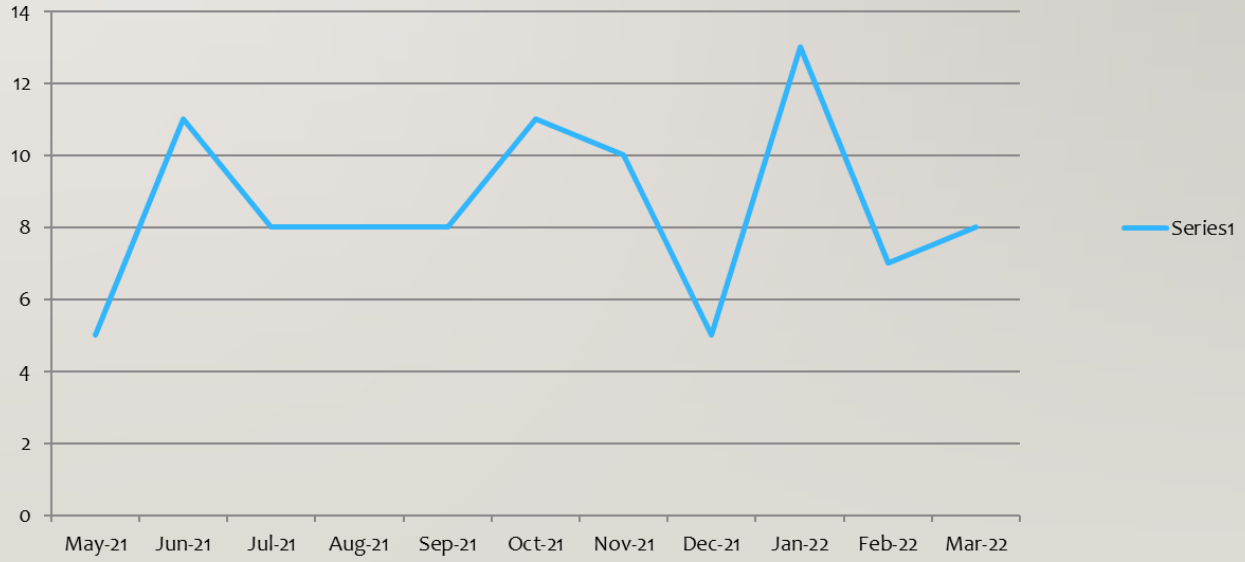
Inclusion

- Newham Care Leaver
- 17.5 to 25 years old
- Consent given
- Care Leavers OOA or in prisons can be referred & planning will be discussed in consultation stage

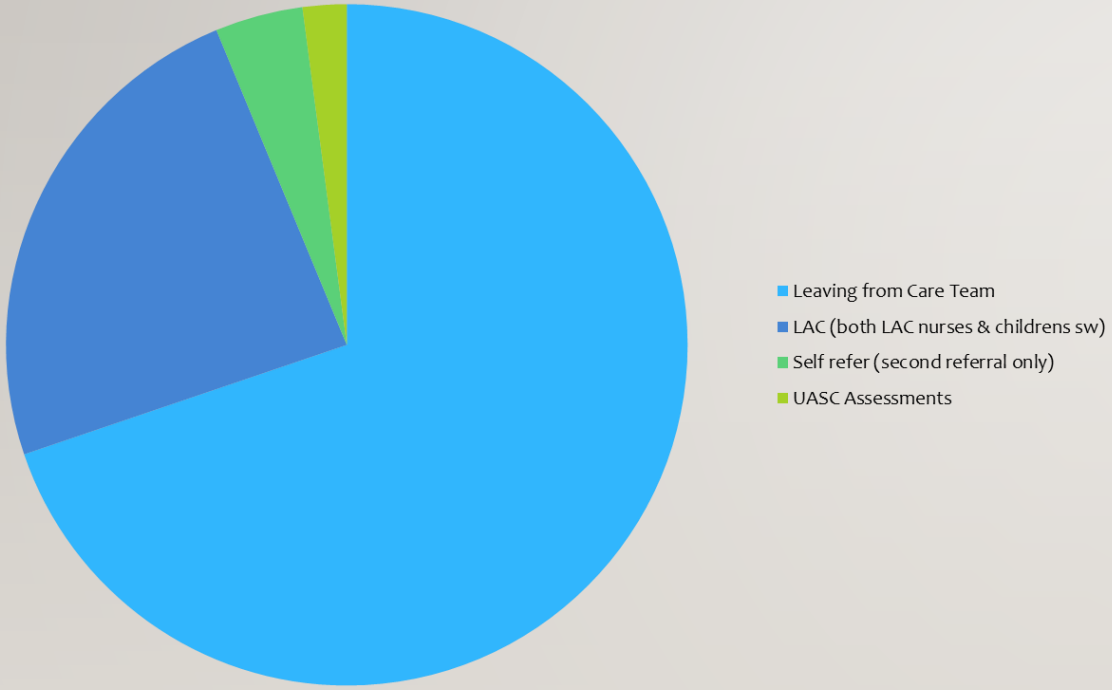
Capacity: Max caseload for 1:1 sessions is 20 young adults and reviewed continuously based on need and input required.

