

Young People's Health Strategy Celebration Event

Monday 16th January 2017

Welcome

Today's Event

Journey so far with our Young People: We Engaged, Listened & Acted!

Engaging and Listening to Young People: Young People's Health Strategy

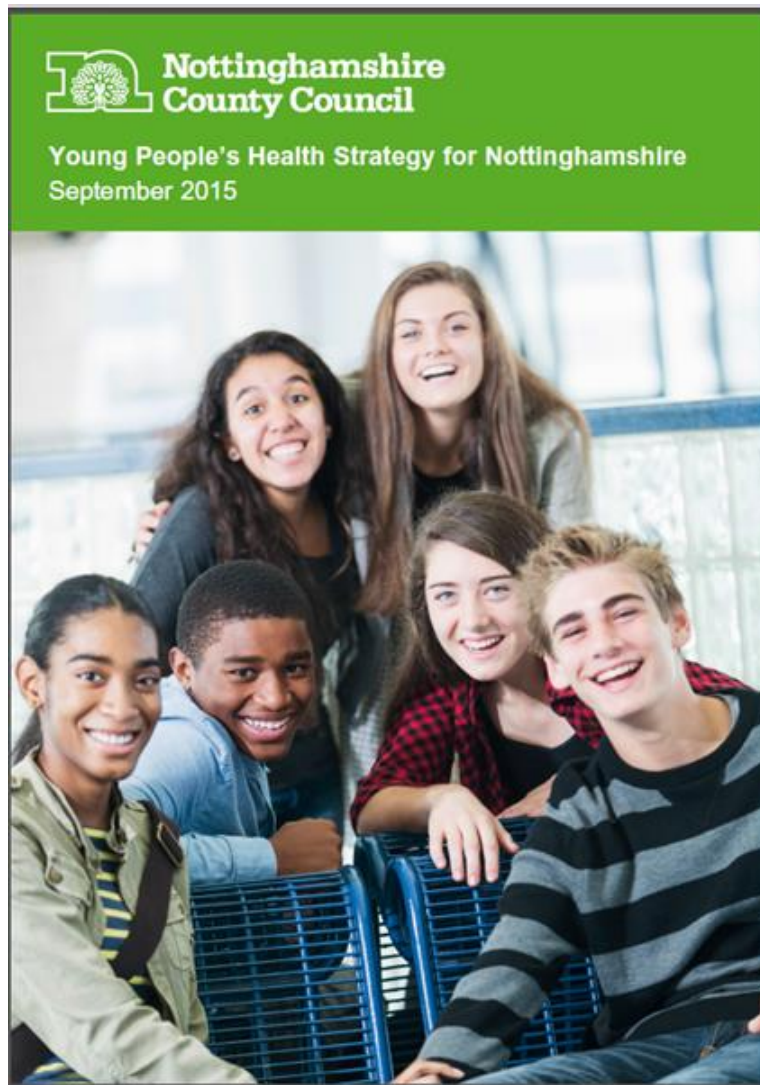
- ▶ Following publication of the Chief Medical Officer's report, 'Our children deserve better, prevention pays' (2013), the Health and Wellbeing Board requested that a young people's health strategy for Nottinghamshire was developed.
- ▶ A wealth of engagement work with young people and stakeholders was carried out to inform the development of the strategy and there was an overwhelming response from young people.
- ▶ The strategy 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.

Taking Action: Innovations in Nottinghamshire's Young Peoples Health Services

- ▶ Health for Teens – Health & Wellbeing focused website for Nottinghamshire's Young People
- ▶ Kooth Online Counselling Service
- ▶ Roll out of academic resilience offer to schools

....to name a few

Young People's Health Strategy



Young People's Health Strategy

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.

Young People's Health Strategy

- ▶ That health services in Nottinghamshire are always inclusive and specifically consider the needs and concerns of:
 - LGBT (lesbian, gay, bisexual and transgender) young people
 - 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.

