



## **HEALTH OVERVIEW AND SCRUTINY COMMITTEE: 1<sup>st</sup> March 2023**

### **TEEN HEALTH SERVICE: 11-19 YEARS OLD (HEALTHY CHILD PROGRAMME)**

#### **REPORT OF THE DIRECTOR OF PUBLIC HEALTH**

##### **Purpose of report**

1. The purpose of this report is to provide an update on the Teen Health Service: 11-19 that was insourced September 2022.

##### **Policy Framework and Previous Decisions**

2. The Healthy Child Programme (HCP) contains statutory functions of the Public Health grant. This includes five universal public health nursing checks for families and delivery of the national child measurement programme (NCMP) in schools.
3. Cabinet approved a new service model in October 2021 to focus on 0-11 aged children and secondary school aged children (Now known as the Teen Health Service: 11-19). The procurement process began in November 2021.
4. The 0-11 service was successfully awarded to Leicestershire Partnership NHS Trust. This new service began in September 2022.
5. However, the Healthy Child Programme for secondary school aged children was not awarded following the outcome of the procurement exercise. The reason for this decision is following the evaluation process, the bid could not identify with sufficient confidence it would meet the specification and objectives of the new service specification.
6. A thorough options appraisal was conducted and the service for young people aged 11-19 the service was integrated within LCC Children's and Families Wellbeing service working closely with Public Health to provide a holistic approach to prevention for secondary school age children.
7. The Covid-19 pandemic exacerbated some of the issues with the current service offer and there was a need to review and improve the Healthy Child Programme preventative offer to address the increases in demand.

##### **Background**

###### **Priorities for the service:**

8. The Healthy Child Programme is the early intervention and preventive public health programme which focuses on a universal preventative service for children and

families. It provides an invaluable opportunity to identify families that need additional support and children who are at risk of poor outcomes. It provides families with a programme of health and development reviews, supplemented by advice around health, wellbeing and parenting.

9. Adolescence is a time of huge change and experimentation. In seeking greater independence many young people will engage in some level of risky behaviour between the ages of 11 and 14 years old. For most, there will be no lasting harm. However, there are some young people for whom 'risk taking' behaviour becomes problematic with profound negative consequences that last well into adulthood. It is therefore crucial we understand the rationale behind the more significant risky behaviours and how we might minimise harm and support choices promoting more positive health outcomes.
10. The core purpose is to give every child the best start in life and is crucial to reducing health inequalities across the life course. One of the mandatory elements of the 0-11 and Teen Health 11-19 service is to ensure smooth transition into secondary schools. Both services will need to work together for the best interest of the family and ensure smooth transition from primary to secondary school.
11. There are six high impact areas for school aged children identified following a national review in March 2021.
  - a. Supporting resilience and wellbeing;
  - b. Improving health behaviours and reducing risk taking;
  - c. Supporting healthy lifestyles;
  - d. Supporting vulnerable young people and improving health inequalities;
  - e. Supporting complex and additional health and wellbeing needs;
  - f. Promoting self-care and improving health literacy prevention.
12. Local priorities were identified using the 5-19 JSNA, Public Health Outcome Framework data and the health-related behaviour questionnaire conducted in a handful of schools and a headteacher survey and focus groups. These priorities are;
  - a. Emotional health and wellbeing including body image and self esteem;
  - b. Healthy relationships;
  - c. Substance misuse including alcohol.

#### Service delivery:

13. The Teen Health Service 11-19 started in LCC on the first of September 2022. However, due to most of the workforce needing to be recruited, it has been in shadow form until January 2023. All children that needed support in the transition period have been supported within the existing Early Help workforce. Schools and partners were communicated to regarding how to access the service.
14. The service is now fully staffed with 15 children and young people's wellbeing officers. Each officer is working with three secondary schools. The one-to-one work has continued through referral. Plus, the officers are now working with their schools to complete a schools wellbeing audit to identify the support the school needs and gaps in relation to the local priority areas. This will inform service delivery for group work and drop ins. Planning is underway to provide sexual health drop-in sessions which will be accessible for all CYP.

15. The service is supporting the local Youth Parliament programme to develop a health and wellbeing day across all secondary schools in October. This will be complemented by a focus on supporting and developing Youth Voice opportunities within each school population, to allow meaningful co-production and promote health equity.
16. Specialist training from Stonewall has been procured in response to feedback from Health and Wellbeing officers regarding identified need for support for students identifying as LGBTQI+, or with queries regarding sexuality and identity.
17. Early feedback is positive from schools. However, with most service changes there are some unforeseen consequences that we are working through with partners. One being health representation into safeguarding processes to complete baseline health assessments, as this task was performed by a school nurse previously. To mitigate this interim arrangements have been commissioned by Public Health to ensure statutory safeguarding responsibilities were maintained. This includes 2 safeguarding practitioners both with a health background to provide clinical expertise and knowledge to inform safeguarding decisions.
18. The Teen Health service will align to the safeguarding processes within the Children's Wellbeing Service for escalation of concerns about a child and the role of SystemOne is being explored.

### **Resource Implications**

19. The budget for the Teen Health service 11-19 is £1.7m

### **Conclusions**

20. The committee is asked to note the progress to date.

### **Background papers**

Report to Health Overview and Scrutiny Committee 1 September 2021:  
<https://politics.leics.gov.uk/documents/s163224/Scrutiny%20Report%200-19%20HCP%20200821Final.pdf>

Report to Cabinet 26 October 2021 <https://politics.leics.gov.uk/documents/s164252/0-19%20Healthy%20Child%20Programme%20-%20Procurement%20of%20New%20Service%20Model.pdf>

### **Circulation under the Local Issues Alert Procedure**

21. None.

### **Equality Implications**

22. An Equality impact assessment was conducted.

### **Human Rights Implications**

23. There are no human rights implications arising from the recommendations in this report.

### **Other Relevant Impact Assessments**

24. A health equity assessment was completed to understand who the service needed to target. Findings included;
- a. developing Youth Voice in schools with Wellbeing Officer support, to support development of focus groups in schools to coproduce programme design and delivery methods alongside a Neighbourhood network.
  - b. ongoing work to develop a digital offer is needed to support community health promotion/campaigns, and there is a commitment to working with wider PH campaigns
  - c. Partnerships to be developed with Youth Engagement Activators, Healthy Schools Programme, MHST teams, SEN/Inclusion services, wider CFWS, Youth Services, District Councils; CAMHS; ICB

### **Appendices**

25. Appendix A: Teen Health Service Intro Pack
26. Appendix B: Health Equity Audit Tool for Teen Health 11-19 service

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