

Fife Care and Risk Management (CARM) Information for Parents & Carers



What is Care and Risk Management (CARM)?

CARM stands for Care and Risk Management. It is a formal risk management process used nationally to support children and young people between the ages of 12 and 17 where there are concerns about them presenting a serious risk of harm to others. The serious risk(s) will be of a violent or sexual nature. It is important to consider that this behaviour could include online behaviour.

Where a professional in Social Work, Health or Police is notified of concerns which may reach the CARM threshold they will refer the concerns for consideration of a CARM meeting. The CARM meeting will discuss and agree whether a CARM plan is needed to manage the risks presented by the young person or if other measures are more appropriate.

Why is CARM important?

When a young person presents a risk of serious harm to others the consequences to the young person themselves and to others can be significant and can result in the young person becoming involved in the criminal justice system. CARM aims to achieve positive intervention, for families, carers and professionals to work together with the young person to reduce risk, prevent harm and support the young person toward a safer and positive future.

What Happens in a CARM Meeting?

The CARM meeting is usually held in person in an office, and you will be advised of the details beforehand. The meeting brings together professionals to support you and your child, some of whom are likely to know you and/or your child. Information concerning the identified risks and strengths will be shared in the meeting to consider if your child requires CARM support through a structured plan.

If the meeting decides a CARM Plan is required details of what the actions, roles and responsibilities for each person involved in the plan will be agreed and shared. If it is decided a CARM is not required, then a more appropriate response will be agreed and shared.

Will my child and I attend the CARM meeting?

You and your child's voice is important. Wherever possible you and your child will be invited to attend the meeting, however there may be reasons why you and/or your child cannot or do not attend and the CARM meeting will still go ahead. In this case your Social Worker will meet with you before to understand you and your child's views so they can be discussed in the meeting.

What might be included in the CARM Plan?

Any action will be tailored to your child's and family's needs to put in place support to reduce the risk of harm and keep people safe. Examples may include:

- Help to understand and manage behaviours
- Family support services
- Support at home
- Mental health or wellbeing support
- Education or learning support for your child
- Youth work.

What will happen after the CARM meeting?

If it is agreed that the CARM threshold is met, then a CARM plan will be put in place for your child. A review meeting will be held within three months and there will be core group meetings at least four weekly to monitor the plan. If it is decided CARM is not required, then a more appropriate response will be agreed and shared.

How long will my child be managed under a CARM Plan?

Young people should not have a CARM Plan any longer than necessary. CARM review meetings will consider whether the risk of harm has been reduced enough to remove your child from the process.

Who do I speak to if I don't agree or feel something is wrong?

Speak to your child's Social Worker, they can help you to understand information and consider if something needs reviewed.

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.





For more information about
child protection in Fife visit

www.fifechildprotection.org.uk