

teen health

11-19 service

Supporting Children and Young People's Health

Service Information Pack

Contents

Schools Information in Brief	3
About the Teen Health 11-19 Service in Leicestershire	4
Our Priorities	5
Thresholds and Referral Criteria	6
Referrals to the Teen Health 11-19 Service	7
Our Support.....	8
The Teams	10
Confidentiality and Information Sharing	11
Self Help Advice, Information and Videos	11
Directory of Services	11
Complaints	11
DBS Information	11
School's Health & Wellbeing Review Tool	12
Schools Agreement	19

Schools Information in Brief

Please note:

We can only accept a referral if the Child/Young Person (and their parent/carer if appropriate) has given consent.

Schools should routinely involve parents/carers when making a referral. In cases where a child does not wish to involve their parents/carers, schools should support the young person to self-refer. Schools should continue to use professional curiosity and carefully consider any potential safeguarding issues along with the rights of the child. In these cases, Teen Health will work closely with the child and school to involve the child's parent/carers as appropriate.

Any child under the age of 13 seeking sexual health advice or discloses a sexual relationship should be referred directly for safeguarding.

The **Teen Health 11-19 Service** offers public health focussed group-based interventions to children and young people to:

Support and improve emotional wellbeing with a focus on:

- a. Improving self esteem
- b. Improving body image
- c. Building resilience

Support healthy relationships

- a. Building positive relationships
- b. Reduce violence in intimate relationships
- c. Promoting positive sexual health and wellbeing

Support children and young people to make healthier choices with a focus on:

- a. Reducing substance misuse particularly cannabis use
- b. Reducing alcohol consumption

We will work with your education setting to support your 'Whole School Approach' to improving the emotional wellbeing and health of all students in the school, this can include information sessions and assemblies.

Where another service may be more appropriate for the child or young person we will signpost and link to other agencies and are able to support referrals.

We may be able to offer individual evidence-based interventions with young people and families who may have more complex needs, or where groups may not be appropriate, however please note there is very limited capacity for this.

About the Teen Health 11-19 Service in Leicestershire

Teen Health 11-19 Service (Leicestershire)

The 'Teen Health 11-19' service provides preventive early intervention public health programmes as the heart of the universal service for young people of secondary school age and up to the age of 25 years for young people with special educational needs and / or disabilities (SEND).

Teen Health is a Public Health service integrated within Leicestershire County Council Children and Family Wellbeing service. Based within schools and the community, the programme supports children and young people to grow up to be healthy, stay safe and be able to achieve their potential. A key objective of this service is to promote healthier lifestyles and improve health outcomes and ensure that those at risk are identified at the earliest possible opportunity.

There is a focus on reducing harm, protecting and safeguarding children and young people. Responding to their needs earlier to enable them to be resilient and to reduce the need for more specialist interventions. By working in partnership with other organisations across the wider children and young people's services within Leicestershire, together we put the needs of children and young people at the centre of our approach.

The service currently operates Monday to Friday between 9am and 5pm, excluding bank holidays. We provide a year-round service which means children and young people can continue to receive support during school holiday periods.

Once the service has been established, we will engage with young people to understand whether support outside of office hours is needed. Following feedback, we may look into trialling extended hours.

For more information please visit the webpage on

www.leicestershire.gov.uk/teen-health-11-19

For general enquiries or advice about referrals, email teenhealth@leics.gov.uk or phone **0116 305 8727**

Our Priorities

As part of the wider Early Help and Children and Families Services, we are committed to supporting children and young people to achieve the priorities identified in the **Leicestershire Children and Families Partnership Plan** (for more information please visit, www.leicestershire.gov.uk/leicestershire-children-and-families-partnership).

