

Care, Education and Treatment Reviews

Information for young people and families



What is a CETR?

Care, Education and Treatment Reviews (CETRs) are part of 'Building the Right Support', a national plan to help children and young people with autism and/or a learning disability get the support they need in the community rather than having to move from home or go to a mental health hospital. It is basically a big meeting for everyone in your team and some extras.

A CETR can be requested if there is a risk of admission to a mental health hospital or a risk of situational breakdown at home, such as a risk of needing to go into care. It checks with everyone if all the right support is in place to help you stay in your community. CETRs can also take place when a child or young person is in hospital, to help with planning for when it's time to leave the hospital.

Do I need to have a CETR?

Before the CETR is arranged, a member of your team will speak to you about it. They will give you information and check that you understand what the CETR is. They will ask you if you agree to the CETR taking place, and will also discuss this with your responsible adult. If you do not want the CETR to happen this is OK.

How do people know if I need a CETR?

You may be asked if you are happy for your name to be added to the 'Dynamic Support Register'. This is a list of children and young people who are at risk of having to move away from home or having to go into a mental health hospital. If your name is added to the list it means that your needs might be discussed with other professionals such as social workers and teachers. We do this so that we can make sure you get the support that you need in all areas of your life. You can say no to going on the register (or your parents can if you are under 16), and you can change your mind about saying yes or no, too.

How long will the CETR take?

A CETR meeting takes place over the course of a full working day, but most people invited will only attend certain parts of it. The meeting can be held in person in a place that works for you, or virtually via an online meeting, or a combination of both. The CETR will be planned around you, so you can let us know what works best for you.



Who is in the CETR meeting?

You are the most important person in your CETR meeting. If you don't want to attend the meeting that is ok. Your responsible adults are also very important in the meeting. You decide how much, if any, of the meeting you want to attend and can also have other people be there with you, such as a friend, mentor or advocate, other family member or someone else you trust.

If you are 16 or over and don't want your responsible adult(s) / family there, please let us know.

The meeting will be led by someone from the Integrated Care Board (ICB). There will also be people who you have not met before: an Expert by Experience (this is someone who has personal experience either through being the responsible adult for an autistic person and/or a person with learning disabilities,

or someone who has a diagnosis themselves) and an independent Clinical Reviewer (this is a professional from the area, so maybe a Specialist Learning Disability Nurse, a Speech and Language Therapist or an Occupational Therapist). Together with the person from the ICB those three are often called 'the panel' – that means that those three are the ones responsible for asking the questions and gathering the information. There will also be an administrator to take some notes.

What happens in the CETR meeting?

At the CETR we ask:

- What is your current situation?
- How you and your family feel about the situation?
- Are you safe?
- What is your current care and treatment?
- Are you attending education?
- What is working well and what is not working so well?
- Is there any other support that would help you stay in the community for your care and treatment?

Everyone at the meeting is asked to give their point of view. You and the other people at the meeting agree if any changes to your care, education and treatment should be made. People in the meeting agree any actions that need to happen to make your care better.

Once the meeting is completed, the ICB is responsible for checking that actions are/have been carried out

What happens after the CETR meeting?

After the meeting the chair (this is the person from the ICB) completes a document with the information talked about. This will include the recommendations, as well as who is responsible for them and when they should be completed by. The document will be shared with those who were at the meeting and those who need to know about the recommendations. Even if you did not attend the meeting you can get a copy of that document – just let us know.

What happens if my situation is urgent?

If your situation is very urgent and the risks of something going very wrong for you are high, we might organise a more urgent meeting – they are called ‘Local Area Emergency Protocol’ (LAEP) meeting, but are sometimes also called a ‘Blue Light CETR’.

This is a shorter meeting and usually does not involve a panel, so it is much quicker to organise and can often happen within a few days of us being contacted. Someone from the ICB will still lead the meeting and we may agree to organise a CETR a short while later to look at your situation in more detail.

Want to find out more?

Check out our video:

<https://www.youtube.com/watch?v=jBdW6M4hR-g>

Look at our website:

<https://tinyurl.com/5n87f4w8>

Get in touch:

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