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ISSUE 2 Winter 2012

The magazine for CELCIS – the Centre for Excellence for Looked After Children in Scotland

NEWS

Permanence

The CELCIS Permanence Team begins working with partners across Scotland.

CASE STUDIES

Bodies Matter

North Lanarkshire's residential care staff promote a holistic approach to children's health

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HEALTH SPECIAL

Dr Linda de Caestecker talks about the Inverse Care Law

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Foreword



I am delighted to share this second edition of Reach with you. Our first edition which we launched in July, introduced CELCIS

and our work and each quarter we intend to issue Reach and update you, not only on the work of CELCIS, but on all the invaluable work taking place to improve the lives and outcomes for our looked after children and young people, or for those who have recently left care.

I am pleased that we now have several new members of staff and new teams in post, including our permanence team and we are already beginning to push forward with important pieces of work with local authorities and other key partners.

We were actively seeking your views during the consultation on the Children and Young

People Bill. We set up forums, ran events and listened to what you had to say before submitting a detailed response to the consultation. Please have a look at the response which can be found on our website and join the conversation in our Communities of Practice Forum.

And of course we have been busy hosting two major conferences, the SIRCC National Conference and the international EUSARF 2012, both of which were resounding successes. This edition of Reach features a 'Conference Special'. We hope you enjoy reading about these events and also looking at the pictures to get an idea of the sheer variety of what was delivered collectively to almost 1000 delegates.

In this issue we focus on the health of our looked after children, with case studies and news from our partners and the wider sector. I am also pleased to welcome Dr Linda de Caestecker as a guest writer. Linda is Director of Public Health for NHS Glasgow and Clyde and is a valuable member of our Strategic Steering Group. Linda has extensive experience in health protection and health improvement programmes.

I hope you enjoy this edition of Reach and if you would like to comment or suggest articles for future editions, please email CELCIS at celcis.comms@strath.ac.uk.

Finally, I would like to take this opportunity to wish you all a very merry Christmas and I look forward to working with all our partners, old and new in the new year for the benefit of our looked after children.

Jennifer Davidson
Director, CELCIS

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information, visit
www.celcis.org

The Inverse Care Law



CELCLIS is delighted to welcome **Dr Linda de Caestecker** as a feature writer for this edition of Reach.

Linda is Director of Public Health (DPH) for the National Health Service (NHS) Greater Glasgow and Clyde, the largest health board in Scotland that includes areas with considerable multiple deprivation and very poor health as well as areas with some of the best health in Scotland. Her role as DPH involves leadership, planning and monitoring of health protection services, health improvement programmes and provision of epidemiological and best practice advice for health services planning and evaluation. She also leads the implementation of an ambitious parenting programme to prevent behavioural problems of children and improve parental confidence.

Julian Tudor Hart first described the inverse care law in 1971 which states that “the availability of good medical care tends to vary inversely with the need for it in the population served.” Children and young people who are looked after are an extreme example of the inverse care law. Due to their life circumstances, resulting in the requirement to be looked after, they are likely to have mental and physical health needs greater than their peers and yet they are less likely to receive and take up health surveillance, screening or treatment. It is well recognised, and one could say obvious, that the mental health of looked after children and young people is poor and the lack of cohesion of services can often add to these problems.

The Scottish Needs Assessment report on child and adolescent mental health published in 2003 showed about 10% of young people have mental health problems which are so substantial that they have difficulties with their thoughts, feelings, behaviours and relationships on a day-to-day basis. Surveys of looked after children, however, show levels of mental health disorders substantially higher at 45% with the prevalence six times higher for those children who are looked after at home or who are in residential homes compared to those in foster care.

When I first worked as a consultant in public health in Greater Glasgow in the mid-1990s these issues were well known and there have been many reports since, describing the problem and making recommendations for improvement. There has been much debate on the relative merits of ensuring all services care appropriately for looked after children versus dedicated services for looked after children. Different arrangements exist around Scotland for example in NHS Greater Glasgow and Clyde there is a mental health team for looked after children and young people. Looked after nurses also have a key role in promoting good mental health.

And yet... as recently as last year another report showed little improvement. The Scottish Public Health Network (ScotPHN) published a report in 2011 on the mental health care needs of looked after and accommodated children and young people. It was dispiriting to read it and realise that the same issues of lack of identification, lack of coordinated services and debates about which agency should fund services were still around. The network has now commissioned work on assessing the health needs of children and young people looked after at home. This is an important piece of work, as we know less about the health needs of these children and young people. Surely though we are less in need of more reports diagnosing the problem than implementation of real solutions.

The delivery of specialist mental health services is key to this and I remain an advocate of dedicated teams to work with looked after children and young people. However mental health training of social care staff, provision of mentally healthy environments, development of trusting and caring relationships with every child having a significant adult are just as important. And of course physical activity is extremely important for mental health so we should ensure that looked after children and young people have many opportunities and support to engage in exercise and sport.

The ScotPHN report encouragingly starts with some quotes from young people who have had good experiences while in care and who were able to develop self-esteem and wellbeing. My aspiration is that this could be the case for them all.