In line with the national guidance from the Office for Health Improvement and Disparities, we are focused on the following six high impact areas for school aged children:

1. Supporting resilience and wellbeing
2. Improving health behaviours and reducing risk taking
3. Supporting healthy lifestyles
4. Supporting vulnerable young people and improving health inequalities
5. Supporting complex and additional health and wellbeing needs
6. Promoting self-care and improving health literacy prevention

Following consultation with young people, our current priorities are:

1. Support to improve emotional wellbeing with a focus on:

- a. Improving self esteem
- b. Improving body image
- c. Building resilience

2. Support healthy relationships:

- a. Building positive relationships
- b. Reduce violence in intimate relationships
- c. Promoting positive sexual health and wellbeing

3. Support children and young people to make healthier choices with a focus on:

- a. Reducing substance misuse particularly cannabis use
- b. Reducing alcohol consumption

Thresholds and Referral Criteria

As a service with a focus on providing early intervention we may not always be the most appropriate service for the Child or Young Person. Please see below for more detail on what our Health and Wellbeing Officers can support with, and where another service may be more suitable;

	Youth Wellbeing officer will assess and support with	Youth Wellbeing officer will not support with
Emotional wellbeing	<ul style="list-style-type: none"> ■ Children with low level emotional wellbeing concerns, for example; ■ Low mood as a result of poor image or peer relationships ■ Anxiety due to poor relationships where support to improve social skills can increase emotional resilience ■ Children for whom emotional wellbeing concerns may be impacting their attendance and engagement in education ■ Children beginning to show a pattern or repeated exclusions from school, where the sole reason is not due to behaviour ■ Children who are NEET where there are wider factors and that this is not the sole reason for the referral ■ Children who are being electively home educated will be supported as appropriate. 	<ul style="list-style-type: none"> ■ Children who meet CAMHS Thresholds ■ Children who are using Self-harm, have suicidal thoughts or intent ■ Children experiencing suicidal thoughts or intent ■ Children who are not attending school due to a medical condition, or are already open to Inclusion Team or Youth Services ■ Persistent & unexplained absences from school where there are wider factors which may prevent engagement in education ■ Children who are on the waiting list for CAMHS / open to CAMHS for an active assessment and are receiving treatment ■ Children who have complex mental health difficulties or diagnosis (such as eating disorders, significant self-harming, OCD, body dysmorphia, severe social anxiety and/or significant depressive episodes)
Healthy relationships	<ul style="list-style-type: none"> ■ Children growing up in families who may be receiving support from other agencies due to low-level needs which may be impacting the child ■ Support to develop positive coping strategies in relation to family relationships ■ Children who are living in environments where adults and/or other children/elder siblings are actively involved with Youth Justice, Adult Probation, or are in Prison ■ Supporting children who may be vulnerable to being exploited - where there is currently a low risk ■ Risk taking behaviours around personal or intimate relationships ■ May be a survivor of Domestic Abuse in intimate peer relationships ■ Children who may be experiencing issues around their gender identity or sexuality ■ Children who may be experiencing negative peer relationships or social isolation ■ Children who may benefit from additional support around sexual health, STI's, positive sexual relationships, consent and other needs 	<ul style="list-style-type: none"> ■ Children where the concern is solely their behaviour in school ■ Children who are subject to 'internal' exclusions within school ■ Significant parental substance misuse, AMH and current domestic abuse ■ Family breakdown and significant bereavement ■ Parental conflicts around custody and / or contact arrangements ■ Where there is a family and there is more than one child who requires support, consideration should be given for wider Family support in the first instance ■ Low level behaviours at home only ■ Children who have been repeatedly missing from home ■ Children who are receiving additional sessions via the Safer Return Project Team ■ Children who have made a disclosure which is being actively investigated and where the child may require more specialist support ■ Children who are currently receiving support from social care for CCE/CSE, or perpetrating harmful sexual behaviour ■ Children who are already open to the CSE/CCE Team and/or where a RAT has been completed

	Youth Wellbeing officer will assess and support with	Youth Wellbeing officer will not support with
Healthy lifestyle	<ul style="list-style-type: none"> ■ Children growing up in families currently receiving support for low levels of substance misuse ■ Children who may benefit from additional psychoeducation around substance misuse or alcohol use ■ Risk taking behaviours around substance or alcohol use ■ Children who may benefit from wider preventative health support, for example healthy weight and smoking cessation 	<ul style="list-style-type: none"> ■ Children who are open to Youth Justice ■ Children already receiving substance misuse support – e.g., open to Turning Point, where substance use is the only concern

Referrals to the Teen Health 11-19 Service

Referrals can be made by the school, by a parent, and in time directly by the young person

Referrals can be made using the online form available at:

<https://leicestershirecc-self.achieveservice.com/service/Eleven-plus-referral>

Schools can either make referrals directly using the online form or speak to their Teen Health 11-19 Health and Wellbeing Officer.

