

What is a Care (Education) and Treatment Review?

Information sheet for Parents and carers

As part of the Transforming Care Partnership, Care Education and Treatment Review's (CETR) were developed as a way of monitoring and reviewing the care provided to children and young people. A CETR is a meeting held for a child or young person with a learning disability and or autism who is at risk of admission to, or who is already in, a specialist Learning Disability or mental health hospital due to a mental health condition or behaviour that challenges.

'Challenging behaviour' is how we talk about a range of behaviours which some people with learning disabilities and/or autism may display to get their needs met. Behaviours might be things like:

- Hurting others
- Self-injury
- Destructive behaviours
- Eating inedible objects
- Other behaviours (e.g. spitting, smearing, repetitive rocking, stripping off or running away)

CETR's are arranged and reviewed by the Clinical Commissioning Group or NHS England using a Multi-agency, person centred approach to identifying appropriate support in the community for young people at risk of admission.

A CETR can be requested by:

- The child/young person (Request to be made to Lead/Key worker)
- Family/carers (Request to be made to Lead/Key worker)
- Responsible commissioner
- Advocate
- Team supporting the child/young person

Consent must always be given for a CETR to take place – You will find a consent form with this information pack, this must be signed and returned in order for us to proceed with a CETR.

If a young person is under the age of 16 years, a parent or guardian may consent on their behalf, however if a young person is over the age of 16 years and is deemed to lack capacity to consent, evidence of a best interest decision must be available to the review team.

The CETR is led by the Clinical Commissioning Group (CCG) with support from two independent expert advisors who's role is to bring an additional challenge and an alternative perspective. This team of people is called the Panel. Alongside the Panel, there will be all professionals involved in the young person's care (Health, Education and Social Care) and yourselves.

The CETR will develop recommendations through addressing four main areas – these will seek to answer the following questions:

- Is the person safe?
- Are they getting good care now?
- What are their care plans for the future?
- Can care and treatment be provided in the community?

It is important that the child/young person is at the centre of the process and that you and your child feel your views are heard. During the review we may need to talk about:

- Current care and treatment
- Physical and mental health
- Medication
- Residence
- Education
- Plans for the future

If your child is unable or does not wish to attend the meeting they can still share their thoughts, feelings and wishes over the telephone, in writing using their 'planning my CETR booklet', through yourselves or via an advocate. The review team will ensure that both

yours and your child's views/wishes are listened to and that your child's rights are being upheld and protected.

At the end of the review you will be invited back to allow the panel to feedback their recommendations. If you are unable to return, we can provide feedback over the telephone, or your keyworker can feedback at a more convenient time.

The Panel cannot enforce these recommendations, they can only advise from an independent perspective to provider services.

Following a CETR the recommendations will be regularly reviewed by your child's Lead worker – if you have any concerns following the CETR you must notify this worker to discuss in a timely manner.

An example of the CETR schedule is as follows:

10.00 – 11.00hrs – Panel meet to review clinical documentation

11.00 – 12.00hrs – Panel meet with young person and family/carers

12.00-13.00hrs – Lunch

13.00 – 14.00hrs – Panel meet with Provider services/Professionals from Health, Education and Social care

14.00 – 15.00hrs – Panel review all information provided

15.00hrs – 16.00hrs – Panel feedback recommendations to young person, family/carers and professionals

The Dynamic Support Register:

The Dynamic support register (DSR) was developed by NHS England to support the early identification of risk for a child or young person with a learning disability and or autism who are displaying behaviours that challenge, including those with a recognised mental health condition.

If a community Care Education and Treatment review is carried out, consent must be obtained from the child/young person and family and the child/young person to be put directly on the Dynamic Support Register. If a child/young person is admitted to a specialised learning disability or mental health hospital as an emergency admission and there have been no previous community CETR's, consent must be obtained from the child/young person and family and child/young person put directly on the register

We look forward to seeing you soon

Contact Details:

E-mail: eryccg.CETRrequests@nhs.net

Useful Links: Transforming Care – NHS England www.england.nhs.uk