Young People's Health Strategy

- ▶ That health services in Nottinghamshire understand the central importance of emotional and mental wellbeing for young people's health.
- ▶ An action plan drives the implementation of the strategy and is monitored by a multi-agency steering group



Young Peoples Health Strategy

The recommendations within the strategy, identified by young people, cover a range of topics:

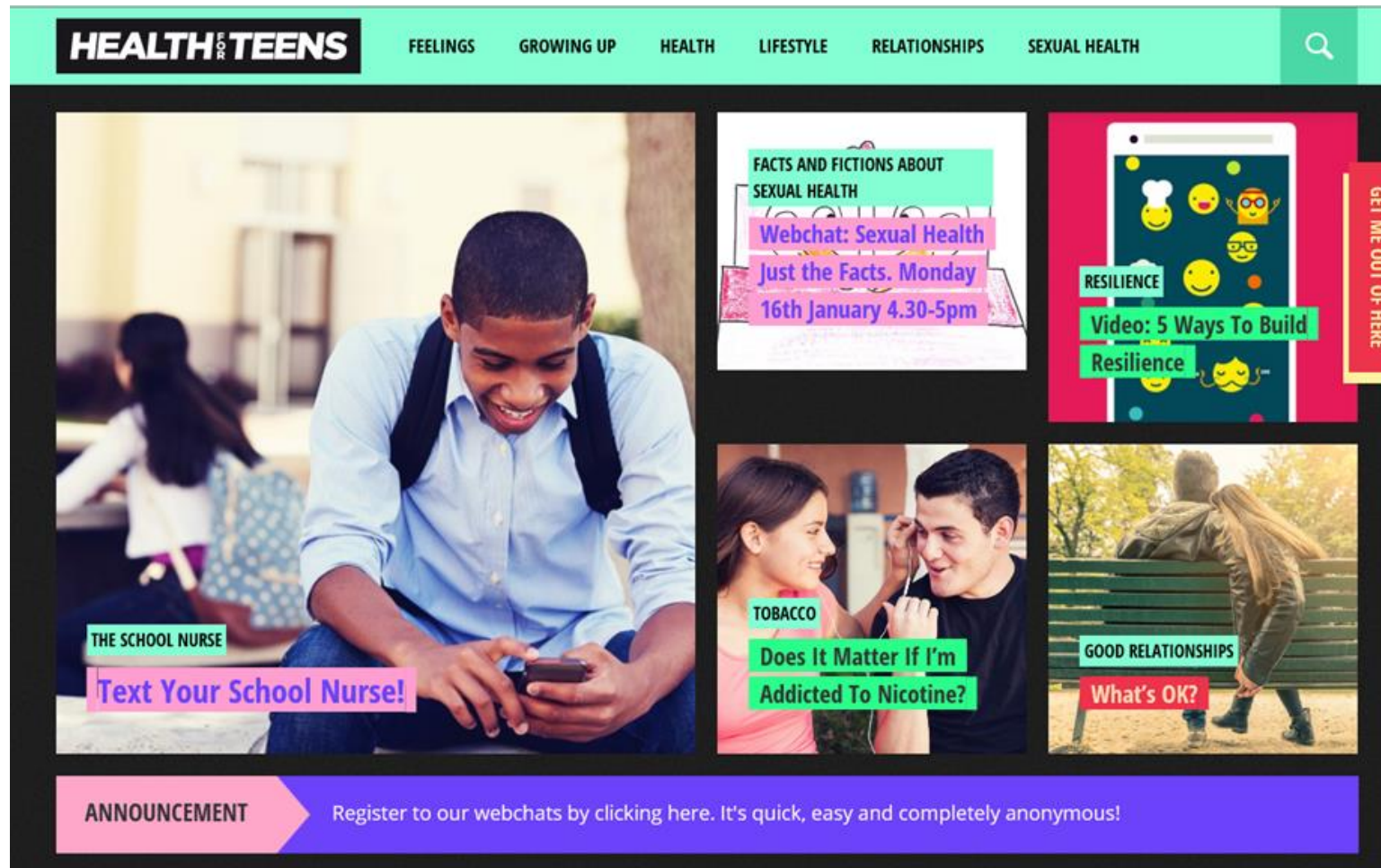
- ▶ Emotional health and wellbeing
- ▶ Young people friendly health services
- ▶ Confidentiality
- ▶ Safeguarding
- ▶ Staff development
- ▶ Digital engagement
- ▶ Health promotion
- ▶ Sexual health
- ▶ Substance misuse
- ▶ Ongoing participation and engagement

Innovations in Young Peoples Health Services

Progress has been made across a number projects including:

