



What to expect from Care And Risk Management (CARM)

What is a risk of serious harm? - "There is a likelihood of you being involved in a life-threatening event."

Before

The CARM meeting will be arranged and chaired by an Independent Review Officer. A Care and Risk Management plan will be agreed to keep you and others safe.

- The people around you have concerns about the risk of harm to yourself or others and have decided we need a CARM meeting to discuss this.
- This might be because you have harmed yourself or someone else either physically or sexually.
- You may be living at home, or be coming out of residential or secure care.
- We will listen to your views to know what works best for you, an Advocacy Worker could help you with this.
- The CARM meeting will be arranged and chaired by an Independent Review Officer. A Care and Risk Management plan will be agreed to keep you and others safe.
- By the end of the meeting, you and those who work with you will know,

1 What the plan is.

2 What the professionals need to do.

3 What you and your family need to do.

During

- During CARM you will be given the confidence to make safe decisions for yourself.
- We will help you with the things that aren't going so well.
- The Plan will be reviewed at least every 6 weeks.

Who could be involved?

- Police, Social Work, CAMHS, Reviewing Officer, School/College, Housing, School Nurses, Community Mental Health and other helping services

After

- Our goal is to arrive at a place where the CARM is not needed.
- We will support you to achieve your goals.
- We will support you to ask for help if you need it.

What Could This Look Like?

- We will help you to get back into education, work or college.
- We will support you to take part in activities you enjoy in your community.
- We will support you to have safe and strong relationships with the people who you care about and who care about you.

(What is Care and Risk management?)

The Care And Risk Management (CARM) process is to help you and your family identify and reduce the risk of serious harm to yourself or others