Dr Linda de Caestecker
Director of Public Health
NHS Greater Glasgow and Clyde and
member of the strategic steering group
of CELCLIS

LACSIG Update

The Looked After Children Strategic Implementation Group (LACSIG) is a Scottish Government backed initiative to improve the way services work for looked after children, young people and their families.



It brings together service leaders to facilitate the implementation of policy into innovative practice. CELCLIS hosts the LACSIG Programme Office, which oversees day-to-day management.

The LACSIG Board is pleased to welcome two new members from health policy and delivery, who will be championing the interests of looked after children throughout the NHS and Government. Dr Kate McKay, National Clinical Lead for Children and Young People, and Sally Egan, Vice-Chair of the Child Health Commissioners Group. Both will be involved in important developments for looked after children's health services, from the format of assessments to the commissioning of services for children placed out with their home NHS Board. Throughout 2013 LACSIG will also be working closely with local authorities, NHS Boards and the NHS Information Services Division to design a system that can provide corporate parents with key information about the health of (and services used by) looked after children and care leavers.



Find out more
 Visit www.celcis.org/lacsig

Managing Risk Taking Behaviour

Risk taking behaviour is part of the story of growing up for young people. Establishing relationships, testing the boundaries of acceptability in behaviour, and experimentation with alcohol and perhaps illegal substances can be a heady mix to manage as the hormones rage!



Traditionally, schools' Personal and Social Education curricula have often approached the subjects of substance use (drugs, alcohol and tobacco) and the area of sex and relationships separately. It can be acknowledged that they are perhaps amongst the most challenging subjects to address effectively in the classroom environment.

Fast Forward and Caledonia Youth have, in partnership with two Edinburgh High Schools, developed an integrated curriculum that addresses these issues and provides access to services, and one-to-one support to pupils as part of the collaborative approach. The project has also delivered tailored training to teachers, youth workers and others who work with young people in the two school catchment areas.



Alongside our education programme, we recognise that some young people require specific individual interventions in the form of advice and one-to-one support. Young people can be referred for specialist support delivered by either a worker from Caledonia Youth or Fast Forward, depending on the issues affecting them. Risk taking behaviour encompasses a huge range of behaviours and situations and the team has created additional sessions for school leavers in the transitional stages of moving on to employment or further and higher education.

“It has been our experience that poor sexual health should never be viewed in isolation,” said Caledonia Youth Chief Executive Hawys Kilday. **“The influence of substance misuse, coercion, bullying and violence must all be addressed in parallel with our efforts to improve relationships and sexual health in Scotland”.**

Fast Forward delivered a parallel session on this work at the SIRCC National Conference. We wanted to see how this work related to the residential child care sector. There was an overwhelming recognition that the issues of substance use and relationships/sexual health are difficult for many residential care practitioners to address with young people. Many of the participants recognised parallels with teachers in feeling uncomfortable about some of these subjects and the apparent lack of training and resources to help improve practice. The particular challenges of the residential or looked after/accommodated setting were raised and many participants commented on the usefulness of the risk taking behaviour framework.

Fast Forward and Caledonia Youth see the potential for adapting the programme to other settings as well as rolling it out to other local authority areas in Scotland.



Find out more
Visit www.fastforward.org.uk

A framework for improving health in residential units

The Health Improving Care Establishment (HICE) Framework has been developed by NHS Ayrshire and Arran, North Ayrshire Council, East Ayrshire Council and South Ayrshire Council and is based on an original project by Edinburgh City Council and its partners.



The purpose of the framework is to:

- provide a structure for the direction of health promotion activity
- support services to build on good practice and identify areas for development
- highlight areas where successful promotional activity has taken place and to share this with other service providers
- encourage consideration of health in its widest context

The HICE Framework has three main strengths:

1. It is a pan-Ayrshire model, allowing for greater opportunity to share practice and to increase consistency
2. It is closely aligned to Getting It Right for Every Child (GIRFEC)
3. It places the child at the centre

The framework has five key sections including promoting healthy attachments, staff health and wellbeing, and partnership working, with each having a number of key outcomes. The framework can be used across a number of different settings including residential units.

Using this approach, health promotion activity can extend beyond the child or young person into the physical, social and organisational environments that can impact on health and wellbeing.

Ayrshire will act as one of several pilot sites for the development and implementation of the HICE Framework and lessons learned will be shared with NHS Health Scotland before launching the model across Scotland. Links to the Care Inspectorate have been made, and will continue to be developed at a national level.

Implementation of the framework will be the responsibility of individual children's houses or units, but support is available from NHS Ayrshire and Arran and local authorities. However, it is recognised that a wider partnership approach is essential to its success. Children's homes will be actively encouraged to forge links to other organisations to support them to achieve a health promoting establishment. Progress towards full implementation of the HICE Framework will be reported to LACSIG.

Protection Through Partnership

Whilst the number of looked after children and young people who commit suicide is relatively low, there have been deaths in Scotland every year for over a decade. Many more either contemplate suicide or harm themselves.

Each of these deaths has a massive impact on family, friends, other looked after children and those who work with them. In Scotland recently there have been high profile cases, which highlight the need for initiatives to lower the risk of suicide for looked after children and those who have recently left care.

