

**Reference: FOI.ICB-2324/243**

**Subject: Mental Health Services for Parents and Carers**

*I can confirm that the ICB **does hold the information requested**; please see responses below:*

QUESTION	RESPONSE
<p><u>Part 1: Demographics</u></p> <ol style="list-style-type: none"> <li>1. What is the postcode of the place where you work/your organisation?</li> <li>2. What NHS region do you work in?               <ol style="list-style-type: none"> <li>a) East of England</li> <li>b) London</li> <li>c) Midlands</li> <li>d) North East and Yorkshire</li> <li>e) North West</li> <li>f) South East</li> <li>g) South West</li> </ol> </li> <li>3. Do you see commissioning services for children or young people with SEND <u>and/or their parent carers</u> as part of your role?</li> <li>4. How would you best describe your current role?               <ol style="list-style-type: none"> <li>a) Commissioner NHS Healthcare</li> </ol> </li> </ol>	<ol style="list-style-type: none"> <li>1. BS1 3NX</li> <li>2. South West</li> <li>3. Yes, we look at the needs of parent carers and families rather than just CYP (Children and Young People)</li> <li>4. Commissioner NHS Healthcare</li> <li>5. Both as SEND legislation covers the age range 0-25 years</li> </ol>

<p>b) Commissioner Social Care c) Other (please specify)</p> <p>5. For which age group do you commission services?</p> <p>1. Children and Young People 2. Adults 3. Both 4. Other/Comments (please specify)</p>	
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Part 2: Mental health services for Parent Carers

6. Do you currently commission any specific services for parent carers\* mental health? \*by parents carer we mean parents of children or young people with special educational needs or disabilities
  - a) Yes
  - b) No
7. If yes, what mental health interventions/services do you commission for parent carers?
8. Are there any specific barriers to commissioning mental health services for parent carers?

6. Yes, indirectly through our support of parent carer forums.
7. We do not specifically commission mental health interventions for parent carers
8. No specific barriers

Part 3: Mental health interventions available for parent carers of special educational needs and disabilities in your local area.

9. Are you aware of any sources of mental health support or interventions specifically for parent carers in your local area?
- a) Yes
  - b) No

10. If, yes, who offers this support or interventions in your local area? Please check all that apply. Please include as much information/examples as you can, e.g. name of organisation
- a) NHS (please specify the service/intervention)
  - b) Social care (please specify the service/intervention)
  - c) Private therapy/counselling (please specify the service/intervention)
  - d) Charity/Third sector (please specify the service/intervention)
  - e) Other (please specify the service/intervention)

11. Are you aware of any support available specifically for parent carers for their mental health, nationally, or remotely?
- a) Yes
  - b) No
  - c) Not sure

9. Yes

10. See links below:

- <https://www.nspcwt.org/wellbeing-offers>
- <https://www.bristolparentcarers.org.uk/events/>
- <https://www.sendandyou.org.uk/support-groups-workshops/support-groups/>
- <https://www.second-step.co.uk/wellbeing-colleges/north-somerset-wellbeing/>

11. Yes

12. New Minister for Children, Families and Wellbeing

13. Peer support and wellbeing activities

14. Additional funding

15. We recognise the importance of supporting the mental health and well-being of parent carers in order to improve outcomes for CYP with SEND

<p>12. Who offers this support or interventions <u>nationally</u> or <u>remotely</u>? Please add any details you are aware of, e.g. name of organisation(s) and service(s)/intervention(s)</p> <p>13. Are there any types of mental health interventions or support that you think may be particularly helpful for parent carers?</p> <p>14. From your professional point of view, how could access to appropriate mental health support for parent carers be improved?</p> <p>15. Do you have any other comments you would like to add about anything related to this research?</p>	
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***The information provided in this response is accurate as of 28 September 2023 and has been approved for release by Lisa Manson, Director of Performance and Delivery for NHS Bristol, North Somerset and South Gloucestershire ICB.***