All referrals must be made with the express consent of the child or young person, or their parent or carer (if appropriate). Any referrals received without this consent will be returned or may not be processed.

Once the referral has been received, it will be assessed and triaged to check whether our Health and Wellbeing Officers or another service are best placed to provide the required support.

If appropriate for our service, the Health and Wellbeing Officer will then meet with the child or young person and work together to complete an assessment to understand their needs. They will then agree the most appropriate type and level of support. If the needs are better met by another service, the Health and Wellbeing Officer will liaise with their Team Lead to discuss other options.

Safeguarding

The Teen Health Service is part of Leicestershire Children and Family Wellbeing Service and as such will follow Leicestershire County Council's policy and procedures relating to safeguarding concerns. Any safeguarding concerns raised by a young person will be discussed by the Health and Wellbeing Officer with their Manager and next actions agreed, following the appropriate escalation process. Where necessary, guidance and support will be provided by First Response Children's Duty. Information will be shared in a timely and proportionate way to ensure young people's safety and welfare.

Our Support

As part of the Universal and Targeted Universal offer (**see figure 1 below**) our Health and Wellbeing Officers work across Tier 1 and Tier 2 needs and risks. Our mission is to provide the appropriate support, at the right time and in a place that is most suitable for children and young people.

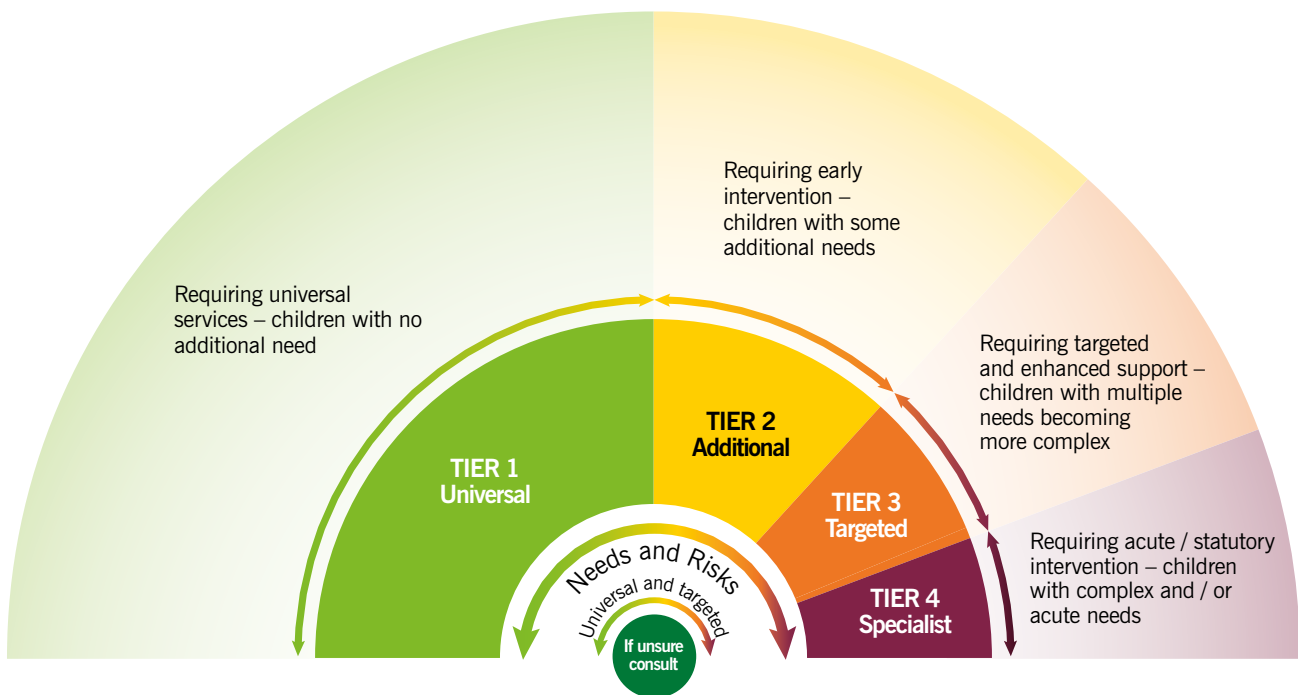
In line with the **locally identified priorities**, we request referrals based on the three key areas:

