

6th June 2018**Agenda Item:****REPORT OF DR KATE ALLEN & TINA BHUNDIA****THE YOUNG PEOPLE'S HEALTH STRATEGY FOR NOTTINGHAMSHIRE****Purpose of the Report**

1. To update members of the Health and Wellbeing Board on the progress to date of the Young People's Health Strategy for Nottinghamshire.
2. To request that the Health and Wellbeing Board continue to endorse the work undertaken as a direct outcome of the strategy

Information and Advice**Background**

3. In March 2014 a paper was presented to the Health and Wellbeing Board which outlined key recommendations made in the Chief Medical Officer's Report 2013 (the CMO report), entitled 'Our Children Deserve Better: Prevention Pays'. The CMO report contained a chapter on adolescent health with a recommendation that local areas create an adolescent health strategy to ensure that a unified, strategic approach to the health and wellbeing of this important demographic could be taken across the local public and voluntary sectors.
4. The Children's Integrated Commissioning Hub (ICH) was tasked by the Health and Wellbeing Board with developing an adolescent health strategy for Nottinghamshire. A steering group was formed, comprising of key NHS and local authority professionals, and a programme of participation and engagement with young people was developed.

Young People's Health Strategy

5. Young people's views are at the heart of the strategy, and its overarching principles are as follows:
 - That young people are always valued, listened to, respected and treated with dignity by health services in Nottinghamshire, and are never seen as less important than young children or older adults.
 - That the central importance of the adolescent period in developing positive physical, mental and emotional wellbeing be recognised by all health and allied professionals.
 - That the views, voices and needs of young people are proactively sought and considered whenever health services or systems are being designed or evaluated in Nottinghamshire.

- That health services in Nottinghamshire are always inclusive and specifically consider the needs and concerns of lesbian, gay, bisexual and transgender (LGBT) young people, as well as young people of different cultures, ethnicities or who have different religious beliefs.
 - That professionals in Nottinghamshire prioritise the safety of young people, understand the importance of child protection in their role, and are aware that no young person who is a victim of exploitation or abuse can be considered to consent to their own mistreatment.
 - That health services in Nottinghamshire understand the central importance of emotional and mental wellbeing for young people's health.
6. The recommendations within the strategy, identified by young people, cover a range of topics:
- Emotional health and wellbeing
 - Young people friendly health services
 - Confidentiality
 - Safeguarding
 - Staff development
 - Digital engagement
 - Health promotion
 - Sexual health
 - Substance misuse
 - Ongoing participation and engagement
7. An action and communications plan drives implementation of the strategy and is monitored by a multi-agency steering group.

8. Young People Health Strategy Celebration Event

On Monday 16th January 2017 The Nottinghamshire Health and Wellbeing Board hosted an event to celebrate the success of the strategy. Just over 75 people attended including young people from all over Nottinghamshire. The event was hosted by Councillor Joyce Bosnjak on behalf of the Nottinghamshire Health & Wellbeing Board. Those welcomed included members of the public as well as representatives from the County Council, District Councils, Health Services, Nottinghamshire Healthwatch, Nottingham Trent University, CCGs, young people from Nottinghamshire, and other voluntary & private organisations. Delegates attended with an interest in learning how they could get more involved in implementing the strategy in their roles as well as to learn more about young people services. The event showcased key innovations in young people's services through presentations, workshops and group discussions.

New Development

9. Young Person's Health Champion Role

In recognition of the importance of hearing and responding to the voice of young people, The ICH is currently linking with Youth Services to explore the opportunity to recruit a young person in the role of a 'Health Champion.' The Health Champion would be aged between 11 -19 and be recruited to attend the Young People's Health Strategy board to represent the voice of young people across Nottinghamshire. The Health Champion would:

- Commit to attending a number of meetings throughout the year ensuring that young people are involved in all aspects of the health strategy work streams.
- Make sure the voice of the young people across Nottinghamshire is heard in those strategic meetings and they are offered the opportunity to make a meaningful contribution where appropriate.

Progress to Date

Since the launch of the strategy there have been a range of successful initiatives tailored for the young people of Nottinghamshire. All services developed are underpinned by the principles and recommendations within the strategy. Key services/initiatives developed or overseen based on these recommendations include:

a) Availability of information: Development of on-line resources

10. Health for Teens Website

Young people told us they need access to better online information which:

- enables them to access high quality content that empowers them to engage with health services
- enables them to manage their personal health and wellbeing
- supports them to access local health services

The Health for Teens website, commissioned by Public Health within NCC, acts as a portal, providing young people with simple information about health and wellbeing and clearly directing them to the most appropriate local services and sources of support.