It is important to be constantly vigilant and recognise the importance of the impact that high profile news stories can have, particularly for children who may be struggling on a daily basis with their own trauma. Children and young people have an increased vulnerability to attempting suicide when it is in the news.

The Scottish Government asked CELCIS to organise seminars in partnership with Choose Life to raise awareness with senior managers in social work, health and education, of the issues of self-harm and suicide for looked after children and young people. The programme also aims to improve communication between agencies, and provide guidance and protocols that can be embedded into everyday practice.

Fourteen seminars will run across Scotland until the end of 2013 with follow-up training for front-line staff. The format for every event will be similar but all will be tailored to the specific issues for that area. Each event will have an experienced chairperson who is known and respected locally or nationally.

The seminars will challenge managers to make sure the policy and guidance in their agency is up to date and relevant and consider how staff and carers will know of it.

Action for Sick Children Scotland Project supports Kinship Carers

In 2010 Action for Sick Children Scotland's 'Children in and Leaving Care Health Project' produced a toolkit designed to support staff and carers looking after the health needs of children in care.

Action for Sick Children Scotland works on behalf of ALL children and young people and this includes some of the most vulnerable children in Scotland today – those in kinship care (children cared for by family and friends).

The project subsequently designed healthcare training based on this resource for Foster Carers and in the course of this, we became aware of the very considerable needs and health issues of children and young people in Kinship Care.

Looked after children in general are likely to have poorer health outcomes than those not in care. This can be for a range of reasons such as early trauma, neglect, missing health records, missed medical appointments, gaps in treatment. These factors can all be present for a child in kinship care but often additional complex issues impact on them, for example, around the birth parents' mental health; fear of inherited conditions; the challenges relating to consent and confidentiality for kinship carers and interfamilial tensions relating to the reason for the child coming into care in the first place.



To support kinship carers the project has developed and delivered free workshops to carers in East Lothian and Lothian on Children and Young People's Healthcare Rights; Issues for Carers; Mental Health and Wellbeing and Consent and Confidentiality.

It has also delivered a Seasons for Growth Programme to help kinship carers address the adverse impact arising from their situation on their physical and mental health. This was very positively received.

"I was so upset – I did not think I could come back after the first session but I am so glad I did as it has helped me cope. It should be mandatory for all carers."



Each child and young person's health matters: Who looks after me when I am ill?

No child, including those in the care system, should ever have to ask this question. If being a good corporate parent means giving our children the love, security and care that any good parent would give their own child when they are sick, how does the local authority and other agencies fulfil this role for the children and young people in their care?



The less than favourable outcomes for children and young people (CYP), who are looked after, continue to be an area of significant concern for the Scottish Government and this has prompted a raft of policies and other initiatives, one of which is the corporate parenting agenda, to be implemented through its Looked After Children Strategic Implementation Group (LACSIG). LACSIG works closely with agencies and organisations such as Who Cares? Scotland and CELCLIS.

The Scottish Government defines the corporate parent as: the formal partnership needed between all local authorities departments and services and associated agencies which are responsible for working together to meet the needs of looked after children and young people.

Looked After Children and Young People: We Can and Must Do Better, Scottish Executive, January 2007

In *These Are Our Bairns* (Scottish Government 2008) we read:

Being a good corporate parent means we should:

Seek for them the same outcomes any good parent would want for their own children.

This Report includes specific recommendations for health boards:

- Appointing a Director with responsibility for CYP in care
- Providing equitable access to Healthcare services
- an understanding mind

Between 2007 and 2010, Action for Sick Children Scotland's (ASCS) Children in and Leaving Care Health Project looked at the healthcare needs and rights of children and young people in care. Inspired by *These Are Our Bairns*, we looked at what corporate parenting would mean in a health context by surveying and interviewing different healthcare professionals involved in the

care of Looked After Children and Young People (LACY). As well as finding out about LACY needs and priorities, we learned how each professional saw their role, the challenges they face and how they helped this vulnerable group. The information gathered informed the development of a toolkit, (including podcast interviews with the healthcare professionals), which aims to raise awareness of the health needs and rights of children and young people in and leaving care and provide information relevant for all staff and carers.

See www.ascscotland.org.uk/default.asp?page=85

Since then we have been delivering healthcare workshops, designed around the toolkit, to both foster and kinship carers to help them look after the health of the CYP in their care. The training now includes specialist topics such as Mental Health and Wellbeing, Consent and Confidentiality and Dental Play for children with additional support needs.



For more information on ASCS's work or to book a workshop please contact Anne Wilson on 0131 553 6553 or email a.wilson@ascscotland.org.uk

Conference Special

SIRCC National Conference 2012

Since our last edition of Reach, CELCIS has delivered two major conferences, the SIRCC National Conference in June and EUSARF 2012 in September. This special feature looks at the conferences and details highlights from both.

In June CELCIS hosted the Scottish Institute for Residential Child Care National Conference in Glasgow. The theme of this two-day conference was Facing Forward, Embracing the Challenges and over 250 delegates joined us to explore how we maximise resources, deliver evidence-based practice, measure and report outcomes and consider the benefits of lowering the barriers between sectors and services.