- Support to improve emotional wellbeing
- Supporting healthy relationships
- Supporting children and young people to make healthier choices

(See the referrals section for more information)

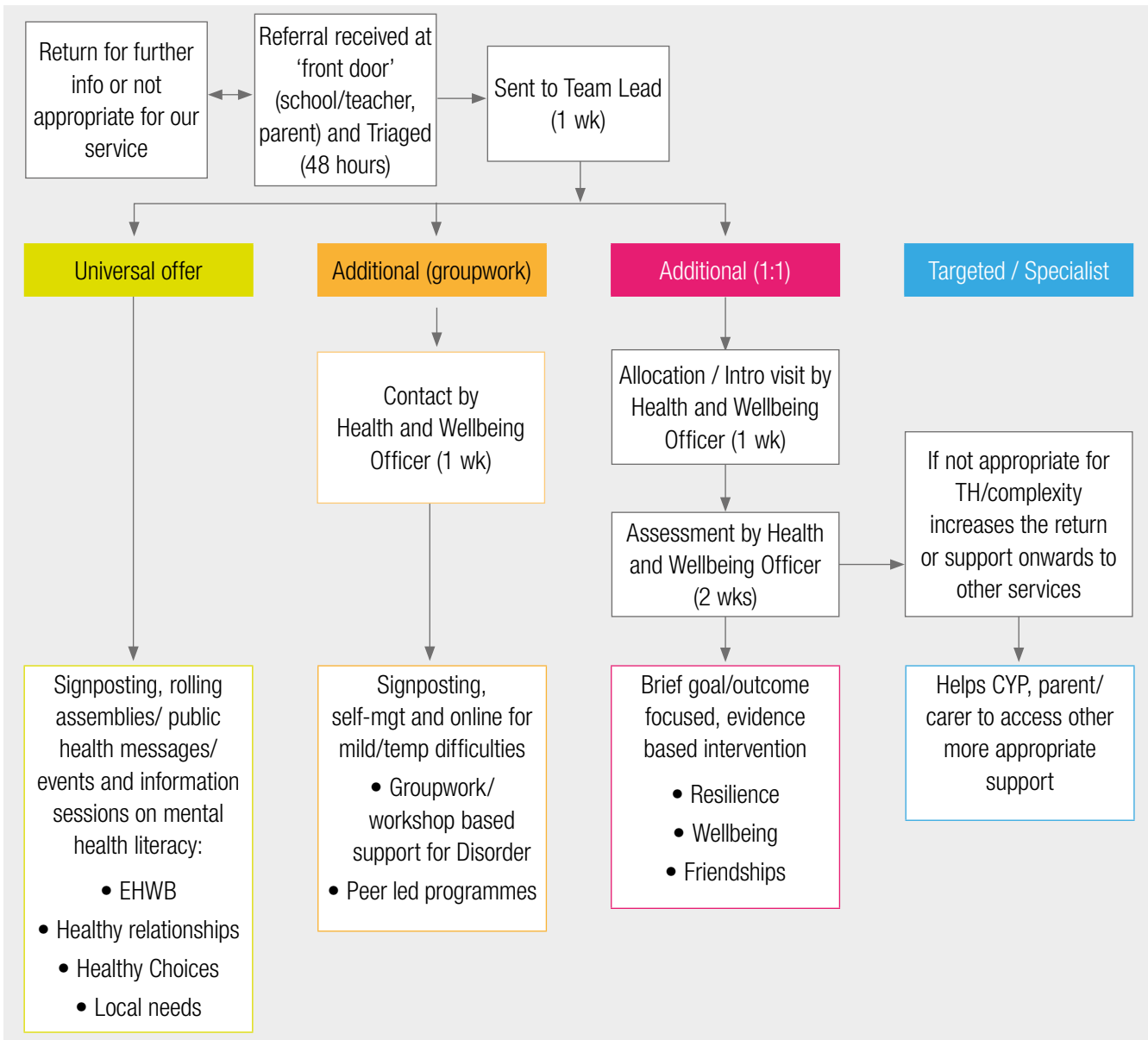
Different types of assessed needs and levels of intervention

(figure 1)



We work with the school to support students in groups and assemblies to identify problem areas and possible causes, set goals and develop a plan to achieve them.

