

Care and Risk Management (CARM) Information for Children & Young People





What is Care and Risk Management (CARM)?

CARM is a process to support young people aged between 12 and 17 where there are concerns about them causing serious risk of harm to others.



Why is it important?

When young people cause or risk causing serious harm to others the consequences can be significant. CARM is a way for everyone to work together and make a plan to keep young people safe, support and help them make positive choices moving forward so they are no longer a risk to others.



What Happens in a CARM Meeting?

A group of professionals, some of whom may know you, will meet to talk about what has been going on. It will usually take place in an office. The meeting will decide how to manage the risks. Everyone at the meeting will:

- Discuss what has happened
- Listen to your views
- Think about what support you might need
- Think about whether CARM is needed for you
- If needed, agree what the CARM Plan is
- Agree what the professionals need to do
- Agree what you and your family/carers need to do.



Who attends the CARM meeting?

Your voice is important and everyone at the meeting will want to hear your views. There may be reasons that you can't or don't attend the CARM meeting, it will still go ahead if you are not there, but your views can still be shared.

Other people who may be at the meeting could include:

- Social Workers
- School/College staff
- Youth Justice Workers
- Child and Adolescent Mental Health Services (CAMHS)
- Your family or carers
- Police
- Any other services or adults who are supporting you



What happens after the CARM meeting?

If a CARM plan is agreed, it will be reviewed within 3 months and there will be core group meetings every 4 weeks to check if things are getting better.

If a CARM plan is not needed, then a better way to manage the risks and support you will be agreed.



What kind of help might I get from CARM?

Depending on what you need, we might offer:

- Someone to talk to you regularly
- Support with school or college
- Help for your family or carers
- Help with your health and wellbeing needs.



When does CARM end?

A CARM plan won't last any longer than needed. CARM review meetings will consider whether things have improved and if the risks of harm have reduced enough to remove the CARM plan.



What are my rights as a young person involved in CARM?

You have rights and those at the meeting will:

- Listen to your views
- Treat you with respect
- Keep your information private (unless someone is in danger)
- Involve you in decisions as much as possible.



What if I have questions?

It's okay to ask if something confuses you or makes you worried you can talk to anyone in the meeting who could help you understand and reassure you. Some other people you could talk to are:

- Your Social Worker
- Your Health professional
- A trusted adult at School
- A family member or Carer.



What if I think something is not right?

Speak to your Social Worker who can help with anything that might need to be looked at again, or a trusted adult who could raise any concern on your behalf. Remember we are here to help you be safe, feel supported and have a brighter future.



I am still not sure what all of this means. Who can help me to understand?

If you feel you need further information or support, please get in touch with your Social Worker:

My Social Workers Name

Contact Number

Other Useful Contacts

Social Work Contact Centre

- Tel 03451 55 15 03
- Social Work Out of Hours, if you need to speak to someone urgently please call 03451 55 00 99.

Police Scotland

- Tel: 101 or 999.

NHS Fife

- School nurse health hub for you people;
www.nhsfife.org/schoolhealthhub
or scan the QR code



Childline

- Tel: 0800 1111
- www.childline.org.uk

[Privacy Notices | Fife Council](#)



For more information about
child protection in Fife visit

www.fifechildprotection.org.uk



#Keeping
The Promise
In Fife



Children in Fife
Every child & young person matters