Keynote speakers included Charlie Applestein who spoke about how to keep residential services viable and effective, Professor Nina Biehal of University of York who discussed the challenges and issues of implementing new approaches and Brian Donnelly from Respect Me who talked about cyberbullying and online safety. Delegates could choose from a number of parallel sessions and workshops on topics.



"We were given handouts which we could use back at our units, these handouts were very informative and contained information we could use in our practice"



SIRCC Awards

The SIRCC Residential Child Care Awards celebrate good practice in the provision of services for children and young people in residential care in Scotland. Winners were announced at the SIRCC National Conference Dinner on 6 June in Glasgow.

The award for Best Practice (in a specific area, for example, throughcare and aftercare support or children's rights) was won by Care Visions Residential Services for implementation of the Sanctuary Model, an organisational change model that integrates trauma theory with the creation of therapeutic environments, providing safety for clients and staff. Working with those with complex needs in a way which helps them to make sense of their painful past experiences, and allowing them to recover and move forward.

The Innovative Partnerships Work Award winner was South Lanarkshire Social Work in partnership with Blue Triangle Housing Association (Glasgow) for their programme 'My New Home'. This programme works with young people who are looked after and assists them with preparing for independent living and setting up of their first home. Feedback from participants highlights how the programme helped them to build confidence and develop a better understanding of what it is like to live on your own.

Aspire Scotland in partnership with Kilmarnock College were awarded a commended in the Innovative Partnership Work Award category.

Lifetime Achievement Award was presented to Adrian Ward in recognition of services to residential child care.

Residential Child Care Workers of the Year

The award for Residential Child Care Workers of the Year was presented to two joint winners; Richard Marshall of Sycamore Services, Dunfermline, nominated by Tyler; and Audrey Weir Forrest St. Children's House, Airdrie, nominated by Paul. Nominations for this category came from the children and were filmed and played at the conference. You can view these on the CELCIS website.



Conference Special continued

EUSARF 2012

In early September CELCIS hosted the 12th European Scientific Association on Residential and Foster Care for Children and Adolescents Conference (EUSARF). Delegates from 33 countries and five continents gathered in Glasgow to discuss 'All Our Children - Positive experiences, successful outcomes for looked after and other vulnerable children'.

EUSARF incorporated the 10th International Looking After Children Conference and the inaugural International Conference of CELCIS.

"We are considering how we might apply the neurosequential approach (to our daily practice) but we need to consider how it would fit with current practice and what changes would need to take place at a systemic level in terms of assessment and intervention."

This was the first time the conference had been hosted in Scotland and over 600 delegates joined us over four days to listen to keynote speakers including Aileen Campbell MSP, Minister for Children and Young People, Hans Grietend, President of EUSARF, Dr Terje Ogden, Professor at the Institute of Psychology at the University of Oslo in Norway; Dr Jorge Fernández del Valle, Director of the Child and Family Research Group; Dr Bruce Perry, Senior Fellow of the Child Trauma Academy; and Professor Harriet Ward, Director of the Centre for Child and Family Research at Loughborough University.

CELCIS facilitated over 200 speakers, 42 sessions and three site visits and the conference aimed to exchange and discuss the latest findings of international research and practice and examine how these contribute to positive experiences and successful outcomes for looked after and other vulnerable children.

"I will be using the research about brain development and trauma to inform assessments and interventions"



Find out more
Visit www.eusarf2012.org



“EUSARF 2012 was an important opportunity for discussion, knowledge and contacts. I think that these issues will have a positive impact in my research work in the long term.”



Bodies Matter

North Lanarkshire's residential child care staff have always been keen to promote health activities with young people in their children's houses.

Since specific training for staff in 2010, they now have champions for nutrition and exercise in each house, leading to improved health outcomes for young people.

The training was called 'Bodies Matter' and was delivered by SIRCC (now incorporated into CELCIS) to 10 residential staff (two from each house) with the aim of empowering these champions to improve the health of the young people in their care. The content of 'Bodies Matter' included presentations from North Lanarkshire Council's Nutritionist, a Sports Psychologist which included a residential physical activity weekend for staff, Sleep Scotland and nurses on dental and mental health. They also had Home Economics practical classes (cooking skills and menus for young people).

To complement this training, North Lanarkshire Council has a Corporate Parenting multi-agency health working group who developed a robust action plan after completing a service needs profile. This includes tackling obesity and eating problems

that are regularly associated with young people in care.

To date, we have implemented a number of initiatives and activities including making kitchen utilities available for young people to prepare their own snacks rather than having to have everything prepared for them. And, with the assistance of the council's Facility Support Services, catering staff have undergone skills training to improve the nutritional value of their menus in line with young people's food preferences.

North Lanarkshire Council has a Diet and Nutrition Policy which the health working group has developed further with an 'Eating Well Guide'. This will include examples of good practice when dealing with difficult eating habits and practices.

Some of the physical activities staff have been involved in organising events for young people include completing the West Highland Way twice, a physical activity weekend in Lochgoilhead, a sponsored charity cycle

around Millport and 10K runs. As well as improving the health of young people, staff have become fitter and many have lost weight!