- ▶ Ongoing transformation of services for children and young people with emotional health and wellbeing needs:
 - **Integration of Child and Adolescent Mental Health Services: One CAMHS, with a single point of access.**
 - **Primary Mental Health Workers provide support, training and consultation**
 - **Expansion of the academic resilience offer to schools**
 - **Launch of Kooth, an online counselling service**
- ▶ The development of a transitions protocol for Nottinghamshire
- ▶ The ongoing success of C-Card
- ▶ Redesign of school nursing within a Healthy Families Programme for 0 -19's
- ▶ The implementation of ChatHealth, a facility to text school nurses
- ▶ Service user feedback embedded in performance monitoring and commissioning cycles

Young Peoples Website: Health For Teens



The screenshot shows the homepage of the Health For Teens website. At the top is a teal navigation bar with the 'HEALTH FOR TEENS' logo on the left and a search icon on the right. Between the logo and search icon are menu items: FEELINGS, GROWING UP, HEALTH, LIFESTYLE, RELATIONSHIPS, and SEXUAL HEALTH. Below the navigation bar is a grid of content tiles. The largest tile on the left features a young man looking at his phone, with the text 'THE SCHOOL NURSE' and 'Text Your School Nurse!'. To its right is a white tile titled 'FACTS AND FICTIONS ABOUT SEXUAL HEALTH' with a pink box for 'Webchat: Sexual Health Just the Facts. Monday 16th January 4.30-5pm'. Further right is a pink tile with a smartphone graphic, titled 'RESILIENCE' and 'Video: 5 Ways To Build Resilience', with a vertical red button on the right that says 'GET ME OUT OF HERE'. Below these are three smaller tiles: 'TOBACCO' with 'Does It Matter If I'm Addicted To Nicotine?', 'GOOD RELATIONSHIPS' with 'What's OK?', and a blue banner at the bottom with 'ANNOUNCEMENT' and the text 'Register to our webchats by clicking here. It's quick, easy and completely anonymous!'.

Young Peoples Website: Health For Teens

- ▶ Young people told us they need access to better online information with:
 - high quality content that empowers them to engage with health services
 - manage their health and wellbeing
 - supports them to access to local health services
- ▶ As a result a young people's health website for Nottinghamshire has been implemented.
- ▶ 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.

Young Peoples Website: Health For Teens

- ▶ The website also links young people to websites that contain more detailed information about:
 - specific health and wellbeing issues
 - enabling us to recommend websites that are accurate, quality assured and suitable for young people

- ▶ The website is independent to Nottinghamshire County Council (NCC) and NHS websites as young people told us this would be a barrier to their access.

- ▶ It links to all appropriate NCC and partner webpages and be widely promoted by the School Nurses and the new Schools Health Hub.

Young Peoples Website: Health For Teens Engagement Sessions

- ▶ Young People have been actively involved in developing the website
- ▶ In partnership with the Nottinghamshire Children's Safeguarding Board and young people, a 'What's not okay?' agenda has been embedded throughout the website content.
- ▶ The following content has been developed in Nottinghamshire following engagement and added to the website:
 - Worried about a friend?
 - Coming out
 - Talking LGBT
 - Sexting
 - Online safety
 - Grooming



- ▶ Young people and stakeholders have given us loads of ideas for content and we'll ensure young people are involved in this project on an ongoing basis.
 - Legal highs
 - Where are you living / who are you living with?
 - Symptom checker for eating disorders
 - Addiction to technology/phones/gaming
 - More information on gender identity
 - Honour based violence
 - Radicalisation and extremism
 - Confidentiality: the facts
 - More information on all kinds of abuse
 - ... and many more.



Kooth Online Counselling service

- ▶ A new children and young people's online counselling service went live on 4th January 2017 provided by Kooth
- ▶ The service is provided to children and young people aged between 11 and 25 who live in Nottinghamshire and Bassetlaw
- ▶ Free and confidential – no referral required
- ▶ 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
 - Information, activities and self-care tools

Workshops

1. **Health for Teens** (Leicester Team & Young People)
2. **Emotional Health & Health Wellbeing** (Kooth Online Counselling Service, Future in Mind, Young Persons Passport)
3. **Sexual Health & Contraception** (My Sexual Health Services & C-Card)
4. **ChatHealth** (School Nurses)
5. **Healthy Lifestyle** (Everyone Health & ASSIST)

Reflection and Future Vision

Did you make your pledge?

Thank you