

Tier one interventions offered to children and families by the Nottinghamshire Healthy Families Programme 2020/2021

Data sourced for the time period 1/4/20 to 31/3/2021 identifies that there is a high need for support for emotional health and wellbeing with Anxiety, Anger Management and Self Esteem being the predominant areas.

Tier one interventions are evidence based, time limited packages of care, focussing on a specific need or issue. When a young person is happy to provide feed-back and information, the Healthy Family team practitioner asks them to complete a pre and post intervention questionnaire. This enables the service to understand what impact the intervention has had on the child/young person’s emotional health and wellbeing.

A total of 753 Pre/Post questionnaires were matched and completed during 2020-2021. A further 558 children/young people have completed a pre intervention questionnaire and are currently still undergoing the Tier 1 Intervention. An additional 172 did not want to complete the ‘pre’ questionnaire but did complete the post intervention questions.

3 questions are asked pre and post intervention. Of those young people who provided information on how confident they felt, 82.96% showed an improvement in their confidence with 7.92% showing that their confidence level had reduced, or they felt more worried after completing the intervention. 9.12% did not answer the confidence questions.

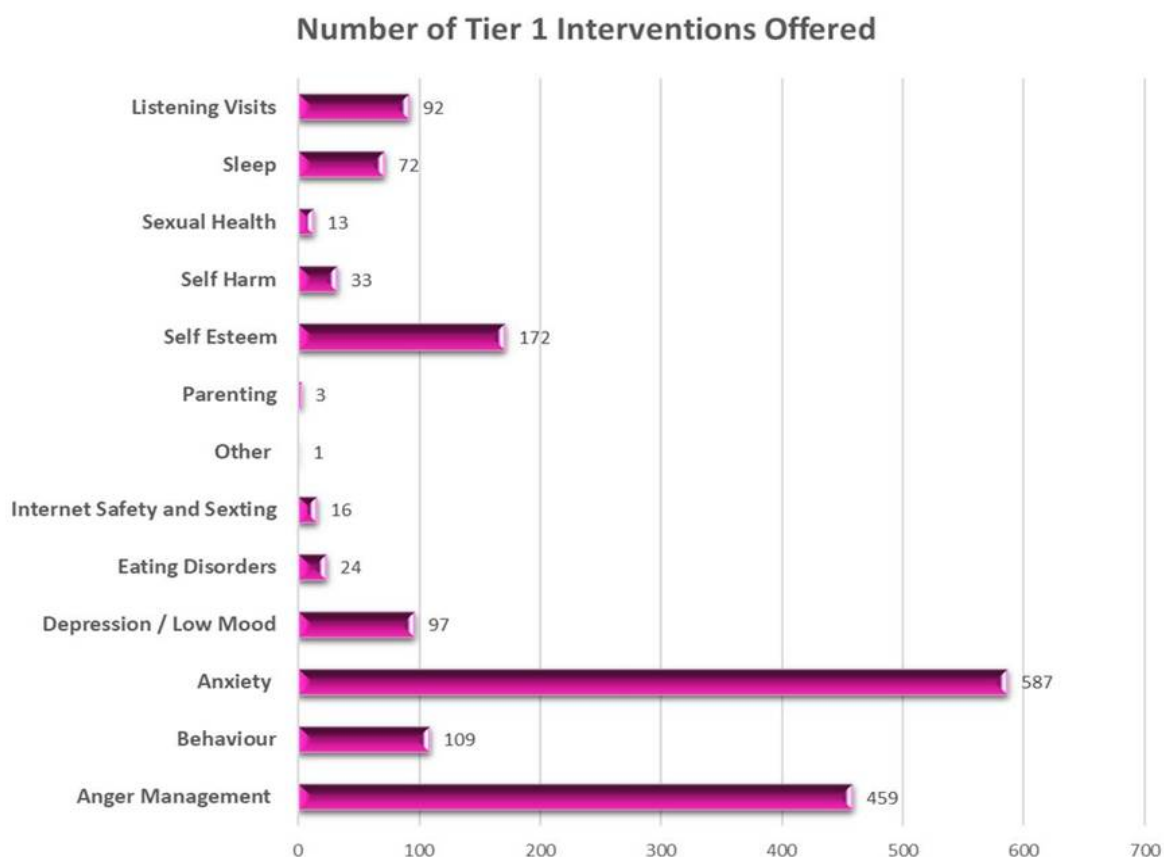


Table 1. Number of interventions offered by Healthy Family Teams by main presenting issue

Appendix 2

Data shows that the main cohort of all children being offered Tier 1 support are 10-14 years of age (44%), followed by the 5-9 years (28%).

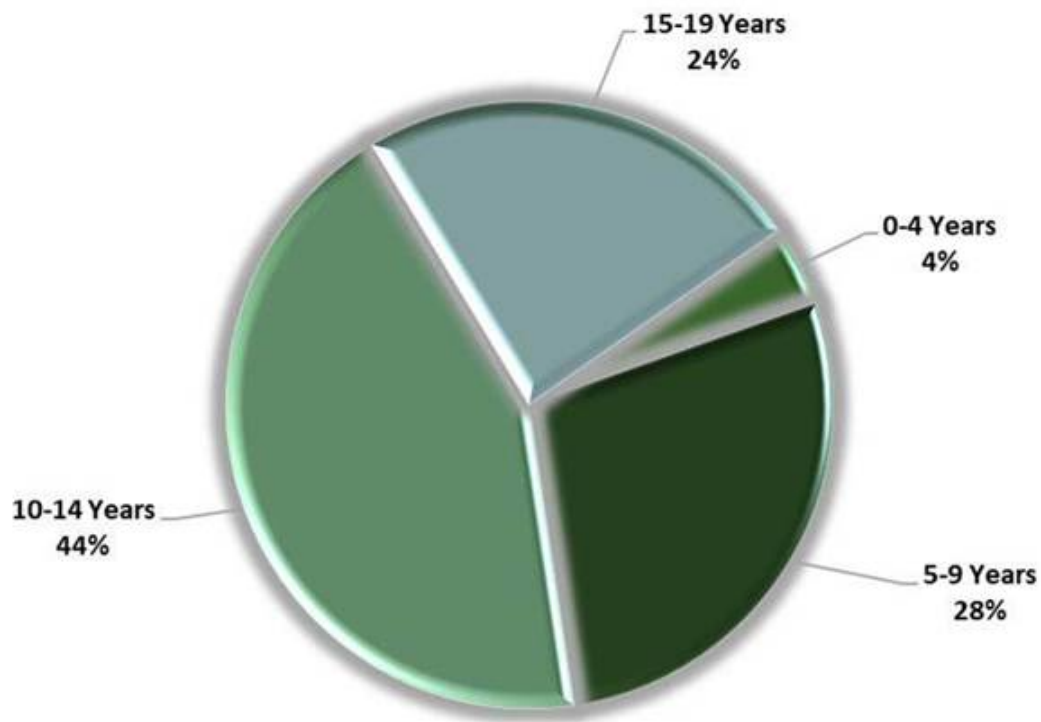


Table 2. Percentage of children offered Tier one support via the Healthy Families Programme by age

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