Finally the content of the 'Bodies Matter' training is being developed into a shorter refresher course which will be individually delivered to each children's house and include not only residential staff from that unit but catering and domestic staff. Through this, North Lanarkshire will have each children's house working together to improve the health and wellbeing of young people and, along with all educational establishments and youth services, they are aiming for all of our children's houses to be Healthy Care Establishments.

Ailsa Clunie, Health Liaison Officer,
North Lanarkshire Council

Judith Myers, Nutritionist,
North Lanarkshire Council

A healthy start through outdoor learning

An innovative partnership between the West Regional Scout Council and Paisley's Kibble Education and Care Centre has led to a small primary school being created at the Scouts' Lapwing Lodge Outdoor Centre, on the Gleniffer Braes.

Kibble has started educating children of primary school age for the first time and it is hoped pupils will see health benefits from the countryside environment and being able to get some of their lessons outdoors.

The new day school in part of the Lapwing Lodge building will teach a small number of primary pupils who haven't settled in a mainstream school.

Donald Gordon, who is chairman of the West Regional Scout Council said: "Kibble has been using our outdoor facilities at Lapwing Lodge for a number of years and they asked us about setting up a primary school in part of the building.

"We agreed, as it fits in nicely with one of the principles of The Scout Association, which is

to develop young people using outdoor activities."

Local authorities will refer pupils to be taught at Kibble's new Lapwing Primary. Teachers there will be fully qualified with the added experience of having taught youngsters who are unable to cope with a mainstream school setting.

Kibble's chief executive, Graham Bell said: "It's the first time in Kibble's history we have taught children of primary school age.

"We'd like to thank The Scout Association for helping us create a school in such a wonderful outdoor setting. It gives our pupils a fantastic opportunity to experience a whole host of outdoor activities, which can be integrated into their school curriculum.

"Our aim is to develop an educational facility in a therapeutic outdoor environment for younger children."



Sector News

WithScotland - Connecting. Exchanging. Protecting.

In July 2012, the Multi Agency Resource Service (MARS) and the Scottish Child Care and Protection Network (SCCPN) merged, re-launching as WithScotland.



WithScotland works to help improve the lives and outcomes of children at risk of abuse and neglect and is continuing to provide a national resource which is focused on Connecting research with practice, Exchanging knowledge with ideas and Protecting Scotland's children by working in partnership.

You can approach WithScotland for help with specific cases, as they broker access to relevant child protection knowledge and expertise. They can support you in implementing findings from evaluations and inspections and can source national and international research. They are also developing resources and making links between child, adult and public protection, and recently appointed an Adult Protection Coordinator, the first post of its kind in Scotland.

WithScotland produces research briefings available to download, with some important new additions in development including Child Abuse and Neglect (for primary schools) and The Neglect and Abuse of Young People (for secondary schools). They will also be producing a new resource for Multi Agency Partnerships and Child Protection Committees – which has been developed by Violence Against Women and Child Protection National Coordinators.

The Fostering Network

Safer Caring: a new approach has been launched by the Fostering Network this autumn.

This new book, written by Jacky Slade and based on consultation with foster carers and fostering services throughout the UK, is grounded in real practice and experience and is essential reading for new and experienced foster carers.

Foster carers offer children the opportunity to experience family life, to feel secure and to have the stability that can help them flourish. The Munro Review urged the sector to be 'risk sensible, not risk averse' and Safer Caring: a new approach has that at its heart.

The book challenges foster carers and children's services to share responsibility for safer caring and to move away from prohibitive policies to focus on the ever-changing needs of individual children and young people.

A flexible and considered approach to decision making means that when any decision is made about a child, we must ask whether it is right for the child. This means that foster carers will be able to help the children in their care experience life more like that of their peers.

Foster carer members of the Fostering Network Scotland can attend a free session in Glasgow on Monday 28 January 2013, to facilitate discussions on safer caring and how it impacts upon the fostering role. Places are limited and must be booked in advance. Please advise when booking if you would like lunch provided for you. To express your interest, please contact Sarah McEnhill, e sarah.mcenhill@fostering.net t 0141 204 1400



To find out more information about the book and order your copy, visit the Fostering Network's online bookshop: www.fosteringresources.co.uk

Sector News continued

Life Changes Trust

On 12 September Big Lottery Fund's Scotland Committee agreed to detailed proposals to take forward and establish the Life Changes Trust (LCT), a £50million 10-year endowment which will focus on two of Scotland's most important social issues: improved life opportunities for young care leavers and people with dementia and their carers.

The LCT seeks to drive transformation in the lives of two groups who currently experience unequal outcomes compared with their peers, and to bring about lasting change embedded in policy, practice, structures and culture.

The LCT's vision is for a Scotland where all young people leaving care and older people with dementia and their carers will enjoy high quality lives, in which they are valued as full and equal citizens, and supported through tailored provision that meets their physical, mental, social and emotional needs and helps them, and their families, overcome the challenges they face.

The plans for the Trust are the culmination of two years work led by BIG's preferred partners: Long Term Conditions Alliance Scotland, Who Cares? Scotland, Scottish Community Foundation and Glasgow Council for the Voluntary Sector. The Partners have prepared plans aimed at providing robust investment frameworks designed to develop and deliver a range of ambitious and challenging initiatives to achieve lasting positive change through existing and new services.