By providing links to additional websites that are accurate, quality assured and suitable for the target audience, young people are able to access more detailed information about specific health and wellbeing issues. Young people have also been actively involved in developing the content. All colleagues who have a role with young people are encouraged to familiarise themselves with Health for Teens <http://www.healthforteens.co.uk/> and signpost to it wherever appropriate.

b) Young people friendly health services: You're Welcome

11. You're Welcome 2018

The strategy steering group, in recognition of the value of an earlier mystery shopper exercise conducted by young service users in 2014, recommended that all public health commissioned services for young people should carry, or be working towards the Department of Health 'You're Welcome' accreditation.

The ICH has commissioned Nottinghamshire County Council's Youth Service to support Public Health commissioned services to undertake a self-assessment based on 2017 DH You're Welcome standards. This will include:

- The use of new refreshed standards – You're Welcome Pilot 2017
- Youth workers will offer support to provider organisations in assessing venues, websites, written information against the You're Welcome' Standards where applicable and completing the online self-assessment,
- Selected Public Health services will be mystery shopped by young people following training provided by youth workers.

c) Commissioned Services

12. Healthy Families Programme

The Healthy Families Programme brings together care previously provided by health visitors, school nurses, the Family Nurse Partnership Programme (for first time teenage mums) and the National Child Measurement Programme. There are 20 Healthy Family Teams across Nottinghamshire providing health services for children, young people and their families. Each Healthy Family Team contains a mix of public health practitioners and support staff with a range of skills who work together to support children and young people aged 0 to 19 in line with the Healthy Child Programme. The service focuses on health and wellbeing, empowering children, young people and families to make healthy choices and reduce risk taking behaviour.

The principles of the Young People's Health Strategy underpin all of the work undertaken with young people who access the service. This includes the provision of ChatHealth- a confidential school nurse texting service for young people in Nottinghamshire launched by Nottinghamshire Healthcare's School Nursing Service.

The ChatHealth text service is an easy way for young people to confidentially ask for help about a range of issues, or make an appointment with a school nurse. They can also find out how to access other local services including emotional support or sexual health services. The texting service covers all of Nottinghamshire for young people aged 11 – 19, with the aim of offering a relevant, accessible method of contact and a flexible way to provide support.

In addition, the service provides confidential drop in sessions to young people bases in or near to local secondary schools.

13. Kooth Online Counselling Service: www.kooth.com

One of the recommendations within the strategy is that commissioners explore the possibility of providing additional direct support for young people around emotional and mental wellbeing.

As a result a new children and young people's online counselling service went live on 4th January 2017 called Kooth provided by XenZone: a provider of online mental health services for children, young people and adults. The service is available to children and young people aged between 11 and 25 who live in Nottinghamshire and is free and confidential with no referral required. It is accessible through mobile, tablet and desktop.

The service offers a chat function to speak to a counsellor, a messaging function to contact the service, pre-bookable sessions with a named counsellor, live discussion groups, online magazine and information, activities and self-care tools.

Key stakeholders such as schools, GPs, secondary care settings and children's social care have been provided with information about the service so that they can signpost young people that they work with. Data suggests that Kooth is a valuable, well used resource within Nottinghamshire: Between January 2017 and December 2017, 1183 Nottinghamshire young people registered with Kooth, of which 305 accessed counselling sessions. 87% of young people returned to Kooth after their initial registration, and 98% of young people would recommend Kooth to a friend. Approximately 13% of registrations were identified as BME.

14. MH:2K

MH:2K is a national initiative being run the County and City and is supported by Nottinghamshire County Council, Nottingham City Council, the Clinical Commissioning Groups, and the Wellcome Trust. MH:2K is delivered by a partnership of Involve and Leaders Unlocked. Through an application process representative young people are selected to take part in a consultation to establish what their key priorities are around mental health and wellbeing. The process enabled young people to explore mental health issues and influence decision-making in their local area. It empowers 14-25 year olds to:

- Identify the mental health issues that they see as most important;
- Engage their peers in discussing and exploring these topics;
- Work with key local decision-makers to make recommendations for change.

