



19 January 2017

Agenda Item: 2

Children's Trust Executive Sponsor: Dr Kate Allen

YOUNG PEOPLE'S HEALTH STRATEGY FOR NOTTINGHAMSHIRE

Purpose of the Report

1. To update the Children's Trust Executive regarding the implementation of the Young People's Health Strategy for Nottinghamshire.

Information and Advice

2. Following publication of the Chief Medical Officer's report, 'Our children deserve better, prevention pays' (2013), the Health and Wellbeing Board requested that a young people's health strategy for Nottinghamshire was developed.
3. A wealth of engagement work with young people and stakeholders was carried out to inform development of the strategy and there was an overwhelming response from young people. The findings from the engagement alongside an early draft strategy were presented to the Children's Trust Board in October 2015.
4. The strategy aims to ensure that young people's health is visible and recognised as a local priority. It does not replace existing commitments to improve child and adolescent mental health, reduce teenage pregnancy or reduce obesity, for example, but it is intended to complement these efforts and articulate a clear vision for what we want to achieve.
5. The strategy is now finalised and sets out the vision for how we will raise the profile of young people's health, including answering the clear call from young people for improved information and education around engaging with health services.

Young People's Health Strategy

6. 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 LGBT (lesbian, gay, bisexual and transgender) 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.
7. 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
8. An action plan drives implementation of the strategy and is monitored by a multi-agency steering group.
9. The strategy aims to create a culture where professionals have an in depth understanding of young people and their unique approach to health and wellbeing. Progress has been made across a number projects that focus on young people's health and wellbeing, including:
- The ongoing transformation of services for children and young people with emotional health and wellbeing needs, aiming to ensure more young people have good mental health, including those in vulnerable groups such as children looked after, children subject to child protection plans, children with disabilities and young offenders, as part of a five year transformation programme. This includes:

- ❖ Mobilisation of an integrated Community Child and Adolescent Mental Health Services (CAMHS) model, including a Single Point of Access, to ensure the right level of support is provided at the right time
 - ❖ Implementation of a Primary Mental Health Worker function which will provide support, training and consultation to a range of professionals, enabling them to better support children and young people
 - ❖ Expansion of the academic resilience offer to schools, aiming to build resilience in children and young people
 - ❖ Procurement of online counselling service for young people, enabling improved access to early advice and support
- The development of a transitions protocol for Nottinghamshire. This implements a multi-agency approach to planning for transition to adulthood, ensuring the process provides a consistent person centred experience for young people and their families
 - The ongoing success of C-Card, improving access to condoms and advice around sexual health and relationships in a range of accessible settings, including targeted support in the teenage pregnancy hotspot wards, contributing towards a year-on-year reduction in teenage conceptions across Nottinghamshire
 - The redesign of school nursing within a Healthy Family Programme for 0-19s, with an increased focus on early intervention, prevention and improving the health and wellbeing of children and young people, which will be operational from April 2017
 - The implementation of Chat Health which provides young people with the facility to text school nurses, improving their access to accurate advice and support
 - The development of the Schools Health Hub which will support schools to improve the health and wellbeing of their pupils
 - Service user feedback is routinely embedded in performance monitoring and commissioning cycles
 - Locality visits to some schools to publicise the strategy and encourage engagement

Website development

10. Young people told us they need access to better online information with high quality content that empowers them engage with health services, manage their health and wellbeing, and supports them to access to local health services.

11. A young people's health website is being developed. This will act 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. The website will also link young people to websites that contain more detailed information about specific health and wellbeing issues, enabling commissioners to recommend websites that are accurate, good quality and suitable for young people.
12. The website will be independent to Nottinghamshire County Council (NCC) and NHS websites as young people told us this would be a barrier to their access. It will however link to all appropriate NCC and partner webpages and be widely promoted by the School Nurses and the new Schools Health Hub.
13. The Department of Health has endorsed a website which can be adapted for local use, and work has begun with a range of multi-agency partners and young people to localise content. A session with the Safeguarding Board will shape content in relation to 'What's not okay?'
14. The website will be launched in January 2017 at a Health and Wellbeing Board event celebrating the young people's health strategy.

Teenage Pregnancy

15. Having children at a young age can damage young women's health and wellbeing and severely limit their education and career prospects. Children born to teenagers are more likely to experience a range of negative outcomes in later life, and are up to three times more likely to become a teenage parent themselves.
16. Nottinghamshire has achieved well in reducing teenage conceptions. The 2014 under 18 conception rate for Nottinghamshire was 21.1 per 1,000 females aged 15-17, a decrease of 12.2% from the 2013 rate of 24.2, and a decrease of 54.5% since the 1998 baseline year.
17. Historically districts in the north of the county have the highest teenage conception rates compared to the rest of the county and this continues to be the case. There have been substantial reductions in conception rates in all districts since the 1998 baseline. More recently Mansfield and Newark and Sherwood districts have decreased significantly whilst Rushcliffe and Broxtowe have seen an increase, though numbers and rates in these districts remain low.
18. Continuing to reduce teenage conception rates is a priority for the young people's health strategy steering group. To reflect this, the group has been combined with the teenage pregnancy integrated commissioning group, and will continue to monitor teenage pregnancy rates in Nottinghamshire, ensuring that service provision is targeted at hotspot and emerging hotspot areas.

Young people friendly health services

19. A key recommendation was that health services are 'young people friendly', that they are easy to access, confidential, supportive, non-judgemental environments that welcome young people and their specific needs, encouraging a positive life-long relationship with health services.
20. Young people asked for services to be clearly branded as young people friendly, with an appropriate logo that is easily identifiable and approved by local young people, and linked to the young people's health website, creating a clear brand identity.
21. A task and finish group will be established to develop and drive the implementation of young people friendly health services by developing an accreditation process and resource library. There are a number of options as to how this is best implemented with limited resource and young people will be central to this project.

RECOMMENDATION/S

- 1) The Executive notes the progress made in implementation of the Young People's Health strategy.

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Background Papers

None