The establishment of the Trust will now commence and we are looking for high calibre Trustees to guide and direct the Trust. We anticipate that the Trust itself will be 'open for business' in the next financial year.

£25million of the Trust's investment will be directed at improving the experiences of young people leaving care in the lifetime of the Trust. There are many and varied plans which have been developed by Who Cares? Scotland, and the other partners, based on intensive consultation with a group of young care leavers throughout the two-year planning phase of the Trust. This Trust's activity with young care leavers will truly place their needs at the centre of the decision making processes and planning stages, ensuring that they form an integral part of the Trust's activity and that care leavers themselves drive its direction and activity.

The cornerstone of the delivery plans for Young Care Leavers is the development of 'Whole Place' demonstrator sites, where services will come together to make the journey from care, to living independently as seamless and supportive as possible. Fundamental to this approach is the need for services to work together in a different way for the benefit of young people about to leave care.

This year the focus will be on setting up the Trust and mapping current service provision for Young Care Leavers across Scotland

Projects which employ a range of innovative approaches to support young people leaving care will begin to roll out next year so look out for further detail in future editions.

Duncan Dunlop, Chief Executive of Who Cares? Scotland said:

"I am really excited about the opportunities offered by the Life Changes Trust and the chance to really have an impact on improving the experience that young people in Scotland have when leaving care. This is the culmination of two years work and I am thrilled that the BIG Lottery Fund is able to make such a significant investment into improving the life chances of these young people"

CELCIS News

Opinion piece

Liz Brabender, Permanence Team Lead

The aim of the permanence team is to provide support to all local authorities to help reduce their outstanding permanence caseloads.

Delays in permanence are caused by a complexity of reasons. By working with stakeholders we will address these through identifying and implementing best practice in contact, sharing effective ways to maintain quality and consistency in assessment, decision making and planning, identifying the benefits of concurrency approaches, and we will help to address challenges in the legal process.

From the work we have completed to date it is clear that there is passion for this work across Scotland. This passion is driven by a commitment to continue to improve the welfare of children. Securing timely permanence for children is in their best interest and early, evidence based decision making is critical.

The team is very optimistic that permanence practice and outcomes for children will continue to improve and that the team can make a positive difference to looked after children in Scotland.

Permanence

The new CELCIS Permanence Team has been established by the Scottish Government and LACSIG in response to the Scottish Children's Reporter Administration (SCRA) report *Care and Permanence Planning for Looked After Children in Scotland* (www.scra.gov.uk/home/care_and_permanence_planning.cfm) published in March 2011.



The Permanence Team is working in partnership with key stakeholders to deliver improvements to permanence practice across Scotland. The team will provide support to local authorities to help reduce their outstanding permanence caseloads, and to develop and disseminate good practice across Scotland through events, seminars, workshops and individual consultations.

The team will help to challenge and break through structural obstacles to permanence work in Scotland. We will develop a whole systems change model, based on engagement with decision making forums – Scottish Children's Reporters Administration, local authorities, Health Boards, Courts, the Care Inspectorate, the Children's Hearing System, voluntary organisations and independent agencies.

The team is funded until March 2015 and we are based at the University of Strathclyde as part of CELCIS.

The team are:

- Liz Brabender, Lead – qualifications/experience as social worker, teacher, change facilitator and programme manager
- Carol Wassell, Consultant – qualifications/experience as social worker and reporter to the Children's Hearing
- Jaine Best, Consultant – qualifications/experience as lawyer supporting children's services
- Andressa Gadda, Researcher – qualifications/experience as researcher with experience in the social care sector
- Mairi Watson, Administrator – qualifications/experience as admin support in Government and university settings

CELCIS News continued

Getting it Right for Looked After Disabled Children

It is estimated that 11 % of all looked after children are disabled, compared with 7 % of the rest of the child population, yet looked after children are often the hidden group in research, policy and practice.

The collection of data and statistics for this group is poor yet substantial knowledge and expertise exists in both the areas of disability and looked after children, but mutual exchange and collaboration is limited.

An exciting knowledge exchange seminar series is planned, entitled Getting it Right for Looked after Disabled Children and Young People. Funded by the Scottish Universities Insight Institute, the programme aims to explore and understand the experiences of looked after disabled children and young people in research, policy and practice arenas, in order to inform and encourage change. This is a collaboration between the University of Strathclyde, University of Glasgow, University of Edinburgh, Scottish Government and Active Inquiry.

We have developed a series of thematic workshops: Being Counted, Being Heard, Being Included and Being Valued to bring together academics, policy makers, service practitioners, third sector organisations, and service user organisations to discuss and debate the key issues. Working with Active Inquiry, a unique Forum Theatre experience is proposed to explore what matters directly to looked after disabled children. The potential impact of the programme is to generate impetus for research, policy and practice that will ultimately improve the lives of looked after disabled children and young people.

Attachment Matters for All

CELCIS has worked with Scottish Attachment in Action (SAIA) to map attachment training and develop an attachment informed approach for all professionals working with looked after children.



