



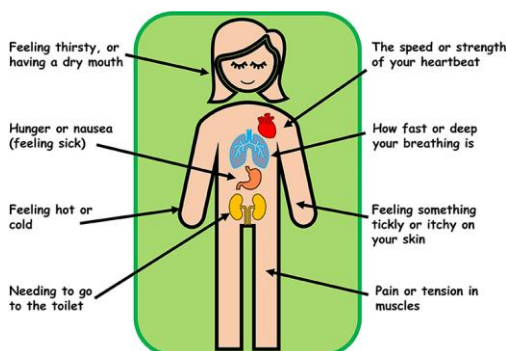
Some further results from the Pilot:

- ★ 50% of participants said that the support did not go on long enough
- ★ 40% of participants had needs that justified a sensory assessment, and the young people said they found the assessment transformative
- ★ 60% of participants said they would be happy to support care leavers to understand what a future OT offer could provide, because they didn't fully understand the potential at first
- ★ 60% of participants specifically mentioned that the offer helped them to trust professionals more
- ★ 70% of participants specifically stated that the OT helped them to 'open up' – one participant said it is hard as a male to discuss your mental health, but he quickly opened up to the OT

## Recommendations from the study

The findings from this pilot service evaluation highlight the potential benefit of OT support for care experienced young people; an offer only provided minimally in one area of the UK presently (Essex). We made the following recommendations:

- ❖ **The wider consideration of OT within a multidisciplinary offer to care experienced young people.**
- ❖ **Consideration of up-scaling this pilot into a fuller research study. This study used OT students but a full study would include qualified OT.**
- ❖ **A larger project would explore how an OT can encourage a young person to utilise other care support as an enabler rather than themselves; the OT being an assessor, planner, monitor and reviewer; and consider where this support is best provided, for instance not at 18+ but 16+; and to engage asylum-seeking young care leavers to participate.**
- ❖ **A primary area of this upscaling as aforementioned could centre around a promising element within this initial research – exploring through OT support to care leavers, whether support to the neurodevelopmental/sensory bases including interoception could improve a person's ability to emotionally self-regulate.**
- ❖ **The results will be disseminated to the Dep of Education, ICB and National Leaving Care Benchmark Forum who support 88 Local and Unitary Authorities**



## Further information

- › Visit [Starting Well: Children's Mental Health](#)
- › Contact Matt Bushell,
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