After the referral process, the following Universal and Group work support is available based on individual requirements:



Where a student may need intensive support other than via our universal or group work offer, we may be able to explore 1:1 work dependent on service capacity and type of need. If at assessment or during delivery of direct work, a more specialist service is required, we may then support the referrer or the child or young person or parent or carer, to access more appropriate support. This could include an internal referral to other Children and Family Wellbeing services.

The Teams

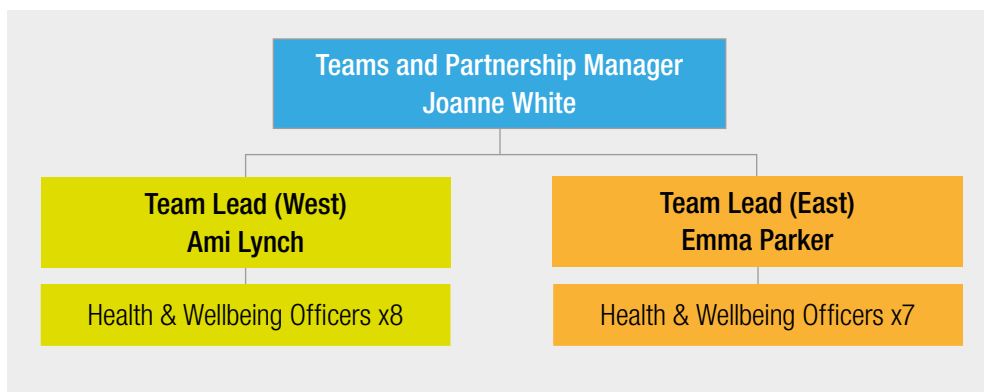
We have two teams of Health and Wellbeing Officers providing direct support into secondary schools across Leicestershire

- East Team covers: Melton and Market Harborough, Charnwood
- West Team covers: Hinckley and Bosworth, Oadby, Blaby and Wigston, North-West Leicestershire

Each team has:

- 1 Team Lead
- 7 to 8 Health and Wellbeing Officers

Our staff structure:



Our Health and Wellbeing Officers come from a range of backgrounds and are skilled at providing support to and working with children and young people.

Confidentiality and Information Sharing

We abide by the Leicestershire County Council Information Sharing Agreement working across different partner agencies (if you would like a copy of this, please contact the Team Lead for your area to request a copy). We adhere to the Leicestershire Safeguarding Children Partnership Board (LSCP) safeguarding guidance and would work closely with the schools Designated Safeguarding Lead should an issue arise.

To help us provide the best support to our clients we write records in the MOSAIC electronic system. These notes can be viewed by other Children and Family Wellbeing Services professionals such as social workers.

If appropriate, we will share information with other partners who may be able to provide Health, Education or Social Care support to the child. The two main reasons for sharing information outside our service will be:

- Due to concerns in relation to risk, (to the child or to others). If this circumstance arises, we will advise the child, where safe to do so, of the concerns and contact the appropriate agency/agencies.
- To connect the child with other services that might support their needs better than us.

In addition to this, our Health and Wellbeing Officers discuss cases within the team and with their Team Lead. This is a process for ensuring safe practice and quality of interventions.

Any information provided to us will be used in accordance with the General Data Protection Regulation (GDPR)/Data Protection Act (DPA) 2018.

Our Fair Processing Notice explains this in more detail and can be accessed by following the following link:

<https://www.leicestershire.gov.uk/sites/default/files/field/pdf/2020/10/29/Children-and-family-wellbeing-service-fair-processing-notice.pdf>

Self Help Advice, Information and Videos

For more information about the team and to find more support, please visit www.leicestershire.gov.uk/teen-health-11-19

Directory of Services

<https://lrsb.org.uk/uploads/lr-professionals-service-directory.pdf>

Complaints

If you have any concerns or complaints, contact your area Team Lead or email the Team and Partnership Manager:

Joanne.White@leics.gov.uk

DBS Information

All our staff will have successfully completed the enhanced checks with the Disclosure and Barring Service.