SUMMARY OF YEAR 1.

- May 2021 to 1st April 2022: 94 referrals received (approx. 20% of the cohort)
- Average of 9 referral a month received.
- Of this, 43 were female, 47 were male, and 3 referred to a different gender than what was assigned at birth.
- Average age of all referrals: 19 year old
- Average age of those wanting 1:1 support: 20 year old



SUMMARY OF YEAR 1.



Referrals:

70 % - Leaving Care
24% - LAC Services
4 % - Self referral
2 % - UASC assessments

SUMMARY OF YEAR 1

57% of referrals have been known to CAMHS in their child and adolescent years.

17% are open or have been known to adult MH services

19% are known to other specialist services including Perinatal, LD, ASD & Gender Identity clinics/services.

28% have never been opened to above services.

FEEDBACK

'I have been introduced to various perspectives and different ways of thinking. In my most honest opinion, she has definitely helped improve my anxiety as it was much worse before'

'Speaking as part of the care-leavers group, I can say how much of a relief it felt knowing someone was here to listen and help regarding our mental health'

- *'not only have I learnt to accept the flaws in my mental health, but also have adapted to different methods of overcoming them. Carey-Anne has given me the power of looking at things regarding me from an outside perspective, which has allowed me not react to situations as poorly'*

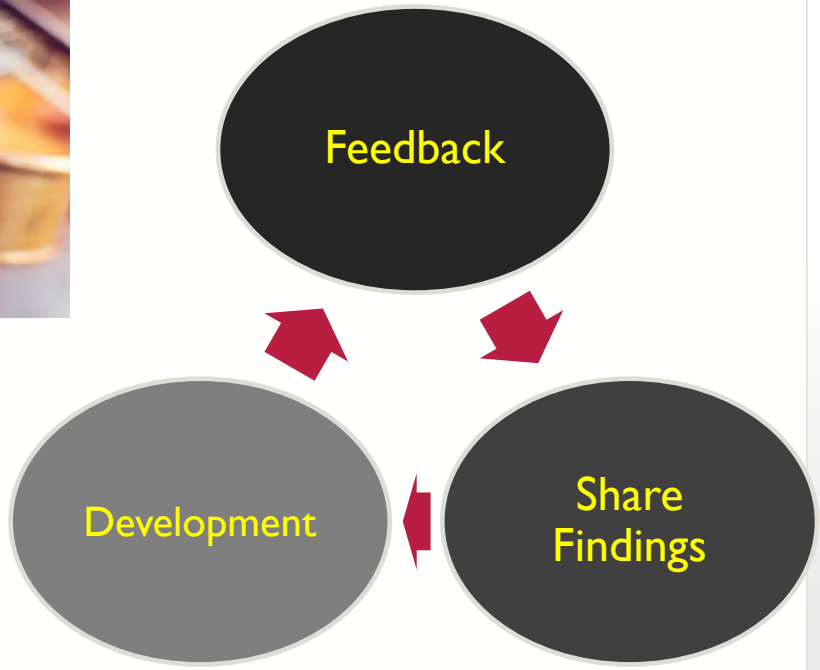
I have the freedom to control the sessions. I can talk about whatever I want, however I want, and whenever I want. I felt absolutely no pressure in any way.

'Carey-Ann's sessions has been helpful from the beginning to the end and still is. It was easy to book appointments and reschedule them if we had to. I have received amazing advice and coping mechanisms when things get a little too much for me.'

'I like how the sessions are very relaxed and free atmosphere where it's completely down to you what you wanna talk about and she is willing to listen to you and give you great advice on what you're struggling with these sessions have helped me especially in exploring my Brain'

REVIEWING PROGRESS

- QUALITATIVE & QUANTITATIVE FEEDBACK
- Surveys
- Outcome Rating Scales (ORS)
- Stakeholder reviews – case studies/ learning
- Feedback from Care Leaver Forums & ongoing networking
- Acceptance rates of referrals made



WHAT'S NEXT?

- Networking
- What's out there?
- Who's out there?
- Building a forum for Care Leaver Nurses
- Sharing resources
- Expansion!

Strengthening Care Leavers experiences

THANK YOU!

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