The young people that have been involved in this project have been facilitating a number of roadshows and workshops and to date have engaged with over 700 young people across the County and the City in honest and open conversations about mental health.

15. C-Card and Teenage Pregnancy

15.1 C-Card

The C-Card Scheme which is a free sexual health advice and condom service for young people aged 13-25. It allows young people to get access to condoms, lubricants and ask any questions they have about sex, sexually transmitted infections (STI's) and relationships with at trained C-

Card Worker. The aim of the scheme is to reduce the rates of teenage pregnancy and sexually transmitted infections through the provision of free condoms to young people in Nottinghamshire. Web: www.nottscc.gov.uk/c-card & www.ccardnottinghamshire.co.uk

15.2 Teenage Pregnancy

The teenage pregnancy agenda for Nottinghamshire is now under the umbrella of the Young People's Health Strategy which includes a detailed action plan with a number of milestones and outcomes to achieve that will contribute to the prevention of teenage conceptions as well as improved outcomes for teenage parents and their children.

Nottinghamshire's teenage conception rates have been declining alongside national and regional progress; however there are a number of smaller areas within the county where teenage conception rates are persistently high. These areas are actively being targeted with programmes and interventions

d) Schools

16. Schools Health Hub

The Schools Health Hub (SHH) is an active contributor to the young people's health strategy action plan. Their aim is to support schools to improve health, wellbeing and educational outcomes, resulting in safe, healthy, happy, resilient children and young people who are able to achieve their potential.

The SHH provides information, advice & guidance for schools in relation to policy development, PSHE planning, training (including signposting to existing service and resources), implementing evidence based interventions and identifying and support in addressing local health and wellbeing priorities.

Resources are co-produced with key stakeholders including schools, parents and children. The SHH practitioners work closely with education colleagues to ensure that health provision in schools is underpinned by the strategy principles, particularly in relation to confidentiality.

e) Workforce Development

17. Workforce Development: Working With Pregnant Teenagers and Teenage Parents

As part of the strategy action plan a workshop for Nottinghamshire County Council staff was held jointly by the Early Years team and Public Health. The aim was to address how services engage with pregnant mums and teenage parents and to understand all the resources on offer that services can either offer, promote or sign post too young people.

Reason/s for Recommendation/s

18. The young people's health strategy reflects and captures the contribution of the steering group, the continuing engagement of young people, and the professionals who work/link with young people.
19. The strategy is intended to complement existing strategies rather than replace them, but it also intends to continue to be an overarching strategy for several work streams
20. The strategy successfully continues to outline a low-cost route to increasing universal provision and support for young people around emotional and mental wellbeing and thus be complementary to, and evolve alongside, all key work streams.

Statutory and Policy Implications

21. This report has been compiled after consideration of implications in respect of crime and disorder, data protection and information governance finance, human resources, human rights, the NHS Constitution (Public Health services), the public sector equality duty, safeguarding of children and adults at risk, service users, smarter working, sustainability and

the environment and where such implications are material they are described below. Appropriate consultation has been undertaken and advice sought on these issues as required.

Financial Implications

22. There are no immediate financial implications. A small non recurrent budget has been identified within the public health budget to support the implementation of this strategy.

Statutory and Policy Implications

23. This report has been compiled after consideration of implications in respect of crime and disorder, finance, human resources, human rights, the NHS Constitution (public health services), the public sector equality duty, safeguarding of children and adults at risk, service users, sustainability and the environment and ways of working and where such implications are material they are described below. Appropriate consultation has been undertaken and advice sought on these issues as required.

RECOMMENDATION/S

24. That the Board notes the progress made in relation to the implementation of the Young People's Health Strategy

25. That the Health and Wellbeing Board considers whether there are any actions it requires in relation to the implementation of the Young People's Health Strategy and the recommendations noted

26. That the Board continue to endorse the work streams of the Young People's Health Strategy

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Constitutional Comments

27. Health and Wellbeing Board is the appropriate body to consider the contents of this report.

Financial Comments

28. The financial implications are contained within paragraph 22

Background Papers and Published Documents

Except for previously published documents, which will be available elsewhere, the documents listed here will be available for inspection in accordance with Section 100D of the Local Government Act 1972.

- The Young People's Health Strategy for Nottinghamshire
- Report to the Health & Wellbeing Board, 7th October, 2015

Electoral Division(s) and Member(s) Affected

- All