

Enfys service update

Reasons for the Report

1. The report aims to inform the Committee on the current work that is undertaken by the Enfys service. A psychology led service for Children Looked After in Cardiff and the Vale of Glamorgan.

Background

2. Enfys is an NHS-based service for children and young people who are 'looked after', adopted and on the 'edge of care' that live in, or are 'looked after' by Cardiff and the Vale. The service was established 5 years ago with a part-time Clinical Psychologist and have grown to a core team of 12 team members with trainee clinical psychologists on rotation (3 currently). The team comprises of clinical psychologists, graduate mental health workers, an administrator and occupational therapist. Two members of the team are funded solely by Vale of Glamorgan Local Authority so work only with children in their care.
3. The Enfys service is a non- diagnostic DDP- informed service, and uses a whole system approach. Dyadic Developmental Psychotherapy is a psychological therapy and framework for the service which has core values that helps families be better equipped to survive the impacts of trauma and heal. The Service Lead has supervision from a DDP Practitioner.
4. Enfys work comprises of consultation, training and therapeutic support to the whole system around a child. Universal interventions are offered such as the Nurturing Attachments Group through to specific therapies such as DDP, EMDR

(Eye Movement Desensitisation and Reprocessing – a specialist trauma therapy) and DBT (Dialectical Behaviour Therapy – a therapy focused on interpersonal and coping skills).

5. The Enfys team are currently completing research looking at: how effective the Nurturing Attachments Group has been during covid (delivered online); trans-racial placements; the experiences of lockdown for children in foster care; and an evaluation into work of the service with Vale Children's Services. Enfys staff are also taking part in the Blueprint Study which is a national piece of research looking at models of service delivery in children's mental health services.
6. One of the main values of Enfys is working collaboratively with partner agencies and services. The team work collaboratively with nurses for children looked after, paediatrics, primary mental health, specialist CAMHS, Child Psychology Services in Cardiff and the Vale. The Enfys team also work closely with colleagues in the Local Authorities and education including ARC the edge of care Local Authority service and the Post-Adoption Team.
7. Each year a number of trainees from the Clinical Psychology Training course at Cardiff University join the team for their placements.

Issues

8. The main challenge that the team experiences is accommodation. Currently based in open-plan offices, the team are unable to meet with families and children on site. There is very little clinical space for work to be completed, however the team continue to be creative in trying to find space to complete therapy and deliver groups, training.
9. The number of children going becoming looked after has increased during the covid-19 pandemic. In addition, the huge pressures on families has meant that many of the children and families supported by the Enfys service are in crisis. This places a huge demand on the service alongside the crisis work already taking place with children already in care, increasingly the service is seeing a need to support children still residing with their birth families.

10. Another major challenge is planning for the service in the long-term. The majority of posts are funded in the short-term (many ending March 2022) which impacts on service development and staffing.

Requests for support

11. Enfys receive requests for support (not referral forms) from any adult supporting a young person in care. This starts with an Advice and Support consultation that always involves the child's social worker. We jointly decide on our substantive pieces of work with our partners in Social Services at a monthly Psychology Panel Meeting.

12. In the past year (July 2020 – July 2021) 92 pieces of substantive work have been completed with families. This includes direct therapy with children in this same time period, Enfys have completed 316 consultations

13. In the past year, the Enfys service have ran 18 Nurturing Attachment groups (average of 15 attendees per group), 3 Calmer Llama Groups, and 23 workshops on common topics that children in care and their adults struggle with (including regulation, food, coping skills, carer burnout, wellbeing).

Financial Implications

14. This service is fully funded through the Integrated Care Fund and hosted by the Health Board. The Integrated Care Fund is currently scheduled to end in March 2022 and in the event of this service being identified as a priority to continue then alternative external funding needs to be identified or consider reallocation of funding within the existing budgetary allocation for the directorate.

Legal Implications

15. There are no legal implications arising from this report.

RECOMMENDATION

16. The Committee are recommended to note the Enfys service update and to make any observations or comments.

DEBORAH DRIFFIELD
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