The published report will inform the development of an action plan that will underpin the continued work of LACSIG in collaboration with CELCIS, Scottish Attachment in Action (SAIA) and other key partners. The focus will be on disseminating the findings to aid the systematic embedding of attachment informed practice within all children's services and ensure positive futures for our looked after children.

This work was commissioned by Scottish Government in response to research carried out by the Looked After Children Strategic Implementation Group (LACSIG) and the Scottish Children's Reporter Administration (SCRA) into care and permanence planning for younger children in care.

Working in partnership to map attachment training and attachment focused practice in Scotland, the project examines the importance of attachment as a framework for practice for all professionals and agencies that are involved in looking after and supporting young people in care and care leavers.

Although many professionals involved in the care of looked after children share a passionate desire to improve the experiences of these children, there is not always a shared understanding or language to support an integrated approach.

Developing this attachment informed approach offers the best prospects for early intervention for children regardless of their age or family situation.

The report from this project can be downloaded from the CELCIS website.



Find out more
Visit www.celcis.org

InterAction

For decades children and young people in Scotland have been looked after away from home; with foster carers, in children's homes, residential schools and hospitals.



During this time some of these children were badly treated or neglected and it is only within the last 15 years that the full extent of the abuse has emerged publicly.

The Scottish Human Rights Commission (SHRC) asked the Centre for Excellence for Looked After Children in Scotland (CELCIS) to help promote the Human Rights Framework for people affected by abuse when 'in care' by assisting in the process of preparing for the InterAction.

This InterAction will allow those affected by historical child abuse while in care in Scotland, as well as government, institutions, civil society and others with an interest, a platform, to give their views on how the Human Rights Framework should be implemented.

The aim is to seek resolution, to find a way forward within a human rights context.

The first InterAction meeting is currently planned to take place in February 2013. As well as face-to-face meetings, the preparation for the InterAction will hear from people through surveys, questionnaires and other feedback methods.



Find out more
Visit www.shrcinteraction.org

Our office re-locates

In July CELCIS packed up its office at the University of Strathclyde's Jordanhill campus and moved into refurbished office space at the University's main campus in Glasgow.

Months of careful planning ensured a relatively smooth transition to the Lord Hope Building, and targeted communications with our partners and stakeholders meant that disruption was kept to an absolute minimum.

The CELCIS National Resource Centre also moved to a new home in the Curran Building of the University.

Our old telephone numbers have been on divert to our new office but these will be switched off shortly, so if you have not already updated your details for CELCIS, please do this now to ensure you can still contact us. Please note that email addresses remain unchanged.

Langside College update

We would like to say goodbye to our CELCIS staff at Langside College whose contracts finished at the end of September.

We were really pleased to have the opportunity to honour them and their substantial contributions to the residential child care sector at the recent SIRCC conference in June, and we wish them all the very best for their professional transitions ahead.

Reaching out CELCIS policy responses

Over the summer months we have been working hard to respond to the Scottish Government consultation, 'A Scotland for Children: A consultation on the Children and Young People (Scotland) Bill'. We welcomed the aim of legislation to improve outcomes of all children and young people across Scotland, with a specific focus on the most vulnerable.

We hosted three regional events and co-hosted a working group with Children in Scotland to discuss and debate the implications for looked after children, young people, care leavers, their families and the sector. Drawing on research, policy and practice, we submitted a detailed response to inform the proposed Bill in September 2012 (see our website for our full response).

Our Key Messages

- Any proposed legislation must be implemented to achieve the stated aims; this requires national awareness of legislative changes, mechanisms to support the use of legislation and robust evaluation of any impacts;
- To be fully implemented and improve outcomes for children and young people, we must consider the allocation of resources to achieve the stated aims of the Bill;
- We would welcome an increased recognition of the support needs of care leavers and an attitudinal shift about the age of 'leaving care'; in the current economic climate we urge legislative change for a duty to provide support rather than an onus on young people themselves to request support;
- We welcome embedding legislation, policy and practice with a rights-based approach.

CELCIS submitted a joint response with Who Cares? Scotland on the Scottish Government consultation on 'Scottish passported benefits: Consultation on changes required as a result of the introduction of Universal Credit and Personal Independence Payment' (September 2012).

Our Key Messages

- The introduction of monthly payments risks causing hardship to some of the

most vulnerable claimants. Vulnerable 16 to 24 year olds – particularly care leavers have often had chaotic lives and can have very limited budgeting skills.

- Universal Credit also brings in significantly more severe sanctions for those who do not comply. Care leavers and young people are potentially at increased significant risk as research informs that vulnerable young people with a history of social work and care involvement are more likely to struggle to engage and "buy into" services
- Many families with disabled children will be deeply concerned about the impact of changes to support on their ability to afford care for their children. This will impact disproportionately on 'Looked after' children at home, those within the parental home or within kinship care placements.

The Education and Culture Committee's Inquiry into the Educational Attainment of Looked After Children reported on 31/5/12. As part of the report (paragraph 52), the Committee noted that 'striking the balance between supporting families and intervening to remove children from harmful situations is worthy of more detailed investigation'.