For any further information, please contact the Team Lead for your area, or email our Team and Partnerships Manager:

Joanne.White@leics.gov.uk

School's Health & Wellbeing Review Tool

The six short sections of the review tool are designed to help the Teen Health 11-19 service team to understand and support your school.

Our Health and Wellbeing Officer or Team Lead will work through the tool with you, and ask a series of questions to understand where the service will fit alongside existing support in your setting.

1. School Information and Contact Details

Name of school:	
Type of school:	
Name of Mental Health Lead:	
Name of Sexual Health Lead:	
Name of Pastoral Lead:	
Address:	
Numbers of pupils on roll:	

2. Emotional Wellbeing

What emotional wellbeing support is currently available?

Type	Y/N	Name/contact details
Mental Health Lead training (DfE funded):		
Healthy Schools Programme:		
Mental Health Support Team in Schools:		
Pastoral Support:		
School Counsellor:		
Youth Engagement Activator:		
Other:		

What school policies support positive emotional and mental wellbeing?

Activity	Y/N	Detail/Actions
We are able to identify the needs of vulnerable students		
Our staff are trained and able to recognise signs of common mental health problems		
Our staff and students know the process for accessing support.		
We have a mental health and emotional wellbeing policy		
Our staff have a clear understanding of the services available		
Students are able to self-refer if they need support		
School has a Trauma-Informed Approach		

How does the school currently teach about emotional and mental wellbeing?

Activity	Y/N	Detail/Actions
We teach about mental health and wellbeing		
We have age-appropriate resources		
Mental health and wellbeing 'lessons' are evaluated to identify themes		

3. Sexual Health

What Sexual Health support is currently available?

Type	Y/N	Name/contact details
Staff training		
Healthy Schools Programme		
Pastoral Support		
School Counsellor		

What school policies support positive sexual health?

Activity	Y/N	Detail/Actions
We are able to identify the needs of vulnerable students		
Our staff are trained and able to support students		
Our staff and students know the process for accessing support		
We have a wider health policy		
Our staff have a clear understanding of the services available		
Students are able to self-refer if they need support		

How does the school currently teach about sexual health?

Activity	Y/N	Detail/Actions
We teach about sexual health and relationships		
We have age-appropriate resources		
Sexual health and relationship 'lessons' are evaluated to identify themes		

4. Substance Misuse

What substance misuse support is currently available?

Type	Y/N	Name/contact details
Staff training		
Healthy Schools Programme		
Pastoral Support		
School Counsellor		

What school policies support positive substance misuse?

Activity	Y/N	Detail/Actions
We are able to identify the needs of vulnerable students		
Our staff are trained and able to support students		
Our staff and students know the process for accessing support		
We have a wider health policy		
Our staff have a clear understanding of the services available		
Students are able to self-refer if they need support		
School has a trauma informed practice approach		

How does the school currently teach about substance misuse?

Activity	Y/N	Detail/Actions
We teach about substance misuse, with a focus on alcohol and cannabis use		
We have age-appropriate resources		
'Substance misuse and alcohol awareness sessions are evaluated to identify themes		

5. Student Voice

How does the school currently ensure the student voice is heard?

Activity	Y/N	Detail/Actions
We ensure student consent for all referrals		
Students help influence school policy and plans		
Students regularly provide their views on their own and their peers health and wellbeing		
Students are able to work with peer-led wellbeing support		
Students have a voice through a youth council		

6. School Facilities

Activity	Y/N	Detail/Actions
We have a safe and confidential area for group work		
We have a safe and confidential area available for direct 1:1 work		
Our Health and Wellbeing Officer can access wifi		
A secure storage area is available for our Health and Wellbeing Officer		
The school can provide a copy of the risk assessment checklist for external visitors		
There is access to a notice board to share Health promotion materials		
Other partners or services supporting students within the school		

Schools Agreement:

The agreement is between

Teen Health 11-19 Service and:

(Name of School)

Date of Agreement

The Teen Health Service 11-19 Service will offer the following support or activity:

The school will offer the following support or resource(s):

Signed on behalf of Teen Health 11-19 Service:

Name:

Role:

Signed on behalf of *named school:

Name:

Role:

