



Children and Young People's Strengths and Difficulties Questionnaire (SDQ)

When a child or young person first comes into care, the Through Care team initiate a number of checks and appointments, for example a medical appointment, for the child/young person.

After two months, they will prepare and send a **Carers' Pack** to you which contains:

- a covering letter - explaining what the pack is and why the information is being requested e.g. Dental health
- A Strength and Difficulties Questionnaire (SDQ) form
- A carer's report - this is a template for you to fill in detailing the child/young person's likes and dislikes, routines and habits.
- A pre-paid reply envelope

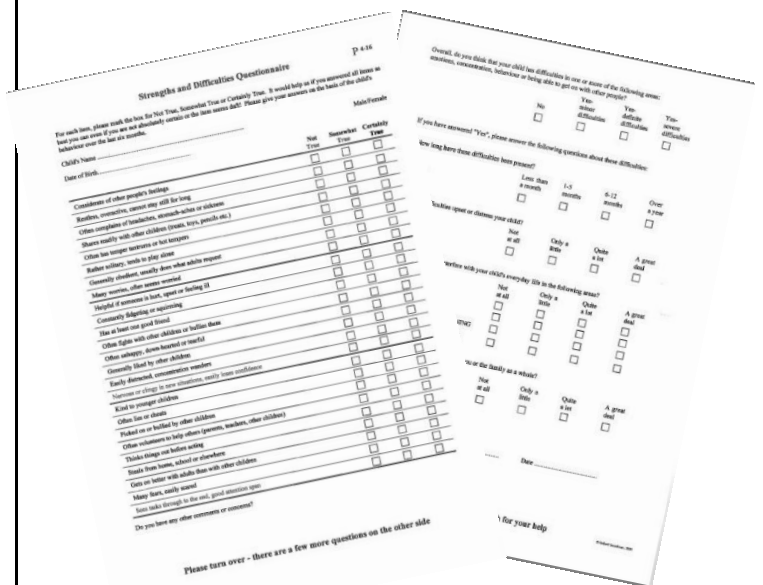
What is the SDQ?

The SDQ is a brief behavioural screening questionnaire about the looked after children/young people aged 4-16 years. It exists to meet the needs of the young people in our care.

The SDQ asks whether you think the young person has any issues, and if so, enquires further about how chronic, distressing they are, whether they cause any social impairment or are a burden to others. You will be asked a series of questions and asked to rate them, 'Not true', 'Somewhat true' or 'Certainly true'.

This provides useful additional information for clinicians to determine service use such as CAMHS and other specialist services for children with emotional and behavioural difficulties.

It only takes a few minutes to complete and is a 'check box' format.



What happens next?

Once the forms are completed, please return them in the pre-paid envelope. The information from the scoring sheet is then input into a computer program which produces a chart indicating which total scores are low, average or high compared to the general population.

High scores overall, or for any subscale, point to the likelihood of a significant disorder, and/or a disorder of a particular type.

The child/young person's social worker is advised of the scores each child received and whether it is low, average or high. A copy of the SDQ and its report is sent to Health who will arrange a more thorough and appropriate assessment.

It is important to note, that the scores do not guarantee that there will be found to be a disorder. Neither does a low score guarantee the absence of a problem, but the instrument is useful for screening.

How often is this questionnaire required?

The SDQ requires completing annually. The report is combined with the child/young person's annual medical and therefore in order for it to be completed and processed in time, it will be sent to carers at least two months in advance of the date of the medical.

As the child/young person's first medical takes place as soon as they come into care, the second time you receive an SDQ will be **nine** months after you completed the first one. Subsequent year's forms will then be every 12 months.

Further help or advice

If you have any concerns or need to discuss how to complete the form please speak to your supervising social worker in the first instance.

If you do not think you have received one or have one to return please contact the Through Care Team.

Contact details for the Through Care team:

If you need a replacement, please contact the Through Care Team on

Tel: 0115 804 1224

Nottinghamshire County Council
Bevercotes House, Fountain Court,
Darwin Drive, Sherwood Energy Village,
Ollerton, Nottinghamshire, NG22 9FF

Website: www.nottinghamshire.gov.uk

Phone **0300 500 80 80** if you need the information in a different language or format.