To this end, the Committee suggested that they undertake a further inquiry which focused on this area, prior to the introduction of the Children and Young People Bill. We welcome the opportunity to respond to this further inquiry. Established in 2011, CELCIS is the Centre for Excellence for Looked after Children in Scotland. Together with partners we are working to improve the lives of all looked after children and young people in Scotland. Of particular relevance to this inquiry, the Scottish Government's Looked After Children Strategic Implementation Group (LACSIG) and CELCIS are currently supporting a three-year programme of work with local

authorities and national agencies to improve care planning and permanence arrangements for looked after children. The Scottish Government's commitment to earlier decision-making for children is made clear in its 2011 Care & Permanence Plan, and evidenced by its establishment of a dedicated Permanence Team within CELCIS.

Key Messages for the Committee

- To deliver an early intervention approach, children on the 'edge of care' and families 'in need' must be provided with good quality services and support; this will involve a wide range of adult and children's services working together.
- Universal services have a pivotal role in supporting vulnerable children and families from birth through to adulthood and are crucial in fulfilling Scotland's aspirations for 'Getting it Right for Every Child'. The assessment that is made of the parents' capacity to provide safe parenting crucially requires the perspectives of all agencies.
- Decision-making processes to remove a child from parental care can be complex and multi-faceted; sound professional judgement is the cornerstone of good decision-making and children, young people and parents must be part of decision-making processes.
- Improving assessment and decision-making requires enhanced opportunities for learning and development across disciplines.
- The Committee should consider greater clarity in the remit of the inquiry; being 'taken into care' can be a short-term intervention, as well as a long-term option for permanence. Furthermore, children can be 'looked after' at home.

CELCIS Events diary



Full details of all CELCIS learning and development opportunities, aimed at all those who touch the lives of looked after children, are available on our website, along with details of how to book a place. Visit us often to keep up to date on new opportunities.

SIRCC National Conference 2013

The SIRCC National Conference will be held in Glasgow on Wednesday 12 and Thursday 13 June 2013 and the theme is 'Making Connections'.

We know the importance of making connections when developing and sustaining relationships, trust, achievement and self-worth in our lives. Yet ensuring these connections are available in a way that allows young people in residential care to fulfil their creative, physical and emotional potential remains acutely challenging.

We are currently evaluating papers submitted and looking at keynote speakers but promise a packed two days for all those working in the residential sector.

Book the dates in your diary now.

Recent publications and useful resources

Government response to Doran Review Report

This document sets out the response to the Doran Review of provision for children and young people with complex additional support needs.

www.scotland.gov.uk/Publications/2012/11/6244

National Framework for Child Protection Learning and Development

This report presents the findings of a consultation carried out by the Scottish Government on the National Framework for Child Protection Learning and Development in Scotland.

www.scotland.gov.uk/Publications/2012/10/9126/0

Young people's views on the bill

Who Cares? Scotland has published reports and statements on what the young people had to say and their position on the proposals of the Children and Young People Bill.

www.professionals.whocaresscotland.org/news/

The State of Children's Rights in Scotland 2012

A new report provides a non-government perspective on the extent to which children in Scotland are able to enjoy their rights enshrined in the United Nations Convention on the Rights of the Child (UNCRC). It reflects on the progress made over the past year since the publication of Together's 2011 State of Children's Rights report, discussing what progress has been made and where further efforts are needed.

The aim of the report is to reflect on measures taken to improve the implementation of the UNCRC in Scotland over the past year, and to highlight what children's organisations see as being the current key issues.

www.togetherscotland.org.uk/resources-and-networks/resources-library/detail/?resource=319

A Review of Child Neglect in Scotland

The Scottish Government has published a study reviewing the scale and nature of child neglect in Scotland.

Neglect is damaging to children in the short and long term. Neglect is associated with some of the poorest outcomes. It affects children in the early years, but teenage neglect, often overlooked, is also damaging. Formulating an effective response to neglect still poses national and local challenges.

This Scottish review builds on the first review in a series of UK wide reviews of child neglect undertaken by Action for Children in partnership with the University of Stirling.

www.scotland.gov.uk/Publications/2012/07/2985/0

In England: 'Education Matters in Care' Report published

All-Party Parliamentary Group for Looked After Children and Care Leavers has published a report 'Education Matters in Care' on the inquiry into educational attainment of looked after children in England.

www.thewhocarestrust.org.uk/data/files/Education_Matters_in_Care_September_2012.pdf

Info4CareKids website from SCIE

The Social Care Institute for Excellence (SCIE) have produced a website designed for children and young people living in care. The website was part-written by looked after children and young people themselves and gives information on how to survive and prosper in care.

The website has been designed to help children and young people with information, advice and useful links to further resources. It has sections on 'Health', 'Education' and 'Choices' as well as an area offering useful suggestions and advice to those looked after young people who are preparing to live on their own.

www.info4carekids.org.uk

Would you like to submit an article or story to Reach?

Email us at
celcis.comms@strath.ac.uk

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CELCIS is the Centre for Excellence for Looked After Children in Scotland. Together with partners, we are working to improve the lives of all looked after children in Scotland. We do so by providing a focal point for the sharing of knowledge and the development of best practice, by providing a wide range of services to improve the skills of those working with looked after children, and by placing the interests of children at the heart of our work.